



SQUIRREL GREEN RAMESWARAM NEWSLETTER

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For Students

From Students....

அணில் பசுமை இராமேஸ்வரம் நியூஸ்லெட்டர்

மாணவர்களுக்காக.....

மாணவர்களால்.....



இதழ் - 19

March 2022



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Foreword

Dear Readers,

Namaskaram

Nineteenth 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 Water. Jyothika Continues her write up on Rameswaram Tourism and this edition she covers about Santhyagappar Church and Thillai Bhavana continues her series of Environment Activists and this time she covers Masood and Surya continuing the health food immunity booster series and Logitha is continuing her quotes series this time she is sharing about quotes on Water. 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)





Water Drawings



S.Shahuberdeen

8th STD

**Mandapam Panchayat Union
School no.1, Rameswaram**



Water Drawings



S.S.Nambu Durga Devi,

VIII Std

Mandapam Panchayat Union School



Water Poems

நீரின்றி அமையாது உடம்பு

நீரின்றி வளராது செடிகள்

நீரின்றி வாழ்வேது

நீரின்றி வரப்பேது



S. Yasvantini

9th STD

**Sri Parvathavarthini Amman Girls
High School**



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Water is 3/4th of Earth

Man invents many for his comforts but so far nobody has invented how to use this abundance of water

Of the 3/4th water available drinkable water is hardly 5%.

Human inventions were not focusing on the conservation of water and to make this 5 to 10%

Researches have proven that out of the 25 humans atleast 20 are having plastic micro particles in the blood samples analysed

A day will come we may replace the entire water into plastic and die out of it.



M.lohesharan
8th STD
National Matric
higher sec school



Environmental Series -19



Masood was an activist working primarily on wildlife conservation, and also supported other causes like good governance, RTI Act, Police reforms, environment, women's rights & issues and transparency. She sat on a fast in support of Anna Hazare's India Against Corruption campaign. She

was actively involved in raising issues related to the deaths of tigers in the various sanctuaries of Madhya Pradesh. Shehla herself was working for the Shyama Prasad Mukherjee Trust, organising events for them from Srinagar to Kolkata to Delhi. She had asked for details about Narmada Samagraha, an NGO backed by the BJP Rajya Sabha MP. She was about to leave for Boat Club in Bhopal to join the anti-government protest to bring the Jan Lokpal Bill when she was killed. She co-founded RTI Anonymous, a service for whistle blowers for filing anonymous Right to Information (RTI) Applications with Indian Government departments without getting victimised, with her friends just a few days before her death. Shehla Masood was posthumously awarded the award for her relentless effort under the category, 'Crusade Against Corruption'.



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She was the secretary of NGO Udai and was the CEO of a company called 'Miracles' which was involved in "Events and Media related services", according to her public Linked profile. NGO Udai was created in 2004, it recently ventured into tiger and forest conservation.

**K.ThillaiBavana
IX,
KV Mandapam**





Rameswaram Tourism

Santhyagappar Church

The popular festival in Rameswaram:



A multi-faith crowd of 100,000 gather in Tamil Nadu for the procession of Saint James.

St James is the first Catholic church on Rameswaram Island. The spread of Christianity on the island is the work of the Servant

of God Antonio Criminali, the second martyr of India. Its façade has a cross as well as Hindu and Islamic symbols, to show that the believers of all religions are welcome.

New Delhi (AsiaNews/Agencies) – More than 100,000 people from different religious communities took part in the annual procession in the square in front of the small but highly decked out St James Catholic Church in Thangachimadam, Rameswaram (Pamban) Island, Tamil Nadu.

"Although it is a Christian holiday, people of other religions participate. It is only thanks to faith that devotees throng the festival," said Ravichandra Ramavanni, president of the local Christian union.

The event attracts thousands of people every year, who come to the small island in the Gulf of Mannar for this and other



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religious celebrations. This event lasts ten days and the church knows that many other faithful will come. According to the president, "people crowd the church filled with faith in the power of healing through prayer".

The festival began with an overnight Mass, amid the lights of the decorations that illuminated the chariots and the church façade. The procession is called the 'Chariot festival' as three chariots carry three statues: The Virgin Mary, Jesus and Saint James on horseback.

The church, which is located in Ramanathapuram, a district that is part of the Diocese of Sivagangai, is the first Catholic place of worship on the island, which also has Hindu temples and Muslim mosques.

The church dates back to 1644 but Christianity arrived on the island with Italian Jesuit Antonio Criminali, Servant of God and second martyr of India, who began to proclaim the Gospel under a hut in 1546.

He was killed three years later by fishermen angry at Portuguese soldiers, but his sacrifice allowed his flock to escape by sea to safety.

Locally, the church is known as St James Santhiyagappar or Santhiya Rayapper Kovil. The original building was destroyed in 1933 and rebuilt seven years later in the same place.

The site draws Hindus and Muslims as well. Its façade has a Christian Cross, an Islamic crescent and a Hindu tower, meaning that in this place all faiths and faithful are respected.

V.Jyothika
11th
Kv Mandapam





Water Quotes

☞ **Water preservation to prevent future devastation.**

☞ **Before it all wastes away, let's start conserving water today!**

☞ **Water is not the source of life, it is life.**

☞ **Water conservation is the key to a sustainable future for you and me.**

☞ **Saving water is a good deed, it's an essential resource we all need!**

☞ **"Thousands have lived without love, not one without water."**

☞ **Water is Life and Clean Water is Means Health.**

☞ **When the Well is Dry, We'll Know the Worth of Water.**

☞ **Caring for water is caring for us all.**

☞ **No Water. No Life. No Blue. No Green.**

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





Immunity Booster

Series:

Hemoglobin is a protein found in the red blood

cells. These cells are responsible for carrying oxygen around the body. In addition to transporting oxygen, hemoglobin carries carbon dioxide out of the cells and into the lungs. Carbon dioxide is then released as a person exhales. Having low hemoglobin can make it difficult for the body to perform these functions.

How to increase hemoglobin:

person can raise their hemoglobin levels at home by:

1. Increasing iron intake:

A person with reduced levels of hemoglobin may benefit from eating more iron-rich foods. Iron works to boost the production of hemoglobin, which also helps to form more red blood cells.

Iron-rich foods include:

- meat and fish
- soy products, including tofu and edamame
- eggs
- dried fruits, such as dates and figs
- broccoli
- *green leafy vegetables, such as kale and spinach
- green beans
- nuts and seeds
- peanut butter

2. Increasing folate intake:

Folate is a type of vitamin B that plays an essential part in hemoglobin production. The body uses folate to produce heme, a component of hemoglobin that helps to carry oxygen.

If a person does not get enough folate their red blood cells will not be able to mature, which could lead to folate-deficiency anemia and low hemoglobin levels.



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Good sources of folate include:

- beef
- spinach
- rice
- peanuts
- black-eyed peas
- kidney beans
- avocadoes
- lettuce



3. Maximizing iron absorption :

Consuming iron in foods or supplements is important, but a person should also help their body to absorb that iron.

Food rich in vitamin C, such as citrus fruits, strawberries, and leafy green vegetables, can boost the amount of iron absorbed. Taking a vitamin C supplement may also help.

Vitamin A and beta-carotene can aid the body in absorbing and using iron.

Food rich in vitamin A include:

- fish
- liver
- squash
- sweet potatoes
- kale and collards

Food's high in beta-carotene include yellow, red, and orange fruits and vegetables, such as:

- carrots
- sweet potatoes
- squash
- cantaloupes
- mangoes

While vitamin A supplements can help the body to process iron, the vitamin is dangerous if too much is consumed.



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Excess vitamin A may lead to a condition known as hypervitaminosis A. This can cause symptoms such as bone and joint pain, severe headaches, and increased pressure within the brain.

4. Taking iron supplements:

A doctor may advise a person with extremely low levels of hemoglobin to take iron supplements. The dosage will depend on a person's levels.

It is important to note that too much iron can be dangerous. It may cause hemochromatosis, which can lead to liver disease and side effects such as constipation, nausea, and vomiting.



Supplements will cause levels of iron to increase gradually over a few weeks. A doctor may recommend taking the supplements for several months, to increase the body's iron stores.

A doctor will check for low haemoglobin with a blood test.

Low haemoglobin is diagnosed when a man has less than 13.5 grams per deciliter (g/dL) of haemoglobin in the blood, or when a woman has less than 12 g/dL.

A person may have a low hemoglobin level for a variety of reasons, including:

- iron-deficiency anemia
- pregnancy
- problems with the liver or kidneys

chronic disease

It is possible to have naturally reduced hemoglobin levels without an underlying cause. Some may even have low hemoglobin and experience no symptoms or indications.

With a doctor's guidance, a person can boost their levels of hemoglobin to fall within a normal range. Normal ranges are:

- 13.5 to 17.5 g/dL for men
- 12 to 15.5 g/dL for women

Appropriate hemoglobin levels for children vary depending on age. Anyone concerned about a child's hemoglobin levels should speak with a doctor.

People with very low hemoglobin levels may need additional treatment if taking supplements and changing the diet do not show sufficient results.

Symptoms:

Symptoms of extremely low levels of hemoglobin include:

- a fast or irregular heartbeat



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- pale skin and gums
- fatigue
- muscle weakness
- frequent or unexplained bruising
- reoccurring headaches

Health RECIPE :

Date, Honey, Banana Milkshake Recipe

Total preparation :20 min

Ingredients :

1/4 Cup Dark Dates

1 Cup Milk (You Can Use Oatmilk Or Almond Milk As Well)

1 Banana

2 Tbsp Honey

Ice Cubes

Instructions:

Step 1 :Boil the milk and then soak dates in it for 15 minutes at least.

Step 2 :Take a blender and add the banana, ice cubes. honey and the milk mixture and blend to make a smooth shake.

Step 3 :Refrigerate if you like it chilled and the enjoy.

Serve chilled and garnish with carrots and coriander leaves



B.SURYA
10TH STD,
KV Mandapam



Inspiring Stories

The Abhimanyu



Abhimanyu and the Chakravyuh

Abhimanyu, while in his mother's womb, had learned how to break the Chakravyuh, an intricate battle formation. On the thirteenth day of the great battle, the sixteen-year-old youth fought bravely against the experienced, much older warriors and reached the centre of the circular formation where Duryodhana was. The Kauravas rushed to save Duryodhana and attacked Abhimanyu. Unfortunately, Abhimanyu had not learned how to exit the formation. He put up a great fight and killed many great warriors before he himself was killed.