



SQUIRREL GREEN RAMESWARAM NEWSLETTER

SQUIRREL GREEN RAMESWARAM NEWSLETTER

For Students

From Students....

அணில் பசுமை இராமேஸ்வரம் நியூஸ் லெட்டர்

மாணவர்களுக்காக.....

மாணவர்களால்.....



இதழ் - 5

ஜனவரி 2021



SQUIRREL GREEN RAMESWARAM NEWSLETTER

Foreword

Dear Readers,

Namaskaram

Fifth edition of the students 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 few Drawings and poems on the theme of Health. Jyothika Continues her write up on Rameswaram Tourism and this edition she covers about Dhanushkodi and Thillai Bhavana continues her series of Indian Environment Activists and this time she covers Sunita Narain and Logesh does Kandaperandasana for Yogasana Series and Seithanya continuing her Bharatha Natya Mudra Series and new additions are Surya starting health food immunity booster series and Logitha is starting quotes series this time she is sharing about quotes on Water. Some of the brightest stories shared in Viveka Katha Mandir has been shared here but it is a great collection of stories and we have to struggle hard to chose 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.Logitha Sree)

(M.Logesharan)

(B.Surya)





Healthy Life Style



D.Logitha Sree, VII std, Amrita Vidyalayam





SQUIRREL GREEN RAMESWARAM NEWSLETTER

POEMS

Healthy lifestyle

Just as cars need fuel to go,
You need food to run and grow.
Eat veggies ,Eat fruits,
Eat stems as well as roots.

If you'll be healthy
One day you'll become wealthy.



Exercise will make you fit,
And your life hit.
Remember with exercise,
You can live long and healthy life.

Eating healthy food while sick,
Is really a good trick.

Beans,Sprouts and grains,
Will help improve your brains.

To reduce laziness,
Try to spread happiness.

Fruits, veggies, milk, cereals and pulses.
All these foods have nutrition,





SQUIRREL GREEN RAMESWARAM NEWSLETTER

Which will help complete your ambitions.

If you maintain a healthy lifestyle,

It will always make you smile.

Ways to healthy body and mind:

- Think positively and
- Exercise daily
- Eat healthy
- Work hard
- Stay strong
- Build faith
- Worry less
- Read more
- Be happy.

THINK POSITIVELY
and
EXERCISE DAILY
EAT HEALTHY
WORK HARD
STAY STRONG
BUILD FAITH
WORRY LESS
READ MORE
BE HAPPY

"Let's stay healthy and happy".

V. Jyothika

10th std

KV Mandapam.





SQUIRREL GREEN RAMESWARAM NEWSLETTER

HEALTHY EATING

If you want to start your day,
Healthy foods are on the way.

Even if you are on outside,
This is what you shouldn't hide.



Milk build your bones teeth,
So say no to the sugary sweets.

Good food always try to eat,
Like healthy bread and cheese.

And also don't forget my friend,
To eat the healthy meal.



Vegetables like Broccoli and lemon,
Fruits like mango and melon.

So eat healthy food and be okay,
And remove all the junk away.

**D.Logitha Sree, VII std, Amrita
Vidyalayam**





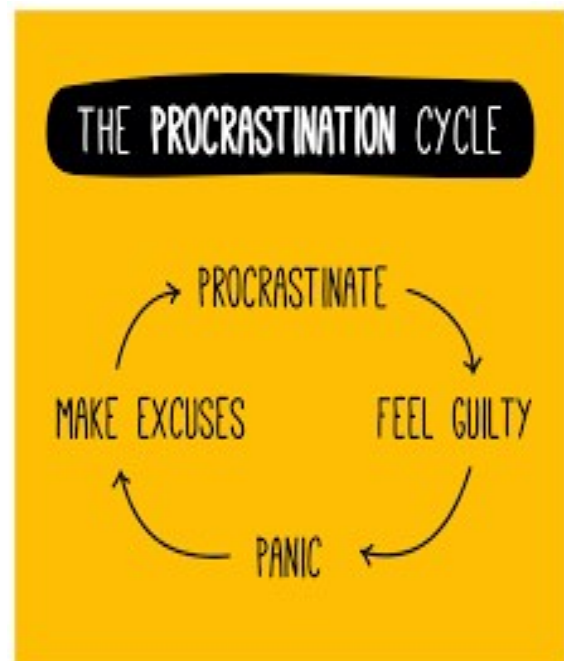
Procrastinate

Oh, how I hate,
when I just wait,
and do things late.

Is this my fate,
to make others wait,
just because I procrastinate?



Why do I have this trait?
I speculate,
I'm trying to create,
a childish state,
where no one berates,
and no one dictates,
everyone just tolerates.
Kids should know love, not hate,
and people who appreciate,
that everything they do is great.



At any rate,
to set things straight:
subconsciously, I'm trying to recreate,
that carefree state.

And now that translates
to something so innate:



SQUIRREL GREEN RAMESWARAM NEWSLETTER

I procrastinate!

But, how do I abate
this habit I hate
and stop making others wait,
by doing things late?

Can you relate?
Can I change my fate?

K.Thillai Bavana
IX,
KV Mandapam





SQUIRREL GREEN RAMESWARAM NEWSLETTER

Stories section

Coordination

One night, Arjuna unexpectedly woke up and did not see his elder brother Bheema, who was sleeping beside him. He went out to find Bheema. He looked out in the courtyard & backyard of the Gurukul (school in olden days). Yet Bheema was nowhere to be found. He was afraid that if the wicked Duryodhana might take his brother away and kill him somewhere.

Arjuna was still searching for Bheema, but he couldn't find him. He was really concerned about it. His mind was consumed by the fear of losing his brother: he was about to cry when he heard a sound coming from the Gurukul kitchen room. There was total darkness all around.



Nothing was clearly apparent. Arjuna went to the Gurukul kitchen room and heard the sound of someone eating something. He was positive that Bheema was there. He was calling him. Then Bheema responded to Arjuna. Arjuna asked him, "What are you doing in the dark?" Bheema answered that he was eating the food. Arjuna was really shocked.

He questioned Bheema how he could see his food in the night. Bheema chuckled and said that it was his custom to eat that his hands and mouth coordinate with each other even in the night. With Bheema's response, Arjuna's mind hit with a brilliant idea. He said to himself that if he practiced his bow and arrow constantly, he, too, would become one of the great archers. So what Arjuna practiced constantly with his bow and arrow, and later became one of the best archers of the world. A good man has always performed his work with all his heart.

K.Thillai Bavana
IX ,
KV Mandapam

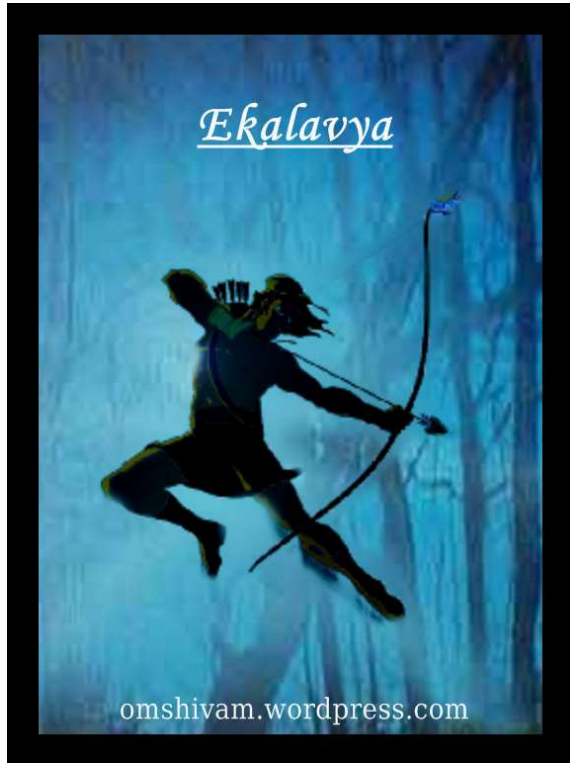




SQUIRREL GREEN RAMESWARAM NEWSLETTER

LOYALTY IS HARD TO FIND. TRUST IS EASY TO LOSE. ACTIONS SPEAK LOUDER THAN WORDS

This is the story of a long-gone era. In the country of India, nearly five thousand years back, lived a boy named Eklavya, the son of a tribal chief in the forests of the kingdom- Hastinapura. Eklavya was a brave, handsome boy. He was loved by all. But he was not happy.



His father saw that something troubled Eklavya. More than once he found his son lost deep in thought when other boys enjoyed the pleasures of hunting and playing. One day the father asked his son, Why are you so unhappy, Eklavya? Why don't you join your friends? Why are you not interested in hunting?

Father, I want to be an archer replied Eklavya, I want to become a disciple of the great Dronacharya, the great tutor of Archery in Hastinapura. His Gurukul is a magical place where ordinary boys are turned into mighty warriors.

Eklavya saw his father was silent. He continued, Father, I know that we belong to the hunting tribe, but I want to be a warrior, father, not a mere hunter. So please allow me to leave home and become the disciple of Dronacharya.

Eklavya's father was troubled, for he knew that his son's ambition was not an easy one. But the chief was a loving father and he did not want to refuse his only son's wish. So the kind man gave his blessings and sent his son on his way to Drona's Gurukul.

Eklavya set on his way. Soon he reached the part of the forest where Drona taught the princes of Hastinapur.

In those days, there was no such system as a school, college, university or hostel. The only place where one could get some education was a Gurukul. A Gurukul (Guru refers to "teacher" or "master", Kul refers to his domain, from the Sanskrit word kula, meaning extended family.) is a type of ancient Hindu school in India that is residential in nature with the shishyas or students and the guru or teacher living in proximity, many a time within the same house. The Gurukul is the place where the students resided together as equals, irrespective of their social standing. The students learned from the guru and



SQUIRREL GREEN RAMESWARAM NEWSLETTER

also helped the guru in his day-to-day life, including the carrying out of mundane chores such as washing clothes, cooking, etc. The education imparted thus, was a wholesome one.

Moral : Any knowledge Teacher gives to Student has value in life of a Student as he goes on with life. Think from Kindergarten till highest level of study you have completed, see what you will be left with if there were no teachers in your life. Parents give us life, love and help in going right direction, But Teachers show us how to live life, shows us path and makes us self dependable so that we can pick the right path. Always respect your teachers, do not value them any lesser than your parents. When student succeeds in studies and life, its student who always gets praised by People, not the one who gave student a knowledge to success. Teacher's Happiness is in student's success, and student should not forget to at least thank politely to the one who made you capable of following journey of life. And if you had



learned what your teacher taught you with dedication and respect to towards teacher, journey of life always gets comfortable.

B.SURYA

10TH std,

KV Mandapam

No end to Perfection

Story: Once upon a time there were two friends Bob and Tony they come across a barren land and decide to cultivate it. Bob and Tony started planning on how to use barren into green.



Bob come up with a basic plan.

Tony come up with a perfect plan.

The conditions to cultivate the land were far from perfect.....Both went back to their drawing boards. Bob modified his plan as per conditions of the land and weather. Tony loved his perfect plan and was not ready to

make any changes Bob gets in to action with his modified plan. Tony waits for conditions to became perfect. Over the year Bobs made the landscape green. Tony is waiting for perfect conditions did nothing and become said he came to Bob and asked him How did you do so well?



SQUIRREL GREEN RAMESWARAM NEWSLETTER

MORAL: I modify my actions as per the conditions-perfection is an illusion my friend, get into action today and create magical results!

D.Logitha Sree, VII std, Amrita
Vidyalayam



Man is Judged by Self



Long ago, in a small village lived a stone carver, who made his living by carving boulders and filling in life into a stone. By habit, he used to keep a few samples of his work for display on the side ways of the road which was used by not many but the villagers themselves, who knew of him and his ability. Once the King, of whose kingdom was the village as an entity, happened to pass by the road and took notice of the display. Impressed by the workmanship the King asked his messenger to express the King's desire of getting the stone carving done at the temple under construction.

Delighted with the King's request, the craftsman spent next few months tirelessly, round the clock, in carving many Gods and Goddesses on the Stone, all his work was appreciated and soon he became the King's favourite - Raja Shilpi.

As a part of the next assignment, the craftsman was asked to make the idol of a God to be placed on a Flag Pole (Dwajashambam) which was to be erected in front of the temple, about 20 feet high.

The craftsman went all out to get the best boulder to start his work and after many days and nights into the structuring, he finally sent a confirmation to the King stating that the Idol of the God is ready for the further course of action.

The King inspected the idol keenly and as an appreciation to the work, gifted the village to the craftsman from which he hails. All was set to speeden the process.



SQUIRREL GREEN RAMESWARAM NEWSLETTER

The night, before unveiling the idol, the craftsman sent an apology to the King and requested not to consider the Idol for Installation and also returned back all the goodies he received for his work.

When enquired by the King, the craftsman pointed out to a small scar on the Idol's face to which the King replied - "At 20 feet high, this scar on the Idol's Face will catch whose attention, Why do you want me not to consider the Idol for Installation" for which the craftsman said - "I will be the sole survivor to have known the error, yet when ever i see the temple, while other applaud, i will be constantly reminded of the flaw i made and will never be able to enjoy my work". The story goes on...

V. Jyothika

10th std

KV Mandapam



LOYAL FRIEND

Once upon a time there was a forest which now due to the greed of men has been deforested. In this forest lived a Deer and a Fox.



In the storybooks a Fox is almost always known as a cunning and selfish character and Deers as helpful, innocent and loving character. Every day when the fox saw the deer he would think,

" If I could only catch this deer I would enjoy an excellent meal."

But as he could not run as fast as the deer he knew that he would never be able to catch the deer. He then thought of a plan for catching the deer.

He sat on the path frequented by the deer and started crying loudly. As the deer was passing by she heard the loud wailing of the fox, she stopped and asked him," Dear fox! What has happened? Why are you crying?"

The fox replied, " Oh deer! Because of my nature I do not have any friends. I feel all-alone in this world. I feel like jumping into the river to end this miserable life."



SQUIRREL GREEN RAMESWARAM NEWSLETTER

The deer feeling sorry for the fox consoled him saying, "Dear fox how will jumping into the river help you? Life is for living and if you live you will surely find a good friend. If you so wish I will be glad to be your friend."

The fox's joy knew no bounds. At long last his dream of making a meal of the deer would succeed. By befriending the deer betrayal would be easier. The deer and the fox became good friends. They would roam around together in the forest. A crow who lived in the same forest was also a friend of the deer. One day the crow saw the deer with the fox. He was surprised and asked the deer, "Hello friend, how are you and who is this with you today."

The deer said, "Ah! This is a fox. He is a new friend of mine!" The crow on hearing this said, "Dear deer! You should not be a friend to someone unless you know him or her very very well." The deer was confused. The cunning fox immediately said, "Dear crow! How can we know each other well unless we become friends? Did you know the deer before you became her friend?"

Though the clever crow was not convinced about the foxes motive he had no answer to his argument and so he flew away.

One fine day the fox took the deer to a lovely field lush with the growth of wheat. The deer was thrilled to see the enticing food, as the forest fare was mostly grass and bushes. She waded in and ate to her heart's content and enjoyed running around in the big wheat field. Urged on by the fox the friends started going to the field every day and caused a lot of damage to the crop. A farmer, the owner of the field, was naturally annoyed and angry. He spread a net hidden by the wheat crop to trap the animals that had been causing damage to his fields and destroying his crop.

The next day the deer was caught in the net after she had entered the field. The fox was happy to see this as he had finally succeeded in trapping the deer. Instead of helping his friend he went away and hid himself behind a tree, waiting for the deer to die or be killed by the farmer.

The crow, which flew all around the forest and the fields had not seen the two friends that day, and as far as his sharp eyes went did not see them anywhere. Knowing where they went everyday he flew to the field and saw the trapped deer amongst the wheat crop. The crow hopped close to his friend and said, 'Dear friend Do not worry. Be quite and pretend to be dead. As soon as you hear me cawing, get up and run away as fast as you can!'

After a little while the farmer came to the field to tend to his crop and saw the deer trapped in the net. Seeing the deer so still he thought that it was dead and he slowly removed the net so as to carry the deer home. Instantaneously the crow started cawing, "Caw... Caw.... Caw.." The deer



SQUIRREL GREEN RAMESWARAM NEWSLETTER

got up and ran as fast as she could. The farmer was surprised to see the deer running away and threw the heavy stick he was carrying at the deer.

In the meantime the fox seeing his scheme go up in smoke came out and started chasing the deer. The stick instead of hitting the deer hit the fox on the head and killed him on the spot.

The deer whilst running away looked up and thanked the crow, who was flying along over the deer for saving her life.

CHOOSE YOUR FRIENDS WITH CARE!



By

Logesharan M

VI , Rameswaram



SQUIRREL GREEN RAMESWARAM NEWSLETTER

Promoting Heritage Tourism Series - Rameswaram

Dhanushkodi: "A place shrouded by mystery and beauty".

India is a country full of surprises, both natural and man-made.

While on one side there's a wide variety of landscapes, right from the seas to the mountains, on the other, there's a plethora of languages, cultures and a rich history. Dhanushkodi, located in the Ramanathapuram district of Tamil Nadu, is the place where the wonders of nature and man become one.

Geographical location:

Dhanushkodi is an abandoned town at the south-eastern tip of Pamban Island of the state of Tamil Nadu in India. It is south-east of Pamban and is about 24 kilometres (15 miles) west of Talaimannar in Sri Lanka.

ATTRACTIONS

Morning natural scenery:

Eerily deserted and mystically beautiful, the Dhanushkodi Beach makes for a marvellous sight to behold. Endlessly stretching silvery sands, cool breeze, crystal clear water, and age-old ruins give the place a dream like a feel. Head here early morning to enjoy a sunrise and a silent walk on the beach, you will remember and cherish for a lifetime. Other attractions of the beach are Ram sethu view point and the Adam's Bridge, which was said to be constructed by the army of monkeys for Lord Rama according to Hindu Legend.

HISTORY

Dhanushkodi and its Mythological Connection:

As per mythology, Dhanushkodi was the spot where Lord Rama and his army built Ram Setu, otherwise known as Adam's Bridge across the sea connecting Rameshwaram Island (Tamil Nadu) and Mannar Island (Sri Lanka), to rescue his wife Sita from the clutches of the demon king Ravana. After rescuing his wife, Lord Ram destroyed the bridge with arrows from his bow, on request of Vibhishan (new Lanka King), thus the name of the town became 'Dhanushkodi', meaning 'end of bow'.

The town was once a flourishing and important port location as it was the gateway between India and Sri Lanka:



SQUIRREL GREEN RAMESWARAM NEWSLETTER

During the 1950s, the town flourished as a port with steamer ferry services that were available daily and transported travelers and goods across the Palk Strait. The Indo-Ceylon Express, also known as Boat Mail Train, would travel from Egmore Station in Chennai, India, on a meter gauge track until Dhanuskodi, where the passengers would pass through customs and get on the ferry. Before the flood destroyed the town, the town had a railway station, a railway hospital, primary schools, a post office, customs and port offices. There were also hotels and textile shops for the travelers.

Thriving place for trade & business during British rule:

Dhanuskodi once upon a time this town was well known for business export and import trade before 1800 to 1960. China, Sri Lanka, Indonesia, other Asian have good trade with us. But all of sudden this town has vanished after the cyclone in 1964.

The cyclone of 1964:

It was in 1964 when a cyclone hit the holy town of Dhanuskodi, which was a popular pilgrimage. A passenger train with more than 100 passengers which was running on Dhanuskodi railway line from Pamban bridge was also hit, killing all the people on the train. A total of more than 1800 people had lost their lives in this cyclone. Entire town was washed away with just a few ruins left in the entire town. The high tidal waves also destroyed the Dhanuskodi. After this natural calamity, Madras Government had announced this town as unfit for residing.

Dhanuskodi Beach still is visited by tourists in large number.

V. Jyothika

10th std

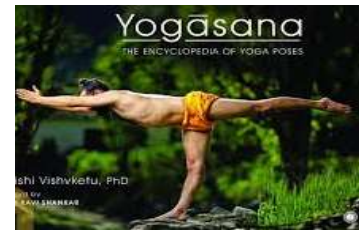
KV, Mandapam





Yogasana Series 5

This month Yoga Kandaperandasana by Logesh.



kandaperandaasana

- It can alleviate **back problems**
- It can correct **vertebral disc problems**
- It provides **strength to the shoulders**
- It **relaxes your spine**
- It is effective in **reducing stomach aches**



By

Logesharan M

VI, Rameswaram



SQUIRREL GREEN RAMESWARAM NEWSLETTER

Indian Environmentalist Series -5

Sunita Narain is an Indian environmentalist and political activist as well as a major proponent of the Green concept of sustainable development. Narain is

Sunita Narain



Sunita Narain

director general of the India-based research institute the Centre for Science and Environment, director of the Society for Environmental Communications, and editor of the fortnightly magazine, Down To Earth. Narain completed her graduation by correspondence from Delhi University (1980–83). She also holds a number of Honorary Doctorate of Science degrees, from universities across the globe. She was injured in a road accident while cycling near the All-India Institute of Medical Sciences on 20 October 2013 Sunday morning. Her bicycle was hit by a speeding car in the early hours of the day while she was going to Lodhi

Gardens from her house in Green Park. The car driver did not stop and she was rushed to AIIMS by a passer-by. She suffered facial wounds and orthopaedic injuries. In 2004, she received the Chameli Devi Jain Award for Outstanding Women Media person. In 2005, she was awarded the Padma Shri by the Government of India.

In 2005 the Centre for Science and Environment under her leadership was awarded the Stockholm Water Prize.

She was awarded an honorary Doctor of Science by the University of Calcutta in 2009.

Was conferred with the Raja-Lakshmi Award for the year 2009 from Sri Raja-Lakshmi Foundation, Chennai.

In 2016 Narain was named to Time Magazine's list of 100 Most Influential People. [.....

In 2016 Narain received the IAMCR Climate Change Communication Research in Action Award



**K.Thillai Bavana
IX,
KV Mandapam**



Bharathanatyam Mudras Series 1



MUDRAS



TRIPATAKA

(a flag with three)
when the ring finger
bent in pataka its
called TRIPATAKA.

it is used to denote a crown , a tree the vajra
(thunder bolt of indra), a lamp raising flames.

THANK YOU

done by : seithanya barathvaj

Chaitanya B

VII Std

Kendriya Vidyalaya

Rameswaram





SQUIRREL GREEN RAMESWARAM NEWSLETTER

Immunity Building Health Food Series - 1

Immunity Booster Superfood Mix:



Immunity Booster Superfood Mix is aromatic spice blend easy to make at home.

This heirloom recipe combines immunity boosting foods with Ayurvedic properties.

This homemade immunity booster powder helps in maintaining your overall well-being. It also should relieve the symptoms of common cough, cold and flu especially during harsh winter months

Ingredients:

☀ organic turmeric powder {Antioxidants have the potential to prevent heart disease, eye conditions and Alzheimer's. Anti-inflammatory properties can help people with arthritis. Turmeric may even reduce the risk or

spread of cancer}

☀ Whole black peppercorns {Good for Digestion, Good for Your Hair growth, Treats, Depression, Treats Skin Problems}

☀ fennel seeds {highly nutritious and may offer an abundance of impressive health benefits. Adding them to your diet may improve heart health, reduce inflammation, suppress appetite, and even provide anticancer effects.}

☀ cumin seeds {May help treat diarrhea, May help lower cholesterol, Fights bacteria and parasites, Helps control blood sugar}

☀ coriander seeds {Coriander seed helps in reducing bad cholesterol, These are rich in copper, zinc, iron and other essential minerals that increases RBC and improves heart health}

☀ dry ginger powder {Relieves Upset Stomach, Improves Metabolism, Cure for Motion Sickness, Perfect Aid for Common Cold}

☀ cinnamon powder {Cut the Risk of Heart Disease, Improve Sensitivity to the Hormone Insulin, Powerful Anti-Diabetic Effect}

☀ green cardamom seeds {Diuretic Properties May Lower Blood Pressure, Protect from Chronic Diseases, Treat Bad Breath and Prevent Cavities}

☀ black cloves {prevent any digestive issues like constipation, bloating, indigestion among others, can kill bacteria, promote bone health}



SQUIRREL GREEN RAMESWARAM NEWSLETTER

HOW TO MAKE IMMUNITY SUPPORT SUPERFOOD MIX AT HOME:

Warm up the heavy bottom pan on low heat. On a low heat, dry roast all ingredients except turmeric and ginger powder. Keep stirring them till they get warm and release the aroma. Turn off the heat.

Remove the ingredients on dry plate and let them cool completely. Once they are completely cooled, grind them into a fine powder.

Mix in turmeric and dry ginger powder. Mix everything well and store it in a air tight glass jar.



B.SURYA
10TH std,
KV Mandapam



SQUIRREL GREEN RAMESWARAM NEWSLETTER

Quotations Corner

WATER QUOTES

💧 Thousands have lived without love, not one can without water.

💧 No water, No life, No blue, No Green.

💧 Water is life don't waste it.

💧 Water is your best friend for life.

💧 Clean water should be a necessity.

💧 Pure water is the world's first and foremost Medicine.

💧 Keep clam & drink water.

💧 Make water your primary Drink instead of soda, Juice. Choose pure water throughout your day.

💧 Water the Natural Remedy. Drink Your way to Better Health.

💧 Water is life and clean water is Means health.

💧 Water is the driving force of all nature.

💧 Drink pure water. Stay Healthy.



SQUIRREL GREEN RAMESWARAM NEWSLETTER

💧 Improve your water. Improve Your life.

💧 Drink more water. pure water.

💧 Water used to be fresh, pure and drinkable, now the water has lots of focal matter and bacteria.

💧 There is no small pleasure in pure water.

💧 When the well is dry, we'll know the worth of water.

💧 Think, you can't do anything without water. Save it.

By

**D.Logitha Sree, VII std, Amrita
Vidyalayam**

