

Kid's Galaxy

Feb 2022



COVER STORY - N. NIKKIL

ASSIST WORLD RECORD HOLDER IN SPEED SKATING

NANHAAGYAN FOUNDATION



330+ Counselling Sessions



530+ Workshops



17,510+
Handwriting Analyses



28,050+ Happy People



40+ Schools
Kid's Galaxy Readers



www.nanhagyan.com



Page : www.facebook.com/nanhagyan
Group: www.facebook.com/groups/568258067457704
(Nanha Gyan Healthy Minds)



www.instagram.com/nanhagyanfoundation



www.youtube.com/nanhagyanfoundation



+91 770-904-7790



NANHAAGYAN FOUNDATION

• OUR MISSION

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

• OUR VISION

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

OUR VALUES

.....

• SIMPLICITY

Because all great things are generally simple.

• BELIEF

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.





**GAYATRI
BHASKER**
Mangalore

EDITOR'S NOTE



Hello friends!

Each month, we celebrate special days, nationally or internationally, to honour and remember events or purposes of significant importance. The main aim of this is to promote awareness and unite people across the world towards the cause.

The most famous day in February is **Valentine's Day** - the day of Love! Another significant day to celebrate is **National Science Day**! In no other month, do Love and Science come together in this beautiful manner, and we got inspired to choose them as this month's themes!

Love is often associated with emotions & feelings, while Science is mostly considered to be analytical and practical. We tend to associate the heart with Love, and the brain with Science, and undoubtedly, we cannot live without the both of them!

Science helps us navigate through the numerous 'Whys', 'Hows' and 'Whats' that we come across in our daily lives. Love keeps us motivated to keep asking these questions and looking for answers!

For example, let's take **World Wetlands Day**, which is commemorated on 2nd February -- we can use our Love for Nature, to explore more scientific and viable options to conserve our Wetlands! Similarly, we can learn more about Wetlands through Scientific knowledge and facts and come to love nature even more!

Isn't it cool, that as humans, we are blessed with the ability to experience the wonders and powers of both realms?

- Gayatri

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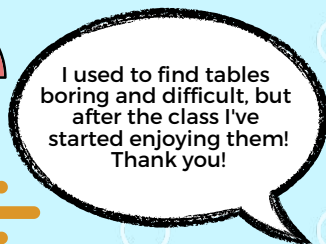
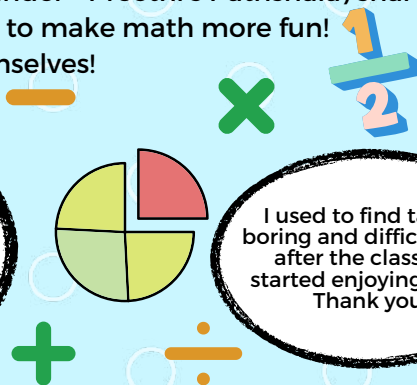


HAPPENINGS AT NANHAAGYAN

Workshops : Fun with Fractions & Tantalizing Tables

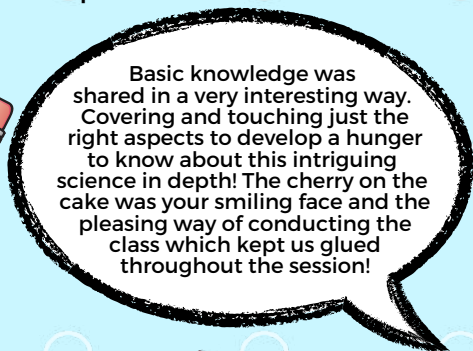
Mrs. Preethi Muthiyan (Founder - Preethi's Pathshala) shared easy to learn tips with kids to make math more fun!

The reviews speak for themselves!



Masterclass : Handwriting Analysis

Mrs. Rommal Surana (Founder - Nanhaagyan Foundation), shared how the subconscious mind is reflected through handwriting! What an intriguing concept!



Art Class : Valentine's Special

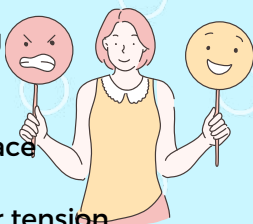
Mrs. Divya Tibrewala (Founder - Divya's Art Corner) helped kids make their own valentine crafts! Here are the cool things they made!

- Valentine's Teddy Hugger Gift Decoration
- Unicorn Valentine's Gift Tag
- Valentine's Day Heart Glasses

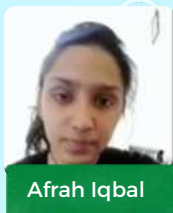


FB Live Session : Anger Management

Mrs. Chaitali Shroff and Mrs. Deepa Aravind of HEAL Foundation spoke to NGF's Afrah Iqbal on Anger Management and the Socio-Emotional well-being of children. Some key takeaways -



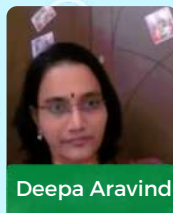
- Respond, don't react. Allow a child enough space to express his/her emotions.
- Take them to a different setting to diffuse their tension. Sit the child down, offer water, hug him/her.
- Do not hit a child; rather demonstrate model behaviour for the child to follow.



Afrah Iqbal



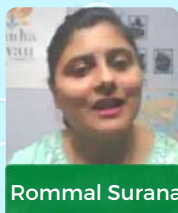
Chaitali Shroff



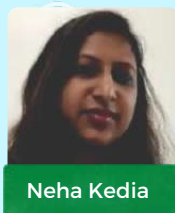
Deepa Aravind

Cartomancy Reading

Mrs. Neeha Kedia (Founder - The Angel Arts), answered viewers' queries in a fascinating Cartomancy Reading session, hosted by Mrs. Rommal Surana. Who knew playing cards could be used to predict one's future!



Rommam Surana



Neha Kedia



UPCOMING EVENTS



NGF Story Telling Competition on Shivaji Maharaj - 23/2
 NGF Science Experiments for Kids - 26/2, 27/2
 Kid's Galaxy Poetry Competition (coming soon)
 Kid's Galaxy Puppet Making Session (coming soon)

Join our Facebook Group - [Nanhaa Gyan Healthy Minds](#) for more info on latest workshops, live sessions & competitions!

COVER STORY - SPEEDSTER NIKKIL!

N. Nikkil is a soft spoken 7th grader, from Theethipalayam Government Higher Secondary School, Coimbatore. But he's surely one tough cookie*!

The lockdown in 2020 was taxing for everyone, but Nikkil discovered his passion during that phase! While watching YouTube (like we all did!), he came across videos on **Speed Skating**, and that set the ball rolling – rather; skates rolling!



He ordered his first pair of skates with his own savings. He taught himself from videos, and practiced skating on the tar road outside his home! He fell often, but always got back up on his feet, undeterred. At times he wouldn't even notice his scraped or bleeding knees!

His parents – Mr. Nandhakumar and Mrs. Puviarasi, recognized his talent and always encouraged him. Under his coach Mr. Sathish Kumar's guidance, he has excelled himself to achieve **4 Gold Medals, 4 Silver Medals and 1 Bronze Medal** in Speed Skating at Open State Level Championships!



In Oct 2021, Nikkil set an **“Assist World Record”** by pulling a 1000 kg car for 600 metres, while skating, in only **8 minutes and 42 seconds!**





He practiced every day without fail, in spite of his cuts and bruises, or aches and pains. One can't imagine the amount of hard work he would have put in to achieve this feat! Mind boggling!

Indeed, there are no shortcuts in the quest of perfection!

Now that Nikkil is a champ, he is creating more champs! He teaches his older sister Janani skating, and all his friends as well! He even gave away the roller skates he outgrew so that other kids can practice in them!

Apart from Skating, he has also gone up to the State Level in Boxing! He loves playing Badminton, Cricket and solving the Rubik's Cube!

Nikkil aspires to have his own speed skating academy one day! He also dreams to be a police officer! With his passion, determination and earnest efforts, we are sure he will achieve all his goals, as easily he glides in his skates!

After all - There are no speed limits on the road to success!

*Tough Cookie - A person who is physically and emotionally strong.





VIHAAN KARANTH

Grade 3

Podar International School

Mangalore



THE GOLDEN TREE

Ramu and Shamu were two brothers who made their living by collecting wood from a forest.

Ramu was honest but Shamu was greedy. One day, on his way to the forest, Ramu saw a squirrel in pain; it had a thorn in its paw.

He removed the thorn and gave it some food. The squirrel thanked him and told him about the golden tree which bears golden apples. The squirrel told him to pick only the ones that had fallen down. Ramu did as he was told, and became rich.

Shamu saw Ramu's prosperity and became jealous. He also headed towards the golden tree. He tried to pick all the fruits from the tree. But as soon as he touched one of the apples, he turned into gold!

Ramu ran to the squirrel for help. The squirrel told him that only the wizard who lives in the caves can help him get his brother back.

Ramu went to the caves and asked the wizard to help him.

The wizard posed a question to Ramu – "What is man's greatest enemy?"

Ramu answered correctly - Greed.

The wizard was happy and revived Shamu. Ramu's love for his brother had helped him get Shamu back! Shamu realized that one should not be greedy, and from then on, both brothers lived a happy and honest life.

THE STORY OF TRUE LOVE



RANJI PILLAI

Phonics &
Grammar Teacher
Pune

William Shakespeare is regarded as the greatest writer & dramatist in English. He has written 39 plays, and many of his finest plays are tragedies. One such play is the story of King Lear.

King Lear was an old king of England. He decided to give up his throne and divide his kingdom among his 3 daughters - Goneril, Regan and Cordelia.

One day, the king summoned all his daughters and asked them a simple question - "How much do you love me?"

Goneril said that she loved him more than she could say. The king beamed with pride.

Next, Regan answered that her love for him would never end or change. The king was elated.



Then he turned to his dearest Cordelia. But, alas, she did not flatter the king, her father, and spoke the truth. She simply said she loved him as much a daughter should love her father.

This enraged the king and he threw her out of the kingdom. He divided his kingdom among both his older daughters.

Cordelia took shelter in the forest. The King of France found her on one of his hunting trips and married her.

Few years later, as the King grew older, his daughters stopped respecting him. King Lear was disheartened and one day, walked out into a storm.



Cordelia came to know about her father's plight and sent the French army and rescued him.

Only then did the king realize his daughter's love for him.

The play has a sad ending, but it teaches us that True Love is unconditional - it is being kind, patient, forgiving and humble towards the person we love.



LOVE FOR PLANTS



I love plants; being in nature is so good.
But we must take good care of them also.

BHUVAN KRISHNA

Grade 2
Sri Chaitanya Intl
School, Poonamallee
Chennai

We should plant more trees to prevent floods.
We should stop cutting trees, and increase forest
population. Trees are so nice to us. We must
always save and plant more trees to increase oxygen.



Plants absorb carbon dioxide and release oxygen.
Plants help us live. At home, all leaves had fallen
from my Jasmine plant, I thought it was almost
dead. When I spoke to it and gave it water and
manure, it started blossoming again! Plants
love us always!



HEALING CORNER

GRATITUDE JAR



Let's be thankful for what we have...
Practice gratitude with little ones.
Every night, think of what you are
grateful for, pen it, and keep it in a
gratitude jar. Read the notes
together once a week and
reflect on them!



**HEAL
FOUNDATION**
Chennai

MINDFUL PARENTING

Situation : Your child has not completed homework



Your Impulsive Reaction : "Why haven't you finished yet?"

You feel angry/stressed/upset and also responsible,
and sit with your child to finish the homework.



Your Mindful Response : "Let us try our best to finish your
homework before we go to bed tonight. Do apologize
to your teacher if you're not able to complete on time.

You need to be responsible for your homework and
finish it before dinner everyday.

I will be there to help you, if you want."



Being responsible is a skill which needs to be instilled at home.
Let them face consequences and understand accountability.

Books are a boon to this world. For me, books are a source of inspiration and knowledge. When I get a book in my hands, I simply can't put it down!

I always have a book with me! Sometimes I get so engrossed in reading a book, that I stay up till midnight! It's so hard to put the book aside and fall asleep, just because one has to get up for school the next day!

Here are some of my favourite authors!



J.K. Rowling – Writer of Harry Potter Series and the Christmas Pig.

Roald Dahl – Writer of many extraordinary books like Matilda, Esio Trot and Going Solo

Nick Arnold – Writer of Horrible Science Series

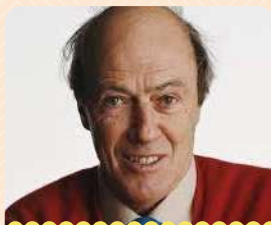
Enid Blyton – Writer of Famous Five and The Enchanted Wood Series



Rudyard Kipling – Writer of Just So Stories and The Jungle Book



J.K. Rowling



Roald Dahl



Nick Arnold



Enid Blyton



Rudyard Kipling





LOVE FOR MY COUNTRY



Love is a plethora of emotions. Let's dedicate this month of February, to our loved ones, and our India.

POOJA JAYSWAL Lily awoke to a beautiful sunrise, and went to wake her daughter Twinkle up.

Educator
Pune

"My dear, it's 6 A.M. already. We have to join the volunteers for the Mumbai wetland cleanup initiative."

**FEB 2
World
Wetlands
Day!**

"Mama, it is a Sunday, and I want to sleep in some more!", replied Twinkle barely opening her eyes.

"You will have many Sundays to sleep and relax but this initiative is important."

"Come on Mama, why should we bother with all the garbage? The others can manage."

Lily sat next to her, and patiently explained, "Twinkle, the mangroves absorb carbon dioxide and provide us oxygen and lush greenery in return. They help regulate the temperature and climate. They also provide a safe haven to aquatic life, and hence are beneficial to fisherfolk as well. All the litter is suffocating the delicate flora of the area.

Our country has given us everything - a place to live, food to eat, means to survive and even the air we breathe. It provides us our very identity, and the freedom to just be who we are. And this freedom has come at a very high price - at the cost of many people who laid down their lives for our motherland.

Let's not take this comfort for granted, rather let's respect and value our country. We are responsible for its well-being, and should take pride in its diverse cultures, and topography.

If each of us start showing a little concern for our environment and the people around us, won't it feel nice?"

By this time, Twinkle's eyes were twinkling! She rose up with a renewed vigour and exclaimed, "You're right Mama! We should surely pitch in today!"

Would you also like to take a Sunday to give something back to your country?



S. HITHYAASAN RAGHAUV

Grade 4

PSBB, Sr. Sec. School
K.K. Nagar, Chennai

MY UNIVERSE THROUGH THE AMAZING WINDOW OF SCIENCE

FEB 28
National
Science
Day!



I am a science lover and always curious to understand complex paradoxes, time travel etc. Here are some interesting ones!

Paradox means “Distinct from our opinion”. Para is Greek for “Distinct from” and dox comes from Doxa, which means “Our Opinion”.

The Bootstrap Paradox

Let's say you buy a copy of Hamlet by Shakespeare. You travel back in time in a time machine and give the book to him. Let's say another author copies it and says it is his own work. Many years later, the book appears in the same store. But the question is - “Who wrote Hamlet?”

The Grandfather Paradox

You are again a time traveller and you go back in time to erase your grandparent's existence. Later, you realize that if your grandparent is gone, then your parents wouldn't have been born, and you, consequently, wouldn't have been born as well.

If this happened, how would you have gone back to do the deed?

Collatz Conjecture (after Lothar Collatz)

You take any number, and if it's even then you divide it by 2. If the resulting digit is odd, then multiply it by 3 and add 1. If you follow these rules, at the end you will end up with a 4-2-1 loop.

For example, let's say 8. $8/2 = 4$, $4/2 = 2$ and $2/2 = 1$.

Now, $(1*3) + 1 = 4$ and again $4/2 = 2$, $2/2 = 1$. $(1*3) + 1 = 4$!

I tried all numbers until 10. They all obeyed this conjecture!

Time Travelling Scientists

You know when scientists see light from distant stars from Earth, they actually time travel! Not exactly, but the fact is that the light started coming to Earth many billion years ago and now only, it reached our eyes. So, we see stars or nebulae how they were billions of years ago!

These facts made my head spin (and they do now too) but I am sure I will continue to walk down the lane of science!

LOVE FOR SCIENCE - FIRST HAND TRANSPLANT

The study of knowledge about physical worlds is called Science. It begins with Curiosity and ends with Discovery!

I would like to share with you all about the first successful hand transplant which I read and found inspiring.

In 1998, a multinational team of surgeons performed the first successful hand transplant in France.

The patient had lost his hand in a circular saw accident 9 years ago. Arteries, vein, arm and hand were connected to supply vital nutrients to, and remove waste products from the skin and tissue of the hand!

Three months after the operation, the patient started to regain sensation in his fingertips. With new discoveries and advancing technology, medical field is constantly evolving and making our lives better!




VIHAAN GORE

Grade 5

Treehouse High School
Shewalewadi, Pune

MATCH THE SCIENTIST TO THE DISCOVERY!!!

- 
1. Marie Curie
 2. Jennifer Doudna
 3. Dorothy Hodgkin
 4. Albert Einstein
 5. Isaac Newton
 6. Charles Darwin
 7. Rosalind Franklin
 8. C.V. Raman
 9. Alexander Fleming
 10. Nikola Tesla

- 
- a. Light Scattering
 - b. X-ray crystallography to determine the structure of biomolecules
 - c. Evolutionary biology
 - d. Alternating current electricity supply system
 - e. Penicillin
 - f. Gravity
 - g. Structure of DNA
 - h. CRISPR Gene editing
 - i. Radioactivity
 - j. Theory of Relativity



Dr. MEGHNA PANT
Science Educator,
Oregon



FEB 22
Charles
Darwin's
Birthday!

Answers on page 26!

BOOK REVIEW



Dr. ANANYA MADIYAL

Book Blogger
Mangalore

The Artemis Fowl Series

by Eoin Colfer

Genre: Science Fiction

First Publication: April 2001



The Artemis Fowl series is a sci-fi series comprising of eleven books written by the Irish author Eoin Colfer.

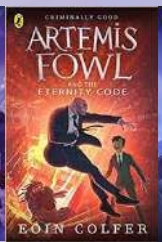
The first book follows Artemis Fowl, a 12-year-old millionaire turned criminal mastermind. His father is presumed dead and his mother has retreated into herself so it has fallen on him to keep his family afloat.

The story begins with the boy kidnapping a Fairy to restore his family's fortune. Together with his bodyguard and an unlikely group of friends, Artemis gets into a lot of heat with the Fairies, Trolls, and Centaurs.

These fantasy creatures live underground in their own world of hierarchy. They are not the adorable friendly creatures that we see in most fantasy books. They are more than capable of taking care of themselves and even have a police force to deal with people like Artemis. To his bad luck, Holly Short, the Fairy that he has kidnapped is the first female on the LEPrecon squad and she is as fierce as they come!

While the first cycle of the series follows Artemis and Holly, the second cycle follows Artemis' twin brothers Myles and Beckett.

The series is the perfect start into sci-fi. The author intended to have his characters seen through a child's imagination. With descriptions of water squirt guns as laser guns, the book is hilarious when not taken too seriously. The comedy is sometimes deadpan, sometimes slapstick, and sometimes dark thereby making sure that every reader can find something to laugh about. There are secret codes to decode and conversations to connect. Artemis Fowl is a fast-paced heist series with interesting characters that caters perfectly to a young mind!



SUPER-WOMEN IN SCIENCE

JESSICA AZARIAH

Nagpur

A brief stroll through time can help us appreciate the struggles and perseverance of strong women, challenging faulty ideals and conventions, leading to social change! In this article, we will focus on some Super-women in Science, and learn about their amazing contributions that impact the world!

Paramjit Khurana

Did you know that one in nine people today are malnourished?

Enter Prof. Khurana, who with her profound knowledge in plant biotechnology invented genetically superior seeds of Wheat, Rice and Mulberries!

She calls them “All weather seeds,” as they are highly resilient strains of crop that are drought resistant and can withstand High UV and heat exposure! (Conditions common in India).

Scientists like Prof. Khurana bring us one step closer to ending starvation and world hunger!

Cecilia Payne-Gaposchkin

Look at the stars and how much do you see? Cecilia Payne-Gaposchkin dedicated her life to answering that question and paved the way to more accurate astronomical research.

She published the first ever research on temperature and chemical density of stars in her paper “Stellar Atmospheres,” all the while facing work based inequality and reduced opportunities. However, she came through as the youngest scientist to be listed in the renowned yet ironically named, American Men of Science.



Ada Lovelace

Ada Lovelace was an avid reader and well known writer. However her interest in Maths propelled her to great heights in life.

Charles Babbage (dubbed the father of computers) mentored her through the **new** field of machine operated problem solving, and she helped him while building the "Analytical Engine".

This led to the formation of the first ever lines of computer programming code, and allowed Charles to use his machine for more complex equations.

Sadly, Charles' machine never received funding and Ada's innovation was frozen in time. Her idea of communication with machines and receiving desired outcomes, however, changed the world we live in! From driving a car, to launching a rocket in space, Ada's pioneering effort allowed us all to make most of the resources around us and excel as a society.

FEB 11
Birth
Anniversary
of Sarojini
Naidu



NIGHTINGALES OF INDIA

FEB 6
Death
of Lata
Mangeshkar



Birth Anniversary of Sarojini Naidu

Sarojini Naidu was an Indian political activist and poet. She was an important figure in India's struggle for independence from colonial rule. Naidu's work as a poet earned her the sobriquet 'the Nightingale of India', or 'Bharat Kokila' by Mahatma Gandhi because of the colour, imagery and lyrical quality of her poetry.

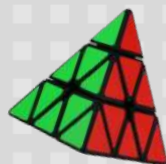
'Bharat Ratna' Lata Mangeshkar passes away

Lata Mangeshkar was one of the greatest and influential singers in India. Her extraordinary career spanning seven decades & thousands of songs in 36 languages gained her honorific titles such as the Queen of Melody, Voice of the Millennium and also, the Nightingale of India.

RUBIK'S CUBE - WORLD'S BEST SELLING TOY!



Featuring
PALLAVI CHOUDHARY
Cubing Trainer
Noida



Life is better when you are curious - you can try out new ideas and have fun in the process!

Having a deep interest towards any one useful activity can help us develop it into a skill for life. A skill that may help us deal with any challenge that may come our way!

RUBIK'S CUBE is great a medium to develop a life skill and passion.

Solving a cube on regular basis is like a brain gym! It keeps your creative and analytical brain active at the same time!



It helps to focus and develop self-control



It prepares one to take on challenges



It drives self-motivation



It develops hand eye coordination



The Rubik's cube was invented by a Hungarian sculptor and professor of architecture, **Erno Rubik**. It is a 3-D combination puzzle invented in 1974 and was originally called the Magic Cube. It also won the 1980 German Game of the Year special award for Best Puzzle!

The classic Rubik's cube is a 3x3x3 one having six solid colors. The later versions have many sides, shapes, and stickers. though not all of them were invented by Erno Rubik.

Although a puzzle, Cubing is now considered as a sport and numerous competitions at the global level are held for people to showcase their talent. The best part of this sport is that there is no age bar!

Today, there are a lot of options on the internet to learn Rubik's cube but the main missing element is the warmth and personal attention that one needs when learning something new.



This is where KREAA comes in with a unique solution! KREAA (www.kreaa.in) is an exclusive online Rubik's cube learning platform!

Pallavi has taught 100s of students, both in India and abroad and has more than 1000+ hrs of Rubik's cube coaching experience! She can teach 14 different types of cubes!

Owing to the fantastic response, now video courses are also available on the KREAA website! In the future, KREAA aims to become the preferred platform to learn Rubik's cube by continuously launching new online courses for multiple type of cubes and in multiple languages! Let's join her classes today!



Hi Pallavi

Thank you for making learning so much fun. Ayaan loves solving cube because of you. You deal kids with so patience and taking his queries even after sessions. Ayaan wants to join speed cubing as he has developed so much interest in this activity. He loves your sessions. Keep up the good work.

Tanuja

Ayaan's Mother

12:12 PM

Only 5.8% of the world's population can solve the Rubik's cube!

Rubik's cube is the highest selling toy in the world ~ 400 million cubes sold!

A Rubik's cube probably holds 48 quintillion (48 followed by 18 zeros) potential configurations!



KEEP LEARNING KEEP GROWING

Wanna try your hand at
RUBIK'S CUBE?

I'm
excited

Let's
do it!

REGISTER
NOW!



An Exclusive Online **RUBIK'S CUBE** Learning Platform
Develop Life Skills & Passion

KREAA offers multiple ways to learn Rubik's cubes

Individual Sessions

Group Sessions

Learn it yourself

Hybrid

pallavi@kreaa.in

9891581650



follow us on Instagram @kreaaforu

Rubik's Cube Training Programs Are Available 17
For Schools & Corporates



EASY HOME EXPERIMENTS

Indulge the scientist in you!

ANURADHA TRIVEDI

Special Needs
Educator, Pune

INFLATE A BALLOON USING BAKING SODA AND VINEGAR

Materials needed:

- 1 Balloon
- 1 Small empty bottle
- 1 Small funnel
- 2 tbsp Baking Soda
- 1/2 cup Vinegar

Step 1 : Using the funnel, add the baking soda to balloon.

Step 2: Pour the vinegar into the bottle.

Step 3: Carefully fit the balloon over the bottle opening.

Step 4: Once the balloon is fitted snugly on the nozzle, hold up the balloon and allow the baking soda to fall into the vinegar.

Step 5: Observe the chemical reaction - The balloon gets inflated on its own!

Science behind it :

Carbon Dioxide gas is produced when Baking Soda and Vinegar are mixed. The balloon gets inflated by the gas generated!

You can even use the same materials to make your own baking soda volcano!



GROWING WIGGLY WORMS

Materials needed:

- 1 Tissue Paper
- Sketch pens
- Pencil or any stick for paper rolling
- Water dropper

Step 1 : Take a Tissue Paper.

Step 2 : Draw colourful lines on the paper.

Step 3 : Roll tissue paper with the help of stick or pencil.

Step 4 : Now shrink your tissue paper over the stick.

Step 5 : Remove tissue paper from stick. It looks like a worm!

Step 6 : It's magic time! Put the paper worm on the plate and put little water on the worm slowly with the dropper.

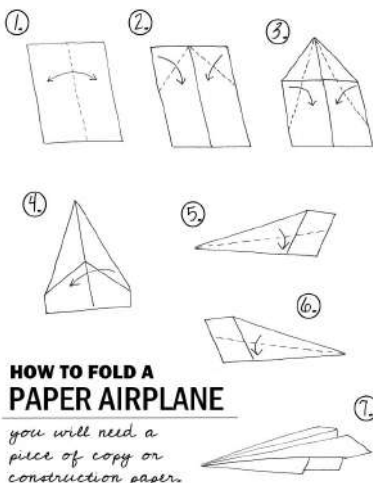
You can see the wiggly worm growing!

Science behind it :

Paper is composed of cellulose fibres.

Cellulose absorbs water and expands, more in the longitudinal fibre direction than in the diametrical direction!

PAPER AIRPLANE



A paper airplane challenge is a terrific way to learn about science, technology, engineering and math, all while building our brains and making connections through problem solving!

Make the plane, try flying it.

You can make it more challenging by sticking coins as 'cargos' and seeing how far the plane goes!

An art meets science activity for kids!

Materials needed:

- A glass of water
- Paper (or paper napkin)
- Pen

Draw something on a piece of paper, and see how it looks when you look through a glass of water!

You don't have to limit it to arrows! Be creative! You can draw anything you like and see how it looks through the glass!

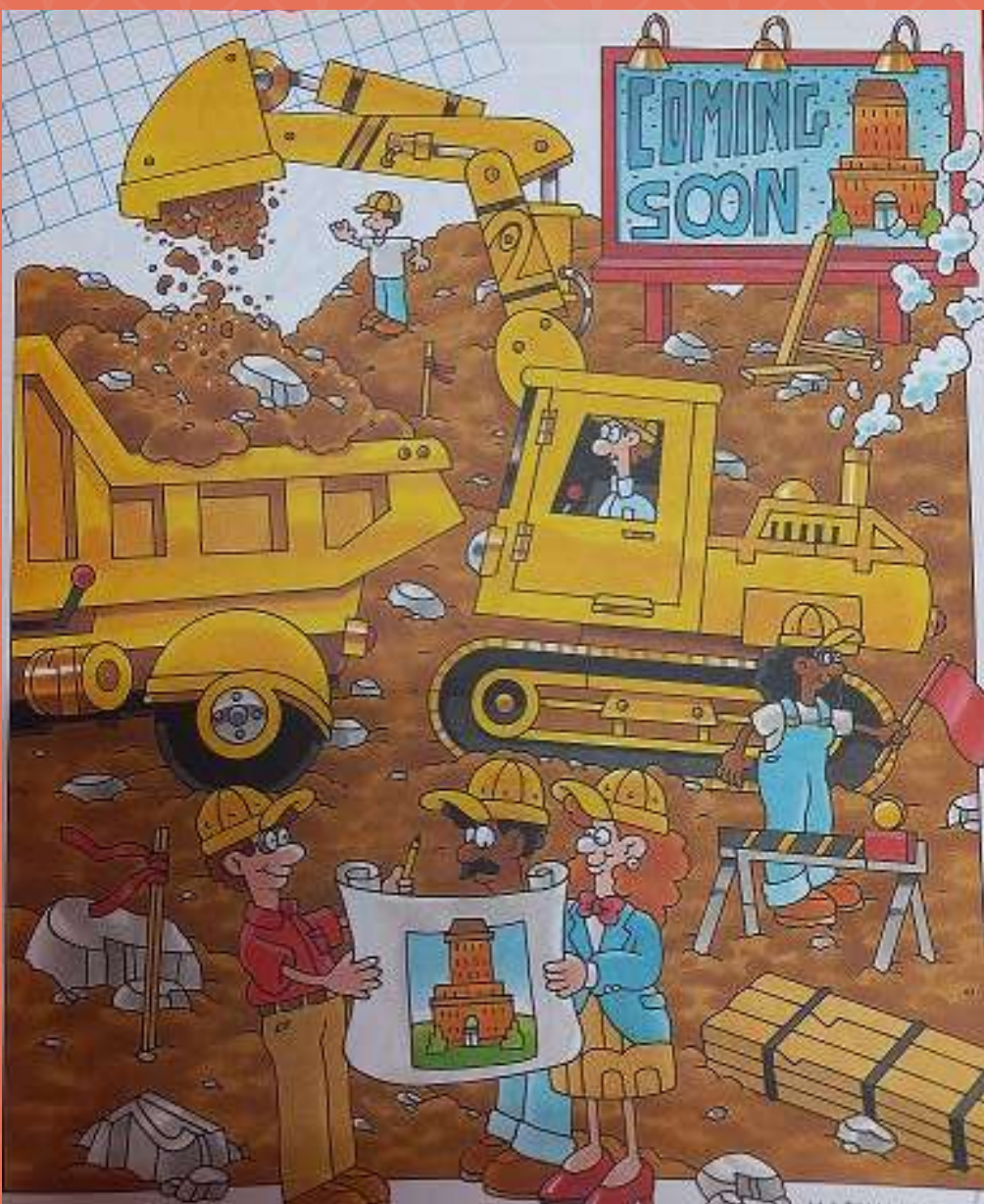
Science behind it :

The arrow looks like it has changed direction because of Refraction. Refraction happens when light passes through one transparent (clear) thing into another. In this case, from air through the glass and water. This is sometimes called the bending of light!



HIDDEN NUMBERS

How many hidden numbers can you find in this scene?
What's the total of all the numbers you found?



WORD BRAINTEASERS!

1. ↓ GAME	2. give × 4 get × 4	3. T _ _ RN
4. T O U C H	5. Goooooooo.....	6. O2NE
7. STANDING friendMISfriends	8. sheadand	9. oLD
10. ____PROGRAM	11. BLOOD WATER	12. R R O A D S A D S



MANTRA SHAH

Grade 4

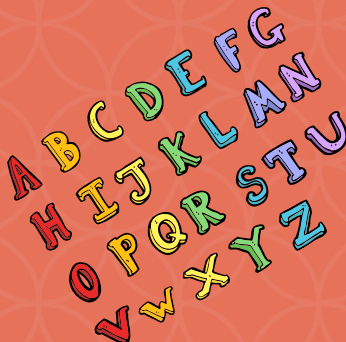
Redbricks Education
Foundation Ahmedabad



GUESS THE WORDS!



Dr. MEGHNA PANT
Science Educator,
Oregon



Clue	Scrambled Word
INTERNET	IIFW
CURRENT	LCITEERYCIT
SUN	ROALS EYNERG
CHARGING	RTBYETA
PLANET	PRITUEJ
ISRO	SLLEEATTI
TEMPERATURE	LCUESIS
PLANT FOOD	YHSIOHSTOSENPT
MAGNIFY	OMRICEOSCP
BIRDS	OONYIRLHTGO



AAROHI MALWANKAR

Grade 1
GGIS, Pimpri
Pune



I love my mom,
I love my dad,
And I love myself too.

I love my grandmas,
I love my grandpas,
And I love myself too.

I love my pet parrot,
I love my friends,
I love reading,
I love playing,
And I love myself too.

I love when I am alone,
I love when I play alone,
I love my books,
I love my school and
teachers,
And I love myself too.

All of us should love ourselves, and then we can love others too!

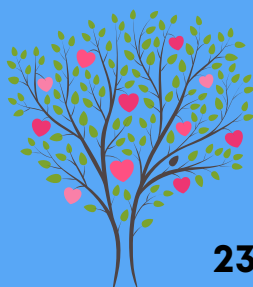
SIMPLICITY OF LOVE

For a mom, love is gazing at her sleeping baby.
For a child, love is getting a surprise gift.
For a wife, love is a cooked meal for her.
For a couple, love is holding hands while walking.
For nature, love is a rain shower from the clouds above.
For animals, love is when someone shelters them on a cold night.
For a friend, love is sharing the last piece of chocolate.
For a teacher, love is the affection from children.
For parents, love is when their child gets them a glass of water.

Love is simple, and beyond any judgement.



TANU DWIVEDI
Mumbai



SPIDEY - MY BUDDY!

Spider-Man, Spider-Man!
Always has a grand plan,
Be it to stop an armoured van,
Or an explosive tin can!

Underwater or in the air,
He does not care,
Even in a nightmare,
He does everything with flair!

If he gets a clue,
About you,
That's his cue,
To go on a daring rescue!

Why? Because he's the Spider-Man,
Spider-Man!



AYUSH TALIPADY

Grade 4

St. Joseph's
Central School
Mysore



SOME JOKES, FOLKS!



Teacher : Anyone who thinks they're stupid, stand up.
[One student stands up.]

Teacher : So you think you're stupid?

Student : No sir, I just felt bad that you were
the only person standing up!

Employer : What is your name?

Candidate : Hired.

Employee : You're Hired?

Candidate : Thanks!

Son : Mom, I need 100\$ for a gym membership.

Mom : Will you become Mr. Universe if you go to the gym?

Son : Will I become Einstein if I go to school?

Dad : Son, show me your report card.

Son : No...

Dad : Why not?

Son : I gave it to my friend. He wanted to scare his parents!



ANIKETH KONAJE

Grade 5

Canara CBSE
Mangalore



QUICK QUIZ!

The Indian Coast Guard day highlights the role of the Indian Coast Guard in overseeing law enforcement in different coastal regions of our country.

It was put in place, to provide non military marine services and to ensure the safety, security and integrity of ports, islands and other regions. Aside from aiding fishermen and mariners, it also works to curb any attempts at smuggling in both territorial and international waterways.

At present, they have a fleet of over 150 ships and 62 aircraft. They aim to increase these figures to 200 ships and a 100 aircraft by 2025!

1. Where are the Coast Guard Commander's headquarters?
 - a. Chennai
 - b. Kerala
 - c. New Delhi
 - d. Orissa
2. Under whom does it operate?
 - a. Ministry of External Affairs
 - b. Ministry of Home Affairs
 - c. Ministry of Finance
 - d. Ministry of Defence
3. When was the Coast Guard Act established?
 - a. 1990
 - b. 1920
 - c. 1980
 - d. 1978
4. What is ICG day also called?
 - a. Raising Day
 - b. Salami Day
 - c. Salutation Day
 - d. None of the above

RELAX WITH RIDDLES!



D.B.KAAVYA

Grade 4

Nirmala Matha
Convent
Coimbatore



1. What can you hold without using your arms?
2. How many letters are there in the alphabet?
3. What has a bark but no bite?
4. What runs but never walks?
5. What goes up but can never come down?
6. What do you buy to eat but don't eat?
7. Which is the biggest alphabet that contains the most water in it?
8. If an electric train is going north, which way would the smoke go?
9. What goes up and down without moving?
10. Which room can no one enter?

Answers on Page 29!

Answers for matching Scientists with Discovery

1. Marie Curie- Radioactivity
2. Jennifer Doudna- CRISPR Gene editing
3. Dorothy Hodgkin- X-ray crystallography to determine the structure of biomolecules
4. Albert Einstein- Theory of Relativity
5. Isaac Newton- Gravity
6. Charles Darwin- Evolutionary biology
7. Rosalind Franklin- Structure of DNA
8. C.V. Raman- Light Scattering
9. Alexander Fleming- Penicillin
10. Nikola Tesla- Alternating current electricity supply system

Answers for Word Brainteasers

1. End of game
2. Forgive & forget
3. No U Turn
4. Touchdown
5. Go Long
6. Two in One
7. MisUNDERstanding between friends
8. Head in the sand
9. Growing old
10. Space Program
11. Blood is thicker than water
12. Crossroads

Answers for Guess The Words

1. WIFI
2. ELECTRICITY
3. SOLAR ENERGY
4. BATTERY
5. JUPITER
6. SATELLITE
7. CELSIUS
8. PHOTOSYNTHESIS
9. MICROSCOPE
10. ORNITHOLOGY

Answer for Hidden Numbers



Total Sum = 78



R. SRUTHI

Grade 7
S.B.O.A School &
Junior College,
Chennai



ARHAMAH ARAFAT SIDDIQUI

Age 11
Nagpur



CLEMENT NOEL

Grade 6
Carmel Garden
Coimbatore





V. PIRUTHIVIKUMAR
Grade 3B
Bharathiya Vidhyabhavan

School
Coimbatore

YASHFEEN SIDDIQUI
Age 6, Mumbai



K. VIKASH
Grade (LKG)
S N Matriculation
Coimbatore

JOANN NEYSA
Grade 3
Carmel Garden
Coimbatore





VEDIKA DESHMUKH

Age 14
Nagpur



ARSHIYA MISBAH

Chennai



R. YOHIT

Grade (UKG)
Bharatiya Vidyabhawan
Coimbatore



Answers for Relax With Riddles

1. Breathe!
2. Eight!
3. Tree!
4. Water!
5. Age!
6. Plate!
7. The Letter C!
8. It does not give out any smoke!
9. Stairs!
10. Mushroom!

Answers for Quick Quiz

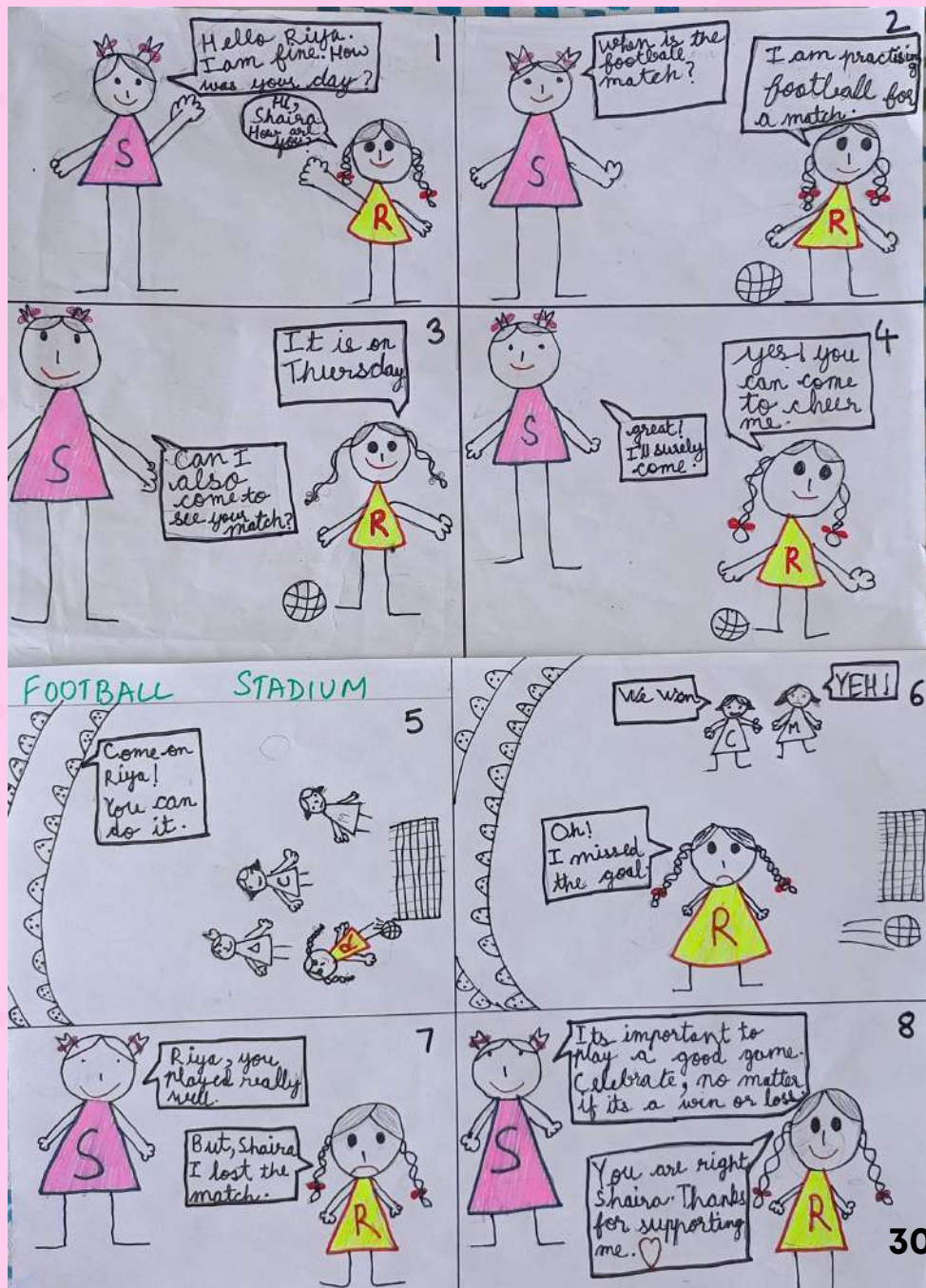
- a. (c)
- b. (d)
- c. (d)
- d. (a)



AADHIRA DWIVEDI

Grade 3
R N Podar school
Mumbai

FUN WITH COMICS!



DOODLES - WHAT DO THEY SAY?



ROMMAL SURANA

Founder

Nanhaagyan Foundation

My niece draws arrows and ladders on her notebook, while studying. My neighbor's daughter keeps drawing flowers whenever free.

My student drew some the abstract designs on his question paper, while writing his exam.

All this really made me curious. Why do people doodle? Does doodling represent something about their subconscious mind?

Doodling Analysis is a bold manner to analyze the mind-space, giving insights into the subconscious and super conscious mind of the doodler!

If the doodler is passing through a difficult phase, is emotionally low, in fear, abused, etc. his doodles will clearly reveal their facts and corrective measures can be taken before things go out of hand.

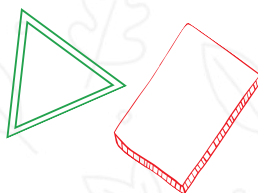
For young children or adults who find it difficult to articulate their feelings, doodles are a mirror to their sensitivities.

Children, spouses, family friends, knowing oneself, identifying the hidden talents of employees for a job - these are just some of the aspects in which Doodling Analysis acts as a powerful and dependable tool.

Example:

1) Triangle, squares, pattern formations indicate:

- Organized brain
- Clear thinking
- Efficiency
- Purposefulness
- Meticulous planning skills



2) Stars, Moon, Sun, Celestial Bodies indicate :

- Optimism
- Ambition
- A need to prove to the world
- Advertise oneself



3) Abstract Shapes :

- Tension
- Difficulty
- Disturbance in concentration
- Inner stress



4) Arrows and Ladder

- Ambition
- Strong desire to prove oneself
- Impatience for prolonged process
- Aims at nearest goal



FUN DOODLE IDEAS FOR EVERYONE TO TRY

Try doodling on these ideas and see where your imagination takes you!

- Cars (or a traffic jam)
- Different types of cacti
- Bouquet(s) of roses
- A delectable slice of pizza
- Salt and pepper shakers
- Ladybug (on a leaf)
- A koala in a tree
- A repeating pattern featuring your favorite animal, fruit, or flower
- Faces – experiment with different expressions
- Crystals
- Leafy trees
- A bicycle
- Mountains with evergreen trees on them
- A sunny sky with a few clouds

NURTURE YOUR LITTLE CHEFS!



**NEHHA
KOTHARIE**

Parenting
Coach
Chandrapur

Teaching children to cook can be chaotic in the kitchen! But there are great reasons to let them learn the joy & science of cooking! This important life skill helps them learn about nutrition, & making healthy food for themselves.

Cooking boosts your child's development by

- Enhancing fine motor skills.
- Increasing math ability
- Boosting language development
- Introducing kids to scientific concept



COOKING SKILLS FOR PRESCHOOLERS (Ages 3-5)

Start with small tasks with preschoolers and keep it fun!

- Tearing cabbage.
- Assembling a sandwich.
- Stirring the batter.
- Arranging ingredients & identifying them.
- Washing vegetables & fruits.



COOKING SKILLS FOR ELEMENTARY STUDENTS (Ages 6-11)

Elementary school kids have the coordination to do many simple kitchen tasks such as :

- Using a cookie cutter
- Peeling apples, cucumbers (use safe peeler)
- Mixing salad ingredients
- Kneading/rolling dough
- Make lemon squash.



COOKING SKILLS FOR OLDER KIDS

These kids love a challenge! Give them some freedom to decide where to start from. Assist or supervise them while using any unfamiliar cooking equipment! They can -

- Make grocery lists.
- Use mixer and blender.
- Dice fruits and vegetables.
- Boil pasta and veggies.
- Set the table and serving food at mealtimes.



You can start cooking with kids when you're not hurried, as you'd need to be patient. Shower them with praise and acknowledge the work they do! Nurture their interest by getting them involved. Encourage and inspire your little chefs now, to make them self dependent adults in the future!

Theme for March 2022 Edition!

We are inviting entries from children and grown-ups for our March Edition!

The theme of the month is **EARTH!**

You can write about wildlife, conservation, recycling, sustainability, animals, oceans... even the sky is not the limit!

You can also share your appreciation for the women in your life, as we celebrate **INTERNATIONAL WOMEN'S DAY** in March!

Scan the QR code for sending in your contributions!



Last Date for Submission : 5th March 2022



Nanhaagyan's Kid's Galaxy Magazine

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