



SQUIRREL GREEN RAMESWARAM NEWSLETTER

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For Students

From Students....

அணில் பசுமை இராமேஸ்வரம் நியூஸ் லெட்டர்

மாணவர்களுக்காக.....

மாணவர்களால்.....



இதழ்-22

June - 2022



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Foreword

Dear Readers,

Namaskaram

Twenty second 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 Yoga. Jyothika Continues her write up on Rameswaram Tourism and this edition she covers about Jada Theertham and Thillai Bhavana continues her series of Environment Activists and this time she covers Sarala Behn and Surya continuing the health food immunity booster series and Logitha is continuing her quotes series this time she is sharing about quotes on Yoga. 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)





Yoga Drawings



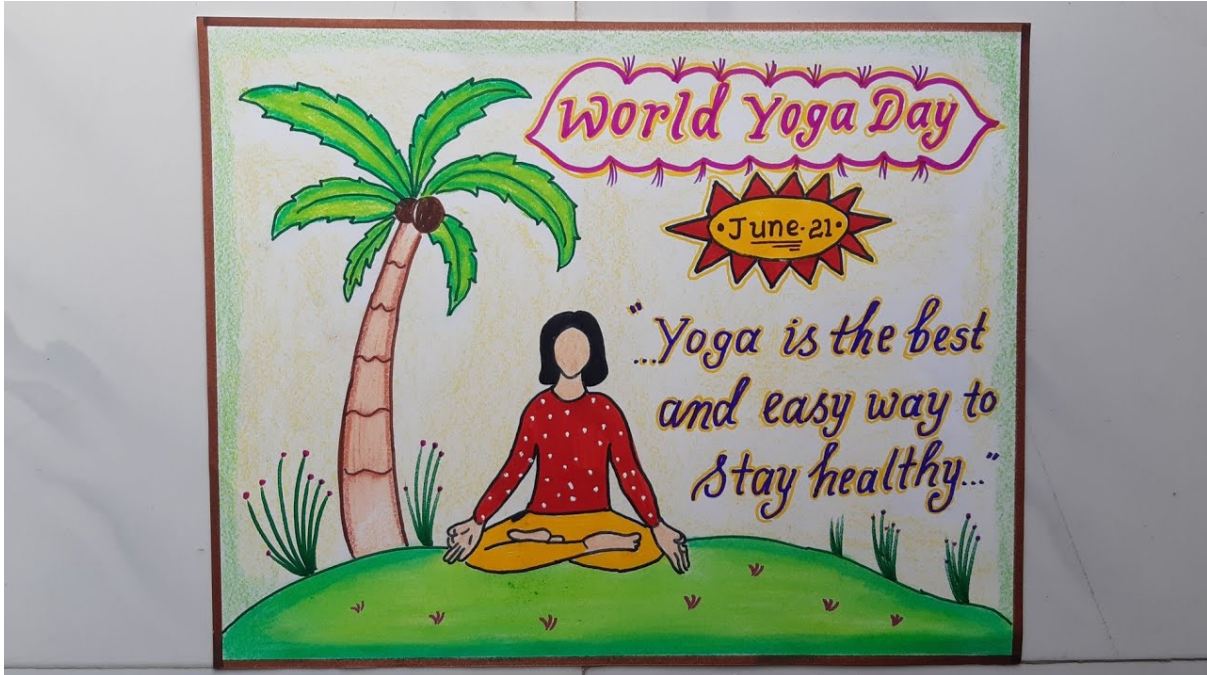
P.Ajai Kandh,

11 th STD

**St.Joseph Higher Secondary
School, Rameswaram**



Yoga Drawings



V.Jyothika
12th
Kv Mandapam



Yoga Poems

மூச்சை ஆழ்ந்து உள்ளிழுங்கள் நிதனமாய் வெளிவிடுங்கள்
மெல்ல மெல்ல அப்படித்தான் அப்படித்தான்
ஆன்ம ஒளி ஆன்ம கதகதப்பு ஆன்ம பரவசம்
உங்கள் தேகத்தில் நிரபம்புகிறது
நீங்கள் கடவுளை நெருங்கிவிட்டீர்கள்
கடவுள் உங்கள் பக்கத்திலே சிரித்துக் கொண்டிருக்கிறார்...
இதோ
இந்த ஆசனம் இருக்கிறதே இது உங்கள் குண்டலினியை
விழித்தெழச் செய்யும் ஒரு திங்கட்கிழமை தூக்கத்திலிருந்து
திடுக்கிட்டு விழித்தெழுவது போலே திடுக்கென நீங்கள்
ஞானம் பெருவீர்கள்
உண்மையை உணரப் போறீர்கள்.

S. Yasvantini

9th STD

**Sri Parvathavarthini Amman Girls
High School**





Yoga is the best exercise.

Doing yoga everyday is very healthy.

Yoga is performed in morning.

Baba Ramdev is called yoga guru he is famous teaching yoga

Yoga is a famous in whole world.

Every student should perform yoga

Happy international yoga day

Yoga is a technique of making body & mind strong

International yoga day is on 21th June

FIGHT GLOBAL WARMING...

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





Environmentalist Series -22



Sarala Behn (born Catherine Mary Heilman; 5 April 1901 – 8 July 1982) was an English Gandhian social activist whose work in the Kumaon region of India helped create awareness about the environmental destruction in the Himalayan forests of the state. She played a key role in the evolution

of the Chipko Movement and influenced a number of Gandhian environmentalists in India including Chandi Prasad Bhatt, Bimala Behn and Sunderlal Bahuguna. Along with Mirabehn, she is known as one of Mahatma Gandhi's two English daughters. The two women's work in Garhwal and Kumaon, respectively, played a key role in bringing focus on issues of environmental degradation and conservation in independent India. [Although Sarla Behn is best remembered for her role as an environmental activist who helped shape and spearhead the Chipko movement, she was also associated with the Gandhian movements led by Acharya Vinoba Bhave and Jai Prakash Narayan. After she had handed over the reins of the Ashram to Radha Bhatt, she worked with Bhave on the Bhoodan movement in Bihar in the late 1960s and with Narayan and the families of surrendered dacoits in the Chambal river valley in the early 1970s. [5] [6]



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Sarla Behn's role as an environmental activist was even greater, and together with Mirabehn she helped shape a response to the environmental crisis engulfing the Himalayan region. As the activist-academician Vandana Shiva notes, "While the philosophical and conceptual articulation of the ecological view of the Himalayan forests has been done by Mirabehn and [Sunderlal] Bahuguna, the organisational foundation for it being a women's movement was laid by Sarla Behn with Bimla Behn in Garhwal and Radha Bhatt in Kumaon".[17]

Under Sarla Behn's guidance the Uttarakhand Sarvodaya Mandal came into being in 1961 with principal aims of organising women, fighting alcoholism, establishing forest based small scale industries and fighting for forest rights. Throughout the 1960s the Mandal and its members worked actively towards these ends. In the wake of the Stockholm Conference of 1972, Sarla Behn initiated the Chipko Movement which began with a popular demonstration in the Yamuna valley at a site where colonial authorities had shot dead several activists in the 1930s for protesting against the commercialisation of forests.[18][19] The term 'Chipko' (which means to hug) came to be associated with the movement only later after the villagers decided they would hug the trees to prevent them from being felled and the name was popularised through the folk songs of Ghanshyam Sailani. In 1977, Sarla Behn helped organise activists and consolidate the Chipko movement in its resistance to lumbering and excessive tapping of resin from the pine trees.[4][20]

Sarla Behn was a prolific author, writing 22 books in Hindi and English on issues of conservation, women's



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empowerment and environment including Reviving Our Dying Planet and A Blueprint for Survival of the Hills.[1][8][21] Her autobiography is titled A Life in Two Worlds: Autobiography of Mahatma Gandhi's English Disciple.

**K.ThillaiBavana
IX,
KV Mandapam**





Rameswaram

Tourism

Jada Theertham

The popular Tourist place in Rameswaram:



The holy land of Rameshwaram is bestowed with around 64 theertham which are located in and around the island. These theertham have been mentioned in Puranas which are sacred Hindu scriptures. Most of them are associated with the holy text of Ramayana.

Devotees on Rameshwaram tour, bathe in this holy water so as to atone for their past sins. Jada Theertham is one such prominent theertham in Rameswaram.

Jada Theertham is located on the way to Dhanuskodi, which is another popular place to see in Rameshwaram. Once a popular pilgrimage, Dhanuskodi, which has been declared as ghost town or unsuitable for habitation after the catastrophic cyclone of 1964, has now remains of ancient temple which withstood the cyclone that destroyed everything.

Located at a distance of 3.5 km from Sri Ramanathaswamy Temple, this is a large pond considered to be highly sacred. The legend behind this theertham is associated with the war between Lord Rama and demon Ravana, who had abducted Goddess Sita. According to the legend, after the war and killing demon Ravana, who was also a Brahmin, Lord Rama decided to atone for his sin by offering prayers to Lord Shiva



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by creating a lingam. Before worshipping lingam of Lord Shiva, Lord Rama washed his hair in this pond. Hence it is called as Jada Theertham as the word Jada means hair.

There is one more legend associated with Jada Theertham. According to it, it is at this place the bird Jatayu, an ardent devotee, had given up his life after his wings were cut by demon Ravana.

There is a temple near Jada theertham, Kaveri Theertham which is dedicated to Lord Kapardis Vara. This temple is also visited by almost every devotee in Rameshwaram. Built near a huge peepal tree, this temple captivates visitors with its architectural beauty as well. Although the structure is small in size, the temple presents alluring craftsmanship and its lattice work is especially attractive. According to legend, Lord Rama, Goddess Sita and Lord Lakshmana had rested under the same peepal tree when they were on vanvas (Exile) from their kingdom Ayodhya.

The annual Maha Shivarathiri and Maha Makam, held once in 12 years are some of the important festivals that see a large gathering.

V.Jyothika
12th
Kv Mandapam





Yoga Quotes

- Yoga is a mirror to look at ourselves from within.
- Yoga takes you into the present moment. The only place where life exists .
 - In truth yoga doesn't take time - it gives time.
- Yoga is a light, which once lit will never dim. The better your practice, the brighter your flame.
- Yoga is the journey of the self, through the self, to the self.
- Yoga is the dance of every cell with the music of every breath that creates inner serenity and harmony.
- Yoga is the fountain of youth. You're only as young as your spine is flexible.
- Yoga is invigoration in relaxation. Freedom in routine. Confidence through self-control. Energy within energy without.
- Yoga is the perfect opportunity to be curious about who you are.
 - Calming the mind is yoga. Not just standing on the head.
- The body benefits from movement, and the mind benefits from stillness.

D.logithasri
8th STD
Amrita vidyalayam
Rameswaram





Immunity Booster Series:

Though you may have never heard of Triphala, it has been used as a healing remedy for over 1,000 years.

This herbal concoction consists of three medicinal plants native to India.

It's a staple in traditional Ayurvedic medicine, one of the world's oldest medical systems that originated in India over 3,000 years ago ([1Trusted Source](#)).

Due to its many purported health benefits, Triphala has become increasingly popular around the world.

Triphala has been used in traditional Ayurvedic medicine since ancient times as a multi-purpose treatment for symptoms ranging from stomach ailments to dental cavities. It is also believed to promote longevity and overall health ([2Trusted Source](#)).

It's considered a polyherbal medicine, meaning it consists of several different medicinal herbs.

Polyherbal formulations are popularly used in Ayurvedic medicine, a traditional system that emphasizes disease prevention and health promotion.

It's believed that combining synergistic herbs results in extra therapeutic effectiveness and is a more powerful treatment than any one component taken alone ([3Trusted Source](#)).

Triphala is a mixture of the dried fruits of the following three plants native to India.

Amla (*Emblica officinalis*)



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More commonly known as Indian gooseberry, amla plays an important role in Ayurvedic medicine.

It is one of the oldest edible fruits known to India ([4Trusted Source](#)).

Indian gooseberries are the edible fruit of a small to medium-sized tree that grows throughout India.

The berries have a sour, sharp taste and a fibrous texture.

For this reason, the berries are often pickled, soaked in sugar syrup or cooked into dishes to increase palatability.

Indian gooseberry and its extract are used in Ayurvedic medicine to treat symptoms like constipation and also used in cancer prevention.

Indian gooseberries are very nutritious and high in vitamin C, amino acids and minerals ([5](#)).

They also contain powerful plant compounds like phenols, tannins, phyllembelic acid, rutin, curcuminoids and emblicol ([6Trusted Source](#)).

Several test-tube studies suggest that Indian gooseberries have potent anti-cancer properties.

For example, in test-tube studies, Indian gooseberry extract has been shown to inhibit the growth of cervical and ovarian cancer cells ([7Trusted Source](#), [8Trusted Source](#)).

However, there is no evidence that Indian gooseberries prevent cancer in humans.

Bibhitaki (*Terminalia bellirica*)

Terminalia bellirica is a large tree that commonly grows in Southeast Asia.



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It's known as "Bibhitaki" in Ayurvedic medicine, where the fruit of the tree is used as a treatment for common ailments like bacterial and viral infections.

Bibhitaki contains tannins, ellagic acid, gallic acid, lignans and flavones, along with many other powerful plant compounds that are thought to be responsible for its medicinal qualities ([9](#)).

This potent herbal remedy has a variety of uses and may help treat a wide array of medical issues.

In particular, Bibhitaki has been researched for its anti-inflammatory properties.

In one study, 500 mg of *Terminalia bellirica* substantially reduced uric acid levels in patients with gout, an inflammatory condition characterized by the buildup of uric acid in the body ([10Trusted Source](#)).

Bibhitaki is also commonly used in Ayurvedic medicine to treat diabetes and blood sugar dysregulation.

This is because Bibhitaki is high in gallic acid and ellagic acid, two phytochemicals that have beneficial effects on blood sugar levels, insulin sensitivity and body weight ([11Trusted Source](#), [12Trusted Source](#)).

These plant chemicals help promote insulin secretion from the pancreas and have been shown to [reduce high blood sugar](#) and improve [insulin resistance](#) in animal studies ([13](#), [14Trusted Source](#)).

Haritaki (*Terminalia chebula*)

Terminalia chebula is a medicinal tree that grows throughout the Middle East, India, China and Thailand.

This plant is known as "Haritaki" in Ayurveda, where the small, green fruit of the *Terminalia chebula* tree is used as medicine. It is one of the main components of Triphala ([15Trusted Source](#)).



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Haritaki is held in high esteem in Ayurveda and often referred to as the “king of medicines.”

It has been used since ancient times as a remedy for a number of conditions, including heart disease, asthma, ulcers and stomach ailments ([16Trusted Source](#)).

Haritaki contains phytochemicals such as terpenes, polyphenols, anthocyanins and flavonoids, all of which have powerful health benefits.

Studies have shown that haritaki has powerful anti-inflammatory and antioxidant properties.

Additionally, Haritaki is popularly used in Ayurvedic medicine to treat digestive issues like constipation.

Animal studies have shown that treatment with Haritaki increases intestinal transit time, which can help relieve constipation

Possible Health Benefits of Triphala

Triphala is promoted as a treatment for a number of common ailments and way to prevent chronic disease.

Anti-Inflammatory Properties

Triphala contains a number of antioxidants that perform protective functions in the body.

It contains vitamin C, flavonoids, polyphenols, tannins and saponins, along with other potent plant compounds. These compounds help fight oxidative stress caused by free radicals, which are molecules that can damage cells and contribute to chronic disease.

Diets high in antioxidants have been shown to reduce the risk of heart disease, certain cancers, diabetes and premature aging ([20Trusted Source](#), [21Trusted Source](#), [22Trusted Source](#), [23Trusted Source](#)).

What's more, in animal studies, Triphala has been shown to reduce inflammation and damage caused by arthritis ([24Trusted Source](#), [25Trusted Source](#)).

Studies have shown that supplementing with antioxidants may have some benefits as well, including protecting against heart disease, improving athletic performance and reducing inflammation ([26Trusted Source](#), [27Trusted Source](#), [28](#)).



May Protect Against Certain Cancers

Triphala has been shown to protect against certain cancers in a number of test-tube and animal studies.

For example, it has been shown to inhibit the growth of lymphoma, as well as stomach and pancreatic cancers in mice

This herbal remedy also induced colon and prostate cancer cell death in test-tube studies

Researchers have suggested that Triphala's high levels of powerful antioxidants like gallic acid and polyphenols may be responsible for its cancer-fighting properties

Though these results are promising, human studies on its potential cancer-fighting properties are needed to assess safety and effectiveness.

May Protect Against Dental Disease and Cavities

Triphala may benefit dental health in several ways.

Triphala has antimicrobial and anti-inflammatory properties that can help prevent plaque formation, a common cause of cavities and gingivitis (gum inflammation).

One study in 143 children found that rinsing with a mouthwash containing Triphala extract reduced plaque buildup, gum inflammation and bacterial growth in the mouth

Another study showed treatment with a Triphala-based mouthwash led to a significant reduction in plaque and gum inflammation in hospitalized patients with periodontal disease.

May Aid Weight Loss

Some studies have shown that Triphala may help with [fat loss](#), especially in the belly area.

In one study, rats fed a high-fat diet supplemented with Triphala had more significant reductions in body weight, energy intake and body fat, compared to mice who were not supplemented with Triphala

Another study of 62 obese adults found that those who supplemented with a 10-gram daily dose of Triphala powder experienced a greater reduction in weight, waist circumference and hip circumference than those who received a placebo

Can Be Used as a Natural Laxative

Triphala has been used since ancient times as a natural treatment for digestive issues like [constipation](#).

It is an alternative to over-the-counter laxatives, and its effectiveness has been demonstrated in several studies.



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In one study, patients treated with a laxative containing isabgol husk, senna extract and Triphala experienced significant improvements in symptoms of constipation, including decreased straining and more complete evacuations

In another study in patients with gastrointestinal disorders, Triphala reduced constipation, abdominal pain and flatulence and improved the frequency and consistency of bowel movements

It has also been shown to reduce intestinal inflammation and repair intestinal damage in animal studies

PubMed Central

- Highly respected database from the National Institutes of Health

B.SURYA
10TH STD,
KV Mandapam





Inspiring Stories

Rocks, Pebbles, and Sand



Once a professor entered the classroom with a glass jar, rocks, pebbles, and sand. The students were amused to see what he was up to. First, he started filling the rock parts into the jar until he couldn't add any more.

He asked the students if the jar was full and everybody nodded yes. He then started putting the pebbles inside the jar which went inside through the small gaps and he shakes the jar to allow the pebbles to get into those vacant spaces in between the rocks.

He asked the same question to the students and they again said that the jar was full. Finally, he poured the sand inside the jar which went through the minute gaps and got filled in the jar.

The professor explained that this is how you should set priorities in life.



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Rock is like your family, while pebbles are like your career while sand is like the least priorities in life and unnecessary quarrels and egos.

If you put sand on the jar first, it will get easily filled up leaving no space for rocks and pebbles.

Moral: You should identify your priorities in life and develop a good strategy to work towards fulfilling it rather than wasting your time and effort on unnecessary aspects of life.

M.lohesharan
8th STD
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higher sec school

