



# *Kid's Galaxy*

May Edition

## *The Healing Light*



Graphology

Game Review

Doodling

Numerology Prediction  
May & June 2021

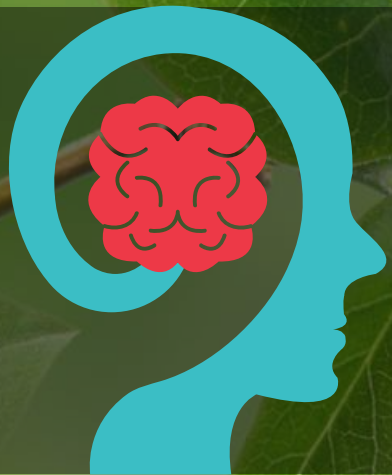
Play Therapy

Brain Gym Acts

**"Mental & Emotional Health Of  
Children In Inclusive Schools"**

Masarrat Tavawalla

# Nanha Gyan Foundation



250+  
Counselling



500+  
Workshops



16,000+  
Handwriting Analysis



25,000+  
Happy people





# ABOUT THIS EDITION

## The Healing Light

*"There are two ways of spreading light: to be the candle or the mirror that reflects it."*

May we be the mirror that reflects the light in you to the whole world.

We hope you enjoy reading it!



# NGF

## Free Workshop Group

### A Social Initiative by Nanhagyan Foundation

- Different workshops for kids and adults conducted free of cost.
- Experts from different fields give their views and guidance.
- These workshops are conducted every week, on Sundays, which the entire family can be a part of.
- Till date we have conducted nearly 8 to 9 workshops on it.
- The motive is to engage the kids constructively.



# Nanha Gyan Healthy Minds

A Facebook Community  
founded on 17th April 2020

Currently it has more than 6600 people  
220+ live sessions are available

## National/International level Competitions

- Prerna
- Fancy dress
- Ganesha Festival
- Hassi ka Hunnar
- Super Star Chef

Total Entries- 2500+  
Average reach - 8800+ people

# Nanha Gyan Foundation

## Our Mission

To establish a foundation for a society where every smile is real.

## Our Vision

A harmonious society is a cumulative results of small actions by kind and compassionate people.

## Our Values

### Simplicity

Because all great things are generally simple.

### Believe

Sometimes people need someone else to believe in them, so that they can believe in themselves.

### Kindness & Compassion

Because some problems can be identified and solved by kindness and compassion.



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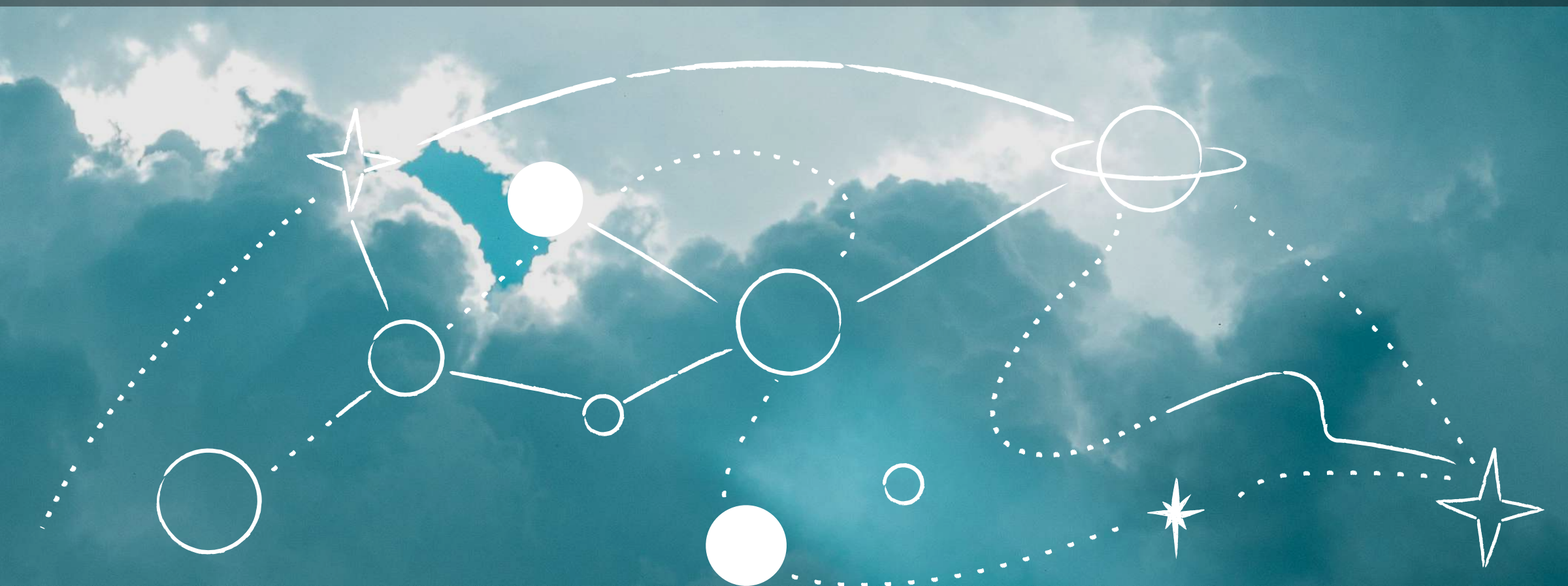
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This is your friend Ms. Earth...  
Let's me give you a tour to  
our magazine







Let's hear  
about  
Suyog Sunderji

# Cover Story

"Mental & Emotional Health Of  
Children In Inclusive Schools"





A child's mental & emotional health is more important than their grades!!! ??

Inclusion is not simply about physical proximity. It is about intentionally planning for the success of all students. When we talk about an inclusive school, we always have to refer to a triad wherein we have educators, parents, doctors & therapists all working for the benefit of the child. The child being the center, focussing on keeping him / her happy, healthy and simultaneously they receiving the knowledge they need to live a fulfilling life. With research complimenting the fact that children who have a happy school and childhood environment perform better in later life, it becomes imperative that every child receives this enriching environment they truly deserve.

At Suyog Sunderji Wisdom School, a CBSE proposed inclusive school till grade 7, we believe inclusion as a framework where all stakeholders come together to ensure the wellbeing and mental health of the child.





With our facilitators attending regular Professional Development sessions, they have mastered the skill to observe and understand children who need guidance and support under the minute supervision of our Inclusion Head. This has helped our children who experienced meltdowns in classrooms, to overcome it almost completely. Helping the child communicate and put words to feelings and understanding through interaction and care, contributed greatly to the child blossoming over time.

At Suyog Sunderji Wisdom School, we practice numerous strategies which overall benefit not only a child with Special Needs but also an atypical student. To share a few:





- Inviting parents & caretakers to education programmes organized by the school on building resilience & managing emotions
- Ensuring there are physical spaces in the classroom that promote group work & collaboration
- Using buddy programmes & peer support programmes to help create safe environments where children look after & support each other
- Celebrating students work in different ways
- Encouraging children to turn failure into learning opportunities
- Using differentiated teaching strategies of instruction to promote a sense of achievement in all students
- Using communication cards like PECS & communication boards like visual schedules encourages even a quiet or non-verbal child to use these mediums of communication & convey their thoughts & emotions to the teacher. Likewise, the teacher conveying her expectations to the child using these mediums.



When we're talking about diversity, it's not a box to check. It is a reality that should be deeply felt, held & valued by all of us. At Suyog Sunderji Wisdom School, we celebrate diversity by building relationships & encouraging interactions to adapt as per the need of the child.

Towards the end, I would like to share one of our many success stories at SSWS: We had a child who took admission at SSWS last year. He had come to us from another school. This child was a slow learner who was bullied at his previous school, not only by his classmates & peers but also was at the receiving end of unsavoury remarks from the teachers.

When this child joined Suyog Sunderji Wisdom School, he was low on self-esteem, his confidence was at an all-time low, just did not have the ability to speak up for himself. Initially, his mother accompanied him for all his sessions. Through loads of activities, connecting with the child at an emotional level, the teacher worked on bringing up his confidence level.



The goal set for the child was to wean him off his need to lean on his mother constantly for support. The goal was to make him more independent & interact with the teacher. At the end of 5-6 months with a lot of effort from the teachers side & with the full support of the parent, the child slowly started becoming independent.

Today, after almost a year, the child attends his sessions independently with his confidence levels higher than it has ever been & confidently answers his teachers questions.



**Suyog Sunderji Wisdom School  
Sunderji's Global Academia**



# Teerth Enterprises



- PERSONALIZED DESIGNED
- HANDMADE
- HIGHLY DURABLE



KIRAN SURANA  
+91 9766315229





# Meditation

- Neha Kedia





Meditation is simply a process of taking control of our thoughts and using focus to create a peaceful state of mind.



Meditation helps us to remove negative toxins from our bodies. It also aids in increasing concentration and raises our vibration.

“Om” Meditation & chanting is very effective. ‘Om’ or ‘Aum’ is a sacred sound that is generally known as the sound of the universe. Om is all-encompassing, the essence of ultimate reality, and unifies everything in the universe. Om is one of the most important spiritual symbols and is found throughout many ancient Hindu texts, prayers, and ceremonies.



To increase the concentration power in kids, simply light a white candle and ask the child to see the candle flame for a minute. This will help in increasing focus and concentration.



Chin tucks are another good exercise for kids. Due to excessive use of laptops and other gadgets nowadays, enormous strain comes on the neck, resulting in headaches or dizziness. Chin tucks help to reduce it.

Meditation further helps us to keep our mind, body and soul calm.

Inculcate the practice of meditating as a daily ritual and experience remarkable shifts in your life.







# Brain Gym Activities

- Anuradha Trivedi



# BRAIN GYM ACTIVITIES WHICH CAN HELP IN MENTAL HEALTH FOR KIDS

## Fun with Jigsaw Puzzle

Whether you are putting together an image of 100 pieces or 1000 pieces to make a new image like Mickey



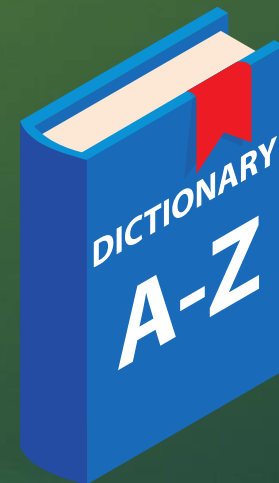
Mouse or your favorite character. Working on a jigsaw puzzle is an excellent way to strengthen your brain. Working on jigsaw puzzles, recruits multiple cognitive abilities. This can be a great way to challenge and exercise your brain.

## Build your vocabulary

A rich vocabulary has a way of making you sound smart.

Cognitive boosting activity

- Keep a notebook with you when you read.
- Write down one unfamiliar word every day, then look up the definition.
- Try to use that word five times the next day.





# Learn a new skill

Learning a new skill is fun and interesting and also helps in strengthening the connection in your brain. It helps to improve memory function.



# Meditation

Daily meditation calms your body and mind, Slows down your breathing, reduces stress and anxiety. Find a quiet spot, close your eyes and spend five minutes in meditation each day.



# Learn a new language

Many cognitive benefits of being able to speak more than one language. According to numerous studies, Bilingualism can contribute to better memory, improve visual-spatial skills and develop a higher level of creativity.



# ANISHAN EDUCATIONAL INSTITUTE FUTURE PRIDE PRESCHOOL DAYCARE AND ACTIVITIES CENTER BANER

AN INCLUSIVE SCHOOL PROVIDING EDUCATION  
TO ALL. IT ALSO CATERS TO HOMESCHOOLING

Every child has a right to quality education and learning. More than 90 million children live with disabilities.

These children are often overloaded with limited access to education.

These children are denied admission and face persistent barriers, stemming from discrimination, stigma, and routine failure of the decision to incorporate disability in school services.

Robbed of their right to learn these children are often denied to take part in their communities.

We at future Pride being an inclusive school give all children a fair chance to come to our school to learn and develop skills they need to thrive.

We provide real learning opportunities to not only children with disabilities but speakers of minority class too.

Our school allows students of all backgrounds to learn and grow side by side to the benefit of all.





**ANISHAN  
EDUCATIONAL  
INSTITUTE**

**ADMISSIONS  
OPEN FOR  
2021 - 2022**

**INCLUSION SCHOOL**

**PLAYGROUP**

**NURSERY**

**KINDERGARTEN - 1**

**KINDERGARTEN - 2**

**HOMESCHOOLING**

**ANISHAN EDUCATIONAL INSTITUTE FUTURE'PRIIDE PRESCHOOL DAYCARE AND ACTIVITIES CENTER** Located in Baner Pune. Admission given to each and every child who seeks education.

Along with preschool our institute conducts various **ACTIVITIES** for children of age group 1.5 years to 12 years. Our institute conducts coaching classes from grade I till grade X all boards. Also we are Professional German Coaching institute.

We have Spoken English Courses too.

We also have Professional Drawing Classes.

Professional Handwriting Analysis & Signature Analysis is also provided by our institute.

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 Daycare with Activities from  
age group 1.5 yrs onwards. Timing: 9 am to 7 pm 

**ANISHAN EDUCATIONAL INSTITUTE, BANER**

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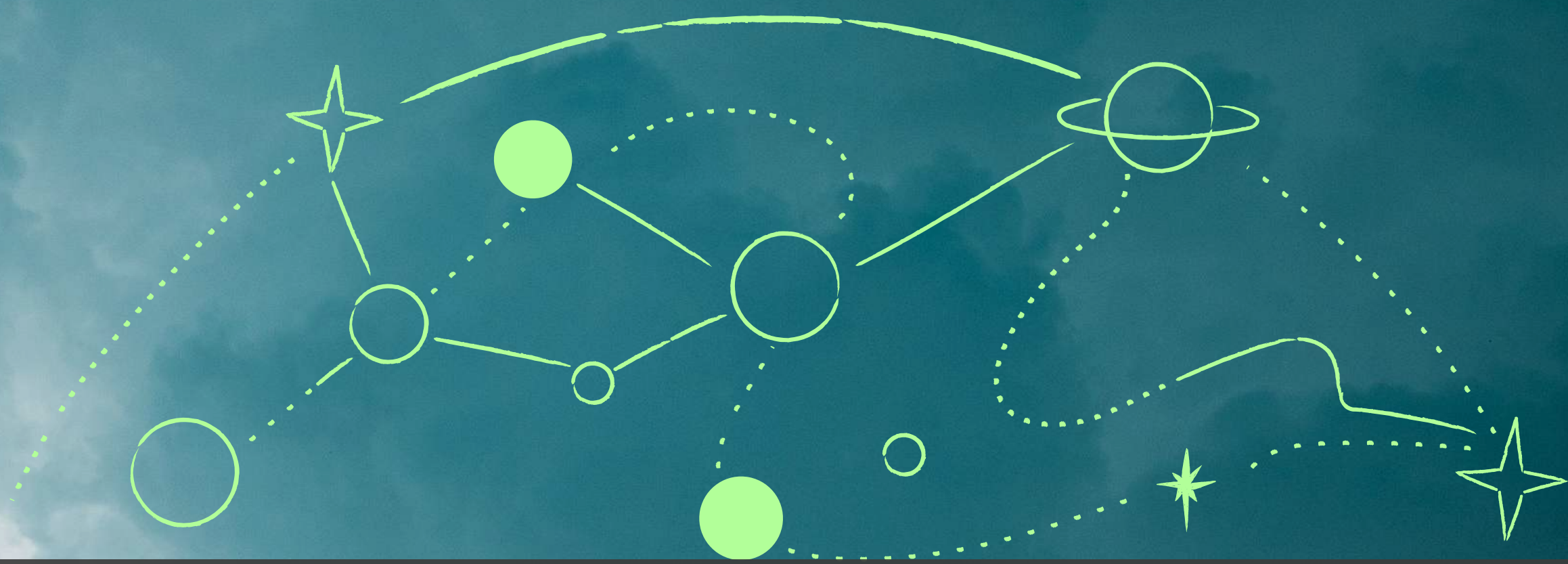
Phone: +91 20 2729 5453 | Email: [futurepriide.anishan@gmail.com](mailto:futurepriide.anishan@gmail.com)

Website: <http://www.futurepriidepreschoolanddaycare.com/>



Let's hear the  
story of  
Priya  
seetharaman

Mental Health from  
my perspective  
-Priya seetharaman





Understanding, acknowledging, and processing emotions is a way forward and a step towards mental health and living a Holistic life free from physical and mental illness.  
I am Priya Seetharaman, a mental health professional and spiritual psychologist.

### **From victim to survivor to fighter :**

As a proud survivor and conqueror of clinical depression, a debilitating autoimmune disorder ( a lifestyle disease), and covid-19, I have chosen to fight my life's battles with my chin up and with Valour. A decade ago when I was fighting depression, I challenged myself not only to overcome my difficulties but also to help people overcome theirs. I actively pursued psychology courses then, started working on myself, and found my spiritual calling during this phase.



### **The beginning :**

The beginning of my journey is perhaps not a picture-perfect start like most others, for, I had to brave several life-changing experiences and challenging circumstances from childhood.

I must admit I never consciously worked towards this vocation. I came to it purely because of, first my personal experiences and second, divine intervention.

These experiences have shaped me, been my learning experience.





# My message, My Motto

- Life is full of challenges, accept them with a smile.
- Keep your quest for knowledge and learning open.
- Acknowledge and process your emotions; do not differentiate yourself from your emotions.
- Be kind to yourself. Letting go of negativity clears your system.
- I am and so are you born with a purpose and are here for a reason.
- Keep pushing forward with courage, strength, positivity, and openness.
- I love my life with these guiding lights and a need to promote them with all my heart and soul.

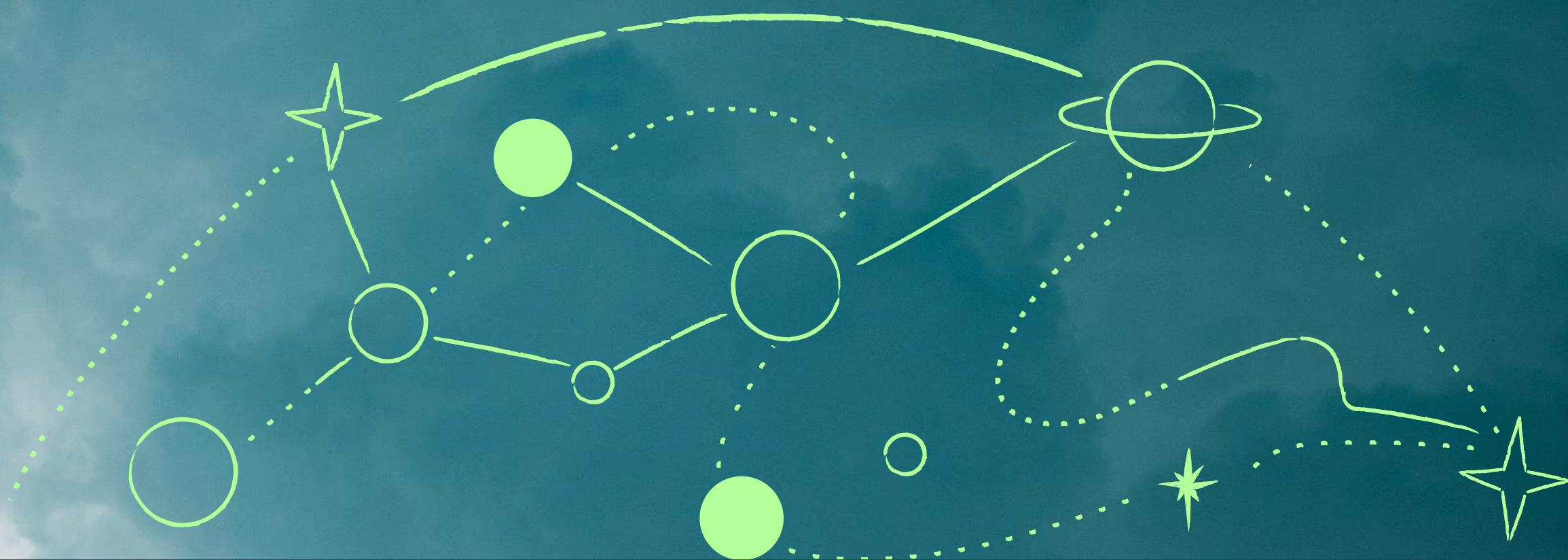






Let's hear the  
story of  
Shrruti Clarence

# Depression to Progression & Success -Shrruti Clarence





“PostPartum Depression” a term I didn’t know back then. Not many women are aware that they are going through it after delivery, and I was one of them.

After working for more than 15 years as a Manager in Airlines and Corporates, I had taken a voluntary sabbatical for my firstborn. Also being a sailor’s wife there were no other options. Didn’t realize when the depression started creeping in and when ‘from a highly confident, independent girl, I suddenly became unsure of myself, a completely dependent woman (financial & emotional) for making even the smallest decisions!



However, the moment I felt things slipping out of hand, I took to my passion for writing. I poured out my heart and emotions into my stories and soon found myself a “Published Author” in six Anthologies and one Historical Fiction Novella titled “A Tulip in a Desert”. I realized that if we do not understand ourselves, love ourselves and help ourselves – NO ONE can!

Went on to tick another passion off my bucket list of walking the ramp & winning a Beauty Pageant at the age of 37 years.



Going on to create history by becoming India's 1st ever Mrs. Universe Confident (in South Africa) and now mentoring numerous College youth, Women & Women Entrepreneurs to live their dreams, follow their passions and create their own brands & identity!

“If life is a YO-YO, You always have a choice to remain “down” or to “Bounce back up” !!!

## Shrruti Clarence

- India's 1st Mrs. Universe Confident,
- Mrs. Universe Central Asia
- Mrs. India International Beauty with Brain
- Mrs. Maharashtra
- Mrs. Intelligent
- Face of the year Maharashtra
- Mrs. Pune winner
- Image Coach
- Soft Skills Trainer,
- Etiquette & Airline Expert,
- Pageant Groomer & Organizer.



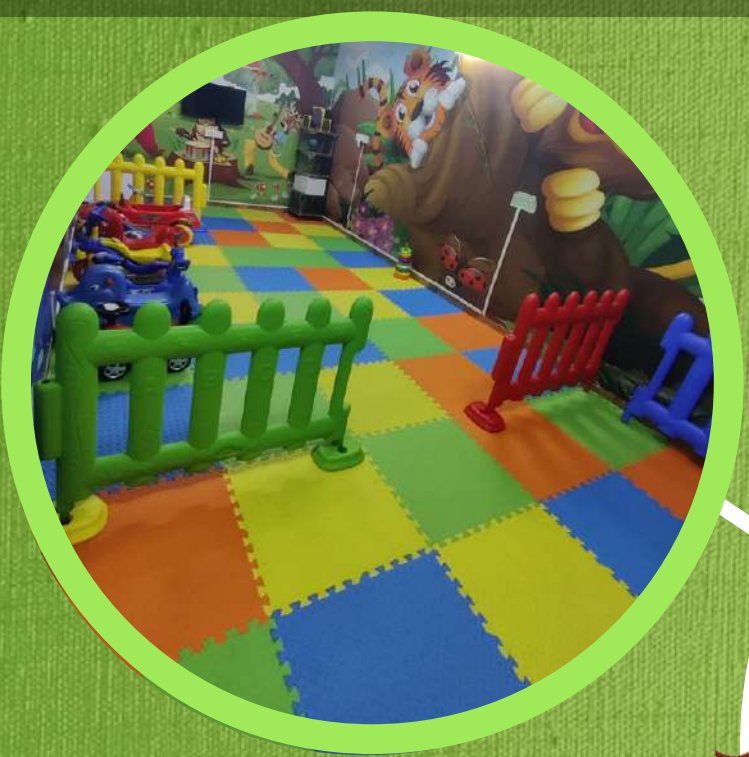
Currently runs Shrruti Clarence Image Enhancers.

- training and mentoring women & Youth through Employability Skills Program
- Confidence building
- Personal Branding
- Etiquettes & Soft Skills
- Women Entrepreneurship



# Growing Stars Daycare

Another Home for the Little Ones



**Founded by**  
Manisha Sunder &  
Roshni Valrani  
**Founded in**  
May 2019



Growing Stars Daycare is nothing short of a dream come true for us. Knowing first-hand how tough it is to leave your child in the care of a stranger, we have built the daycare with the passion of a mother.

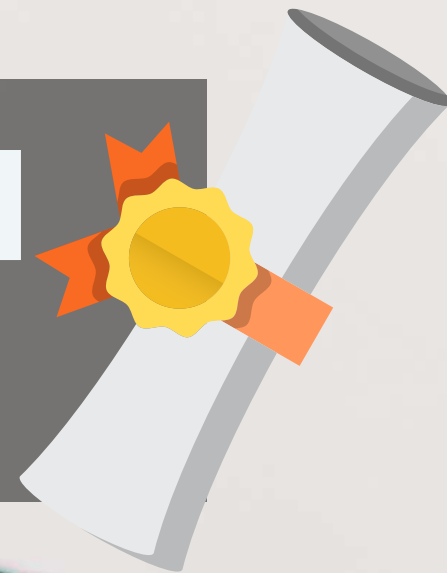
 Koregoan Park Lane E, Vimal Kunj Apartments, Ground Floor  
 [www.growingstarsdaycare.com](http://www.growingstarsdaycare.com)



7218779035  
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# CERTIFICATE COURSE IN INCLUSIVE EDUCATION



- How to practice Inclusive Education in a classroom in IB, IGCSE, ICSE, CBSE, and Intl Board schools.
- Behavior Management
- Strategies for teaching children with special needs
- Multiple disabilities
- Understanding developmental disorders and learning disabilities

- 4 Hrs on-demand video
- 10 Articles
- Two Practical tests
- FULL lifetime access



**ENROLL NOW !!**

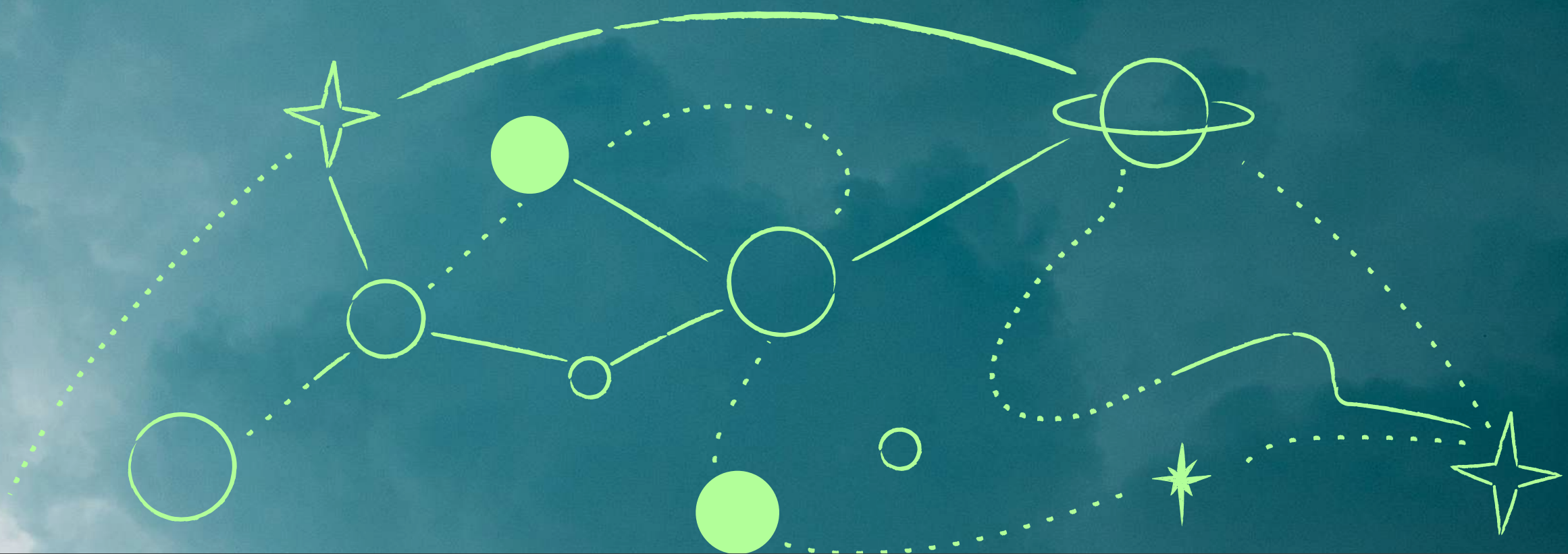
 **+91 97370 47621**





Importance  
of  
Mental Health

# The need for Mental health in Kids -Geetanjali Padoshi





Awareness about mental health and its impact is important. Nothing has emphasized this more than the corona pandemic. Home confinement and online education have affected kids mentally.

Today, children face an extremely competitive environment. While they are able to pursue a multitude of things their mental health and ability to cope with the same is worrying. A single comment, a small failure, or a minuscule incident can put them into a shell. They themselves may be unable to discern it.

Here, the role of family members and teachers is paramount. They need to realize the impact of peer pressure, performance anxiety, non-acceptance of defeat, inability to be a team player, accepting constructive criticism on children, and work with them in mitigating these issues via dialogue and affection.

Ignoring mental health can have a cascading effect on the overall growth of children. It's time we address it and ensure a positive mental space for children to grow.







Ensuring a  
healthy mind

Instilling a love for languages:  
A Guarantee of a thriving Mental &  
Emotional Health

-Mandakeni Verma





**"The limits of my language mean the limits of my soul."**

– Ludwig Wittgenstein

Language is an outpouring of a mélange of emotions.

It is akin to a magic key to the castle of fantastic explorations and adventures.

Without the power of language, a child's world would be a dumb one where the most normal events happening would pass unrecognized in semantic terms.

Imagine Doremon, Shin-chan, or even Harry Potter without a language!

Language ties children in bonds of unison with other homo sapiens.





# THE FOLLOWING CAN BE SOME HANDY IDEAS:

## The Grandparent's Hour

Grandparents who narrate popular tales awaken interest and lay a sound foundation for budding narrators of the future. Care should be taken to introduce simple words.



## Bedtime Stories

Reading out children's books with colorful visuals with necessary intonations and modulations will help them develop imagination, learn pronunciation and also help the development of a love for reading which is necessary for being skilled in language





# Learn a new skill

Learning a new skill is fun and interesting and also helps in strengthening the connection in your brain. It helps to improve memory function.



# Meditation

Daily meditation calms your body and mind, Slows down your breathing, reduces stress and anxiety. Find a quiet spot, close your eyes and spend five minutes in meditation each day.



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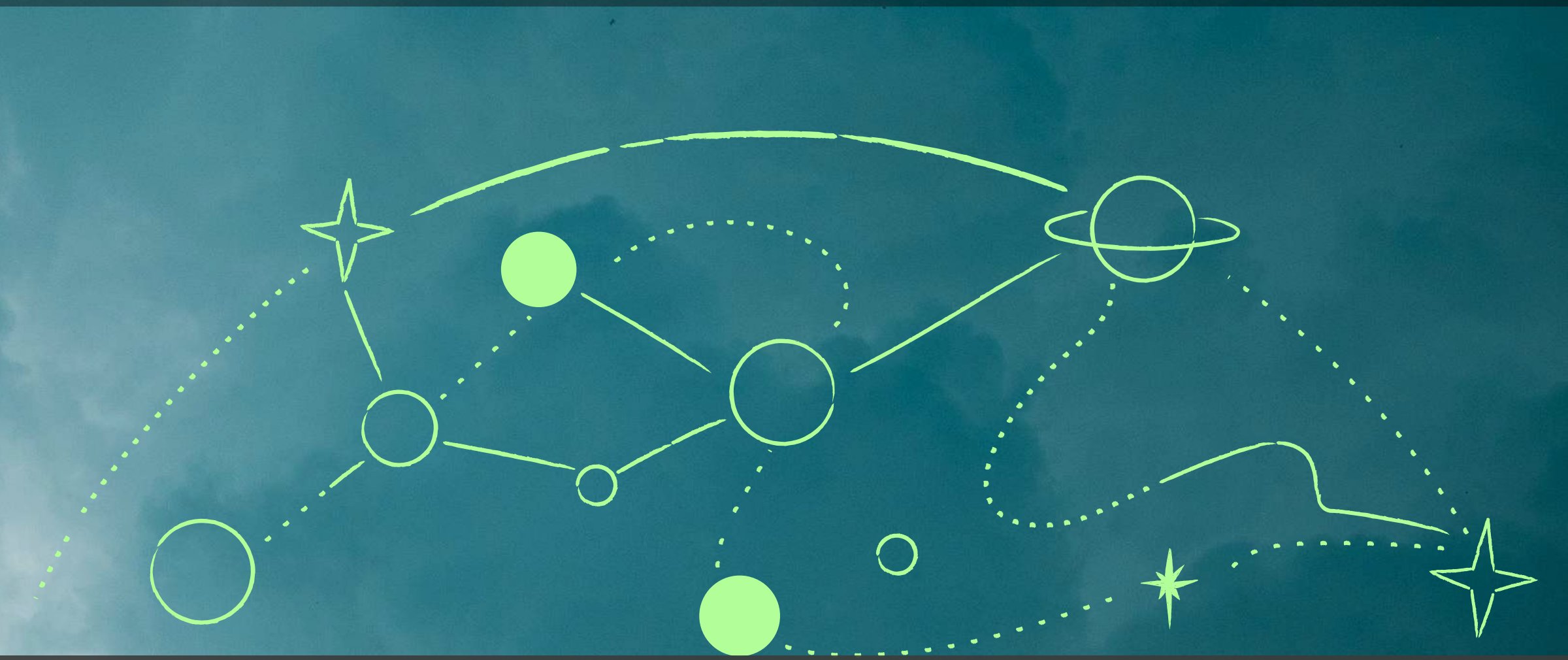






Now it's time to  
learn something  
about  
Art & Craft...

# Art & Craft Section





# Doodling & its benefits

- Himadri Pachori



When it comes to Doodling there are no mistakes. Everything and every way you Doodle is right! Doodling is scribbling, doodling is drawing and doodling has no rules. There are many ways to doodle or may I say there isn't one particular way to do it.

Over the years many different styles have emerged on the internet. You can google doodling and see what comes up. But if you ask me, I'd say doodling is unique to each person. You can repeat shapes and lines, you can do patterns from Zentangle to get started, you can fill inside shapes like it's done in Zen doodling, you can do full pages of doodles or scribble on a small piece of paper, you can fill the walls with what comes to your mind or keep drawing unconsciously at the back of your book. Basically, Doodle is drawing when our full attention is not in drawing, it's sometimes also considered as automatic drawing and it can be very surreal as well.



Over the years many types of research have been done where the positive impact of Doodling has been found in children and adults. Let's take a look at some of them:



Doodling helps  
in recognizing  
and process  
emotions

Doodling helps  
in remembering  
better and leads  
to improved  
memory

Doodling  
Improves  
concentration  
and focus.

Doodling can  
help in regaining  
Perspective and  
lets a person  
look at the  
bigger picture

Doodling brings  
relief to anxiety,  
reduces stress  
and helps in  
healing.

Doodling is a  
form of Self-  
expression and  
it's a great outlet  
for creativity

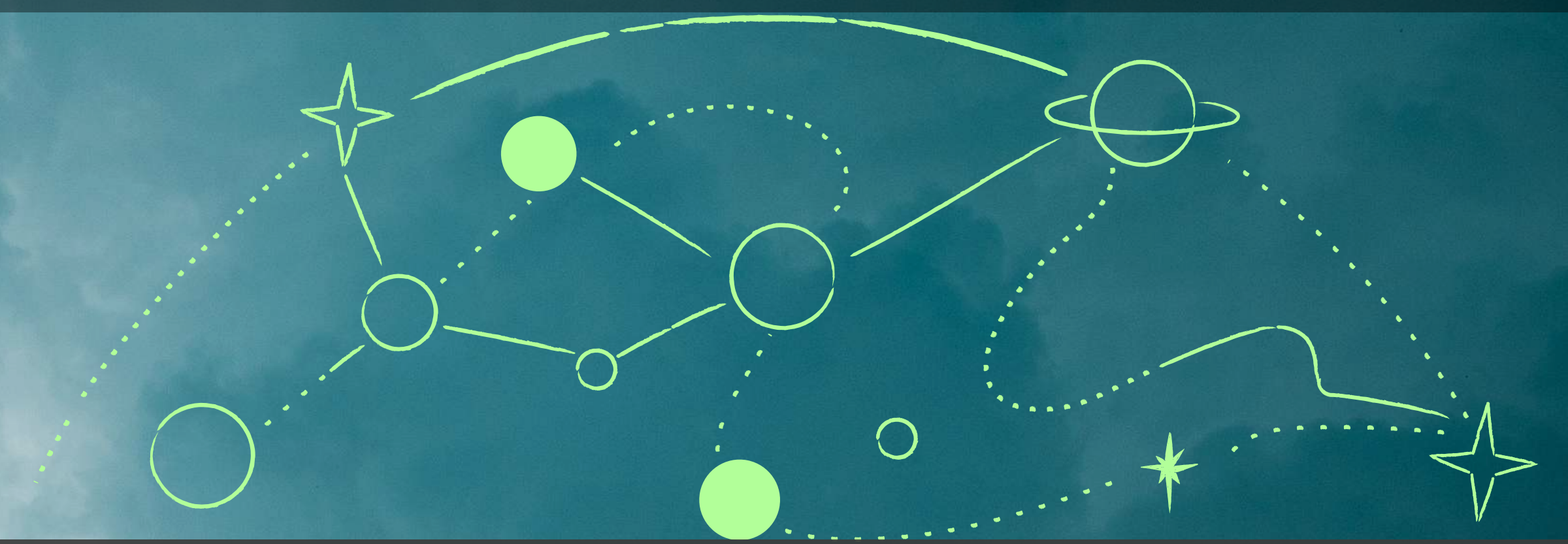




Here is something creative for our lovely kids!!

# Art & Craft Section

## DIY KIDS ART





# DIY KIDS ART

- Divya Khemka Tibrewala



Hi kids! Nanhaa Gyan has come up with a DIY card for easy age 3 to 6 years. It's a beautiful card. Easy steps show for making the card. For making the card one would need 5 to 6 colour Cardstock, pencil, Scissors & rough cloth.

## Skills Developed:

- Drawing of circles and cutting skills.
- How to use different color combinations.
- Creativity
- Pasting of circles and leaves.
- Imagination





# PROCEDURE

## STEP 1:-

Take two rectangular pieces of card stock. Cut five circles, few leaves and a stem

## STEP 2:-

Fold the circle into half and stick them as shown in figure. Stick the rest of the pieces and make a bird sitting on the tree.

## STEP 3:-

The card is ready you can write you message on the card. And gift it to your parents, friends and family.





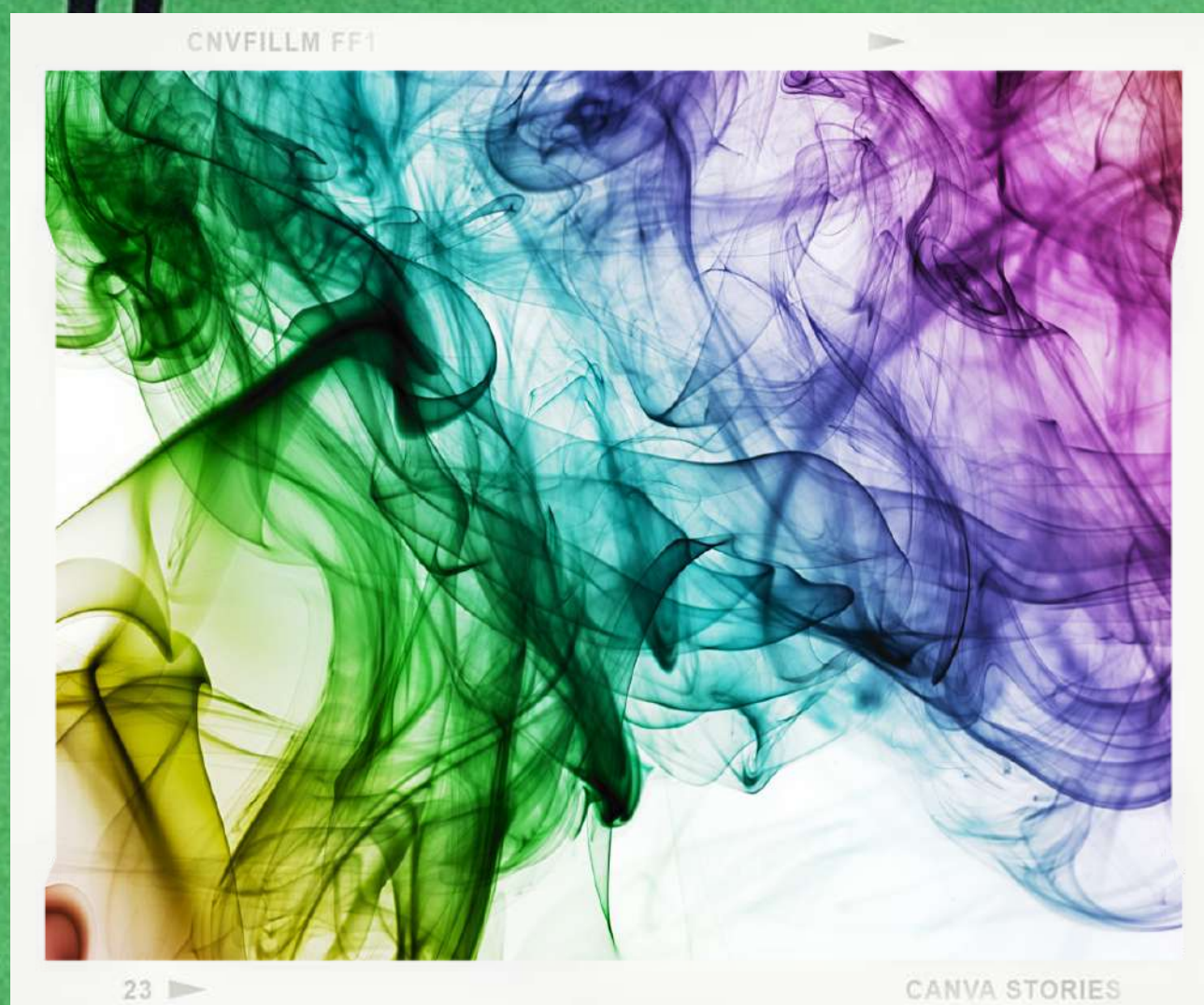
# DIY KIDS ART

- Shruti tibrewala

When it's hot outside and the kids are feeling bored, this is a fantastic afternoon project that combines a little lesson in color blending and a cooling art activity.

## Skills Developed:

- They understand the control of color flow.
- They understand Different color schemes.





# MATERIAL REQUIRED

- Ice cube tray
- Water
- Liquid food coloring
- Clothespins/ STICKS /ANYTHING TO BT A HOLDER.

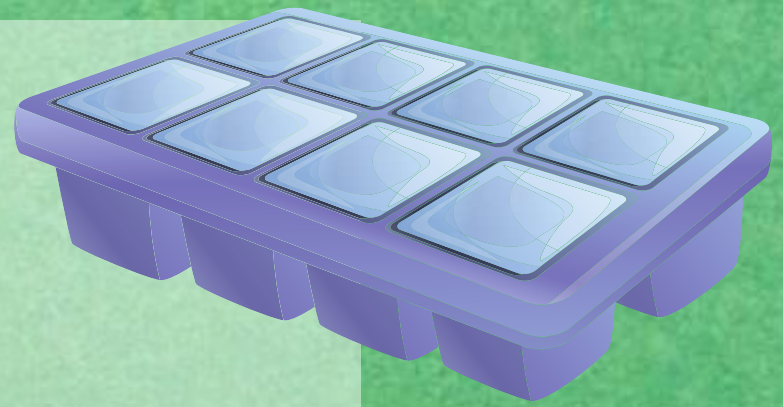




# PROCEDURE

## STEP 1:-

Fill the ice cube tray with water.



## STEP 2:-

Using the food coloring, one drop at a time, let the kids experiment with different color combinations so that each cube will be a different color. Stir each cube well.



## STEP 3:-

Set the tray in the freezer and, before closing the door, set a clothespin upright in the center of each cube compartment.

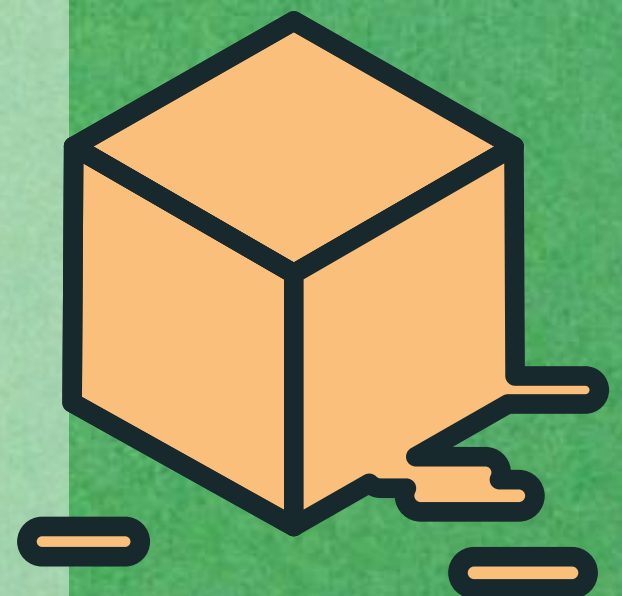
## STEP 4:-

Fill the ice cube tray with water.



## STEP 5:-

Once frozen, pull each cube out and, holding the end of the clothespins for handles, paint away on the paper (\* hint \* if you are painting inside, set the paper in a cookie sheet to contain any drips!)





# Eco Serve

The year 2016 brought a sea change in my life. A senior advertising professional, working with top multinational agencies, chose the path of sustainability and decided to live her life for her passion, which was, to eliminate single-use plastic from the world and make the earth a safer and greener planet.

As a little girl, I grew up in the lap of nature, amidst Sal and Piyal trees. It was this passion, and my urge to inspire young minds to have a sustainable life, that made me convert into an ecopreneur and an environmentalist. Eco server, my green brand was born, and we started manufacturing eco-friendly disposables and handcrafted sustainable products. Our work and cause were appreciated by eminent personalities including, Tina Ambani and Sharmila Tagore. May we continue our good work, by serving and saving mother nature.







Eco serve continues to serve mother nature and save mother nature. We are dedicated to the cause of reducing plastic by providing earth-friendly solutions through our brand.

Our products are:

- Made with 100% Eco-friendly Recycled Material
- Non-Toxic, Non-Plastic & Biodegradable
- Handcrafted & Made in India
- Supporting Vocal For Local

Please connect with us for further information on :9167907228 or visit our website [www.eco-serve.in](http://www.eco-serve.in) for innovative green gifts and biodegradable dinnerware.





Let's know  
about the healing  
power of  
Play Therapy

# Play Therapy

- Deepali Jain





# Children's Mental Health and Well-being through Play Therapy - 4th Dimension

*"The systematic use of a theoretical model to establish an interpersonal process wherein trained Play Therapists use the therapeutic powers of play to help clients prevent or resolve psychosocial difficulties and achieve optimal growth and development."*

*~ Association for Play Therapy, United States*

I am a Mental Health Counselor and Play Therapist, practicing for the past eight years now. I am going to talk about what Play Therapy is and how it works. Play Therapy is a form of child lead counseling for children who are experiencing social, emotional, or behavioral difficulties. As adults when we face tough times, we usually talk to a friend or a family member, or a counselor, therapist but most children don't have the vocabulary to express their experiences. Their medium of communication is 'PLAY'.







**Foster Emotional  
Wellness**

**Facilitates  
Communication**

**Increases  
personal strengths**

**Enhances Social  
Relationships**

Play therapy provides a safe and confidential place for children to work out their problems, feelings and resolve conflicts, through play. In my play therapy room, there are art materials, musical instruments, miniature toys, puppets, books, flash cards, sand trays, costumes, sensory material, expressive and creative toys. Children are free to use any of these and unconsciously play out the experiences that are troubling them or express their feelings and emotions. In doing so, they get enormous relief that comes with expressing difficult thoughts or worries. It is important to note that the child is not asked questions or directed on how to play in the therapy room. Play Therapy gives children a chance to see their troubles from a new perspective.



Play Therapy gives children a chance to see their troubles from a new perspective.

Play therapy is suitable for children experiencing all kinds of difficulties, anxiety, depression, bullying, challenging behaviors, low confidence, attention difficulty, trauma, abuse, ADHD, autism spectrum. As a therapist, I create a warm, accepting and very importantly, consistent environment like:

- Being always sensitive to the child's feelings and gently reflecting those feelings in such a manner that the child develops self-understanding.
- Trusting the child's inner direction, allowing the child to lead in all areas of the relationship, and resist any urge to direct the child's play or conversation.
- Appreciating the gradual nature of the therapeutic process and not attempting to hurry the process.





My job is to listen, observe keenly, and then reflect back to the child any thoughts or feelings they might learn to express through their play. A therapist uses different types and techniques of therapy, for example, role play, sand-tray, filial play (combination of play therapy and family therapy), autoplays (play therapy approach to working with children and parents affected by autism, ADHD, dysregulation issues, other neurodevelopment disorders, and developmental disabilities), discovery play, physical play, creative play, imaginative and dramatic play, manipulative play, social play. It all depends on the needs and the choice of the child.

### Benefits of Play Therapy:

- Skills children can develop through Play
  - Language
  - Physical
  - Emotional
  - Social
  - Cognitive /Intellectual
- 
- Play therapy can help if you feel your child:
    - 1.is not performing well at school
    - 2.is constantly anxious or unhappy
    - 3.doesn't play with others or is unable to communicate
    - 4.has a physical or learning disability
    - 5.is exhibiting disruptive behaviors
    - 6.maybe inattentive to others and /or their environment



Our services include:

- Individual play therapy sessions (Child and Adult)
- Group sessions
- Family therapy
- Parental training and workshops.



Deepali Jain  
Clinical psychology,  
Psychotherapist (Child and Adult)  
Certified Play Therapist  
Member of National Association for  
Play Therapy No: 00141





Time for  
some parenting  
advice!!

# Parenting Section





# COVID AND PARENTING VALUES

-Shaileja Laddha

Rohit is a 12-year-old residing in Bangaluru with his parents in 1 bhk house in a big society. He had a lot of friends & his life was full of happiness, without any stress. His parents were supportive and always gave him the chance to do new things. He was observant and very creative. He was an average student but was a great singer. Even the pandemic didn't stress him so much as the family didn't have a practice of hearing news every day. They paid more attention to friends and people who were covid +ve in their society, instead of how one can help them.





One day after coming from the office his mother was feeling unwell. She had a fever and body ache. Arun gave her a paracetamol and then she took rest. The next day also his mother was complaining, he ?? straight away took her to the Doctor & called for a swab test. She was covid +ve.

Rohit took real good care of her mother and house. He followed all the instructions well in regards to nutrition, sanitization, oxygen levels, exercise. By his efforts, both his parents & friends were delighted. He made a lot of difference by taking charge of managing his mother & home with the help of his father. Parenting makes a lot of difference in a child's personality & mental health.







# ROLE MODEL

- KSHAMA BHEDA

"We often become what we believe ourselves to be" Right..!  
Role Models is a person you look at not you behave like, kids do imitate.

Look at his/her Unique Qualities of Determination, Dedication, Achievement, Hard Work, Sincerity, Positivity & Never-give-up style.

For children Parents are the ultimate Role Model to them. Every Word, Movement & Action has an effect. No other person or outside force has a greater influence on a child than the parents.







As parents, you have to watch what you do in front of your child & what kind of lifestyle you live because your children pay attention to every single thing that you do & they imitate you.

It's simple...right now, would you want your children to be like you? If "NO" then change that. Be a Good Role Model for them. Step out of the history that is holding you back. Step into a new story you are willing to create... Never change your originality for the sake of others because no one can play your role better than you can create.

\*"I want to Inspire people.."

\*I want someone to look at Me & say Because of YOU\*

\*I Didn't Give Up"







# Maths Section

- Priti Chetan Muthiyan





## STEP 1

Add 25 to units place number and write



## STEP 2

Square the units place number and write it down

## NOTE

if square of units place comes single digit place 0 before it

How to take out square of two digit numbers having 5 in tens place  
For example 51, 52, 53....59

## EXAMPLE

Step:1 add 25 to 2

$$(52)^2 = 25 + 2 = 27$$

Step 2:- Take square of 2

$$\text{That is } = 4$$

But it is single digit number so add 0 before it.

It will become 04

So we have final answer

$$(52)^2 = 2704$$





identifying  
depression  
from  
handwriting

# Handwriting Analysis

## Graphology

-Rommal Surana





# Why should you get your handwriting analyzed?

We all make efforts to succeed in life because of the subconscious reprinting of certain limiting thoughts and beliefs, we are unable to achieve the desired result in a relationship, career, financially and personal growth. Handwriting Analysis helps to reveal those obstacles and help you to achieve success and growth in all spheres of life.

## Why should you learn graphology?

Graphology is a tool to understand the patterns of your subconscious mind. It helps to streamline your effort in the right direction. Whether you are a family person, professional, employee, or employer graphology equips you to know yourself better. It also enhances your relationship with others at all levels.



# How to identify depression in Handwriting?

## Hidden Depression

In this picture, you can see the downward valley formation writer's handwriting. These people don't let the close person know what is going on in their mind. Subconsciously, the writer is not expressing his feelings.

ing through the strokes of the writing. After graphology, it becomes even more difficult to see your own handwriting. You become so biased that it becomes next to impossible to be objective. The most common people raise when you tell them about this is how is your writing connected to the brain. It is a wonderful science. All emotion goes for a toss when you tell



## Sudden drops in baseline

A baseline indicates the goals that you set for yourself in life. When you see a one-off drooping baseline, it is an indication that such people are capable of acting upon their self-destructive thoughts. These writers are in search of help.

Towards the end of my day, I was fine  
I am on medicines, doctor has told me to  
Continue with medicines and stop later only  
But till when is this going to continue

## Dropping baselines (for dominant right hand)

Then you observe a dropping of baseline in the writer's handwriting. A drooping baseline indicates an unhappy state of mind. Writer is thinking about the self-devastating thought about ending life. It will depend more on the pressure of the writing too.

I want to fly up Here and there is  
No one ever wants to repeat that day  
how many times it has been told to you  
green field to demonstrate you some signs



# X-formation

Handwriting analysts world over agree that these x-formations are strong indicators of the inclination to wipe out one's identity.

I'm so sorry for what I've put  
you through & never meant to hurt  
all of you so much and I don't  
blame any one of you for disowning  
me I just can't be a burden  
to you and my friends any longer  
you are all better off without me.  
I so sorry for this.



Rommam Surana



# Try Handwriting Analysis Now !!!

Scan to Register!



~~Rs 999/-~~

Rs 99-/  
only



Limited  
Offer!!





# Entertainment Section

Movies | Games | Books





# Movie Review

- Hriday Tibrewala

## How to Train Your Dragon 2

In this movie, there are Vikings and a king. There are also dragons that they tame, there is a huge dragon that can control the mind of others. The Vikings have to fight the dragon to win.

This is a very versatile movie and is loved by everyone irrespective of the age.





# Game Review

-Atharva Pachori

## Guess Who



Guess who, as the name suggests is a board game of guessing characters. All the characters in the game have variety, some with a mustache, or blonde hair, or just with a hat. Based on these characteristics, the player guesses his opponent's character and if they get it right, they win that round! The layout of the game is innovative and simple. To eliminate a character, you pin it down. This is a very hands-on game that kids and adults both will enjoy.



# Book Review

-CA Neha Modi

## The Adventures of Mithoo

**By Manjiri Prabhu**



Mithoo the mischievous cat, lives in a fantasy world called Omland. His mischief lands him into trouble and he is sent to Manaspuri, the human world, as a disciplinary action. All his magical powers are taken away and to regain them back he needs to do as many good deeds as his mischiefs.

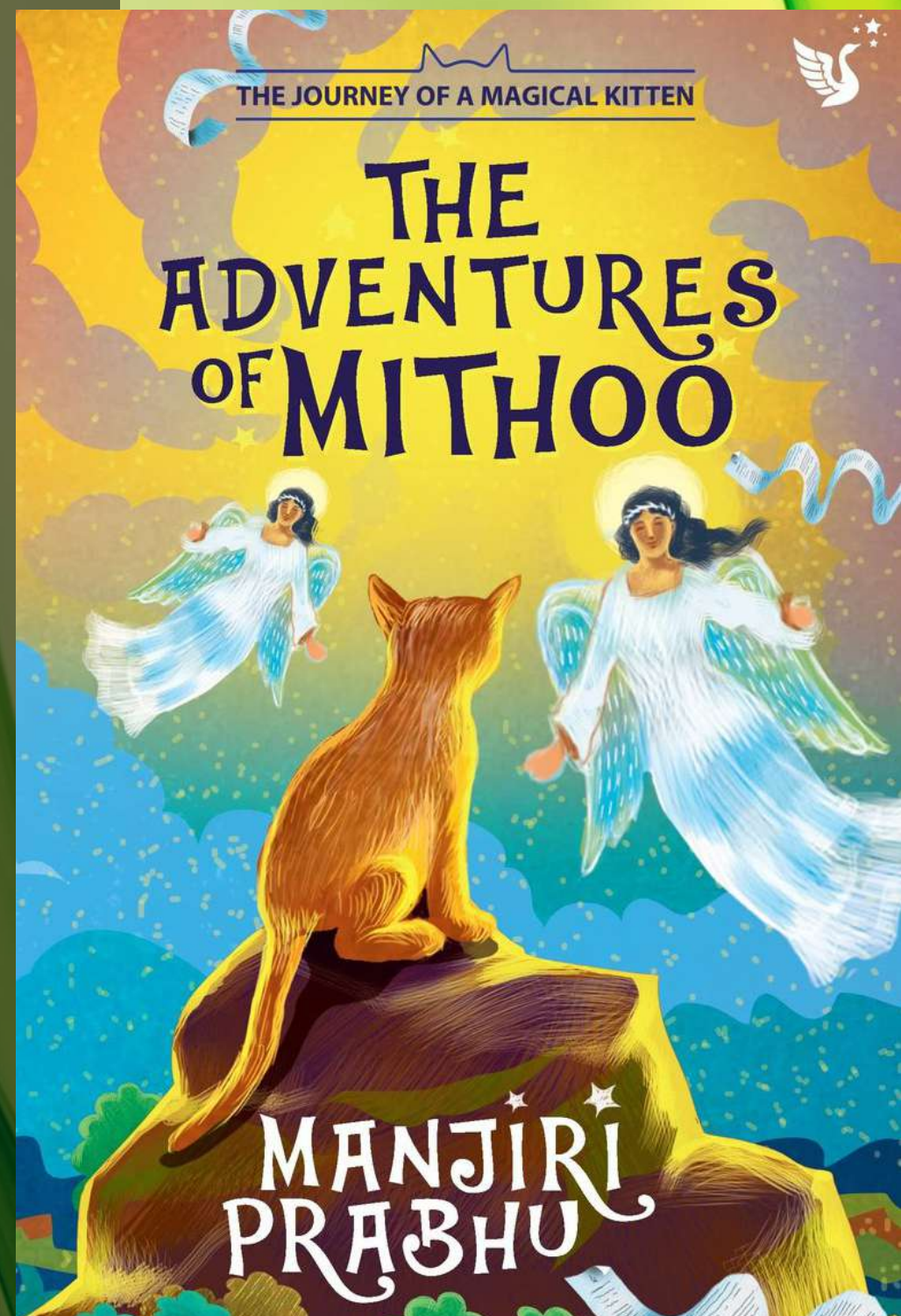
What good deeds did Mithoo do? Will he ever be able to go back to Omland? But as you progress through the book, you realize that it can be read, enjoyed, and implemented by people of all age groups. The book covers thought-provoking lessons in human values, which will be helpful not just for children but also make the adults think about their actions.



A sentence from the book which struck a chord somewhere within me was when Mithoo is reprimanded for her mischievous behavior and told, 'You are too human in your traits and habits and need to change your ways.'

According to Dr. Manjiri, this is a taunt on humans for forgetting our moral values of kindness, being empathetic & helpful, and behaving rudely and inappropriately that even an animal does not want to become like us.

The book is divided into small chapters each encompassing a small story about how Mithoo converts all her wrong-doings into good deeds. The language is lucid and simple to read yet carries a lot of weight within. So whether you are 9 or 90, you can definitely pick up this book, enjoy, introspect and bring in some positive changes within.





# Book Review

-CA Neha Modi

## Pops!

**By Balaji Venkataramanan**

This is a story about Arun, an eight-year old boy, whose parents have separated. He lives with his mother and maternal grandparents. He has never met his father until now.

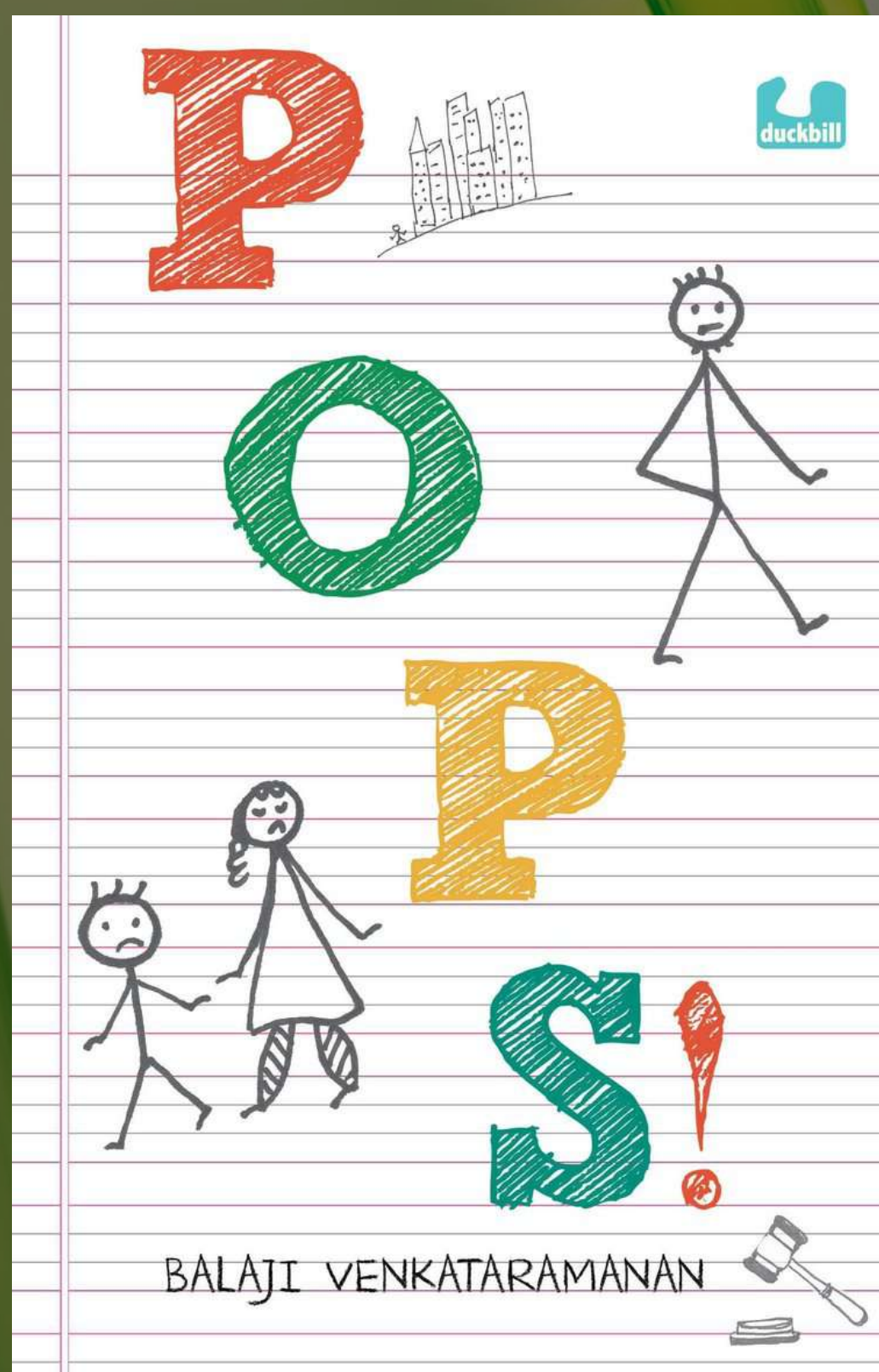
The story proceeds showing his dilemma as a child who likes the person in front of him but is not able to like him as his father.

Through a series of little incidents Arun's father carves a special place for himself in Arun's heart. The author has taken up the delicate issue of marriage separation from a child's viewpoint. A few things noteworthy are-





- None of the characters in the story have been shown in a bad light. The story is purely about Arun and his various relationships, especially the budding one with his POPS !!
  - The subtle humour keeps a little smile fixated on your face throughout the book.
  - Despite the theme (broken marriage), the book can definitely be read by 7-year olds and above.
  - Simple and crisp language makes it a quick and delightful read.
  - Has a great message for adults too. Whatever may happen, never try to mould a child's thought process. Through the entire story, Arun's mother never once demeans his father in front of him. She tactfully refrains from making any mean comment about him and lets Arun form his own opinion and relationship with him.
- Definitely a must read for its simple humour, amazing handling of the subject and beautiful relationship between the father-son duo. Your heart will go Clak-Clak, with a smile on your face.

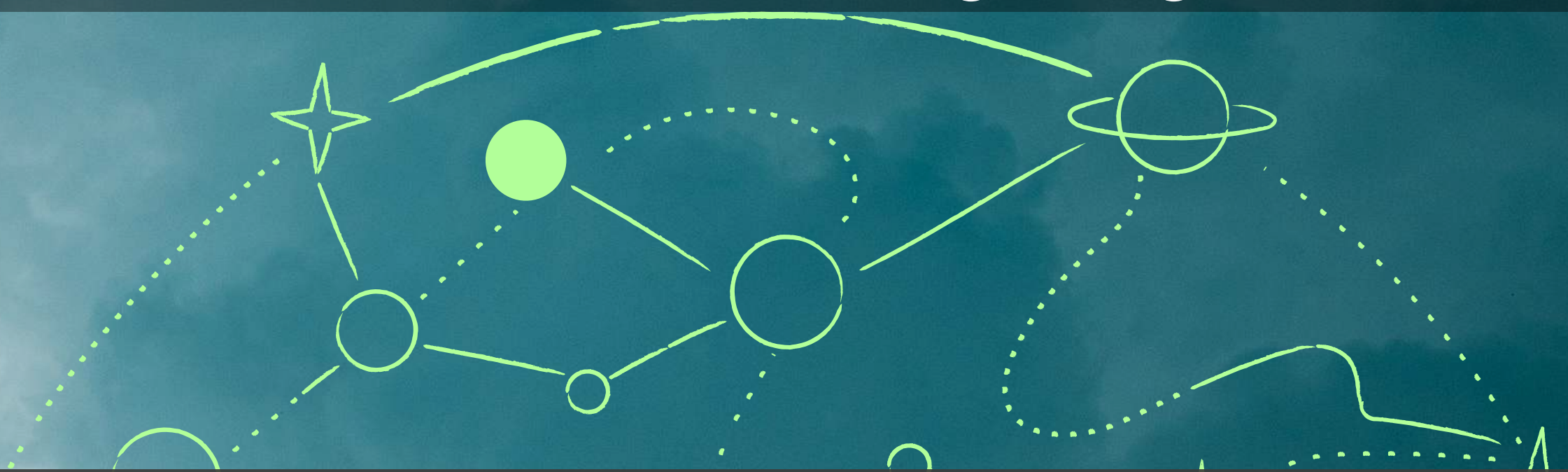






# Kid's Exclusive

- Spreading the cheer of learning amid the pandemic
- Fears and Strengths
- The Online Learning Saga





# Spreading the cheer of learning amid the pandemic

Covid-19 has caused a serious disruption in academics with the closure of schools as school kids are stuck at home for the past several months. But 11-year-old Kushal Khemani, a Class VII student of Euro School, has made full use of the opportunity to follow his passion and make a difference to the teaching-learning amid the pandemic.



- In order to ensure continued, uninterrupted learning during the pandemic, Kushal has set up an on-call support system for pre-primary teachers to assist them in their shift from the traditional to digital mode of teaching. His efforts got a good response as, within a span of just 40 days, he helped to impart training to more than 60 teachers on ways of using Zoom effectively, and understand MS Office and MS Powerpoint for animated and effective presentations for hundreds of pre-primary students. Till date, he has taught more than 150 teachers.
- Kushal also has a blog <https://allsparkinfinite.blogspot.com/> where he discusses the latest technologies and different skills to survive the modern world.



- While on the one hand, Kushal has used his digital prowess to organize virtual birthday Zoom parties to cheer up his friends and family, he started his own YouTube channel – Allspark Infinite – in 15th-May 2020, to share his learnings with his classmates, as well as to provide free learning to underprivileged children. He has recorded over 60 videos on a variety of topics ranging from elocution tips, ways to end procrastination, how to prepare word documents, etc.
- Kushal has also penned a book titled "YOU GOT THIS- 11 Secrets to A Progressive Student Life", where he provides motivational tips to students to bring about a change and instill positive thinking among them during these testing times.
- Kushal is also involved in the Social Entrepreneurship program with GOODCLAP, where he formed SPARKX Animal Welfare to rescue and feed animals on a daily basis.

## **Past achievements**

- Black Belt in taek-won-do at the age of 6.
- Won 7 trophies in various tournaments in India and abroad.
- Made object detector, window cleaning robot and many more.
- Youngest to participate and run his line follower robot at College of Engineering, Pune (COEP) in 2019.
- Learnt 3D printing and has already designed and printed his first concept car.
- Received 11 medals in the last 6 years



# Fears and Strenghts

I was reading a Panchatantra story of Clever Dog. In this story, A dog with his bones gets lost in the dense jungle. A hungry lion in search of his food finds this dog. Within a moment dog realizes that he is in trouble. Lion is nearby and planned, his lunch. He planned a trick. He said "I m stronger than any lion. Good, this jungle has a lion. I can make him my lunch. Already I have the bones of other lions. " Listening to this Lion takes aback. Without wasting time he runs away.

While reading this story I realize that if work on our fear we can defeat anything. Similarly, if we look at the present situation, Lion is covid. He is making everyone its prey. People are afraid of this corona lion. If we behave like a fearless dog. No corona can harm. We need to follow the simple protocol- Washing hands properly, wearing masks, and keeping the social distance.

Fear makes you weak. Fight with it and win. We are more powerful than our fear.

**Teerth Surana**  
**Suyog Sunderji Wisdom School**



# THE ONLINE LEARNING SAGA

Corona and lockdown have closed all schools; we are now using online tools. It makes us feel like computer gods; we manage the classes on our own with many odds.

The school begins with the teacher starting the session, attendance virtual assembly, and studies that are the pattern. There is one thing that still holds; the pandemonium of students here to unfolds.

All students have something to say; all are speakers, listeners' nay.

The teacher then uses the ultimate weapon; mutes all and some order in session. Online teaching has created new sets of students, some are irritating, others provide entertainment. The first set of students are the eager lot, who have many doubts and talk a lot.

There are some, who show their creativity, by changing virtual backgrounds frequently.



Then there are some who are magicians, if something is asked, they mute themselves or disappear.

These all things provide the fun, yet, there are some things that must be done.

We must attend this school with all seriousness, must be attentive and not careless.

Eating, relaxing or doing other things must be a no, the aim should be to learn and know.

That my friend is the saga of online learning, hope you find my poem logical, funny and entertaining!!!

**Medini Padoshi**  
**VH, DAV Public School Thane**







# Numerology Prediction May & June 2021

-Arrati M Laddha





## Number 1

**Lucky Colour: Orange**

1

People born on 1,10,19,28 of any month add up to Number 1. Ruled by the Sun. This period will be average for you. Try to be diplomatic on your questions. Don't get lazy. Practise Spiritual healing.

2

## Number 2

**Lucky Colour: White**

People born on 2,11,20,29 of any month adds up to Number 2. Ruled by the Moon. This period will be lucky for you. You can fulfill your dream projects which were pending for a long time. You may also get selected in interviews.

3

## Number 3

**Lucky Colour: Yellow**

People born on 3,12,21,30 of any month adds up to Number 3. Ruled by Jupiter. This period is for planning and taking all the things into consideration. Just look out the pros and cons of all the situation and then make your decision.



## Number 4

**Lucky Colour: Grey**

4

People born on 4,13,22,31 of any month add up to Number 4. Ruled by Rahu. This period will be admirable for many of them. You will be cherished for whatever you have done.

5

## Number 5

**Lucky Colour: Green**

People born on 5,14,23 of any month adds up to Number 5. Ruled by Budh. This period will be full of support and love. Good news or new consignments will pop up.

## Number 6

**Lucky Colour: Light Blue**

6

People born on 6,15,24 of any month adds up to Number 6. Ruled by Shukra. During this period you will give time for yourself. It's an overall relaxation period from a hectic schedule and you will discover more things about yourself.



## Number 7

**Lucky Colour: Grey Green**

7

People born on 7,16,25 of any month adds up to Number 7. Ruled by Ketu. This period will be little tuff related to health. Slow recovery period. Take proper care of what you eat. Avoid fast food.

8

## Number 8

**Lucky Colour: Dark Blue**

People born on 8,17,26 of any month adds up to Number 8. Ruled by Shani. This period work on your gut feeling and try to give a change on your intuitive power. You will surely gain some unexpected things in coming months.

## Number 6

**Lucky Colour: Red**

9

People born on 9,18,27 of any month adds up to Number 9. Ruled by Mangal. This period will be average for you. As you can welcome unexpected quarrels with your loved one. Therefore, be calm and think before you speak.





## Arati Laddha

- Masters in Computer Application
- Co-founder of VedShakkti®
- Certified astrologer
- Numerologist
- Vice President of All India Astrological Organisation ( Ahmednagar ) 2020
- Life Coach, Daily Horoscope Prediction, Career Mentoring and expert panel on social reforms



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