SQUIRREL GREEN RAMESWARAM NEWSLETTER

For Students ....

From Students....

அணில் பசுமை இராமேஸ்வரம் நியூஸ் லெட்டர்

மாணவர்களுக்காக.....

மாணவர்களால்.....

இதழ்– 23 *July - 2022*

Foreword

Dear Readers,

Namaskaram

Twenty third 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 Dr.APJ Abdul Kalam. Jyothika Continues her write up on Rameswaram Tourism and this edition she covers about Arichalmunai and Thillai Bhavana continues her series of Environment Activists and this time she covers Archana Soreng and Surya continuing the health food immunity booster series and Logitha is continuing her quotes series this time she is sharing about quotes on Kalam. 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)

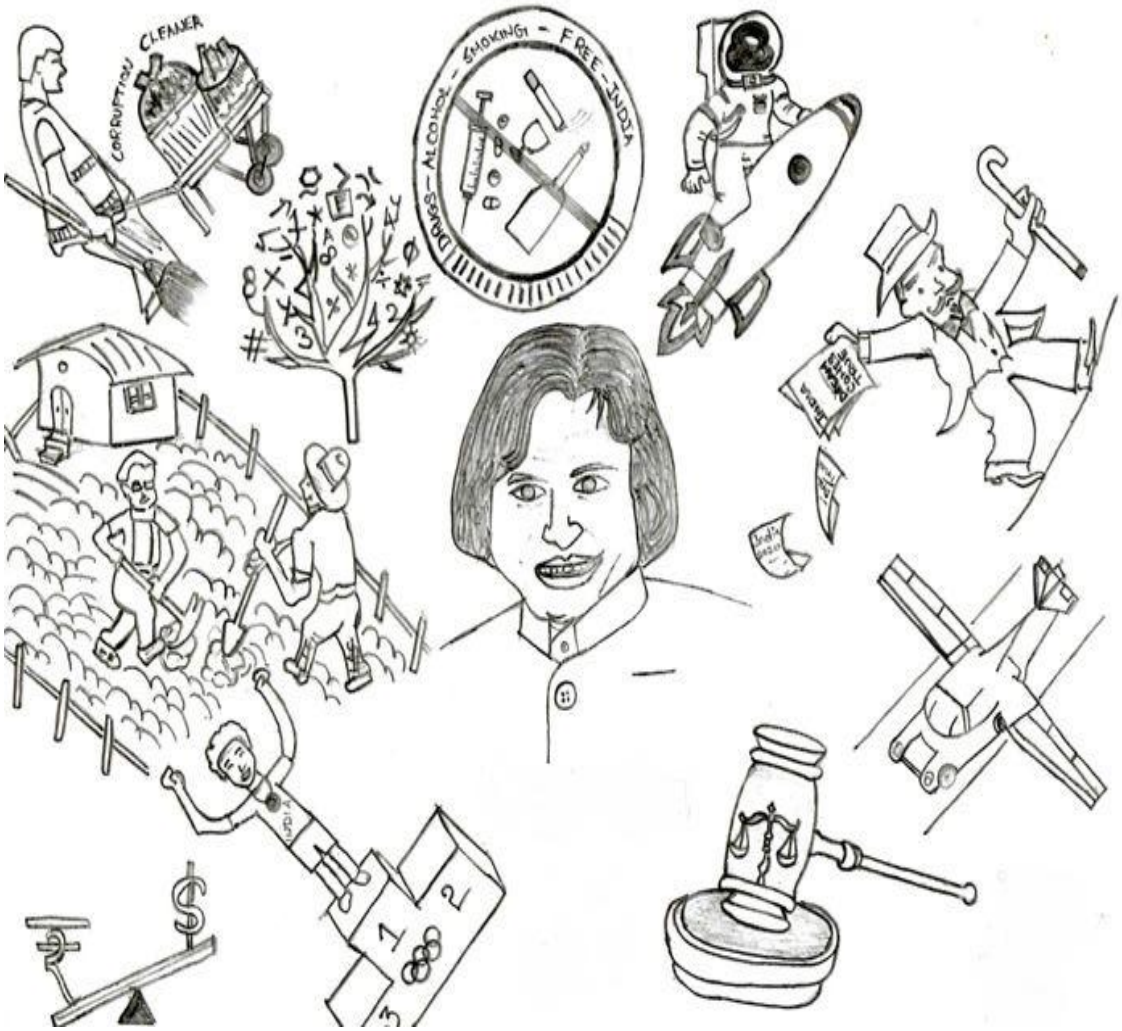
Kalam Drawings

S.Ishwarya,

9 th STD

Kendriya Vidyalaya, Rameswaram

Kalam Drawings



V.Jyothika
12th
Kv Mandapam

Kalam Poems

விஞ்ஞானத்தில் எழுச்சி கொண்ட மனிதர் !
வாழ்க்கைக்கு வழிகாட்டிய மாமனிதர் !

ஏவுகணை நாயகனே! காலமும் சலாம் போடும் கலாம் ஐயா!

வீசும் காற்றும் உன் புகழ்மை பேசும் ! பெருமை கொள்கிறது நம்முடைய தேசம்.
ஒளியாக உமது பொன்மொழிகள் உளியாக உள்ளத்தைச் செதுக்கும்.
இராமேஸ்வரத்தில் பிறந்து சரித்தரம் படக்கும் இளைய தலைமுறையினரின்
எதிர் கால கனவை நினைவாக்கிட கனவு காண வலியுறுத்தி
காணும் கனவுக்கு உயிர்கொடுத்த வல்லவரே !
இராமேஸ்வரத்தின் முத்தே ! தேச மக்களின் சொத்து !
இளைஞர்களின் எழுச்சிய ! உள்ளம் ஒன்று இருக்கிறது
அதில் உந்தன் பேரை ஒலிக்கின்றது கலாம் ! கலாம் !
விஞ்ஞான புறா அக்னி சிறகோடு பறக்கிறதே !
உந்தன் மனித நேயம் கண்டு மேகமும் மெய் சிலிர்க்கிறதே !

S. Yasvantini

9th STD

Sri Parvathavarthini Amman Girls High School

Among thousands of Indians, he rose

Born in Rameswaram, a tiny village of the south...

I claimed and claimed,
Where is the peak, my lord

I ploughed and ploughed,
Where is the knowledge
treasur my lord

I sailed and sailed
Where is the Island of peace my lord

All mighty bless my nation with vision and sweet resulting into happiness

FIGHT GLOBAL WARMING...

M.lohesharan
8th STD
National Matric
higher sec school

Environmentalist Series -23

A climate activist from India has been named by UN Secretary-General Antonio Guterres to his new advisory group comprising young leaders who will provide perspectives and solutions to tackle the worsening climate crisis, as the global body mobilizes action as part of the COVID-19 recovery efforts.

Archana Soreng joins six other young climate leaders from around the world who have been named by Guterres to his new Youth Advisory Group on Climate Change.Soreng is "experienced in advocacy and research, and she is working to document, preserve, and promote traditional knowledge and cultural practices of indigenous communities," the UN said in a statement on Monday.

"Our ancestors have been protecting the forest and nature over the ages through their traditional knowledge and practices. Now it is on us to be the front runners in combating the climate crisis," said Soreng, who has studied regulatory governance from the Tata Institute of Social Sciences (TISS) Mumbai and is the former TISS Students Union President .

The young activists, aged between 18 and 28 years, will advise the UN chief regularly on accelerating global action and ambition to tackle the worsening climate crisis .Youth in decision-making processes
The announcement marks a new effort by the United Nations to bring more young leaders into decision-making and planning processes, as the UN works to mobilize climate action as part of the COVID-19 recovery efforts.

"We are in a climate emergency. We do not have the luxury of time," Guterres said in a video announcing the establishment of the advisory group.

"We need urgent action now — to recover better from COVID-19, to confront injustice and inequality and address climate disruption," he said.

Guterres said young people are on the front lines of climate action, showing nations and leaders what bold leadership looks like.

"That is why I am launching my Youth Advisory Group on climate change today — to provide perspectives, ideas and solutions that will help us scale up climate action, the UN chief said.

The members of the Secretary-General's Youth Advisory Group on Climate Change represent the diverse voices of young people from all regions as well as small island states. They will offer perspectives and solutions on climate change, from science to community mobilization, from entrepreneurship to politics, and from industry to conservation, the UN said.

The initial seven members of the group have been chosen to give frank and fearless advice to the Secretary-General, at a time of growing urgency to hold government and corporate leaders to account on climate action.

The other selected members of the group are climate activist Nisreen Elsaim of Sudan, Fiji's Ernest Gibson, the co-coordinator for 350 Fiji, a regional youth-led climate change network, young economist Vladislav Kaim of Moldova who is committed to ensuring green and decent jobs for youth.

K.ThillaiBavana
IX STD,
KV Mandapam

Rameswaram Tourism

Arichalmunai

The popular Tourist place in Rameswaram:

The point at which the Indian Ocean and the Bay of Bengal merge is named "Arichal Munai" which can be viewed at Dhanushkodi. It is located 24 km south-east of Rameshwaram is the farthest one could go on Pamban island following the Ramasethu towards Srilanka. It's 29 km north-west of Talaimannar in Srilanka.

It's a magical scene, with the straight strip of tarmac enclosed by the sea on both sides. A solitary pillar of Ashoka, the national emblem of India, stands at endpoint where you can look out across Adam's Bridge.

Till July 2017, reaching this spot was a difficult task as there was no proper road. But with the authorities laying the national highway, tourists can drive up to Arichal in their own vehicles. This has led to a sharp increase in the number of visitors.

At this beach, visitors can even indulge in:

Sea surfing, enjoy making sand castles or bury yourself under sand. The beach is a perfect spot for family picnics. You could

unwind and meditate in the calm of nature. Don't miss the sunrise and sunset here.

Epilogue:

A treat for the nature lovers.
The spectacular view of the alluring beach, roaring tides, clear blue sea and shattered remnants of the once prominent city of Dhanushkodi fills the visitors with a feeling of wonder.

An amazing place!

V.Jyothika
12th
Kv Mandapam

Kalam Quotes

- You have to dream before your dreams can come true.
- A dream is not that which you see while sleeping, it is something that does not let you sleep.
- You should not give up and we should not allow the problem to defeat us.
- If you want to shine like a sun, first burn likes a sun.
- I was willing to accept what I couldn't change.
- All of us do not have equal talent.
But, all of us have an equal opportunity to develop our talents.
- Man needs difficulties in life because they are necessary to enjoy the success.
- Don't take rest after your first victory because if you fail in second, more lips are waiting to say that your first victory was just luck.
- The best brains of the nation may be found on the last benches of the classroom.
- Excellence happens not by accident. It is a process.
- Winners are not those who never fail but those who never quit.

D.logithasri
8th STD
Amrita vidyalayam
Rameswaram

Immunity Booster Series:

Pumpkin Seeds:

Pumpkin seeds have a long history of nutritional use dating back to the Oaxaca Highlands of Mexico over 7,500 years ago. Across many cultures, they've been used as a folk remedy to treat:

•Urinary tract and bladder infections

•High blood pressure and blood sugar

•Kidney stones

•Parasites like worms

Modern science confirms that pumpkin seeds have an impressive nutrient profile that benefits many aspects of your health. They're a rich source of protein, unsaturated fatty acids, vitamins, and minerals that reduce risk factors of chronic diseases, including cancer.
You can buy pumpkin seeds raw, spouted, or roasted at most grocery stores and specialty health food retailers. When sold in their green shells, they're also sometimes called pepitas.

Health Benefits:

Pumpkin seeds are a potent source of many nutrients, offering high levels of essential vitamins and minerals in a small serving. But they also are high in calories, so limit your portions to help manage a healthy weight.
Add a handful to your meal for potential health benefits like:
1. Anti-Inflammatory Effects
Pumpkin seeds are rich in many antioxidants, which protect our cells from disease-causing damage and reduce inflammation in our bodies. They're also a great source of dietary fiber, which can enhance this effect. Studies show that pumpkin seeds' anti-inflammatory abilities can help maintain good function in the liver, bladder, bowel, and joints.
2. Lower Risk of Diabetes
Pumpkin seeds are high in magnesium, which most people don't get enough of in their diet. Magnesium content helps regulate blood sugar levels, lowering your

diabetes risk. Studies show pumpkin seeds also help people with diabetes maintain blood sugar control to manage the disease.

3. Anti-Cancer Properties
Laboratory studies show pumpkin seeds can stop the growth of breast and prostate cancer cells. They also induce apoptosis or cancer cell death. These effects are largely attributed to pumpkin seeds' high antioxidant activity, but much more research is needed to study a broader range of cancers.
Healthy Heart Function
The high magnesium content in pumpkin seeds helps lower and regulate blood pressure. Thanks to this effect, diets high in magnesium are associated with a lower risk of stroke and death from heart disease.

Studies show that the antioxidants in pumpkin seeds also increase nitric oxide levels in your body. This molecule works to keep your blood vessels smooth, flexible, and healthy, improving blood flow and reducing the risk of heart and circulation problems.

•Better Sleep:
Snacking on pumpkin seeds before bed may help you get a better night's rest. Pumpkin seeds are a natural source of tryptophan, an amino acid that promotes sleep. The zinc, copper, and selenium in pumpkin seeds can also affect sleep duration and quality. Finally, studies show that magnesium can help reduce stress and anxiety, contributors to insomnia.

•Nutrition:

Pumpkin seeds are rich in vitamins and minerals like manganese and vitamin K, both of which are important in helping wounds heal. They also contain zinc, a mineral that helps the immune system fight bacteria and viruses.
Pumpkin seeds are also an excellent source of:

•Phosphorus

•Magnesium

•Iron

•Potassium

•Copper

Nutrients per Serving
A quarter-cup serving of dried pumpkin seed kernels contains:

•Calories: 180

•Protein: 10 grams

•Fat: 16 grams

•Carbohydrates: 3 grams

•Fiber: 2 grams

•Sugar: 0 grams

How to Use Pumpkin Seeds:

You can find pumpkin seeds with or without their shells at grocery stores or scoop them straight from a whole pumpkin. If buying a prepackaged product, look out for added ingredients like salt that reduce the seeds' nutritional value.
Pumpkin seeds make a great snack on their own, and they're easy to add to many meals and recipes.
Great ways to get pumpkin seeds' small-but-mighty health boost in your diet include:

•Add them to smoothies

•Mix them into granola, yogurt, or cereal

•Use them to add some extra crunch to a salad

•Garnish any meal, like soups, chicken dishes, or pastas

•Blend them with other ingredients in a dip like hummus, pesto, or guacamole

•Bake them into cookies and breads

•Toast or roast them in any spice or seasoning for a healthy snack.

RECIPE:

Pumpkin Payasam:

•Melt jaggery with 1/2 cup water. Strain and keep aside.

•Heat ghee (3 tbsp) in a wide and deep pan. Add grated pumpkin.Cook on lowest flame for 12-15 mins, till it becomes tender.

•Add melted jaggery to cooked pumpkin. Mix well. Continue to cook on low flame, till the mixture i almost dried and starts leaving the side of the pan, around 10-12 mins.

•Add medium thick coconut milk, bring to boil. Simmer and cook till it's reduced in quantity and it becomes thick in consistency.

•Add cooked seeds and mix well.

•Add thick coconut milk and mix well. Continue to cook on low flame for another 7-8 mins.

•Add crushed cardamom and remove from fire. Heat ghee (2 tbsp) in a small frying pan and add the chopped pumpkin pieces, till it becomes golden in colour. Drain and fry the coconut bits, till it becomes golden, followed by the cashew nuts. Garnish the payasam with fried pumpkin pieces, coconut bits and cashew nuts.

B.SURYA

10TH STD,

KV Mandapam

Inspiring Stories

God takes care of his devotees

Arjunacharya and his wife were very simple and humble devotees. They lived in a small hut and every day after his morning duties, he used to go to village and beg for alms.

As a rule he used to visit only three houses and beg alms. He used to accept just enough alms for himself and his wife to live.

He was writing a commentary on Bhagavad Gita and everyday he spent hours reading and writing.

One day he was so engrossed in it that he forgot to go to village for getting food. Since it was already late afternoon, the ladies in the village were resting and there was no spare food even in single house. So he came back empty handed.

Once more he sat to read the Bhagavad Gita. In the ninth chapter verse 22, Lord Krishna says –

ananyaash cintayanto maam ye janaah paryupaasate
teshaam nityaabhiyuktaanaam yoga-kshemam vahaamy aham

“But those who always worship Me with exclusive devotion, meditating on My transcendental formto them I carry what they lack, and I preserve what they have.”

Arjunacharya started thinking about the last words deeply and did not find them correct.

How could the Lord say, “vahamya aham” – I personally carry ?

He scratched the line – “yoga kshema vahaamyaham” and then he told his wife that he was going to river for a bath.

Meanwhile two boys (Krishna and Balarama) appeared and carried loads of rice, vegetables fruits and butter and handed it over to Arjunacharya’s wife.

She was surprised and wonder-struck by their beautiful faces and so she asked them who they were.

They introduced themselves as disciples of her husband and that they have brought these provisions as per their order.

She was very thankful and happy that now can cook something for her hungry husband,

When the boys started leaving she saw the scars on the back of their bodies, she was shocked.

She asked them: Who has done this to you oh beautiful boys?

They told her that her husband makes them work very hard and if they did not obey he used to beat them.

She was not able to believe what they said. But she felt very sad for them and applied sandal wood paste on their backs to relieve the pain and they left immediately.

When Arjunacharya returned home his wife was very angry at him. She even didint wanted to speak to him.

Arjunacharya asked her : Why you do not want to speak to me? Have i hurt you?

No – reply his wife you are bad person. You are hurting small children!

How? asked Arjunacharya.

When he heard what his wife told him, he was able to realize that the two boys were Krishna and Balaram.

He ran inside where his Bhagavad Gita was lying and could see that the pen marks on his shloka had vanished.

He started weeping for doubting the Lord's word and said,"Yogakshemam vaahamy aham ! It is true.

You do come personally to save the devotees. Oh ! Please forgive me".

His wife felt sad for not having recognized them, though she saw them face to face. But Arjunacharaya was very happy thinking how his wife has direct darshan of Krishna and Balarama.

Arjunacharaya consoled her and said, "Now I have understood that there is no difference between Lord Krishna and Bhagavad Gita. By screeching on Bhavgavad gita i was screeching body of the Lord Krishna. And Lord is truth , He takes care of His devotees. He personally carries what they have and provides what they lack" .

Then they began to chant and glorify the Lord.

(This is real incident which took place in the life of a great devotee called Arjunacharya who lived in South India)

Moral of the story:

Bhagavad Gita is spoken by Supreme Lord, and so it is all perfect. Gita provides the best solution for any kind of problems. We would have experienced practically that when we are facing difficult situations, and are not sure about what we should do, Lord answers through His words in Bhagavad Gita.

Sanakaracharya has very rightly said in Gita Mahatmya verse 7

gitaa su-gitaa kartavyaa kim anyaih shaastra-vistaraih
yaa svayam padmanaabhasya mukha-padmaad vinihshrtaa

“Because Bhagavad-gita is spoken by the Supreme Personality of Godhead, one need not read any other Vedic literature. One need only attentively and regularly hear and read Bhagavad-gita. In the present age, people are so absorbed in mundane activities that it is not possible for them to read all the Vedic literatures. But this is not necessary. This one book, Bhagavad-gita, will suffice, because it is the essence of all Vedic literatures and especially because it is spoken by the Supreme Personality of Godhead.”
When we approach the Lord earnestly, He reciprocates immediately by providing us the right instruction through these shlokas. He is readily available to us in the form of His words in Gita. It is up to us to realize the value of the same and make the best use.
Hare Krishna, Hare Krishna, Krishna Krishna, Hare Hare
Hare Rama, Hare Rama, Rama Rama, Hare Hare.

M.lohesharan
8th STD
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