



SQUIRREL GREEN RAMESWARAM NEWSLETTER

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For Students

From Students....

அணில் பசுமை இராமேஸ்வரம் நியூஸ்லெட்டர்

மாணவர்களுக்காக.....

மாணவர்களால்.....





SQUIRREL GREEN RAMESWARAM NEWSLETTER

Foreword

Dear Readers,

Namaskaram

Twenty sixth 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 Diwali Festival. Jyothika Continues her write up on Rameswaram Tourism and this edition she covers about Rama Setu(Adam's Bridge) Thillai Bhavana continues her series of Environment Activists and this time she covers Mansukhbhai Raghavjibhai Prajapati Surya continuing the health food immunity booster series and Logitha is continuing her quotes series this time she is sharing about quotes on Diwali Festival. 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)

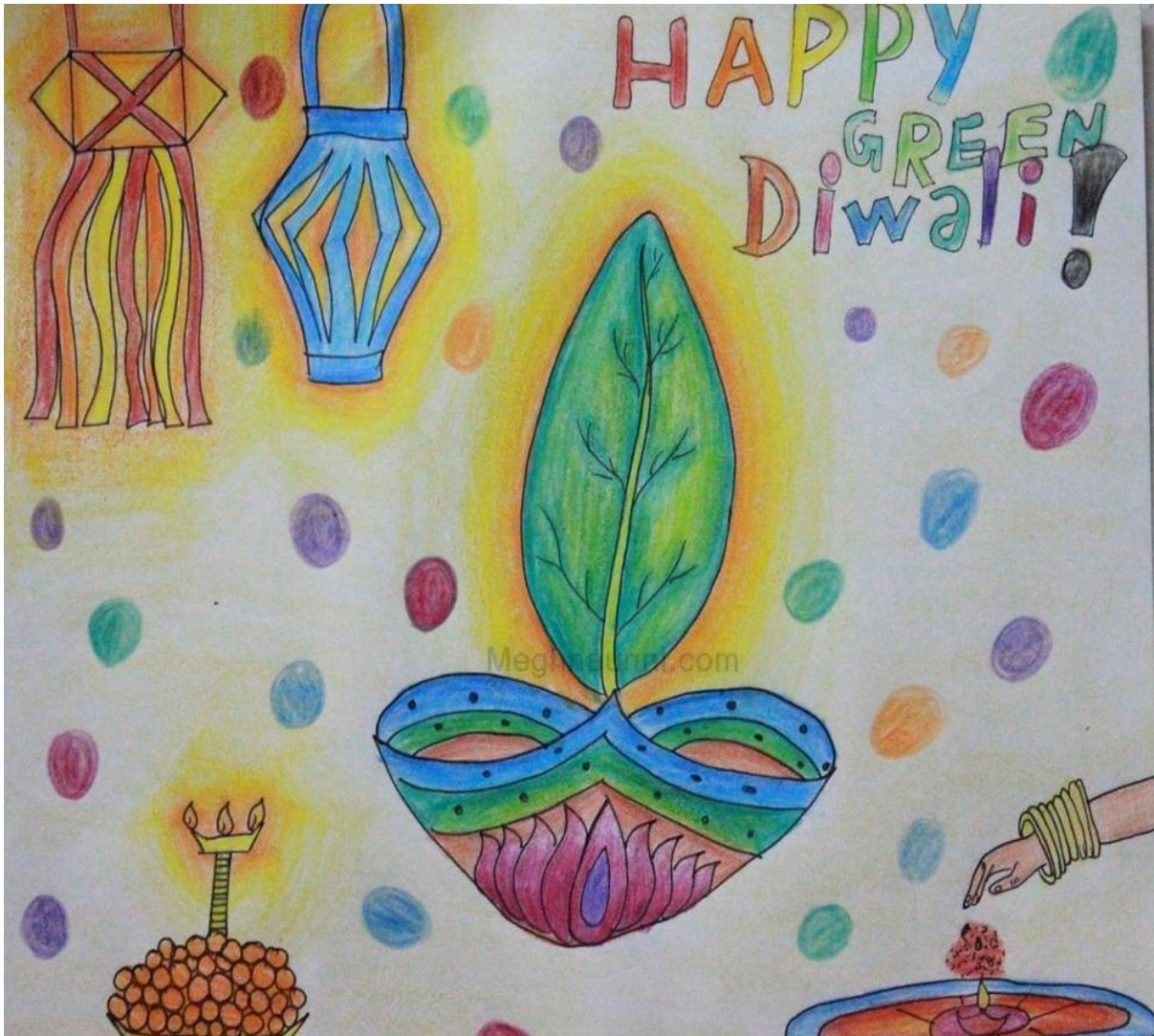
(M.Logesharan)

(B.Surya)





Diwali Festival Drawings



**T. Sivakanth,
9 th STD
Kendriya Vidyalaya, Rameswaram**



Diwali Festival Drawings



V.Jyothika
12th
Kv Mandapam



Diwali Festival Poems

தீபாவளி தீபாவளி தீபஒளி திருநாள் இது தீபாவளி தீபாவளி தங்க திருநாள் அது

தெருவெல்லாம் மத்தாப்பு மனசெல்லலாம் சிரிப்பு வாயெல்லாம் இனிப்பு.

காத்திருந்து வந்த விழா காரிருளை போக்கிடுமே புத்தாடை பளபளக்க புது
வெடியும் படபடக்க தீயவை ஓடி தித்திப்பை தேடி தீயவை ஓடி தித்திப்பை தேடி

நல்லவர்கள் கூடி நல்லதை பாடி உள்ளங்கள் கூடி சொந்தங்கள் கூடி

சொர்க்கத்தை நாடி திசையெங்கும் திருநாளாய் தீப ஒளி பெருநாளாய் மனமெங்கும்
மகிழ்ச்சிஒலிமத்தாப்பாய்சிரிக்கட்டும்.

பொன்னான நன்னாளை பொலிவோடு வரவேற்று அன்போடு பெரியோரை
வணங்கி மகிழ்ந்திட.

S. Yasvantini

9th STD

**Sri Parvathavarthini Amman Girls
High School**





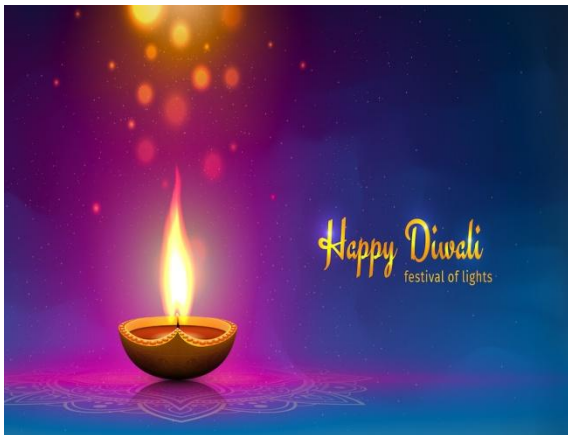
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Sweet smell of flowers

Array of colours

The Diwali is here

Fire crackers are hear



*"Festival of Lights" today,
It's again the day of Diwali,
It's time to dress up folks,
It's time to adorn the thali.*

Diwali is all about sharing

Sharing sweets

Sharing crackers

Sharing happiness

Happy Diwali...



FIGHT GLOBAL WARMING...

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





Environmentalist Series -26



Mansukhbhai Raghavjibhai

Prajapati is a famous rural innovator in India known for his earthen clay-based functional products like:

Mitticool Non Stick Clay Tawa

Low cost water filters

He is the holder of the Indian patents for these products, that boast high efficiency and an eco-friendly nature.

He was born in the Prajapati family belonging to the village Nichimandal of Morbi, Rajkot. He had exposure to the clay tradition since his childhood, as this was his family's traditional profession.

Mitticool was featured recently at a conference organized by the Centre for India & Global Business, Judge Business School, University of Cambridge, UK in May 2009. Bosch and Siemens Hausgeräte (BSH), Germany, one of the world's largest home appliance companies have also written to GIAN and showed interest in the product.

He was born on 17 October 1965. He was born in a poor family where he had to struggle to study. A man with vision, mission and ignition Mr. Mansukhbhai Prajapati is a small-town man with big dreams of ruling the world. And true to his dreams, he is progressing well in this path. His dream child, Mitti Cool, is an attempt towards connecting mankind more irrevocably with clay and soil. He is already



SQUIRREL GREEN RAMESWARAM NEWSLETTER

paving the way of Mitti Cool to go both national as well as international. Though some traces of clay products can still be seen in some parts of core and rural India, time has made its memories faded in population's mind. Mr. Prajapati aims to refresh these memories and remind people about the benefits and uses of clay products.

The journey of Mansukhbhai Prajapati begins on 19th October, 1970. Born to a poor potter, his family had already quit their business due to the breakdown of the Machhu dam and thereafter migrated to Morbi. In 1980 he failed in 10th standard and dropped out of school after that.

**K.ThillaiBavana
IX STD,
KV Mandapam**





Rameswaram

Tourism

Rama Setu(Adam's Bridge)

The popular Tourist place in Rameswaram:



Rama Setu, also known as Adam's Bridge, is another popular place to see in Rameswaram. Connecting Rameswaram of Tamil Nadu to the Mannar Island of Sri Lanka, Rama Setu is a causeway with a length of 30 km long. It has been built of limestone shoals. According to geographical evidences, this bridge used to connect Sri Lanka and

India. Rama Setu starts from Dhanushkodi and ends at the Mannar Island of Sri Lanka.

It is said that it was used as a connecting bridge between the two countries until it was hit by a cyclone in 1480 which led to submersion of most of its parts. Currently the bridge is about 3-30 feet underwater and is unfeasible for any kind of use. This historical bridge also has religious importance; many legends associate it to the Lord Rama and the Hindu epic Ramayana.

Owing to its great religious significance and mystical evidence, Rama Setu has become a must visit for every Rameshwaram Tour.

Legend of Rama Setu/Adam's Bridge



SQUIRREL GREEN RAMESWARAM NEWSLETTER

It is considered to be one of the holiest sites for Hindus devotees. Many devotees visit this site to offer their prayers to the Lord. According to the legend, this bridge was built by the vanara army that had accompanied Lord Rama, Lord Lakshmana and Lord Hanuman in the war against demon Ravana so as to rescue Goddess Sita and end his cruelties.

Rama Setu has been described in many ancient texts, including religious scriptures as well as research books and maps. In the religious epic Ramayana, Valmiki also writes about Sethubandhanam which connects India with Lanka, which was a kingdom of Ravana. This ancient bridge also has been mentioned in the Book of Roads and Kingdoms (850 AD) by Persian geographer Ibn Khordadbeh also. It has been referred as the Set Bandhai or the Bridge of the Sea. Another mention of this bridge can be seen in maps which were made in 1747 by a Dutch cartographer, where this area has been shown as Ramancoil means Rama Temple. This map has been kept at the Thanjavur Saraswathi Mahal Library. Many other maps prepared during varied decades have mentioned this area and place.

This bridge is also known with the name of Adam's Bridge which was given by a British Cartographer in 1804. It was given based on an Abrahamic legend, according to which Adam crossed the sea over this bridge to reach a mountain where he had stood in penitence for 1000 years which gradually left a large mark on the hill, similar to a footprint. This peak is known with the name of Adam's peak.

A visit here definitely makes Rameswaram Tour even more interesting. However Indian Government is not promoting tourism to Ram Setu Bridge, due to security reason.

V.Jyothika
12th
Kv Mandapam





Diwali Festival Quotes

- Diwali comes to eliminate darkness, but not to avoid environmental cleanliness.
- Invite all your friends and relations, to have a cheerful Diwali celebration.
- Diwali is a festival of light, so support poor kids and make their future bright.
 - Diwali is a festival of light; that's why celebration goes day and night.
 - Diwali comes to eliminate darkness and fill our life with happiness.
- Celebrate Diwali with poor kids, Play with them and share some sweets.
 - This Diwali don't be mean, keep your surroundings clean.
 - It's the season to pay a visit, To all our friends and relations,
- To hand them over sweets and presents, Diwali is our splendid chance.
- It's the day to light the diyas, Ignite the rockets and burst crackers

D.logithasri
8th STD
Amrita vidyalayam
Rameswaram





Immunity Booster Series:

Sabja Seeds:

Sabja or Basil seeds are extensively used for seasoning. They add a unique flavour to food. But did you know that Sabja seeds or falooda seeds, are not just terrific for seasoning or growing new basil plants but also loaded with health benefits. These tiny black seeds that resemble black sesame seeds can give flax seeds and chia seeds a run for their money when it comes to nutritional benefits. They are extracted from Sweet Basil (and not Holy Basil that is more prevalent in India and extremely popular for its ability to bolster immunity).

And you should make it a point to include these humble Sabja seeds in your diet. Here are a few ways Sabja seeds will transform your health.

Nutritional Value of Sabja Seeds

Sabja seeds are power-packed with loads of nutrition and immunity-boosting properties. They are low in calories and contain 42% carbohydrates, 20% proteins and 25% good fats. They are high in fibre and a very good source of Omega-3 fatty acids. They also contain good amounts of minerals like potassium, manganese, copper, calcium and magnesium, and vitamins C and folates. So, they can be rightly called wonder seeds

Nutritional Chart for Basil Seeds (per 1 tablespoon or per 13 grams)

Basil constituents	Amount
Calories	60
Fats	2.5g
Omega-3 fatty acids	1.240g
Carbohydrates	7g
Protein	2g



SQUIRREL GREEN RAMESWARAM NEWSLETTER

Calcium	15% of daily intake
Iron	10% of daily intake
Magnesium	10% of daily intake
<i>Also contains flavonoids and polyphenols</i>	

Health Benefits of Sabja Seeds :

1. Acts as a Natural Body Coolant

Drinks including sabja seeds provide great relief from the scorching heat of summers. Sabja seeds are known to reduce body heat and have a soothing effect on the stomach. These seeds can be part of a variety of drinks like lemonades, coconut water, coconut milk, milkshakes, smoothies, yoghurt etc.

2. Reduces Blood Sugar Levels

Sabja seeds were proven to have eminent anti-diabetic potential. Sabja seeds are high in fibre. When sabja seeds were regularly given to diabetics just prior to meals, it prevented the spike in blood glucose levels. Thus, sabja seeds were found to be useful in maintaining blood sugar levels in patients with type 2 Diabetes.

3. Good for Diabetes Management

People who have been diagnosed with diabetes need to be very particular about what they eat in order to keep their blood sugar levels steady. Sabja seeds have been found to possess anti-diabetes properties. In several studies, it was observed that if people consume Sabja seeds just before a meal, their blood sugar level does not shoot up after the meal. By keeping blood sugar levels steady after a meal, Sabja seeds can help manage diabetes better.

4. Relieves Constipation & Acidity

Sabja seeds are rich in soluble fibre. When these seeds are added to our diet with a good quantity of water, they absorb water and thus help in drawing water to our gut. This results in the softening of faeces and promotes daily bowel movement. Thus, people suffering from constipation get tremendous relief by making sabja a part of their daily diet.

Sabja seeds contain pectin among many other soluble fibres. Pectin is proved to have prebiotic benefits. It is thus important in modulating the composition and



SQUIRREL GREEN RAMESWARAM NEWSLETTER

metabolism of the complex gut microbiota and thereby increasing the number of good bacteria in the gut.

This also helps in relieving acidity to a great extent.

5. Useful in Weight Loss

Sabja seeds are high in soluble dietary fibre and help a person feel full and satisfied. They also regulate our bowel movement and thus help in cleansing our body from accumulated toxins.

The soluble fermentable fibre pectin is helpful in increasing satiety and decreasing caloric intake and adiposity while on a high-fat diet. It also produces a fermentation environment more likely to promote hindgut health.

Reduction in calorie intake thus leads to weight loss.

6. Aids in Weight Loss

Sabja seeds contain protein and soluble fibre. Both these nutrients stay in your digestive system for a long time. This means that when you consume Sabja seeds, you won't feel hungry for a long period of time. No appetite means no cravings for unhealthy snacks. This helps you stay in shape or lose weight.



7. Regularizes bowel movement

High fibre content also ensures that the bowel movement is regularized. Constipation happens when you don't drink enough water and the large intestine is forced to suck water out of the faeces. But when you consume fibres and lots of water, soluble fibres draw water to the large intestines and this softens the stool.

People with heart conditions are especially recommended to consume high-fibre foods because straining while clearing their bowels puts pressure on the heart.

8. A Powerhouse of Minerals

Sabja seeds are a rich source of iron, calcium and magnesium. Calcium and magnesium are required for the optimal functioning of muscles and bone. Iron is needed to maintain haemoglobin levels, which is the protein required to transport oxygen in the blood.

Sabja seeds are the best source to increase iron and calcium levels in case of deficiency.



9. May Prevent the Risk of Heart Diseases

Sabja seeds contain an average of 2.5 grams of fat per 1-tablespoon. Of this fat, about half — 1,240 mg per tablespoon — is alpha-linolenic acid (ALA), an omega-3 fat.

The beneficial effects of omega-3 fatty acids include effects on lipids, blood pressure, cardiac and vascular function, eicosanoids, coagulation, and immunological responses. They thus decrease the risk of coronary heart disease, hypertension and stroke, and their complications.



10. Has Anti-Inflammatory & Anti-Carcinogenic Properties

Sabja seeds are a good source of plant chemicals like flavonoids and polyphenols. Flavonoids are the largest group of phytonutrients, known for their anti-oxidative, anti-inflammatory, anti-mutagenic and anti-carcinogenic properties coupled with their capacity to modulate key cellular enzyme function.

Having a diet rich in flavonoids may reduce the risk of cancer and heart diseases.

11. Oral Health Benefits

Sabja seeds have proven anti-bacterial, anti-viral and anti-fungal properties. They are helpful in curing mouth ulcers. They can be used as a mouth freshener. These seeds also help to combat various dental issues like bad breath, plaque and cavities.

12. May Reduce Cholesterol Levels

Pectin, a type of soluble fibre present in sabja seeds may lower the cholesterol levels in our body. It prevents the absorption of cholesterol in our gut.

Read More: [What Are the Side Effect of High Cholesterol?](#)

13. Reduces Stress & Anxiety

Sabja seeds have a calming effect on the body as well as the mind. They reduce stress, tension, and anxiety, leaving us to feel happier. Sabja seeds are rich in flavonoids, tannins and terpenoids. Their anti-oxidant activity is also shown to have memory-enhancing effects in some.

Other Uses of Sabja:



SQUIRREL GREEN RAMESWARAM NEWSLETTER

- **Good for Hair**

Sabja seeds are rich in protein. This protein helps in reducing hair fall, better hair growth, and improved hair volume. You can also get rid of dandruff with sabja seed hair oil. Combine the oil you use with sabja seed powder, massage your scalp with it and leave overnight for beautiful and strong hair.

- **Good for the Skin**

Sabja seeds naturally detoxify the body and clear our internal system. This keeps our skin looking flawless keeping acne or any kind of breakouts away. Sabja seeds have anti-microbial and anti-fungal properties which protect us from skin infections. They are also used in the treatment of eczema and psoriasis. Also, since sabja seeds are rich in vitamins and minerals, they give a natural glow to our skin.

How to consume sabja seeds?

Soak around 2 teaspoons of Sabja seeds in a cup of warm water for around 15 minutes. They swell and a translucent grey film coating develops around each black seed, as they increase in size.

You can now make these seeds a part of a variety of drinks like lemonade, milkshakes, coconut water, smoothies, buttermilk, soups and so on. You can also add them to ice creams, pasta and salads for a nice crunchy taste.

Daily Dosage of Sabja Seeds:

Ideally, you should not consume more than 2 teaspoons of sabja seeds every day.

Precautions for using Sabja seeds:

- Children could choke on the seeds if they are not swollen well in water, before administering.
- Pregnant women should consume sabja seeds only under the guidance of a healthcare provider, as it tends to increase the oestrogen levels in the body.
- Sabja seed oil and extracts can slow blood clotting. Hence, it is not recommended for consumption if you have recently had surgery or are wounded.
- If you have a scheduled surgery, you must stop using sabja seeds at least two weeks before the surgery.

B.SURYA
10TH STD,
KV Mandapam





Inspiring Stories

Don't say something you regret out of anger

There once was a little boy who had a very bad temper. His father decided to hand him a bag of nails and said that every time the boy lost his temper, he had to hammer a nail into the fence.

On the first day, the boy hammered 37 nails into that fence.

The boy gradually began to control his temper over the next few weeks, and the number of nails he was hammering into the fence slowly decreased. He discovered it was easier to control his temper than to hammer those nails into the fence.

Finally, the day came when the boy didn't lose his temper at all. He told his father the news and the father suggested that the boy should now pull out a nail every day he kept his temper under control.

The days passed and the young boy was finally able to tell his father that all the nails were gone. The father took his son by the hand and led him to the fence.

'You have done well, my son, but look at the holes in the fence. The fence will never be the same. When you say things in anger, they leave a scar just like this one. You can put a knife in a man and draw it out. It won't matter how many times you say I'm sorry, the wound is still there.'



M.lohesharan
8th STD
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