



# SQUIRREL GREEN RAMESWARAM NEWSLETTER

## SQUIRREL GREEN RAMESWARAM NEWSLETTER

For Students ....

From Students....

அணில் பசுமை இராமேஸ்வரம் நியூஸ் லெட்டர்

மாணவர்களுக்காக.....

மாணவர்களால்.....



இதழ்- 24

Aug - 2022



# SQUIRREL GREEN RAMESWARAM NEWSLETTER

## Foreword

Dear Readers,

### Namaskaram

Twenty fourth 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 India's Independence Day. Jyothika Continues her write up on Rameswaram Tourism and this edition she covers about Sangumal beach 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 Independence 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)*





*Independence Day  
Drawings*



**S.Ishwarya,  
9 th STD  
Kendriya Vidyalaya, Rameswaram**



*Independence Day*  
*Drawings*



V.Jyothika  
12th  
Kv Mandapam



# **Independence Day Poems**

சுதந்திர காற்றை சுவாசிக்க பல உயிர்களின் மூச்சுக்காற்று நின்றது.

உழைப்பாலும், உண்மையாலும் உயர்ந்து நாடும் காட்டுவோமே!

அயல்நாடு, அசந்து பார்க்கும் அளவுக்கு நம் தேசத்தை உயர்த்திக் காட்டுவோமே!

இந்திய மண்ணிற்கு இது உன்னத நாள்!

சுதந்திரக்காற்றை சுகமாய் சுவாசித்த நன்னாள்!

அகிம்சை வழி கிடைத்த அன்பு திருநாள்!

அடிமை சங்கிலியை உடைத்த அற்புத நாள்!

வெள்ளையனை வெளியேற்றி வெற்றி பெற்ற பெருநாள்!

இமயத்தையும் குமரியையும் இணைத்த இனிய நாள்!

கம்பீரமாய் மணிக் கொடி ஏற்றும் ஆனந்த நாள்

நேசம் கொண்டு கேசம் போற்றும் பொன்னாளில் சமகாய ஸ்ரீமதி காப்போம்!

சரித்திரம் படைப்போம்! வந்தே மாதரம் வாழ்க பாரதம் வளர்க அதன் புகழ்.

**S. Yasvantini**

**9th STD**

**Sri Parvathavarthini Amman Girls  
High School**





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*With Himalayas in the north  
Indian Ocean in the south  
Arabian Sea in the west  
Bay of Bengal in the east.  
I love my nation*



*With developed culture  
And beautiful sculpture  
The people have no rest  
To do their work best.*

*Love my country India proud my country  
Love my brother and my sister beautiful  
Country in India rivers and mountains  
in India fields and forest India no other  
country in the world is better than the  
country in India.*



**FIGHT GLOBAL WARMING...**

**M.Lohesharan  
8<sup>th</sup> STD  
National Matric  
higher sec school**





### Environmentalist Series -24



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**

### **Sangumal Beach**

**The popular Tourist place in Rameswaram:**



**Sangumal Beach is a remarkable tourist attraction in Rameswaram, Tamil Nadu. It is a beach that is situated along the Palk Strait. The famous fishing village of Olaikkuda is located close to this beach. The serenity of this beach and the village located close to it attract tourists and holidaymakers on a large scale.**

**It Is Known For:**

- 1) Sangumal Beach is known for its awe-inspiring natural landscapes and serene ambiance. Visitors, especially the foreign nationals, can be spotted basking in the sun for long hours due to the calmness.**
- 2) This beach serves as the breadwinning place for the fishermen of Olaikkuda village. The fishes are caught from the enormous sea and sold in the village market.**
- 3) There are small cottages and guest houses for the holidaymakers.**



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4) Sangumal Beach also serves as the place for witnessing the sunrise and sunset

5) The activity of boating for watching the coral reefs can be relished here as well.

### Best Time to Visit:

Sangumal Beach is one of the must-visit destinations in Rameswaram. People are often seen spending a good quality time on the soft-warm sands. This beach can be visited throughout the year keeping in mind with the comfort, especially during summers.

### Reaching There:

The fishing village of Olaikkadu has a well-established connectivity of the roadways. The local jeeps and buses ply to this village frequently.

V.Jyothika  
12th  
Kv Mandapam





# Independence Day Quotes

- My love for my nation is boundless.
- My love for my people is endless.
- All I desire for my country is happiness.
- We got our freedom after a lot of sacrifices. We should never take it for granted.
  - Our forefathers taught us to keep our heads high.
- Let us live our lives with dignity and have the will to protect the peace and essence of our nation.
- So long as you do not achieve social liberty, whatever freedom is provided by the law is of no avail to you.
  - Life without liberty is like body without spirit.
- Let be freedom in mind, soul & body. Faith in your words & pride in you nature.
  - Freedom is a precious gift of our freedom fighters.
- Independence does not come free it demands a great cost

**D.logithasri**  
**8th STD**  
**Amrita vidyalayam**  
**Rameswaram**





# Immunity Booster Series:

### Banana:

#### What Are Bananas?

Bananas are a tasty and convenient source of some important nutrients. People have grown this tropical fruit since ancient times, and its health benefits have been promoted for more than a century.

You can eat bananas raw or mixed in your favorite smoothie. You can enjoy your own homemade peanut butter-banana sandwich, banana bread, or banana muffins. The possibilities are plentiful.

Plus, bananas:

- Can be found at your grocery store all year long
- Are easily stored
- Come in their own yellow carrying case when you're on the go



#### Health Benefits of Bananas:

**Powerful potassium:** A medium banana gives you 422 milligrams, which is 9% of what you need every day. This mineral is a big player in heart health. Potassium-rich foods help manage your blood pressure because they help you get rid of more sodium when you pee. Potassium also relaxes the walls of your blood vessels, which helps lower your BP.

What's more, potassium:

- May lower your risk of stroke
- Can help keep your bones healthy as you age
- Helps your muscles work better
- Can help prevent kidney stones



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But if you have kidney problems, too much potassium isn't good for you. Check with your doctor to see how much you should have.

**A feast of fiber:** It's no secret that the right amount of fiber in your diet is good for you. An average-size ripe banana gives you 3 grams of it. That's about 10% of what you need each day.

Most of the fiber in bananas is what's called soluble fiber. It can help keep your cholesterol and blood pressure in check, and help ease inflammation.

Green bananas are full of something called resistant starch. It acts like insoluble fiber, which is the kind that can help keep your bowels working at their best. Resistant starch also helps lower your blood sugar.

In general, foods that are high in fiber make you feel full without extra calories. That also makes them a good choice if you want to shed a few pounds.

**A happier belly:** It seems bananas are good for your tummy, too.

The yellow fruit is a source of prebiotics. Those are carbs you don't digest, but they're a food source for the more-popular probiotics. Those are the good bacteria found in your gut.

There's also evidence that probiotics can help with the annoying diarrhea people get after they take some antibiotics.

They can also help:

- Improve yeast and urinary tract infections (UTIs)
- Treat some gastrointestinal infections
- Ease irritable bowel syndrome (IBS)
- Lessen lactose intolerance
- Work on some allergy symptoms

Probiotics may even help make colds and the flu less severe.

**The right amount of carbs:** Like all fruits, bananas have carbs. But not so many that folks with diabetes can't enjoy them. If you have diabetes, you can enjoy half a banana when you need a snack.

They also won't blow up a low-carb diet. A medium one gives you about 27 grams.

**Faster workout recovery:** Research suggests bananas can also help you bounce back from strenuous workouts. One study says male cyclists who had a banana before pedaling went quicker and had a faster recovery than those who just drank water.



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## Banana Nutrients

Bananas contain a number of vitamins and minerals.

- **Vitamin B6:** A medium banana gives you about a quarter of the vitamin B6 you should get each day. It helps with metabolism. And it plays an important role in brain development during pregnancy and infancy, as well as immune system health.
- **Vitamin C:** You should shoot for between 75-90 milligrams per day. So with about 10 milligrams, your morning banana can get you well on your way. Vitamin C helps protect you from the damage caused by things called free radicals. Those are reactions in our body to the food we eat, cigarette smoke, pesticides, and other potentially harmful things. Vitamin C also helps your immune system work better and can help you heal better.
- **Magnesium:** This mineral helps control your blood pressure and blood sugar and keeps your bones strong. A banana gives you 8% of what you need.
- **Vitamin A:** This vitamin is good for your vision and might help protect you from cancer.

## Banana Chip:

Banana chips are a sweet treat made by frying thin slices of under ripe bananas (*Musa acuminata*) and drizzling them with sugar or honey. Some home cooks also make banana chips by baking or dehydrating banana slices.

While raw bananas can provide healthy nutrients (such as fiber, potassium, vitamin B6, and vitamin C), banana chips don't provide significant vitamins or minerals because a single serving is relatively small and uses only a small part of the whole banana. Since banana chips can be rich in fat and sugar, this snack should be consumed in moderation.



## Nutrition

The table below shows the amount of each nutrient in a medium sized banana Trusted Source. It also shows how much an adult needs of each nutrient, according to the 2015–2020 Dietary Guidelines for Americans Trusted Source. Requirements vary according to the individual's sex and age.



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Nutrient	Amount in one medium banana	Daily requirement adult
Energy (calories)	105	1,800–3,000
Carbohydrate in grams (g)	27, including 14.4 g of sugar	130
Fiber (g)	3.1	25.2–33.6
Protein (g)	1.3	46–56
Magnesium (mg)	31.9	320–420
Phosphorus (mg)	26	700
Potassium (mg)	422	4,700
Selenium in micrograms (mcg)	1.9	55
Choline (mg)	11.6	425–550
Vitamin C (mg)	10.3	75–90
Folate (mcg DFE)	23.6	400
Beta carotene (mcg)	30.7	No data
Alpha carotene (mcg)	29.5	No data

Alpha and beta carotene, selenium, choline, and vitamin C all have antioxidant properties.

### **Control High Blood Pressure**

Potassium and magnesium are key minerals the body needs to function correctly. Both play vital roles in maintaining a healthy heart and stable blood pressure.

One medium-sized banana provides 12% of the recommended daily intake (RDI) for potassium, and 16% RDI for magnesium, making it an outstanding source of both nutrients! Getting enough potassium and magnesium has been linked to a reduced



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risk of heart disease. For patients with high blood pressure, foods high in potassium, such as bananas, can be used as a remedy to help lower blood pressure.

### Promote Weight Loss

Often coined the “original 100- calorie snack”, yellow bananas are an excellent, healthy, grab"n"go food. Despite being just over 100 calories, bananas are high in fiber- meaning they will keep you feeling full, for a longer period of time than foods with lower fiber content. This can decrease your overall caloric intake for the day, making it a great weight loss tool. Green bananas also **promote weight loss**. They are one of the best sources of resistant starch. Resistant starch differs from regular starch in that it is an indigestible carbohydrate. Instead of being digested, it functions like a soluble fiber and feeds the friendly bacteria in your intestines, promoting better digestion. Resistant starch also has fewer calories than regular starch, yet still satisfies hunger the same. So, just like with yellow bananas, green bananas increase the feeling of fullness and result in a **decreased appetite**.

### Boost Energy and Increase Stamina

Bananas are composed of three different types of sugars: glucose, fructose, and sucrose. Glucose and fructose are quickly absorbed into the blood stream and provide an immediate energy boost. Sucrose, on the other hand, is absorbed slowly and thus keeps blood sugar levels stable so that they never peak and abruptly drop. This spares you the sugar crash that can be a result of other sweet foods, like soda. This longer-lasting energy supply from bananas is great for increasing stamina and endurance.

Bananas are also a great energy-booster for your intellect. Potassium acts as fuel for the brain, making us more alert and receptive to learning, while magnesium helps improve our ability to focus. Various studies have shown bananas, rich in both potassium and magnesium, to be a great snack choice before exams due to their ability to promote concentration.

**B.SURYA**  
**10<sup>TH</sup> STD,**  
**KV Mandapam**





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### Inspiring Stories

நிலை மறக்கும் மனிதர்கள் :



## INDHA NILAI MAARUM

ஒரு நாள் ஒரு விவசாயி தன் கையில் கட்டியிருந்த கைக்கடிகாரத்தை மோட்டார் கொட்டகையில் தொலைத்து விட்டார்.

அது அவரது திருமணத்தின் போது மனைவி அவருக்கு ஆசையாகப் பரிசளித்த கைக்கடிகாரம். அவர் அந்த இடத்தை சுற்றித் தேடி பார்த்து விட்டார். அவருக்கு அந்த கைக்கடிகாரம் கிடைக்கவில்லை.



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நிலத்தில் சிறுவர்கள் விளையாடிக் கொண்டு இருந்தனர். அவர்களை அழைத்து, "என் கைகடிகாரம் தொலைந்து விட்டது. அதைக் கண்டு பிடித்துக் கொடுப்பவர்களுக்கு நல்ல பரிசு ஒன்று கொடுப்பேன்" என்றார்.

சிறுவர்கள் ஆர்வமுடன் மோட்டார் கொட்டகைக்குள் சென்று தேட ஆரம்பித்தனர்.

சிறிது நேரத்தில் அவர்கள் வெளியே வந்து, "எங்களால் கண்டு பிடிக்க முடியவில்லை" என்று சொல்லி விட்டு கிளம்பி விட்டனர்.

ஒரு சிறுவன் மட்டும் மீண்டும் வந்து, "எனக்கு இன்னொரு வாய்ப்பு கொடுங்கள். நான் தேடித் தருகிறேன்" என்றான்.

விவசாயியும், "சரி! நீ போய் தேடிப் பார்" என்றார்.

மோட்டார் கொட்டகைக்குள் சென்ற சிறுவன் சிறிது நேரத்தில் கைகடிகாரத்துடன் வெளியே வந்தான்.

அதைப் பார்த்த விவசாயி ஆச்சரியத்துடன், "எப்படி உன்னால் மட்டும் கண்டு பிடிக்க முடிந்தது?" என்று கேட்டார்.

"நான் உள்ளே சென்று தரையில் 'அமைதியாக' உட்கார்ந்து காதுகளை கூர்மையாக்கிக் கேட்டேன். எந்த திசையில் இருந்து டிக் டிக் சத்தம் வருகிறது என்று. பிறகு சுலபமாக கண்டு பிடித்து விட்டேன் என்று கூறினான்.

நிலை என்பது அஸ்திவாரம்.

நமது அஸ்திவாரம் எனும் மனம் சாந்தமான நிலையில் என்றும் இருக்குமானால் உன்னை நீ அறியலாம்...

தெளிவான மனநிலையை சாந்தமும், அமைதியும் தான் இறுதி வரை தரும்.

கோபம் நம் கண்களை குருடாக்கும்..

நம் காதுகளை செவிடாக்கும்...



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நம் உள்ளத்தை ஊனமாக்கும்...

நம் கை, கால்களை அதன் கட்டுப்பாட்டை இழக்க வைக்கும்...

ஆனால்

சாந்தம்...

எவ்வித சூழலுக்கும் அருமருந்தாக அமையும்....

அமைதியான மன நிலையில் எந்த ஒரு காரியத்தை செய்தாலும் அது வெற்றிகரமாக முடியும்.

உங்களின் மனதை எந்த நிலையிலும் சாந்தமாக வைத்துக் கொண்டால் உங்கள் வாழ்க்கை அற்புதமான வரமாக அமையும். உங்களை மட்டுமல்ல உங்களைச் சார்ந்தவர்களையும் சேர்த்து...

**M.lohesharan**  
**8<sup>th</sup> STD**  
**National Matric**  
**higher sec school**

