



# SQUIRREL GREEN RAMESWARAM NEWSLETTER

## SQUIRREL GREEN RAMESWARAM NEWSLETTER

For Students ....

From Students....

அணில் பசுமை இராமேஸ்வரம் நியூஸ்லெட்டர்

மாணவர்களுக்காக.....

மாணவர்களால்.....



இதழ் - 9

May 2021



# SQUIRREL GREEN RAMESWARAM NEWSLETTER

## Foreword

Dear Readers,

### Namaskaram

Ninth 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 Corona Virus. Jyothika Continues her write up on Rameswaram Tourism and this edition she covers about House of Kalam and Thillai Bhavana continues her series of Environment Activists and this time she covers Jadhav Molai Payeng and Surya continuing the health food immunity booster series and Logitha is continuing her quotes series this time she is sharing about quotes by Bhagwan Shri Ramakrishna. 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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### பூமிக்கு ராஜா

இன்னும் எத்தனை உயிர்கள்  
இன்னும் எத்தனை தொழில்கள்

நித்தம் நான் வாங்கிய பூக்கடை இன்றில்லை  
வருத்தம் தான் எங்கே சென்று சொல்ல

இனி வருமா என்ற உறுதியும் இங்கில்லை  
இந்த நிலையில்லா வாழ்க்கைக்கு எத்தனை ஆட்டம்

மனிதம் பழகு

இயற்கை நேசி

செயற்கை உதாசி

மண்ணை மதி

செம்மண்ணில் கால் பதித்து நட  
காற்றுடன் பழகு ஏசியை உதறு

மனிதா மீதமிருக்கும் நாட்களில்  
கொரோனாவை வென்றிட மனிதனாய் வாழக் கற்றுக் கொள்

பூமிக்கு நீ ராஜா இல்லை  
நீயும் பூமியில் ஒரு உயிர் என்பதை மறக்காதே





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M.Sudharsan nambu

6<sup>th</sup> Std

Amirtha vidhyalayam



அறிவியலா... இயற்கையா...

வெள்ளை புரட்சியில் மாட்டை பாழ்படுத்தினான்

மன்னித்தது இயற்கை

பசுமை புரட்சியில் மண்ணை பாழ்படுத்தினான்

மன்னித்தது இயற்கை



கொஞ்சம் கொஞ்சமாக மனிதனை மனிதனே

தின்றான் ஊனாய் உயிராய்

மன்னித்து வந்தது இயற்கை

உணவிலும் கலப்பு செய்தான் மனிதன்



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பொறுத்தது இயற்கை

கொஞ்சமாய் புலியைக் கொன்றான்

சிங்கத்தை கொன்றான்

சிட்டுக் குருவிகளை கொன்றான்

தின்பதற்கு பல உயிர்களை

அழகாக்க பல்லாயிரம் மரங்களை

விழித்தது இயற்கை இனி கொஞ்சம் பாடம் கற்றால்தான்

பூமி பிழைக்கும்

கொரோனாவை அனுப்பியது பாடம் கற்றான்

மனிதன் இனி திருந்தினால் பிழைக்கும் மானுடம்

**R.Shubha Sri**

**7th std**

**Kings of kings**

**Rameswaram**





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## Environmental Series -9

### JADAV MOLAI PAYENG



Jadav "Molai" Payeng (born 1963) is an environmental activist and forestry worker from Majuli, popularly known as the Forest Man of India. Over the course of several decades, he has planted and tended trees on a sandbar of the river Brahmaputra turning it into a forest reserve. The forest, called Molai forest after him, is located near Kokilamukh of Jorhat, Assam, India and encompasses an area of about 1,360 acres / 550 hectares. In 2015, he was honoured with Padma Shri, the fourth highest civilian award in India. He was born in the indigenous Mising tribe of Assam. In 1979, Payeng, then 16, encountered a large number of snakes that had died due to excessive heat after floods washed them onto the tree-less sandbar. That is when he planted around 20 bamboo seedlings on the sandbar. He started working on the forest in 1979 when the social forestry division of Golaghat district launched a scheme of tree plantation on 200 hectares at Aruna Chapori situated at a distance of 5 km from Kokilamukh in Jorhat district. Molai was one of the labourers who worked in that project which was completed after five years. He chose to stay back after the completion of the project even after other workers left. He not only looked after the plants, but continued to plant more trees on his own, in an effort to transform the area into a forest.

The forest, which came to be known as Molai forest, now houses Bengal tigers, Indian rhinoceros, and over 100 deer and rabbits. Molai forest is also home to monkeys and several varieties of birds, including a large number of vultures. There are several thousand trees, including valcol, arjun (*Terminalia arjuna*), ejar (*Lagerstroemia speciosa*), goldmohur (*Delonix regia*), koroi (*Albizia procera*), moj (*Archidendron bigeminum*) and himolu (*Bombax ceiba*). Bamboo covers an area of over 300 hectares.

A herd of around 100 elephants regularly visits the forest every year and generally stay for around six months. They have given birth to 10 calves in the forest in recent years.

His efforts became known to the authorities in 2008, when forest department officials went to the area in search of 115 elephants that had retreated into the forest after damaging property in the village of Aruna Chapori, which is about 1.5 km from the forest. The officials were surprised to see such a large and dense forest and since then the department has regularly visited the site.

In 2013, poachers tried to kill the rhinos staying in the forest but failed in their attempt due to Molai who alerted department officials. Officials promptly seized various articles used by the poachers to trap the animals.

Molai is ready to manage the forest in a better way and to go to other places of the state to start a similar venture. Now his aim is to spread his forest to another sand bar inside of Brahmaputra. Jadav Payeng was honoured at a public function arranged by the School of



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Environmental Sciences, Jawaharlal Nehru University on 22 April 2012 for his achievement. He shared his experience of creating a forest in an interactive session, where Magsaysay Award winner Rajendra Singh and JNU vice-chancellor Sudhir Kumar Sopory were present. Sopory named Jadav Payeng as the "Forest Man of India". In the month of October 2013, he was honoured at the Indian Institute of Forest Management during their annual event Coalescence. In 2015, he was honoured with Padma Shri, the fourth highest civilian award in India. He received honorary doctorate degree from Assam Agricultural University and Kaziranga University for his contributions.

**K.ThillaiBavana  
IX,  
KV Mandapam**



### **BENEFITS OF THE NATARAJASANA**

- ***Practicing this asana gives strength to your chest, ankles, hips, and legs.***
- ***This asana increases your metabolism and helps in weight loss.***
- ***It gives your groin, abdominal organs, and thighs a good stretch.***
- ***Your posture is improved, and balance is increased***



M.lohesharan

8<sup>th</sup> Std

National Metric higher sec school



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### Former President "A.P.J. Abdul Kalam House" Museum in rameshwaram

Former President A. P. J. Abdul Kalam House is which has now been converted into a museum is a place worth visiting. Kalam House is undeniably one of the most popular places to see in Rameshwaram. It is situated on Mosque Street.

This house is the place where Avul Pakir Jainulabdeen Abdul Kalam, one of the most popular presidents of India and one of the greatest scientists that India has even produced, had lived as a child. He was raised along with his brother here, by parents Jainulabdeen, who was a boat owner and Ashiamma, his mother. Popularly known as Kalam house, it is place worth visiting during a Rameshwaram Tour.

Initially a place where he had spent his childhood, this house was converted into a museum in 2011. Maintained by his elder brother Mohammed Muthu Meera Lebbai Maraicker, this museum presents a glimpse into the life of one of India's greatest leader Former President A. P. J. Abdul Kalam, an insight into his childhood and his various achievements.

Inside the house, one can see an array of photographs showing late president's childhood and early stages of his life. The collections at the house, which has been arranged in a manner to offer a glimpse into his life, offer a lot of information about the Late President Dr. APJ Kalam. There are medals, awards, photographs of his childhood days as well as his research works at the museum. One can also find materials that display his highly valued contribution to defense development and researches.



At the ground floor of the Kalam house, there is small shop from where visitors can buy handmade souvenirs and various kinds of sea shell items. The second floor of the house has been converted into an art gallery. The museum is housed on the first floor of the building.

**V. Jyothika**

**10th std**

**KV, Mandapam**







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### 10 Quotes about Bhagwan Rama Krishna

- When the flower blooms, the bees come uninvited.
- The winds of grace are always blowing, but you have to raise the sail.
- God is in all men, but all men are not in God; that is why we suffer.
  - If you want to go east, don't go west.
- Work, apart from devotion or love of god, is helpless and cannot stand alone.
  - It is easy to walk on religion but difficult to practice It.
- If you must be mad, be it not for the things of the world. Be mad with the love of god.
- One must be very particular about telling the truth. Through truth one can realize God.
- Unless one always speaks the truth, one cannot find God who is the soul of truth.
- The world is indeed a mixture of truth and make-beleive. Discard the make-beleive and takes the truth.

**D.logitha sri**

**8 th**

**Amrita vidyalayam**

**Rameswaram**





## IMMUNITY BOOSTING:

The Corona virus has created a rage all over the world. Seeing the fast-growing patients in India, the government has also asked people to protect themselves, especially senior citizens. Until there is no vaccine, only self-awareness and caution can save us from these diseases. In this scenario, boosting immunity among the elderly becomes extremely important. Thus today we are going to tell you about the best drinks to boost the immune system, in senior citizens.

### 1. Blend of Citrus Fruits:

Blend a glass of citrus fruits such as oranges, lemons, sweet limes, grapefruits, and tangerines. This quick immunity booster provides Vitamin C and provides the power to elders to fight against infections. It gives Potassium, Vitamin A, Vitamin B-6, Vitamin B-9, Vitamin-C, and Zinc. All these nutrients together boost the immune system in senior citizens.



### 2. Watermelon & Mint:

Watermelon and mint together make a good immunity booster drink, by including multiple nutrients such as Arginine, Citrulline, Magnesium, Vitamin A, and Vitamin C. This drink can be easily prepared at home. Elders can prepare this by themselves too.

### 3. The Green Delight:

Looking for a quick immunity-boosting drink for elders? Here's the solution! Prepare a green delight with apple, lettuce, and kale. You can also add parsley and spinach to your green delight to make it healthier. This drink provides important nutrients, including Iron, Manganese, Potassium, Vitamin A, Vitamin B-9, Vitamin C, and Vitamin K.

### 4. Ginger and apple cider juice:

Here is another drink with high healthful substance. The combination of apple cider and ginger juice increases the antioxidant activity in the elderly. While apple cider supports hydration, provides beneficial plant compounds, improves heart health, and gives additional power to the immune system.



### 5. Pumpkin Drink:

Pumpkin also makes a good immunity booster drink for the elderly. It supports bone health, urinary health, and mental health, heals stone, and makes the heart-healthy. Given the many benefits of pumpkin, it has become a popular drink for the elderly.



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### 6. A fortifying Mixture of Beet, carrot, and apple:

Here's the best immunity booster for elders to drink in winters. This fortifying juice gives the power to fight against common infections, such as runny nose, coughs, and fever. This is a good drink for elders with anaemia and dementia.



### Hot Drinks to Boost Immune System:

#### 1. Raagi Malt:

Raagi is one of the richest sources of fibre. It lowers cholesterol and increases the functioning of the immune system. Having Raagi malt on a regular basis improves digestion in elders, prevents diabetes, provides them calcium, protein, and amino acids like Eleusinian, tryptophan, cysteine, methionine, and so on, which are not commonly found in other things.

#### 2. Tomato Rasam

Tomato rasam is a quick and easy hot drink to boost the immune system in the elderly. Tomato provides three important antioxidants to the body- Beta-carotene, Vitamin C, and Vitamin E. These three nutrients protect the old cells from getting damaged. Further to this, tomatoes also prevent heart-related diseases and increase the life expectancy in senior citizens.



#### 3. Carrot Ginger Soup

A bowl of carrot-ginger soup is a perfectly refreshing and healthy hot drink for elders. This is rich in Beta-carotene and antioxidants, which cleanse the digestive system and increase immunity. This soup also improves vision and improves the functioning of the liver in the elders.

### Home-made Organic & Ayurvedic Drinks To Boost Immune System:

#### 1. Ginger Turmeric Tea:

Ginger turmeric tea is a good home-made ayurvedic drink to boost the immune system. Having ginger turmeric tea on a regular basis boosts the immune function in elders. This tea also reduces and prevents the risk of other old-age diseases in senior-citizens.





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### 2. Fresh Mint Kadha:

Here's another beneficial ayurvedic drink that you can easily prepare at home. Mint acts as a cooling drink, even in the form of Kadha it cools down the body and eliminates the toxins, and boosts the immune system.

### 3. Turmeric Shot:

This is one of the most powerful antioxidants on the list. From boosting the immune system to preventing cancer, helping skin, it provides endless benefits to the human body. Thus it acts as a good immunity booster drink for elders. So if you really want your beloved elders to stay happy with a healthy immune system, just give them turmeric shot on a regular basis.



### 4. Herbal Tea:

It is advisable for seniors to ditch the coffee and regular tea, and to have this amazing alternative regularly. With a blend of herbs, herbal tea nourishes your body inside out. It is served as a good immunity booster to the elderly. You can have this power pack tea twice in a day.

**B.SURYA**

**10<sup>TH</sup> std,**

**KV Mandapam**



### Motivational Stories

#### KEEP TRYING TO REACH HIGHER:



Once upon a time, a climbing plant grew up in a pile of garbage outside the house. Just feet away someone once planted a tree and covered it with an iron cage to secure it from animals. Though the tree died for a long time but the cage is still there, rusted and dusty.

The climbing plant tendrils took support of the cage and started growing but after some days there were no support to go further as the cage was short.

Few feet above there were overhang of the house and the plant wished it can reach there but it was impossible without support.



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**It kept growing up, Centimetre by centimetre, Inch after inch. It held its head high and kept stretching just like a kid trying to reach for a can of sugar placed high in a kitchen but even still standing on its toes, he couldn't make it.**

**But when it was just few days away to reach the overhang, its top part started to become heavy and bent down towards the earth due to lack of support.**

**Just like all of us human beings, it also fell in great depression because all its efforts gone in vain.**

**So, though intentionally but its tendrils kept growing and hanging in the air.**

**It was at the lowest point in its life, it kept thinking that how bad its life has been and still is, it thought that "How can God do this to me? I was born in a pile of garbage without anyone to water me and take care of me."**

**After few days, On a very cloudy day, a strong gust of wind came making everything fly in air and fortunately, the hanging part of the climbing plant flew in air and bumped on the overhang of the house. Tendrils did their work and got hold of the overhang and didn't lose their grip throughout the gust.**

**When gust was over, the plant realised what happened and rejoiced with the following rain.**

**Morals:**

- 1. Sometimes the space between you and your goal is everything, it shapes you, defines you.**
- 2. No matter how dusty, rusted, old or useless something is, it still can do wonders.**
- 3. In the lowest time of your life, nature is preparing a miracle for you.**
- 4. Keep growing your tendrils, no matter what, then only you can turn storms into your favour.**
- 5. It doesn't matter where you started, keep trying to reach higher.**

**Try, try again.**

**No pains, no gains.**

**V. Jyothika**  
**10th std**  
**KV, Mandapam**





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### A unique experience

It was a cold and windy night. My friend and I had met after a long time, and were chatting for hours. We did not notice the time passing by, and soon it was close to ten in the night. We decided to take an auto Rickshaw to go to our house. It started raining, and we hurried to get into an auto Rickshaw and reach our place. None of the auto Rickshaws stopped for us, except one. The driver asked us where we wanted to go and we told the place. Without saying anything about the fare, he said, 'please get in!' We thanked him and got in. Since it was very cold, I asked the driver to stop at any small restaurant or a tea shop. We wanted to have a cup of hot tea. The driver stopped near a small restaurant. We ordered tea, and asked the driver to join us and have a cup of tea. The driver refused. I insisted, but he refused again politely. My friend asked, 'will you not take tea from this shop and what?' The driver replied, 'No sir, I don't feel like having tea now.' I asked again, 'But, why? A cup of tea will do no harm.' Smiling, the driver replied, 'Thank you sir, but I'm sorry.' My friend asked, 'Are you against eating or drinking outside?' The driver said, 'No! I was really surprised at his behaviour and asked my friend not to compel him. In 15 minutes we reached our house. We paid the fare and the driver thanked us. On an impulse I stopped him as I really wanted to ask him why he refused to drink tea with us at the restaurant. He thought for a moment and replied, 'Sir My son passed away from this noon in an accident. I don't have enough money for his funeral. So I took a vow not to drink even water until I earn enough money for my son's funeral. That's why I didn't drink tea when you offered. Please don't misunderstand. We both were shattered and offered him more money for his son's funeral. He politely refused. Thank you for your generosity sir. In one or two hours if I get one or two more customers I will earn the money I need. And he left the place. We were amazed at his strength of character and integrity.'



**D.logitha sri**

**8 th Std**

**Amrita vidyalayam**

