



ANIL GREEN RAMESWARAM NEWSLETTER

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For Students

From Students....

அணில் பசுமை இராமேஸ்வரம் நியூஸ் லெட்டர்

மாணவர்களுக்காக.....

மாணவர்களால்.....



இதழ் - 1

செப்டம்பர் 2020



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Foreword

Dear Readers,

Namaskaram

Its been a dream for all of us to bring out a newsletter exclusively for students by the students themselves. The dream has come true with this E-Newsletter being produced with our contribution motivating most of us to edit and prepare the contents. Thanks Green Rameswaram for this initiative.

This is just the first attempt. We welcome all for suggestion of improvement which can take us further in this endeavour. This newsletter flashes Few Pictures and poems on the theme of Clean Village and Clean India. There is a writeup also about the Garden – tips to grow garden in your house. Apart from this some heart touching stories have also been shared up by some of the students. Infact one of our editorial committee member has written about Sunderlal Bahuguna – noted environment activist from India. Apart from One of the member performs Vrischikasana and he shares about the importance and the benefits of doing Vrischikasana.

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

(G.Haritha)

(K.Thillai Bhavana)

(Mahathi)

(D.Logitha Sree)

(M.Logesharan)





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சுத்தமான கிராமம் சுத்தமான இந்தியா

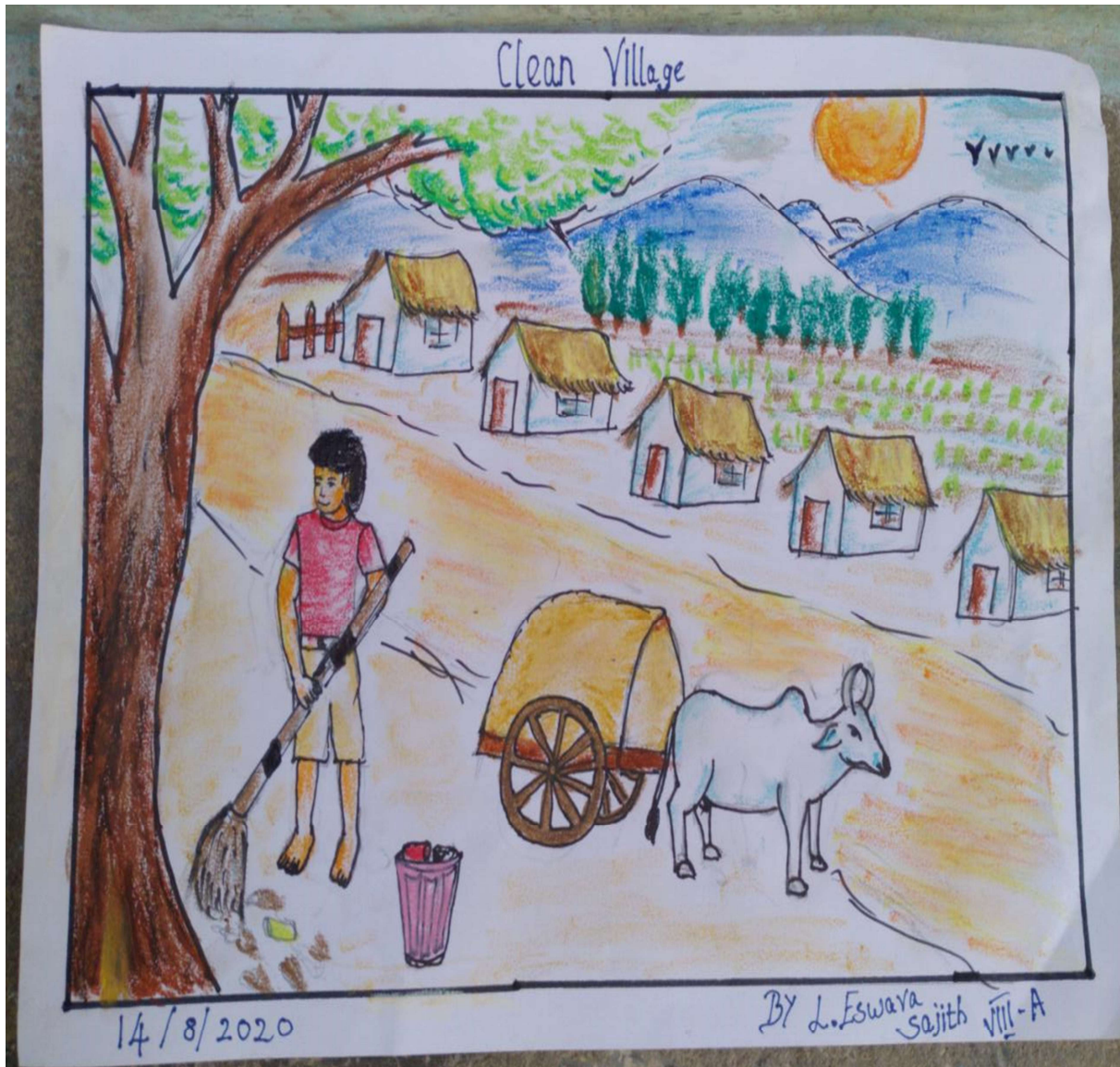


M.Bavishna's Art on Clean India



M.Bavishna, X A, Rameswaram





L.Eswara Sajith, VIII Std, Ambasamudram





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S.Joshua, VIII A, KV, Mandapam





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B.Madesh, 7th Std, Kumbakonam





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S.Gowtham, X std, Dindigul



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G.Susmitha, X A, KV Mandapam





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தூய்மை இந்தியா



அசுத்தங்களால் மனிதர்கள் பயன்படுத்த தகுதி அற்றுப் போன கங்கை ஆற்றின் கரையில் உயரே ஒளிக்கிறது "தூய்மை இந்தியா" பதாகை

எழுந்து வா இளைஞனே இந்நிலை மாற
எழில்மிகு பாரதம் தோன்ற....!

மனித நலன்களுக்காக மண்ணை மலடாக்கிய நாம்
மரங்களை காக்க தவறியது ஏனோ!

தன்னைப் போல தாய் நாட்டையும் நேசிப்போம்
தரணியேங்கும் தூய்மையாக தனி மனிதர் ஒவ்வொருவரும்
உறுதியெடுப்போம்!



S. கௌதம் X A
Dindigul



Constant Focus



One day the zen master wanted to show his students a new technique of shooting an arrow. He told his students to cover his eyes with a cloth and then he shot his arrow. When he opened his eyes, he saw the target with no arrow in it and when he looked at his students, they looked embarrassed because their teacher had missed.

The Zen master asked them, "What lesson do you think I intend to teach you all today?" They answered, "We thought you would show us how to shoot at the target without looking." The Zen master said, "No, I taught you that if you want to be successful in life, don't forget the target. You have to keep an eye on the target, otherwise you may miss a good opportunity in life." They looked at each other, impressed with the lesson.

MORAL: we need to consistently focus on what we want and we need to realise that

Source: Internet

**Shared By
Niki Sri G**





Last Chance



Once upon a time, a merchant named Sam owed a huge sum of money to Tom, a money lender. The time came when the merchant ran out of the last chance given to him to give the money back.

Sam had a beautiful daughter who was very affectionate with her father. Tom asked the merchant to give all the money back failing which he will marry his beautiful daughter.

Tom was not at all good looking and ill minded and so the merchant was in dilemma. Tom proposed a new condition. There was a mix of black and white pebbles on the ground where they were standing. He will take two pebbles on both hands, one will be white and the other will be black.

If the daughter correctly chooses the white pebble, then Tom will write off all the debt and leave the marriage proposal too. But if she chooses the black pebble, he will write off the debt but will marry the daughter.

Tom bent down to pick the pebbles from the ground and the daughter noticed that he took black pebbles on both hands. The girl had three choices- to notify the same to her father which may provoke Tom, take the black pebble and sacrifice her life or simply refuse to take the pebble which might land her father into trouble. But what she did totally surprise Tom.

She took the pebble from his hand and 'accidentally' the pebble fell off from her hand to ground. She then asked Tom to see which color pebble was left in his hand to identify the color she picked. Tom had no other choice but to show the black color pebble in his hand and set both of them free.

By

K.Thillai Bavana IX , KV Mandapam



Source: unknown



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"The Mothers love"



Once upon a time the doorbell rang.45-years old Diya opened the door.

The delivery man was standing with a colourful box in his hand.

" Ma'am! courier" he said and handed it to diya. It was a parcel from her only army son Rahul.

After receiving the parcel diya went inside and excitedly opened the box. She found a huge picture frame of herself holding 5 year old Rahul on her laps.

There was also a piece of note in the box which read:

●Happy birthday Ma!You always supported me even at the when you were to afraid for me.Hope one day i will be able to make my beautiful Ma proud of her son .Love you Ma..

Reading this Diya immediately burst into sobs. She looked at the garlanded photo of Rahul and cried hard. Rahul died two months back trying to save a mother from enemies gunshots. Being a single parent Diya was feeling all alone that day.

The delivery man was a very close friend of Rahul and so that gift was pre- planned by Rahul. Probably he knew he is not going to see his mom again.

While crying Diya hugged the picture frame tightly and just said.

“ I am always proud of you beta!”

Moral : Mother's love is very precious in the world.



D.logitha sri

7 th Std

Amrita vidyalayam



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Clean village



Sweet album loveliest village of the plain ,
Where health and plenty cheated the labouring swain ,
When smiling spring it's earliest visit paid,
And parting summer 's lingering blooms delayed ,
Dear lovely Bowers of innocence and ease ,
Seats of my youth ,when every sport could please ,
How often have I loitered o' er the green,
How often I paused on every charm ,
The sheltered cot ,the cultivated farm ...

G.Haritha, VI B, KV Mandapam





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This month yoga Vrischikasana by Logesharan



Health Benefits of Vrischikasana

- Arrests the physical aging process.
- Improves the blood flow to the brain and pituitary gland.
- Revitalizes all body systems.
- Improves circulation in the lower limbs and abdomen.
- Tones the reproductive organs.
- Stretches and loosens the back.
- Tones nerves and spine.
- Strengthens the arms.

By

Logesharan M

VI , Rameswaram



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Gardening Tips

1.'Site it right.starting a garden is just like real estate it's all about location...



2.Follow the sun. misjudging sunlight is a common pitfall when you're first learning to garden..



3.Stay close to water..



4.Start with great soil..





5. Consider containers..



6. Choose the right plants



7. discover your zone..



8. Learn your frost dates.





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9. Add some mulch



10. Feed plants regularly.



G.Haritha, VI B, KV Mandapam





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MY DREAM CITY IS CLEAN CITY GREEN



Mahatma Gandhi said "MY dream city is, green city clean.

India's prime minister has Started, "Swatch Bharat Mission".

"If you want to be a change, you want to see in the world.,

You change first"

Swatch Bharat start with change in your Habits.

Don't be so mean, keep your city clean.

Chikunguniya and dengue is in the air,would you still not care.

God give us Green, Now let's keep it Clean.

Cleanlinesses is half of God's faith....

It's the duty of youth to remove 'UN' from the 'UNSWACHHA'.

I hereby pledge that,"I keep my city clean."

By

**D.logitha Sri
Amrita vidyalayam
Rameswaram**





Sunderlal Bahuguna



Sunderlal bahuguna(born 9 January 1927) is an Indian eco-activist and Gandhian peace worker, who has been one of the leaders of the Chipko movement, fighting for the preservation of forests in the Himalayas. Chipko means 'embrace' or 'tree huggers' and this vast movement has been a decentralized one with many leaders, usually village women, who have worked to protect the environment. Often they would chain themselves to trees so that loggers could not cut down the forests. These actions slowed down the destruction, but more importantly they brought the deforestation to the public's attention. In 1981 to 1983 Sunderlal Bahuguna led a 5000 kilometer march across the Himalayas ending with a meeting with Indian Prime Minister Indira Gandhi, who then passed legislation to protect some areas of the Himalayan forests from clear-cutting. Sunderlal Bahuguna was also a leader in the movement to oppose the Tehri dam project and in defending India's rivers, and has also worked for women's rights and rights of the poor. In the tradition of Mahatma Gandhi, his work for change has always been done through peaceful resistance and other nonviolent methods. The Chipko Movement received the 1987 Right Livelihood Award, also referred to as the Alternative Nobel Prize, "...for its dedication to the conservation, restoration and ecologically-sound use of India's natural resources

Awards

- 1981: Padma Shri Award by government of India, but he refused it.
- 1987: Right Livelihood Award (Chipko Movement)
- 1986: Jamnalal Bajaj Award for constructive work.
- 1989: Honorary Degree of Doctor of Social Sciences was conferred by IIT Roorkee
- 2009: Padma Vibhushan Award by government of India for environment conservation.

Books

- *India's Environment : Myth & Reality* with Vandana Shiva, Medha Patkar
- *Environmental Crisis and Humans at Risk: Priorities for action* with Rajiv K.Sinha
- *Bhu Prayog Men Buniyadi Parivartan Ki Or* (Hindi)
- *Dharti Ki Pukar* (Hindi)
- James, George Alfred (2013). *Ecology is Permanent Economy: The Activism and Environmentalism of Sunderlal Bahuguna*. Albany: State University of New York.

K.Thillai Bavana IX , KV Mandapam

