



SQUIRREL GREEN RAMESWARAM NEWSLETTER

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For Students

From Students....

அணில் பசுமை இராமேஸ்வரம் நியூஸ் லெட்டர்

மாணவர்களுக்காக.....

மாணவர்களால்.....





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Foreword

Dear Readers,

Namaskaram

Twenty fifth 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 Universal Brotherhood Day. Jyothika Continues her write up on Rameswaram Tourism and this edition she covers about Kunthukal and Thillai Bhavana continues her series of Environment Activists and this time she covers Marimuthu Yoganathan and Surya continuing the health food immunity booster series and Logitha is continuing her quotes series this time she is sharing about quotes on Universal Brotherhood Day. 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)





*Brotherhood Day
Drawings*



S.Ishwarya,

9 th STD

Kendriya Vidyalaya, Rameswaram



Brotherhood Day



Drawings



V.Jyothika
12th
Kv Mandapam



Brotherhood Day Poems

உலகிலுள்ள அனைவரையும் சகோதரர்களாக எண்ணி

அவர்தம் மகிழ்ச்சியில் மகிழ்ந்து,

துன்பத்தில் துயரமுற்று,

அவர்களோடு தன்னை ஐக்கியப்படுத்திக் கொள்ளும் நேயம் சகோதரத்துவம்
எனலாம்.

அயல்நாடு, அசந்து பார்க்கும் அளவுக்கு நம் தேசத்தை உயர்த்திக் காட்டுவோமே!

S. Yasvantini

9th STD

**Sri Parvathavarthini Amman Girls
High School**





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*When man will treat his fellow man
As man should treat his neighbour,
Then every man will have in full
The product of his labour.*



*When man will gladly recognize
In every man a brother,
Then will he scorn to live upon
The labour of another.*

*Earth, Ocean, Air, beloved brotherhood!
If our great Mother has imbued my soul
with aught of natural piety to feel
Your love, and recompense the boon with mine*



FIGHT GLOBAL WARMING...

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





Environmentalist Series -25



Marimuthu Yoganathan popular as The Tree Man (born 1969) is an Indian environmental activist. He planted over 1 lakh 20 thousand trees in the last 28 years. He is working as Tamil Nadu State Transport Corporation Coimbatore Bus Conductor. When he was young

he used to write poems sitting under trees in Kotagiri forests. He fought with the timber mafia for felling trees.

He works as a bus conductor with Tamil Nadu govt on S-26, runs on the Marudamalai-Gandhipuram route in Coimbatore. He works with school children and college students in creating the hazards of felling trees.] He is a member of Tree Trust.

He uses 40% of his monthly salary towards buying saplings and educating children. He planted 4,20,000 tree saplings, by trekking the state of Tamil Nadu

Honours

Edit

Eco Warrior award from the Vice President of India

Government of Tamil Nadu has conferred on him the title Suttru Suzhal Sevai Veerar Award.

CNN-IBN's Real Heroes Award

Recently, a Twitter user with the handle name of @JainMaggii shared a picture of the bus conductor holding a sapling and wrote, "Marimuthu Yoganathan, a



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bus conductor who has planted over 3 lakh saplings in the last 30 years using his own money. Meet the 'real environmentalist'!"

Madhya Pradesh Chief Minister Shivraj Singh Chouhan also replied to the tweet dated March 5, 2021 and said, "Inspiration on my birthday. Thank you for sharing."

The tweet also drew the reactions of several people who praised Yoganathan for his efforts.

"Noble work by Shri Yoganathan....Clapping hands sign. It doesn't have any impact whether he has planted with his own money or not. He has planted 3 lakh trees. That is enough..... we are getting how much of oxygen from those....just imagine...Once again salute you, sir...," wrote a twitter user.

Another Twitter user said, "Great work! Thank you for sharing! Hero, who is saving our lives and this planet! inspiration these are! Hero what made him so dedicated, please highlight his stories. Would love to know more about him."

"Mind-boggling. Almost 100 trees per day without fail! #Legend," wrote another while calling Yoganathan a legend.

K.ThillaiBavana
IX STD,
KV Mandapam





Rameswaram

Tourism

Kunthukal Beach

The popular Tourist place in Rameswaram:



Kunthukal beach is the most beautiful relaxing and peaceful beach located on the bank of the Gulf of Mannar in Kunthukal village in Pamban, Rameshwaram. This beach is mostly less crowded and also has fewer sea waves, which makes Kunthukal beach a great tourist place in

Rameswaram and an ideal beach for a picnic for kids, family, and friends groups for water watersports and swimming.

The crystal clear blue sea water attracts tourists to enjoy the relaxing environment of the beach and also makes this beach one of the best places for photoshoots in Rameshwaram. There is no nearby shop found, so always carry drinking water and food while visiting this place. We can also spot many fishing boats.

Kunthukal beach is behind Swami Vivekananda's memorial hall. Swami Vivekananda, who represented India at the 1893 Parliament of the World's Religions in which he gave a historical speech about the greatness of India and Hinduism. On return of Swami Vivekananda near the fishing village of Pambhan, the King Raja Baskara Sethupathy knelt down on



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his knees and welcomed Swamiji, which gave the name of this place as “Kunthukal” (குந்துக்கால்) in which means Kneeling down in the Tamil language.

Just near this beach is the Marine Museum called the Marine Interpretation cum Museum Centre along with an aquarium that showcases various marine species found in the Gulf of Mannar Biosphere Reserve. The Marine Museum also has a children’s park.

How to reach Kunthukal Beach, Kunthukal, Pamban in Rameswaram :

On Road: Kunthukal is 12 kilometres away from Rameswaram. Rameswaram is well connected by road a with other important cities. It is easily accessible. on the way to Rameswaram after crossing the great Pamban bridge, there is a board of village name Akkamadam, we have to take a direct left to it, the roads take us to Vivekananda memorial after few minutes of travelling.

V.Jyothika
12th
Kv Mandapam





Brotherhood Quotes

- We must live together as brothers or perish together as fools.
- Never hold resentments for the person who tells you what you need to hear
Count them among your truest, most caring, and valuable friends.
 - It is at times such as this that we show our true spirit of giving and of brotherhood of revealing the good Samaritan in all of us.
- The idea of brotherhood re-dawns upon the world with a broader significance than the narrow association of members in a sect or creed.
 - Brotherhood is the very price and condition of man's survival.
 - Either men will learn to live like brothers, or they will die like beasts.
- Trying to build the brotherhood of man without the fatherhood of God is like trying to make a wheel without a hub.
- There is a destiny which makes us brothers; none goes his way alone. All that we send into the lives of others comes back into our own.
 - Brotherhood is an ideal better understood by example than precept!
- No man is an island, entire of itself; every man is a piece of the continent

D.logithasri
8th STD
Amrita vidyalayam
Rameswaram





Immunity Booster Series:

Moringa:

Moringa tree is also known as the 'miracle tree' and there is a good reason why. The leaves, fruit, sap, oil, roots, bark, seeds, pod and flowers of the tree have medicinal properties. The products from the tree have many uses. It is also known as the 'drumstick tree'. It is found mostly in Asia, Africa, and South America.

Moringa Leaves – High in Nutrients:

The moringa leaves are nutritionally very rich, leaving behind carrots, oranges and even milk in terms of nutrition value. The leaves find many uses in Indian cuisine as they are versatile and can be incorporated into the diet in many ways. Adding them to juices and using them as stir-fry vegetables are the most common ways in which they are eaten. When consumed in their natural form, the moringa leaves have no side effects.

Rich in Vitamins and Minerals:

Moringa leaves are rich in vitamins A, C, B1 (thiamin), B2 (riboflavin), B3 (niacin), B6 and Folate. They are also rich in magnesium, iron, calcium, phosphorus, and zinc. One cup of moringa leaves will contain 2 grams of protein, magnesium (8 per cent of the RDA), Vitamin B6 (19 per cent of the RDA), Iron (11 per cent of the RDA), Riboflavin (11 per cent of the RDA) and Vitamin A (9 per cent of the RDA).

Rich in Amino Acids

Moringa leaves are rich in amino acids, the building blocks of proteins. 18 types of amino acids are found in them and each of them makes an important contribution to our wellbeing.

Fight Inflammation:

Inflammation is how a body naturally responds to pain and injury. Moringa leaves are anti-inflammatory in nature due to the presence of isothiocyanates. They have niazimicin that is known to reign in the development of cancer cells. Inflammation is the root cause of many diseases like cancer, arthritis, rheumatoid arthritis, and many autoimmune diseases. When we suffer an injury or infection, the body suffers increased inflammation.

Basically, it is a protective mechanism against trauma but because of a wrong lifestyle and an unhealthy diet, inflammation can increase in the body. Long-term



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inflammation leads to chronic health issues. Eating moringa leaves helps to reduce inflammation.

Rich in Antioxidants:

Moringa leaves have anti-oxidative properties and protect against the damaging effects of free radicals present in the environment. The damage caused by free radicals is responsible for many chronic diseases like type 2 diabetes, heart problems and Alzheimer's.

Moringa leaves are rich in vitamin C and beta-carotene that act against free radicals. They also have Quercetin which is an antioxidant that helps to lower blood pressure. Another antioxidant that is present in moringa leaves is Chlorogenic acid which helps to stabilize blood sugar levels post meals.

A study in women showed that taking 1.5 teaspoons of moringa leaf powder regularly for three months had shown a significant increase in blood antioxidant levels.



Lower Blood Sugar Levels:

Sustained high blood sugar levels lead to the development of diabetes in individuals. Diabetes, in turn, can cause heart problems and organ damage in the body. To avoid this, it is good to keep the blood sugar levels in check. Moringa leaves are a perfect resource for that as they stabilize the blood sugar levels due to the presence of isothiocyanates.

Lowers Cholesterol:

Apart from oats, flaxseeds, and almonds, moringa leaves are a dependable remedy against high cholesterol. Cholesterol is the major reason why people suffer from heart diseases and eating moringa leaves has known to show considerable improvement against high cholesterol levels. Moringa oleifera can lower those levels and protect against the risk of heart disease. Pregnant women usually experience higher levels of cholesterol, which can in turn increase the risk of developing gestational diabetes during their term.

Protects the Liver:

Those who have tuberculosis can benefit greatly from moringa leaves as they reduce the negative effects of anti-tubercular drugs. The leaves accelerate the repair of the liver cells. The leaves have a high concentration of polyphenols that protect against



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oxidative damage to the liver and may even reduce it. They increase the protein levels in the liver.

Good for the Stomach:

Moringa leaves are beneficial against digestive disorders. Those who suffer from constipation, bloating, gas, gastritis and ulcerative colitis should add Moringa leaves to their diet.

Good for Skin and Hair:

Due to an abundance of antioxidants and nutrients, moringa leaves improve the health and appearance of skin and hair. They add suppleness to the skin and shine to the hair. The antioxidants present in moringa leaves reduce the appearance of fine lines and wrinkles on the skin. They have about 30 antioxidants present. Not just this, a paste of moringa leaves when applied to the scalp and the hair reduces dandruff and adds life and bounce to dull, lifeless hair. The leaves also strengthen the hair follicles. They are also good for acne-prone skin

Good for Nervous System:

Many nervous disorders have been known to show positive results against the use of moringa leaves. They support brain health and work as neuro-enhancers. The high concentration of vitamins E and C combat neural degeneration and helps improve brain function. Those who have a migraine or suffer from recurring headaches must eat moringa leaves regularly.

Good for Detoxification:

Moringa leaves are natural cleansers and help to detoxify the system. This helps to keep the body and increases immunity against various infections. They also increase the energy levels in the body.

Recipe:

Murungai Keerai Soup is a flavourful and healthy soup made with drumstick leaves. Moringa leaves has a lot of medicinal benefits, rich in iron and protein, very good for your eyes too.

Ingredients

- ~1 and 1/2 cups drumstick leaves
- 1/2 tsp jeera
- ~1 tbsp crushed garlic
- ~6 small onion finely sliced
- ~1 small tomato chopped roughly





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- ~2 cups water
- ~salt to taste
- ~1 tsp oil

Instructions:

~Pluck the drumstick leaves from the stem and set aside. If the leaves are tender then the tiny stems can be added too. Rinse it well twice and drain water. Set aside.

Heat oil in a pan - add jeera let it crackle, add crushed garlic.

~Saute for a min, then add onion and required salt.

Saute till golden then add tomato, saute till tomatoes turn mushy and raw smell leaves.

~Now add cleaned drumstick leaves. Saute for 2 to 3 mins until the raw smell leaves. I transferred the mixture to a sauce pan.

~Add water and let it boil for a good 5 mins.

~When its boiling add little more salt (if needed) and pepper. Cook for a minute and switch off.

~You can filter the soup alone and give for kids below 5yrs incase if they find it hard to chew the leaves.

I do not prefer grinding the leaves as it might give a bitter taste.

~Always cook the drumstick leaves fresh when it is plucked or the next day.

This is a simple version, you can enhance the taste by adding 1/4 cup coconut milk or even cooked dal water.

B.SURYA

10TH STD,

KV Mandapam





Inspiring Stories

The Fearless:

Swami Vivekananda was 8 years old when this incident happened. He loved to dangle head down from a champak tree in his friend's compound. One day he was climbing the tree and an old man approached him asking him not to climb the tree. The old man was probably scared that Swami could fall and break his limbs or was just being protective about the chamapaka flowers. when the kid questioned him why the old man told him that there was a ghost living on the tree and it would hurt him and break his neck if he climbed the tree again. Swami nodded and the old man walked away. The not so convinced 8-year-old climbed the tree again, all of his friends were scared and asked him why he was doing it despite knowing that he would be hurt; he laughed and said 'What a silly fellow you are! Don't believe everything just because someone tells you! If the old grandfather's story was true then my neck would have been broken long ago.'

Now that's exceptional common sense for an 8-year-old, isn't it!

M.lohesharan
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