



# *Kid's Galaxy*

Apr 2022



**Celebrating Inclusion** with Ananya,  
Ashni and Tejaswita Sawant  
at Sunshine Child Development Centre!

# NANHAAGYAN FOUNDATION



330+ Counselling Sessions



530+ Workshops



17,510+  
Handwriting Analyses



28,050+ Happy People



40+ Schools  
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# 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.





# EDITOR'S NOTE



Hello Friends!

March-ing out of the examination month, we have already entered April!

It's an interesting time, with so much going on!

We are celebrating festivals across India!  
expressing gratitude for things we have been blessed with,  
feeling hopeful for the days to come,  
trying to become better versions of ourselves,  
and learning to forgive, empathize and share with others.

We are welcoming the summer!  
looking forward to enjoying our vacations,  
indulging ourselves in the mango season (yum!),  
preparing ourselves to bear the hot, hotter, hottest days,  
cooling down with coconut water, juices and ice creams!

We are going to explore!  
planning trips to visit our grand parents or new places,  
digging up here and there and looking for treasures,  
trying many (and messy) diy experiments,  
doing nothing, but always learning a lot!

We are looking beyond our differences!  
taking pride in our uniqueness,  
appreciating our contrasts instead,  
not labelling and judging people,  
and learning to kind and compassionate.

April is a happening month indeed!

How are you enjoying this month? We would love to hear from you!  
Share your thoughts with us at [kidsgalaxymagazine@gmail.com](mailto:kidsgalaxymagazine@gmail.com)!



**GAYATRI BHASKER**  
Mangalore





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# HAPPENINGS AT NANHAAGYAN



## FB Live Sessions : Women Of Pride -

- The 2nd edition of our **Women Of Pride Series** was held to celebrate the efforts of women in their respective fields. We spoke to many eminent women on numerous themes like adoption, culture, education, health and wellness, mindfulness, mental health, environment, motherhood, societal taboos, human rights, travel, self defense, body positivity and more!

The interviews were conducted by **Afrah Iqbal**, occasionally joined by **Rommil Surana** and **Gayatri Bhasker**.

The venture was a great success, with viewers sharing positive stories and experiences. We hope our audience imbibed some values to make our nation cleaner and greener, and it's people happier and healthier!



<b>Ms. Priti Raja</b>	: Co Founder - Sare Jahan Se Acha Foundation.
<b>Dr. Rani Bhutada</b>	: Co Founder - VishnuLaxmi Foundation.
<b>Ms. Asmita Vaidya</b>	: Founder - Anishan Educational Institute.
<b>Ms. Aastha Parikh</b>	: Founder - Doorknob (Youth Non- Profit Organisation)
<b>Ms. Sulbha Shantwan</b>	: Founder - Sandbox Academy of Alternative Learning
<b>Dr. Theresa Micheal</b>	: Director - Youth For Human Rights International
<b>Ms. Anjali Bapat</b>	: Heartfulness Meditation practitioner, Special educator
<b>Ms. Kuhoo Gupta</b>	: Spiritual Healer, Singer, Founder - K Junction



<b>Dr. Medha Tadpatrikar</b>	: Plastic Warrior, Writer, Entrepreneur
<b>Ms. Daya Patki</b>	: Founder - Bamboo Tantra
<b>Ms. Rani Trivedi</b>	: Former Headmistress, Author, Poet
<b>Dr. Purnima Kulkarni</b>	: Owner/Managing Director at Discourses, Author, Poet
<b>Dr. Megha Sharma</b>	: Founder - Travel Kraftez, Director - V Empower All Foundation
<b>Ms. Priyanka D'Silva</b>	: Biker, Social Worker
<b>Ms. Rupali Saikhedkar</b>	: Motivational Speaker & Expert Self Defense Trainer
<b>Ms. Neha Goel</b>	: Adoption Activist, Architect, Entrepreneur
<b>Ms. Lavanya Prasad</b>	: Professional Story Teller, Founder - Telescope,
<b>Ms. Gayathri Dileepan</b>	: Counsellor & Passionate Singer
<b>Ms. Shikha Agrawal</b>	: WICCI President - Gandhinagar, NLP Practitioner
<b>Ms. Rommal Surana</b>	: Director, Nanhaagyan Foundation
<b>Ms. Afrah Iqbal</b>	: Medical Student, Editorial Team (Kid's Galaxy Magazine)
<b>Ms. Gayatri Bhasker</b>	: Editor, Kid's Galaxy Magazine

### Kid's Galaxy Poetry Competition -

World Poetry Day and World Water Day were celebrated together during our competition! Children brought in their unique views about water conservation. Each poem was creative and it was heartening to see little children expressing their thoughts on such an important topic! Here are the winners!

#### Ages 6 - 9



Delicia Prarthana



Reyanshsinh Mandwale



Paarth Solanki

#### Ages 10 - 14



Leisha Parekh



Uthara Menon



Sourish Agarwal

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

Follow us on FB - [Nanhaagyan's Kid's Galaxy Magazine](#) and Instagram - [@ngfkidsgalaxymagazine](#)



# COVER STORY - THE SPIRITED SAWANTS!



**DR. TEJASWITA SAWANT**  
Founder - Sunshine Child  
Development Centre, Pune

Brought up in a Defence Family, **Dr. Tejaswita Sawant** had always been taught to never give up, and keep fighting through whatever challenges she came across.

Perhaps that's what helped her when at the young age of 24, she had to take care of her twin girls (one of them being neuro-diverse) single handedly.

Undaunted, the mother - daughters trio decided to pave their own way through the stigmas and stereotypes.

While it is understandable, that anyone in a similar position would feel overwhelmed and unsure of the next steps, Dr. Tejaswita decided to face her situation head-on.

"All of us face challenges in our lives. It's just that some of us get to face them early on, while the rest of us may face them later. Instead of staying worried, have faith in yourself and just keep going."

Thanks to a good support system in the US, where she was working at the time, her daughter **Ananya** received the required therapies and interventions to help her learn. Nevertheless, Dr. Tejaswita left no stone unturned in bringing up her daughters to be self reliant and strong, and ready to adapt to any situation.

The siblings, Ananya and **Ashni**, share a close bond and have grown up to become amazingly talented and empathetic individuals.

With guidance from her parents, Dr. Tejaswita realized her true calling, and returned to India to set up a school for special children to give them a strong platform where they can learn and grow.

"As parents, we always ensure that our children are safe and healthy. But after ages 5/6, try to become their mentors. Provide them opportunities and environments to take risks. Let the kids free. Their mind and body awareness will help them to naturally take on anything."

**Sunshine Child Development Centre** believes in **Learning for All, All for Learning**.

Dr. Tejaswita scientifically analyzes and plans the personalized development and growth charts of children along with parents. She is ably supported by her mother at the school, so much so, that "**Ajji**" is the core strength of Sunshine CDC today!

Holistic development of children is focused on by in-house therapists who help in integrating early intervention therapies in the child's daily curriculum (as per the NIOS Board). Children enjoy learning music as it calms the human mind and is a great de-stresser. They practice Activities of Daily Living, to become more independent.



**ANANYA SAWANT**



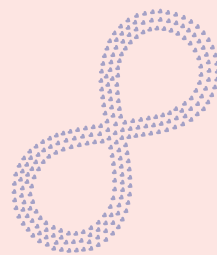
**ASHNI SAWANT**

Parents are advised on dietary aspects for the child, and nutritious and healthy food is also provided. Sunshine CDC also ensures daily yoga, exercises and various sports and outdoor activities.



**Ananya** loves music, playing the guitar, mountain hiking and trekking. She is now an assistant teacher at Sunshine CDC. She is skilled in front office management and hospitality and dreams of becoming an air hostess one day!

**Ashni** loves photography and travel and is currently pursuing Occupational Therapy. Just like her mother & grand mother, she aims to help people with special needs in the future!



"As parents, you will make mistakes. You may feel overwhelmed, but always remember that every situation has a solution. It's ok to reach out for help. In cricketing terms -

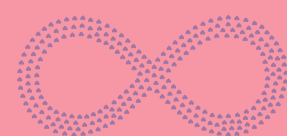
**Face every ball thrown at you, and keep on batting..."**

Dr. Tejaswita, Ananya and Ashni have displayed so much strength and resilience and are true inspirations for all of us.

**"It takes a village to raise a child."** And, these gutsy women are building an inclusive village where no one is judged, and all are given a chance to be loved and be their unique selves.

You can follow them on instagram at -  
@\_sunshinecdc\_, @ananyasawant\_12 and  
@\_thecurlydamsel\_!

We at Kid's Galaxy, wish them the very best in their future endeavors!



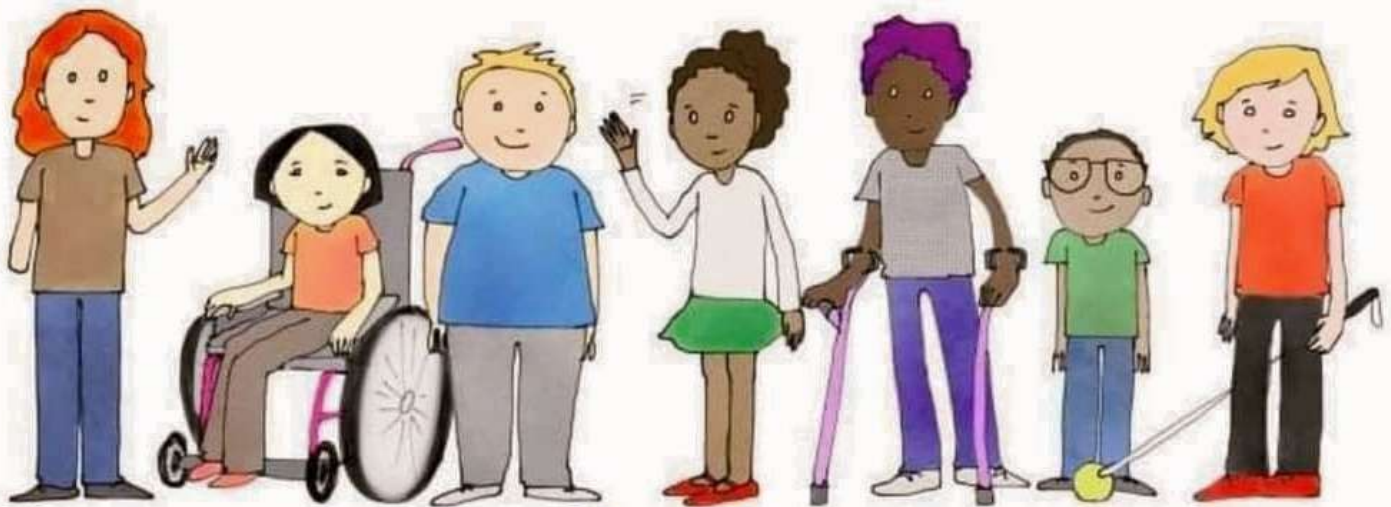


## diversity is beautiful



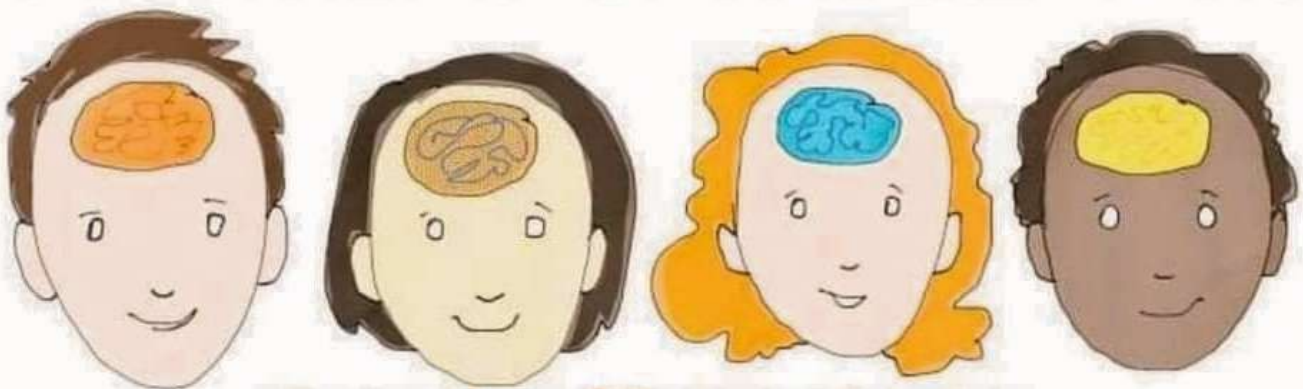
### diversity in the animal world

there are millions of different kinds of animals - more than we can count!



### diversity of people

people come in a great variety of shapes, sizes, genders, abilities, and appearances - we are all unique!



### diversity of human brains

no two brains are alike, but we have names for different types - like ADHD, autistic, dyslexic, typical, & more!



# HEALING CORNER



Read each situation and identify an emoji and a feeling word for it - .



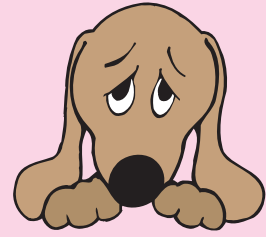
Renu has very curly hair. She stammers too. Her friends always tease her and do not include her in any group activities. How does Renu feel?



Rohan is a little short and stout. He loves to play but his friends chase him away from cricket and football matches. How does Rohan feel?



Tina lost her legs in an accident when she was very small. Her friends don't wait up for her. No one wants to be friends with her. How does Tina feel?



Snoopy is a street dog. He has a broken leg too. It's summer and he's unable to look around for water or food. People ignore him. How does Snoopy feel?

**What if...you were Renu, Rohan, Tina or Snoopy? What would you want?**

We are all different. But we all need the same things - Kindness and friendship. Let's not chase or tease people who look, talk or walk differently than us. Let's understand them...let's be friends with them...let's include them!



**HEAL FOUNDATION**  
Chennai

## THE SPECIAL SIBLING BOND



**SHAILEJA LADDHA**  
Founder - Tots To  
Teens, Ahmednagar

Parents naturally shower unconditional love on their children, no matter what challenges they may be facing. In case of multiple children, each child is special and important to them. Just like children grow, parents also grow with them, learning along the way.

The sibling relationship is also an integral part of the family system. Siblings are our first friends, and often the best ones!

Within every family, there are dynamic environments, emotions, challenges and love. It is understandable that a neuro-typical (NT) sibling of a neuro-diverse (ND) child may feel overwhelmed.

To have a good environment at home for the NT child, these tips can be followed -

1. Spend half an hour with your NT child - (dancing, singing, pillow fight, reading, watching the child's fav TV show).
2. If one parent is occupied with the ND child, the other must spend time with the NT child.
3. Parents & teachers should try to create an empathetic outlook for the ND child.
4. Parents should try to listen patiently & answer all the queries of the NT child regarding his/her ND sibling, with regards to their needs/circumstances.
5. If you feel NT child is not able to accept the situation, do not hesitate to opt for counseling.

# ACCEPTANCE – THE KEY TO AN INCLUSIVE SOCIETY



**GAYATRI CHADWA**  
Founder  
SVA Eternal  
Pune

**"We are all different, which is great because we are all unique. Without diversity, life would be very boring." - Catherine Pulsifer**

Each of us is different - we have different faces, different habits, different likes, and just like that our brains function differently too!

Some work too fast, some not so much! Some are well organised while others are full of varied thoughts!

You might love to read, but there are people for whom the alphabets are just dancing shapes. You might be faster than a calculator but for some, numbers are the monsters under their beds!

A rainbow is made of 7 colors, each one has its own flair and charm. Imagine a rainbow without its colours, how boring would that be!

And now imagine everyone of us exactly like each other, oh the horrors!

**In the words of Ola Joseph, "Diversity is not about how we differ. Diversity is about embracing one another's uniqueness."**

- Embrace the other person, the way you would like to be accepted.
- Be kind to each one, you don't know what they might be going through, their struggles or their situations.
- If you can do something better, offer help to those who cannot,
- If you can't manage to work something out, look around, someone else might be able to manage it for you!

Unless we learn to accept the uniqueness of each person, we won't be able to make it one society.

You may invite a person to sit at your table, it doesn't necessarily mean you will make them comfortable. And that is where lies the secret! Don't point out to what others don't have, search for what they can do better! Celebrate the weakness with equal vigour as you would the strengths!

Each one of you is capable of something big, but to achieve that, remember -

**"Alone we can do so little, together we can do so much" – Helen Keller**

.....

Nanhaagyan Foundation is honoured to join hands with Sva Eternal to launch - **"The World of Blessings"** - a global community to showcase the talents of, and to connect all individuals with disabilities, their educators and parents/caregivers.

Watch out for our **INCLUSION CARNIVAL (24th April 2022)** to create awareness about neuro-diverse children and to provide them a platform to display their talents!

# NEVER THINK YOURSELF WEAK



**AADHYA GARG**  
Grade 5  
Podar International  
School, Mangalore

On a dusty farmland, there was a tall tree. Many birds and squirrels lived on its branches. One year there was no rain and they couldn't find food to eat.

A little girl in a house nearby left them some food and water daily, out of compassion. When the sparrows started eating, the squirrels drove them away. When the squirrels went to grab the food, the woodpeckers poked them with its long beak, and started eating instead.

Each animal fought with the other selfishly. A big cat was watching all this. It hid near the tree and started attacking all the birds and squirrels, or ended up having the food for itself.

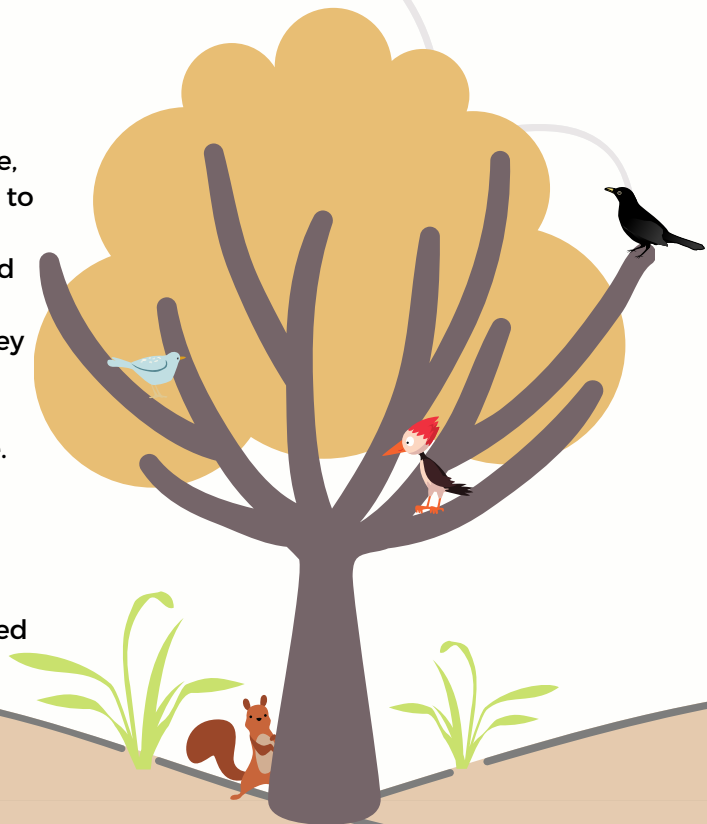
Soon the animals spotted the cat and got very scared. The wise old owl reminded them of Swami Vivekananda's quote -

"All power is within you, you can do anything".

So, whenever the cat came near the tree, the squirrels would give a loud warning to the birds. When the cat came near the food, the woodpeckers and crows would swoop down and scare it away. Even though the cat was dangerous, they took the risk and protected each other.

Soon, the cat gave up and left the place. The animals realised the importance of working together, not giving up and taking risks when needed.

They started helping each other and lived on the tree for many years!





# JALLIANWALA BAGH TRAGEDY



**TANU DWIVEDI**  
Mumbai

**Baisakhi** is a famous festival celebrated on 13th April all over the state of Punjab. It marks the beginning of Sikhism and also the Punjabi New Year.

On 13th April 1919, the Baisakhi pilgrims had gathered at **Jallianwala Bagh** in Amritsar, Punjab. Jallianwala Bagh was an enclosed garden with one entrance and walls on three sides. On the same day, a large peaceful crowd had also gathered at the Jallianwala Bagh to protest the arrest of pro-Indian independence leaders **Dr. Saifuddin Kitchlew** and **Dr. Satya Pal**.

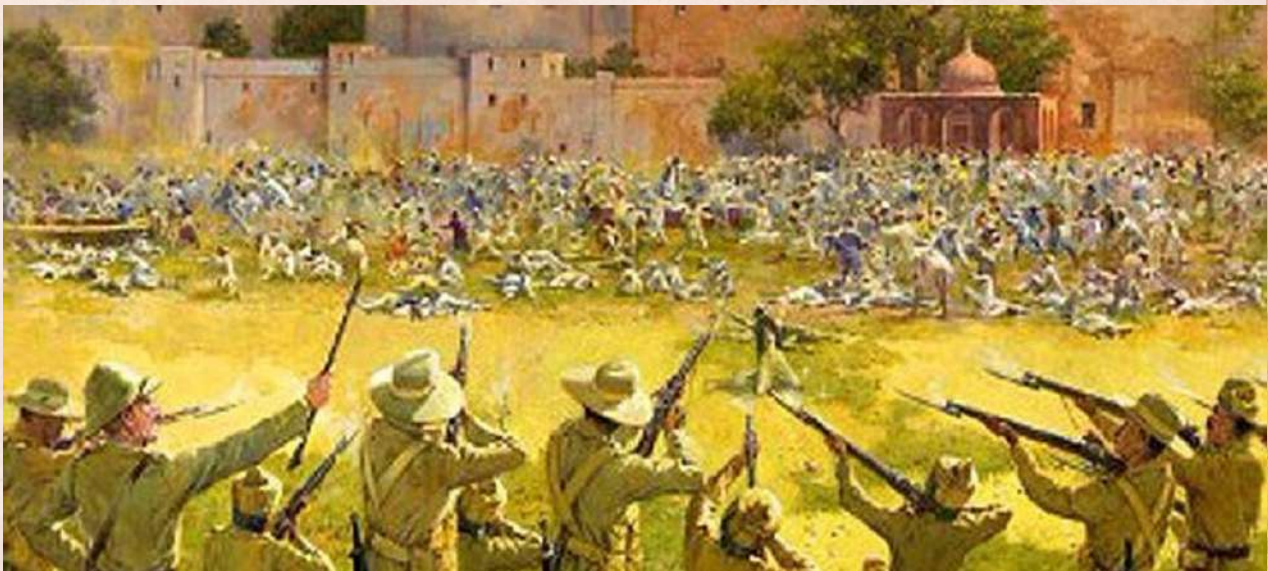
In February 1919, Rowlatt Acts was passed that allowed certain political cases to be tried without juries and permitted internment of suspects without trial. Many leaders including Mahatma Gandhi were against it. Rallies were organised, and processions were held.

Workers went on strike. Policemen in Amritsar fired upon the peaceful protestors. As a result, Martial law was imposed under General Reginald Dyer. The purpose of the Martial law was to put an end to the activities of the Indian leaders and to avoid public gatherings.

People were not made aware of the Martian Law imposition that prohibited public gatherings. The colonial troops entered Jallianwala Bagh where peaceful discussion was going on related to the prevailing scenario. The troops blocked the main entrance behind them to ensure nobody could flee. General Dyer ordered firing for about 10 minutes. Around 1,650 rounds of bullets were fired on the spot. The Bagh had no other exit. Many jumped into a well to save themselves from the bullets fired at them. Over 1,000 people died in the firing, though only 379 were officially recorded.



The white squares here indicate the bullet marks



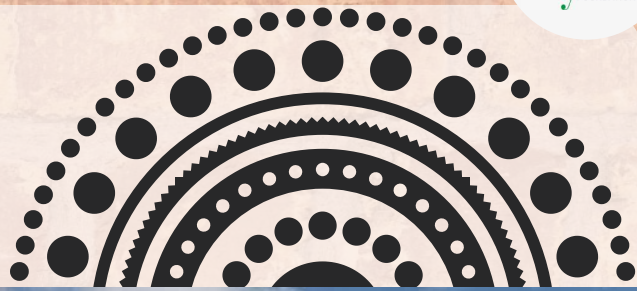
Jallianwala Bagh Massacre was a shameful act by British colonials and it marked as a turning point in India's modern history. Historians consider this event as a decisive step towards the end of British rule in India.





**AADHIRA DWIVEDI**  
Grade 4  
R N Podar School  
Mumbai

The Taj Mahal was built in 1648-1653 by the Mughal emperor Shah Jahan. He built it for his beloved wife Mumtaz Mahal. It is a symbol of love. It is situated in Agra, Uttar Pradesh on the banks of river Yamuna. In the Persian language, Taj Mahal means **Crown of Palaces**. It is made of white marble. Every year around 8 million people visit Taj Mahal from all over the world. It is a UNESCO heritage monument since 1982. It is also known as "**Sheesh Mahal**".



Elephanta caves means "**City of Caves**". It is located on the Elephanta island as named by Portuguese in the 16th century also known as Gharapuri island. It lies off the Mumbai coast. On it there are seven majestic caves. It was built between 5-6th century AD by rulers of many dynasties. It has many stone sculptures of Lord Shiva carved out of rocks. There are also two Buddhist caves and stupas. In 1970, these caves were preserved and opened for tourists and in 1987, they were declared as a UNESCO World heritage site.

Konark Sun Temple is located on the Bay of Bengal, Konark. It was built in 13th century. Konark Sun Temple was built by the Ganga dynasty king Narsimha. The temple is made from stone that represents Sun God Surya's chariot. It has twenty-four wheels which represents 24 hours of the day and it has seven horses which represents 7 days of the week. It is one of the most glorious monuments of Hindu architecture.



Kaziranga national park is situated in Assam. It is a heritage site since 1985. This national park is a home for numerous animals such as tigers, bears, migratory birds, panthers, one horned rhinoceros, Asian Elephants, Ganga River Dolphins. Kaziranga park had maximum number of tigers, so it was declared as Tiger Reserve in 2007. Kaziranga national park contributes in saving many endangered species of animals like one horned rhinoceros.



# UTKAL DIWAS

**Utkal Diwas** is observed every year on the 1st of April, to recognize the establishment of Modern Day Odisha as an individual state, carved out of the then Orissa Province and Bihar, in 1936. As the state fell into British hands, a political struggle for identity emerged, and gained momentum under leaders like **Utkala Madhusudan Das**, **Bhanj Dev**, **Nilakantha Das** etc. Interestingly, the state was established on **linguistic** grounds, being the very first of its kind.

Let us learn some amazing things about this beautiful state, also called "The Best Kept Secret of India", and plan a trip to go there soon!

**Bhubaneshwar**, the capital city is called the "**City Of Temples**", as there are more than 700 ancient temples, that are architectural marvels and world heritage sites!



**RAJARANI TEMPLE**  
(Elaborate Carvings)



**MUKTESHWAR TEMPLE**  
(10th Century - Gem of Odisha)



**JAGANNATH PURI TEMPLE IDOLS**  
(Part of Char Dham pilgrimage)

Sharing its coastal front with the Bay Of Bengal, Odisha has some of the best beaches on the country's east coast!



**GOLDEN BEACH**  
(First Blue Flag Beach of India)



**CHANDRABHAGA BEACH**  
(Both Sunrise and Sunset are visible)



**CHANDIPUR BEACH**  
(Sea recedes 5KM during low tide)

The soul of Odisha is reflected through its art and culture!



**PIPLI ART WORK**  
(Stitching a small cloth to a larger one to create a pattern)



**DHOKRA METAL WORK**  
(Legacy from Mohenjo-Daro and Harappan civilizations)



**PATTACHITRA PAINTINGS**  
(Painting on cloth)



# DR. B.R. AMBEDKAR JAYANTI



Here's a small quiz on this great advocate of political rights and social freedom for the underprivileged.

1. Dr. Ambedkar was born in  
(a) Maharashtra (b) Madhya Pradesh (c) Karnataka (d) Gujarat
2. When was Dr. Ambedkar born?  
(a) 14 April 1891 (b) 14 April 1893 (c) January 15, 1889 (d) 6 December 1869
3. When was Dr. Ambedkar awarded the Bharat Ratna?  
(a) 1985 (b) 1980 (c) 1990 (d) 1973

4. What is the name of Dr. Ambedkar's memorial site?  
(a) Samta Sthal (b) Chaitya Bhoomi (c) Veer Bhumi (d) Buddhist Bhumi

5. What was B. R. Ambedkar's full name?  
(a) Bhimrao Ramji Ambedkar (b) Bhimji Rao Ambedkar (c) Babasaheb Ramjirao Ambedkar (d) Baba Ram Ambedkar

6. Dr. Ambedkar was the chairman of which committee constituted to form the Indian Constitution?  
(a) Preamble Committee (b) Drafting Committee (c) Flag Committee (d) Union Constitution Committee

Through out April!

## CELEBRATIONS ACROSS INDIA!

The month of April is all about celebrating various religious festivals with gusto and fervour!

The **Hindu New Year** is celebrated across different regions of India depending on the lunar or solar calender, under different names! The northern states also mark the ripening of **Rabi** Crops, and farmers offer thanks to God for the successful harvest. **Baisakhi** also marks the formation of the Khalsa Panth in **Sikhs**. **Muslims** believe that **Ramadan** teaches them to practice self-discipline, self-control, sacrifice, and empathy for those who are less fortunate. **Easter** is a **Christian** holiday that celebrates the belief in the resurrection of **Jesus Christ**! What a long list!

Isn't it amazing that these festivals have in a way, united us? Here's a little word scramble for you to look for all of them!

A	N	H	B	K	H	A	R	A	U	N	A	A	A
B	H	R	U	H	S	I	V	N	U	G	A	D	I
O	A	U	I	N	A	T	R	A	A	S	D	S	
H	L	I	S	A	A	N	I	V	C	U	A	P	N
A	I	A	U	E	I	A	A	R	D	I	U	D	N
G	H	I	R	E	T	S	A	E	H	N	P	I	E
B	I	B	A	I	S	A	K	H	I	T	A	A	K
I	A	R	A	M	A	D	A	N	R	N	K	H	G
H	S	U	D	N	A	H	T	U	P	P	H	H	N
U	U	P	D	N	A	H	C	I	T	E	H	C	A
A	W	D	A	P	I	H	D	U	G	R	R	A	S
S	G	L	A	T	I	S	R	U	J	T	G	N	S
E	P	A	N	A	S	A	N	K	R	A	N	T	I
N	U	T	A	N	V	A	R	S	H	N	H	B	S

NUTANVARSH
CHETICHAND
SANGKEN
NAVREH
PUTHANDU
RAMADAN
UGADI
BUISU
BOHAGBIHU
JURSITAL
GUDHIPADWA
PANASANKRANTI
BAISAKHI
EASTER
VISHU

# MY FRIEND CHEEKU!



**DHRUV PAI**  
Grade 5  
Lourdes Central  
School, Mangalore

My mom always says - "**Dogs are not our whole life, but they make our lives whole!**"

I am Dhruv and I love pets, and yes, dogs really make our lives whole! From the time I was a baby, I have grown up along with my cute little dog, who is like my brother, friend and my pet!

I have not seen a dog like him! His name is **Cheeku**. He is white in color, and tiny in size. He wakes me up in the morning, and waits for me at the door till I come back home from school. He is faithful and loyal to our family. He really loves to eat sweets, ice creams and chicken!

I don't feel that he is a dog, because he loves me more than anyone else. He can sense my feelings, and can make out when I am sad, happy or angry.

I hug, kiss and talk to Cheeku everyday. He also talks to me by making sounds and wagging his tail. If I don't talk to him, he becomes dull and quiet. He wags his tail and comes to me. And, in case he falls sick, I feel very sad and dull. He is my best friend and I love him a lot!

National Pet Day was first celebrated on April 11th 2006, and is also gaining popularity in other countries. This day marks the noble cause to bring humans and animals together to make this world a better place.

I would like to share my views on taking care of pets -

1. Keep them clean and hygienic.
2. Show them respect and love.
3. Take them for walks, they really enjoy it!
4. Spend some good time with them by talking and playing.
5. Give them fresh food.
6. Treat them as human beings as they too have feelings like us.
7. Don't be rude to pets by hitting them.



If you love **ANIMALS** and **SCIENCE**,  
you can become a **VETERINARIAN!**

Ancient Indian sage and veterinary physician **Shalihotra** (about 4300 years ago!), the son of a sage, Hayagoshha, is considered the founder of veterinary sciences!

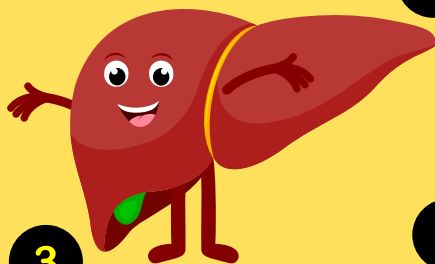
The word "veterinary" comes from the Latin **veterinae** meaning "working animals".

The benefits of animals include food, clothing, research, education, companionship, and recreation. So, veterinarians help to ensure public health, food safety, research, and protection of our environment!



19th April  
World Liver  
Day

# LIVER HELPS US LIVE!



1

The liver is among the largest organs in the human body, coming in second, behind the skin!

2

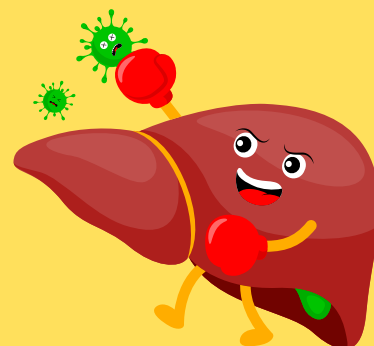
Such is its capacity, it can perform nearly 200 functions simultaneously! It is a true workaholic!

3

The blood that circulates in our body is actually created in the liver. In fact, blood production begins even before we're born!

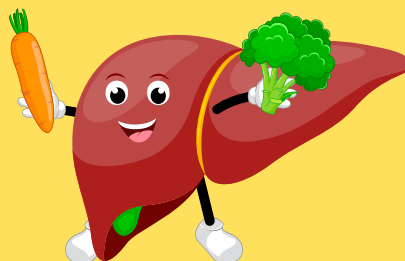
4

Ever wondered what would happen to you if your blood was full of toxins? Well, if you haven't, you have your liver to thank for that! It eliminates all the toxins your blood carries and processes the nutrients your blood carries, for your body to use!



5

A unique ability of the liver is to regenerate itself. Irrespective of damage or transplants, the liver can fully grow back to normal, even if 90% of its mass was to be removed!



6

Aside from platelets, the liver also prevents excessive bleeding when you're hurt. So, Eat Healthy and Love Your Liver!

23rd April  
World  
Book  
Day

# WORLD BOOK DAY!

World Book Day was created by UNESCO on 23rd April 1995 as a worldwide celebration of books and reading. It is marked in over 100 countries around the globe!

It also marks the birth and death anniversary of one of the most celebrated writers - **William Shakespeare!**

You can also come up with your own little stories and books!

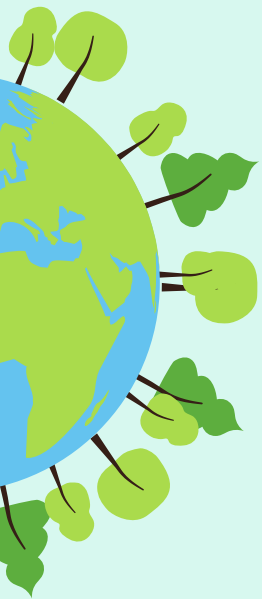
Here's a small game to play with your friends -

- Choose any three words, preferably funny and interesting, and please, no bad words!
- Now, your friend has to make up a story (minimum 4-5 lines), with those three words in it!
- And now, it is your turn to come up with the story!
- Now you can draw your story in small sheets of paper and your book is ready!





# SPOT THE DIFFERENCES!



everyday is  
**EARTH  
DAY**



Happy  
**Earth  
Day**



# TONGUE TWISTERS!



Six sleek swans  
swam swiftly  
southwards.

How can a clam cram in  
a clean cream can?

Fred fed Ted bread and  
Ted fed Fred bread.

The sixth sick  
sheikh's sixth  
sheep's sick!



## RIDDLES!

I am light as a feather and can  
be strong, short and deep.  
I bring life, but none can hold  
me for long. What am I?

Different lights make me  
stranger, for each one,  
my size will change.  
What am I?



I sizzle like bacon, though I'm born from an egg. I have  
a strong backbone but not a good leg. I peel layers like  
an onion, but I still remain whole. I can be long like a  
flagpole, but I still fit in a hole. What am I?

I build bridges of  
silver and crowns  
of gold, yet many  
still fear me.  
Who am I?

## HUMOUR!

What do kids play  
with, when they  
can't play with the  
phone?

Bored Games!

Why are skeletons  
so calm?

Because nothing  
can get under their  
skin!

What do you call  
an alligator in a  
vest?

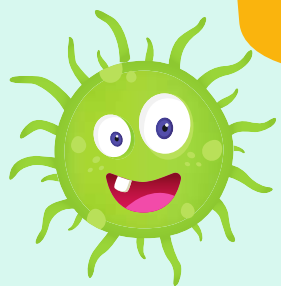
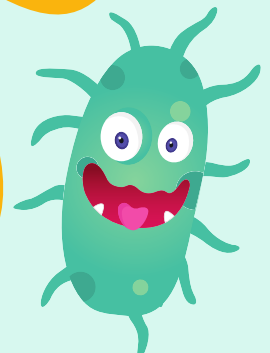
An in-vest-igator!

What did the grape  
say when it was  
stepped on?

Nothing, it let our a  
little wine.

What did the left  
eye say to the right  
eye?

Between us,  
something smells!







# POET'S NOOK



**Don't label me an "Autistic Child"**  
**I am a child with Autism.**



**ROMMAL SURANA**  
Director  
Nanhagyan  
Foundation  
Pune

Like others have brains,  
we have brains too,  
which function differently  
on mental planes.

Like others have emotions,  
we have emotions too,  
we just express them  
in different ways.

Like others have feelings,  
we have feelings too,  
but we find it difficult,  
dealing with them.

Like others communicate,  
we communicate too,  
In our own unique narration.

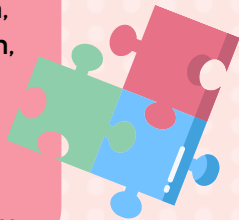
We are different,  
we are unique,  
we are brainy.

We don't need your sympathy,  
as we have our dignity,  
we believe in our integrity.

We want inclusion,  
not any conclusion -  
a proper solution.

Let's start a revolution,  
count our contribution,  
no more exclusion.

Don't label me an  
"Autistic Child"  
I am a child with Autism.



## BUDDING ARTISTS

**GAURI AGRAWAL**  
Age 10  
Aman Setu My School







**KRISHNA AGRAWAL**  
Age 10  
Aman Setu My School



**SARANSH ROUT**  
Grade 4  
Aman Setu My School



## ANSWERS

### Answers for Riddles :

1. Breath
2. Pupils
3. Snake
4. Dentist

### Answers for Spot The Differences

1. One of the mangoes is green.
2. Monkey is pink in colour.
3. Tiger's pose is different.
4. Lion cub is facing left.
5. Footprints are missing.
6. Birds over the elephant's head in second picture
7. Butterfly is missing.
8. Bees are missing.
9. Bird's nest in the second picture.
10. Bird eating the mango.

A	N	H	B	K	H	A	R	A	U	N	A	A	A
B	H	R	U	H	S	I	V	N	U	G	A	D	I
O	A	U	I	N	A	T	R	A	A	A	S	D	S
H	L	I	S	A	A	N	I	V	C	U	A	P	N
A	I	A	U	E	I	A	A	R	D	I	U	D	N
G	H	I	R	E	T	S	A	E	H	N	P	I	E
B	I	B	A	I	S	A	K	H	I	T	A	A	K
I	A	R	A	M	A	D	A	N	R	N	K	H	G
H	S	U	D	N	A	H	T	U	P	P	H	H	N
U	U	P	D	N	A	H	C	I	T	E	H	C	A
A	W	D	A	P	I	H	D	U	G	R	R	A	S
S	G	L	A	T	I	S	R	U	J	T	G	N	S
E	P	A	N	A	S	A	N	K	R	A	N	T	I
N	U	T	A	N	V	A	R	S	H	N	H	B	S

### Answers for Quiz on Dr. B.R. Ambedkar

1. (b) , 2. (a), 3. (c), 4. (b), 5. (c), 6. (b)

# THEME FOR MAY 2022 EDITION!



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

Summer Vacations are round the corner!

Write to us about your family trips,  
places you would like to go to,  
or the fun things you would like to do!

There are a lot of interesting days we celebrate in May,  
you can write about those too!

Send in your entries to **[kidsgalaxymagazine@gmail.com](mailto:kidsgalaxymagazine@gmail.com)**  
along with your Full Name, Grade, School Name, City  
and your photograph!

**Last Date for Submission : 1st May 2022**

*Nanhaagyan's Kid's Galaxy Magazine*

**Founder** : Rommal Surana

**Editor** : Gayatri Bhasker

**Content** : Afrah Iqbal, Gayatri Bhasker

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