

# Kid's Galaxy

Oct 2022

## SWAPNIL GANGAN

Beating the odds  
with Cerebral Palsy!

### MENTAL HEALTH

It's OK to be  
Self-Ish!

### INSPIRING LEADERS

Lots to learn  
from them!

Articles, Puzzles,  
Diwali Celebrations,  
STEM and much  
more!





# NANHAAGYAN FOUNDATION



350+ Counselling Sessions



540+ Workshops



17,530+  
Handwriting Analyses



29,000+ Happy People



40+ Schools  
Kid's Galaxy Readers



[www.nanhagyan.com](http://www.nanhagyan.com)



Page : [www.facebook.com/nanhagyan](https://www.facebook.com/nanhagyan)

Group: [www.facebook.com/groups/568258067457704](https://www.facebook.com/groups/568258067457704)  
(Nanha Gyan Healthy Minds)



[www.instagram.com/nanhagyanfoundation](https://www.instagram.com/nanhagyanfoundation)



[www.youtube.com/nanhagyanfoundation](https://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.

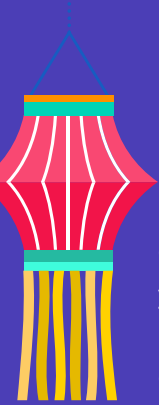
### • BELIEF

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.





# EDITOR'S NOTE



Hello Friends!

October brings with it many festivals! Hope all of you celebrated well with your loved ones and enjoyed the decorations, sweets and delicious food!

One of the biggest and brightest celebrations of the year - Diwali is celebrated throughout India (and the world too!), in different styles, for different reasons across different communities! But the common thread is that we celebrate it with our families and friends with a feeling of camaraderie. We celebrate the victory of good over evil, light over darkness and knowledge over ignorance.

Festivals also bring in an opportunity to find deeper meanings to the customs, that could be applied to ourselves.

Just like we clean our houses before Diwali, we can also clean our minds off any negative thoughts that reside there. Sometimes we feel we can't do something and feel stuck. Why not replace "I can't" with "I'll try"?

Just like we brighten our homes with Diwali lights, Rangoli and Diyas, we can brighten up our moods by feeling grateful for the things we have been blessed with, instead of ruing about what we don't have!

And just like we feel happy distributing sweets and savories to our neighbors, we can feel happy by appreciating others and ourselves, without judging who they/we are!

Let us light the lamp of happiness in our hearts and usher in the winter months with the cozy feelings of hope and positivity!

We also commemorate our beloved former president, **Dr. A.P.J. Abdul Kalam's** birth anniversary on 15th October, and who better than him to share life lessons in a humble and sincere way?

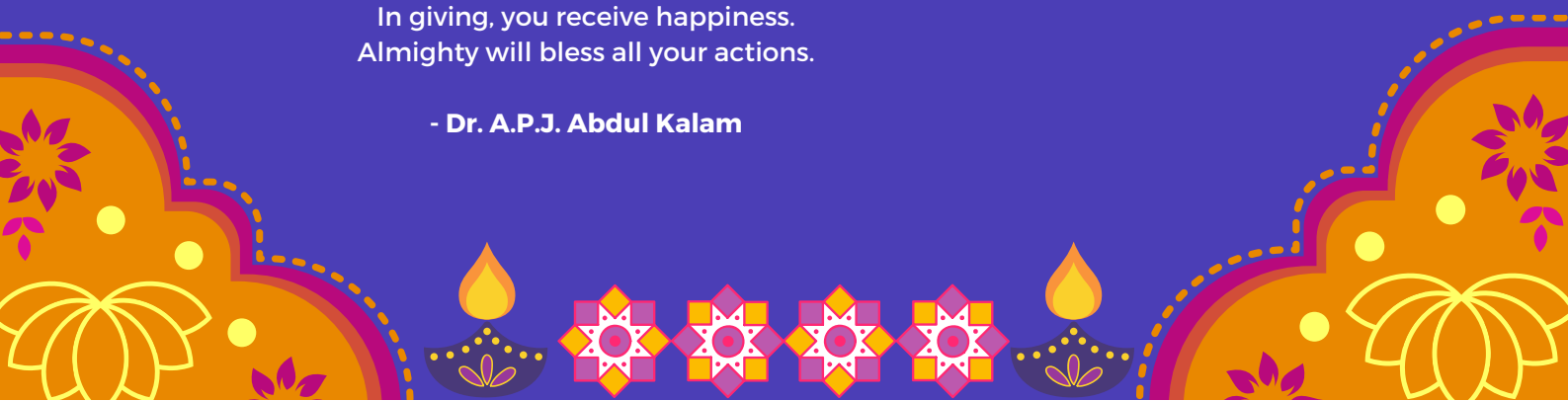
## What can I give?

O my fellow citizens,  
In giving, you receive happiness,  
in body and soul.  
You have everything to give.  
If you have knowledge, share it.  
If you have resources, share them with the needy.  
Use your mind and heart,  
To remove the pain and suffering,  
And cheer the sad hearts.  
In giving, you receive happiness.  
Almighty will bless all your actions.

- **Dr. A.P.J. Abdul Kalam**



**GAYATRI BHASKER**  
Mangalore





# CONTENTS

## Events

---

- 1 Happenings at Nanhaagyan

## A Friend in Need

---

- 3 Parenting Tips - Self Care

## Articles

---

- 4 Thirukkural - Holistic Wellness  
5 Cover Feature - Swapnil Gangan  
7 Leading By Example  
9 World Cotton Day  
10 The Humble Charkha  
11 One Festival - Many Ways  
12 Celebrations  
15 World Thrift Day  
17 My Favorite Girl

## Rack Your Brains

---

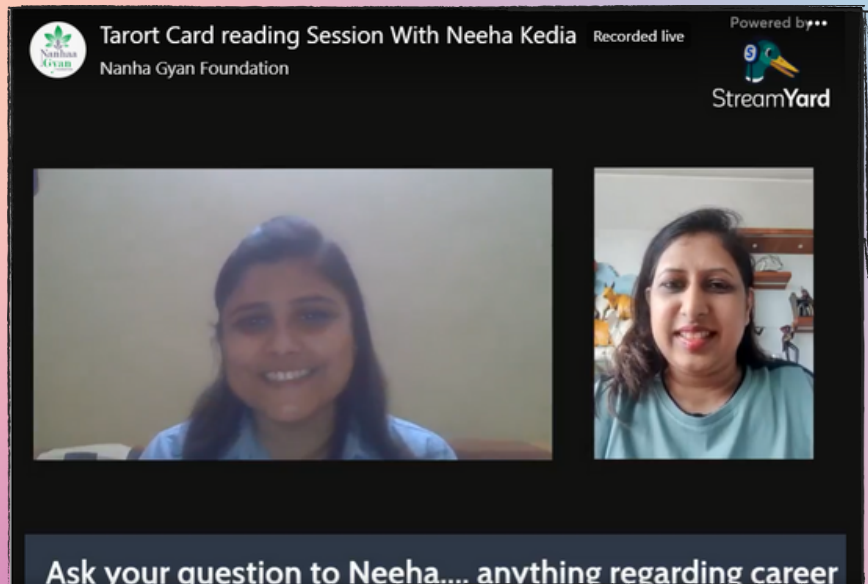
- 13 Coffee Word Search  
14 Sight Day Puzzle  
16 Ekta Diwas Quiz

# HAPPENINGS AT NANHAAGYAN!



This month, we hosted **Mrs. Neeha Kedia Khetan**, who is an expert in Face Reading, Dream Analysis, Tarot card reading, Numerology, Cartomancy, Akashic reading & various other modalities. She is also a certified Life Coach.

**Mrs. Rommal Surana**, director of Nanhaagyaan Foundation conducted a live tarot reading session along with **Mrs. Neeha**, where she resolved career, educational, marital and general queries. Many people joined our facebook page - **Nanhagyan Foundation** and participated actively.



Mrs. Neeha shared - "Tarot cards give you guidance on where your life is currently at. The cards show a direction, that you can take, to go further. Angel, Oracle cards and others are used for predictions. Each card has its own identity, based on numbers, colors and symbols.

We even do predictions with playing cards which are accurate and provide in-depth readings for the person based on their situations! The readings have visibility till around 6 months, so we just have to be patient, and trust the divine timing to help us out!

Our universe gives us signs every now and then; you may see repeated messages - either numbers on hoardings, or cars, or while listening to music...even animals that we may not often see may appear in front of you. One client even called me to say that she saw a rainbow, when it was not even rainy!

Do have faith in yourself and the powers above, and trust that things will work out for you!"

Interested folks can avail her services at [www.theangelart.com](http://www.theangelart.com), and receive genuine and sound advice from her! Here's the cool feedback from our viewers!

Neeha was very good at the tarot reading session and gave some good guidance and will soon go for a one-to-one session with her...thank you!

- Sangita Zaveri



Session was good. Got good replies to each question. Overall, it was satisfactory. Thank you for this session! How much it will help me out - I will update you in the coming months ☺☺

- Ashwini Yadav



I would like to thank Neeha for all the information provided regarding my question. It helped me calm down. Thank you once again! ☺

- Neelam



We are also gearing towards **Nanhaagyaan Foundation's 5th Anniversary Celebrations** in December.



We will soon be sharing the application forms for our Prerna Interschool Competitions and Healing Light Awards!

Our **Healing Lights Awards** are presented with an aim to recognize and appreciate people who do so much for the society, albeit behind the scenes. The awards are given out in the below categories –

Healers  
Extraordinary Educational Supporters  
Parenting Coaches  
Mental Health Coaches  
SLD/Remedial Coaches  
Educational Reformers  
Innovation in Education  
Spirituality & Happiness Coaches  
Young Transformers  
Sports Coaches

Stay tuned for more information on the awards! Reach out to us at [kidsgalaxy@nanhagyan.com](mailto:kidsgalaxy@nanhagyan.com) to know more about the awards and events!



Follow us on   with the handle [@ngfkidsgalaxymagazine!](https://www.instagram.com/ngfkidsgalaxymagazine)

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





...is a friend indeed!

A **special monthly column** by our very own **Mrs. Rommal Surana**, a certified Parenting Coach, Child and Adolescent counselor, NLP Master Practitioner, Remedial Educator, and Graphologist! She has worked in this field for almost a decade and aims to enable parents and children build a better future together!

She will be your friend, philosopher and guide throughout your parenting journey, so send in your questions to [kidsgalaxy@nanhagyan.com](mailto:kidsgalaxy@nanhagyan.com)!

**Query** : We recently moved to our hometown to be with my in-laws. It's been many months now, but I feel my son Sid has become very irritable, highly sensitive and quiet. His activities are much more organized here, and he has learnt a lot of new skills in a short span of time. Then why has he become unexpressive?

**Answer** : Probably Sid has too many activities going on, which have been planned for him. Even as adults, we have so many things on our plate, that sometimes we forget to let our hair down.

Try giving him 30 minutes just for himself, to do whatever he feels like. Or use those 30 minutes to spend time as a family - each can do what one feels like, but together in the same space. It could be painting, dancing, sitting idle, writing, or anything else!

It is important to take out time for yourself (applies to both children and adults!) and do something you love - at least for 10 mins! This releases the pent-up emotions. We all need peace.

"One needs to be **Self-Ish**. Ish here means Ishwar (God), we need to make the God within us happy, that is Self-Ish." - Dr. Nidhika Bahl

A beautiful concept shared by Dr. Nidhika Bahl on P.E.A.C.E that can be practiced by all -

**Practice mindfulness** (mandala/meditation/healing through sounds and smells)

**Express your emotions** (journaling, talking to someone, seeking help)

**Appreciate yourself and others** (self-love, self-talk, and gratitude)

**Celebrate small wins daily** (create more joy in your life)

**Engage in fun, joyful activities** (selfish/me time)



16th Oct  
World  
Food  
Day

23rd Oct  
Ayurveda  
Day

**UV FOUNDATION** brings to you the writings of **Thiruvalluvar**, the great Tamil saint, on mental and physical health! The kural numbers are listed within the article!

Our physical and mental health are interdependent. Interestingly, Thiruvalluvar expounds important tips from Ayurveda on how food impacts health -

**Disease** is caused by imbalance of **Vatam** (air), **Pitham** (heat) and **Sleshmam** (water/ fluid). A **Vaidya** (traditional practitioner of Ayurveda) /medical doctor diagnoses the disease based on these parameters in our body.

Hypo or hyper condition of any of these is caused by excessive or deficient activity and food. **One who understands this and makes suitable adjustments can be free of diseases (#941).**



**Activity** is said to include mental, verbal and physical activities establishing the connect between the body and the mind.

It is said that the cause of diseases could be fate, genetic disorders and wrong food. Diseases contracted due to genetic disorders and fate are not curable, but their effect can be reduced, while if it is due to inappropriate activity or diet, it can be set right.



The cosmic body (universe) and our body are a product of five elements – **Space, Air, Fire, Water** and **Earth**. To keep the balance amongst these, Valluvar insists upon making sure that the **system has digested the previous meal and is hungry for the next. The consumer should be well-aware of the nutritional facts of food that he is to consume, the benefits it brings to his body and be able to appreciate the food (#942).**

Food should be in right quantity with right nutrition value for adequate physical growth and entertain the taste buds too! **Right quantity means filling the stomach half with food, quarter with water and allowing the balance for air circulation (#943).**

**Discipline in food should be kept consistently. Avoid responding to mild/ false hunger (#944).**

**Avoid food that is not agreeable to the climatic condition and to your body (#945).**

Ayurveda recommends Ritucharya in diet and activity to cope with season change. Note what Thiruvalluvar says -

**Don't be driven by your mind's desire – eat what your body needs.**

**As happiness prevails with a light eater, disease stays with an over-eater (#946).**

**Without knowing the intensity of hunger, quantity of food and ill effects of wrong eating, when one overeats, he will contract diseases (#947). Too much of anything is good for nothing.**

Let us follow the words of Thiruvalluvar and mind our thoughts, words and physical activity and practice mindful eating to be healthy and happy!



# Cover Feature - SWAPNIL GANGAN

*Navigating Life with Resilience...*

Cerebral Palsy is caused due to irreparable damage to the developing brain - before or during the birth of a child. This disorder can affect movement, coordination, muscle tone and posture. It can also be associated with impaired vision, hearing, speech, eating and learning. World Cerebral Palsy Day is commemorated to spread awareness, and acceptance towards this condition.

Let's meet **Swapnil Sachin Gangan**, who is successfully running his business - **Swapnil's Creations**, where he makes and sells homemade soaps, hand painted diyas and calendars, thanks to his always-keep-trying attitude!



After being diagnosed with this condition, Swapnil started receiving physiotherapy from the age of 9 months. It is important to get physiotherapy at least till the age of 12 years, so that bones get a chance to develop and grow. It can be continued to maintain flexibility and movement.

His mother **Sneha** shares - "**Initially I was disheartened, but I took it in my stride. I never lost hope. I always felt that he will start walking sooner or later.**"

**My message for parents is to never give up on your children, no matter what they're going through. Try to help and support them unconditionally and eventually they will improve."**



Swapnil has great memory, and never forgets dates once he reads them! After clearing his 12th standard exams through NIOS (National Institute of Open Schooling), he set up a small business selling calendars during Diwali, handmade soaps without chemicals and painted diyas to become self-independent.

He also loves reading and typing stories on his phone. He also loves throwing in his favorite proverbs in conversations!

He can walk now, with little help from his walker, and go about on his own, on his scooter. He has come a long way, with his parents' efforts and his own perseverance.







Recently Swapnil put up his stall at an exhibition during Navratri/Dussehra, which was a great success!

At times, he feels disheartened and frustrated seeing others doing things that he finds hard to do. Don't we all do, at times?

He practices self-affirmations like "I love myself", "I love my body", to feel better.

**Positive affirmations are helpful for everyone. Sometimes, we have to remind ourselves, that we are enough the way we are.** Try saying them earnestly and see the difference!



When we asked him what message he would like to share with our readers, he wrote back -

**"Everyone has problems - some maybe small and some maybe big. One should try to understand the problem and look beyond it, instead of ignoring the person entirely."**

What Swapnil said really hits home.

Many a time, we judge someone only based on their appearance or conditions, without realizing they are much more than that. We either take pity on them, or simply ignore their existence and feel uncomfortable when they're around, not knowing what to say.



What we can do is - to practice empathy, rather than sympathy! Let us put ourselves in the other person's shoes, and genuinely try to support and encourage them.

Let us acknowledge that they may not be good at something, but maybe great at something else! Our shortcomings don't define us, we just happen to have them!

Kudos to Swapnil's parents - Mrs. Sneha and Mr. Sachin, for supporting their children no matter what. Cheers to Swapnil for coming this far without giving up! We at Kid's Galaxy, wish you continued success and happiness!

You can order these goodies at - 9819573678 and follow Swapnil on FB @swapnil.gangan.75!



October isn't just a month of illuminating festivals; it also marks the birth anniversaries of several illuminating leaders! They all came from different backgrounds, but they only had the wellbeing of our nation and its countrymen and countrywomen in mind.

Let us salute our beloved and respected pioneers, for continuing to inspire us, even in their absence!

## Mahatma Gandhi - 2nd Oct



When Mohandas Karamchand Gandhi reached Durban, South Africa in May 1893, he was unprepared for the unpleasant surprises he would receive there.

At a Durban court, he was ordered to remove his turban, which he refused, and left. A week later, on a cold night, on his way to Pretoria, he was thrown out of the first-class train compartment at Pietermaritzburg station, in spite of having a valid ticket.

So far, he had been shy and timid. But something about the un-justness of the incident made him resolve to fight against racial discrimination. He began to study the conditions of fellow Indians at the time and organized political campaigns.

It is said that Gandhi was influenced by the idea of Satyagraha (devotion to the truth) and implemented non-violent protests around 1906, after reading an ancient Indian text known as 'Thirukkural', which was originally written in Tamil and later translated into many languages.

(\*Refer page 4! Isn't it awesome that the same Thirukkural, written so many years ago is still relevant! We at Kid's Galaxy are glad to bring those precious words of wisdom every month to our readers!)

## Lal Bahadur Shastri - 2nd Oct

During the 1965 war with Pakistan, India was facing a huge shortage of food. Shastriji came up with an idea and asked his family to skip dinner as he wanted to know how countrymen would feel to forgo one meal a day. The next day he addressed the country on AIR, and asked people to go without one meal once in a week. His request was accepted, and people started following it.

He also coined the slogan '**Jai Jawan, Jai Kisan**', with the aim of uplifting not only our brave soldiers but also our farmers who form the backbone of our country.

He promoted the White Revolution and Green Revolution, which were nationwide movements to propel India's milk and food production respectively. This brought a drastic change in our economy and was a steppingstone towards being a self-sufficient nation.

He stood for Honesty, Integrity, Humility and Patience and even when the entire country was distressed, he stayed calm and composed.





# Sardar Vallabhbhai Patel - 31st Oct



Sardar Vallabhbhai Patel, despite his failing health and age never lost sight of the larger purpose of creating a United India. As India's first Home Minister and Deputy Prime Minister, Sardar Patel played a key role in the integration of about 565 princely states into the Indian Union.

Sardar Patel earned the title of "Iron Man of India", when he was successful in uniting so many states into one. He was a man of principles and a fierce nationalist. He never believed in compromising with his core philosophy of 'nation first'.

Anyone may wonder how our country is actually able to function! We all are so different and divided - in language, culture and customs, religions, lifestyles, food habits...and we are also part of a vibrant common fabric- being Indians. We should be proud of our diversity, yet stand united as one nation, as envisioned by Sardar Patel.

# Dr. A.P.J. Abdul Kalam - 15th Oct

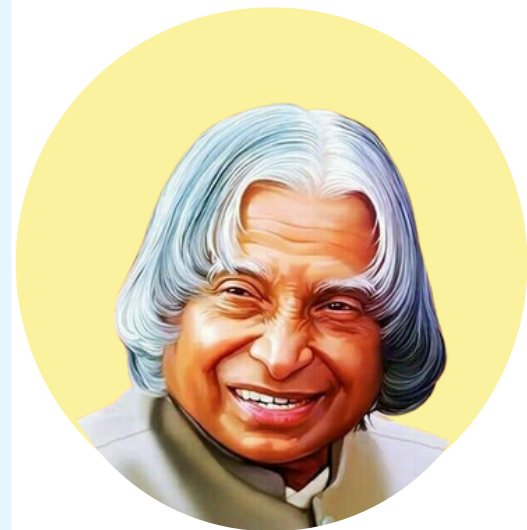
Perhaps the most beloved of all Indian Presidents, every quote of Dr. A.P.J Abdul Kalam is worth introspecting about. An outstanding scientist, while he was busy developing missiles to reach the skies, his feet were firmly planted on the ground. He was down to earth, humble, kind, and full of life.

**"Men often become what they believe themselves to be. If I believe I cannot do something, it makes me incapable of doing it. But when I believe I can, then I acquire the ability to do it even if I didn't have it in the beginning."**

## **"Take the First Step**

**If you don't do something about it, it will never be done. The great tasks in future should never be at the mercy of leisure and laziness. If you want something to be done the best thing is begin it and do it anyway."**

His integrity and simplicity are unparalleled. Let us all try to live up to his vision for India!



Four illustrious visionaries, who have brought India forward by leaps and bounds. They were all self-made, principled, and sincere. They were not afraid to take the first step, even though they were not sure if they would find success.

Let us all keep trying to keep trying!

**"If you FAIL, never give up because F.A.I.L. means "First Attempt in Learning".**

**END is not the end; in fact E.N.D. means "Effort Never Dies".**

**If you get NO as an answer, remember N.O. means "Next Opportunity".**

**-Dr. A.P.J Abdul Kalam**





# World Cotton Day

To say that cotton is versatile would be a sheer understatement. Think about it, where is it not used? Forget clothing and bedsheets, cotton is also applicable in soap making, and in fertilizer and plastic production too!

Bet you didn't know that - did you?  
Well, read on and you'll surely be "bolled" over!

- A cotton plant may seem plain Jane-like, covered in plain, milky white fibers, but did you know, **a few varieties of cotton have red, green and sometimes pink fibers too!**
- Cotton may not look very imposing but it's as thirsty as you'd be in the middle of the Sahara Desert after a long, aimless walk. **It can soak liquid up to thirty times its weight!**
- In fact, **absorbing water only makes it stronger**, not floppy and ready to pass out!
- Probably the most boggling fact of the day, the **United States currency notes are 75% cotton!**
- And to conclude, cotton is a social butterfly in the fabric world. It loves to mingle and get together with other fabrics, both natural and synthetic!



# The Humble Charkha

Although its origins date back to between 500 and 1000 AD, the most memorable application of the Charkha in the pre-independence era was when Gandhiji spun cloth out of it in defiance towards the British and to encourage rejection of British goods.



The actual wheel part of a spinning wheel automates the twisting process, allowing us to "twist" the thread without having to constantly do so manually.

The large size of the wheel also lets us control the amount of twist more finely. The thread still ends up on a spindle, just as it did before the invention of the wheel.

The charkha surely makes it easier to wind the thread made from cotton on to the spindle. Imagine how time consuming it would be to make it by hand?

A simple machine is a mechanical device that helps doing a particular work easily, specially where force needs to be applied. The Charkha is a good example of "**Pulley**", one of the 6 simple machines.

A pulley consists of a wheel on a fixed axle (rod) with a groove along the edges to guide a rope or thread. In case of the Charkha, one can easily rotate the bigger wheel, which results in multiple spins of the smaller wheel, helping the spindle to rotate faster than if done by hand.

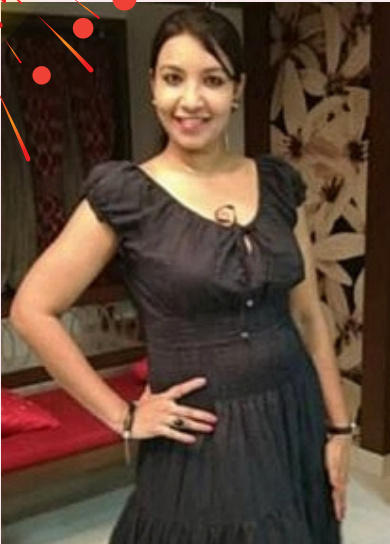


When you're in Delhi, you can visit the Charkha Museum, where a giant steel charkha is installed! It pays homage to Gandhiji's efforts in the swadeshi movement, Khadi cloth that is spun from cotton, and the humble charkha itself.



See how a charkha works by clicking the QR code!

# ONE FESTIVAL – MANY WAYS



## URMILA SHAH, KUTCH

Diwali is the main festivals of all Gujaratis and the next day after Diwali is Gujarati New Year. For us, Diwali is an 8-day festival from Dhanteras and ends on Labhpacham.

Like everyone else, we also clean our houses and decorate with beautiful lights, rangolis and diyas. We make and exchange lots of traditional snacks like Chakli, Laddoos etc.

Diwali is last day of business accounts. During Laxmi Puja, we also worship our accounting books, which is called **Chopda Pujan**.

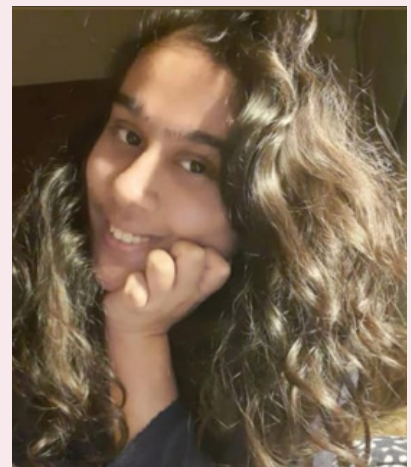
The next day we start our new account books. All factories, offices remain closed after till Labhpacham. So, all family members get to celebrate with each other all those days!

## SASHA RASTOGI, DELHI

For us, celebrations start in the evenings. We buy new clothes and things for the house and perform Laxmi Puja and offer the prasad.

Laxmi Maiyya is the Goddess of Wealth so in many families, people play cards or poker. We also buy gifts and distribute dry fruit boxes or sweets for our family and friends.

Some people burst crackers, but I have stopped bursting crackers due to their ill effects. We also light a Diya in the house all night in front of the idol to welcome Goddess Laxmi in the house!



## GAYATRI BHASKER, COIMBATORE

We celebrate Diwali in the mornings! As a child, I remember we used to decorate the doors and gate with flowers and Mango leaves and beautiful kolams (rangolis) at the entrance.

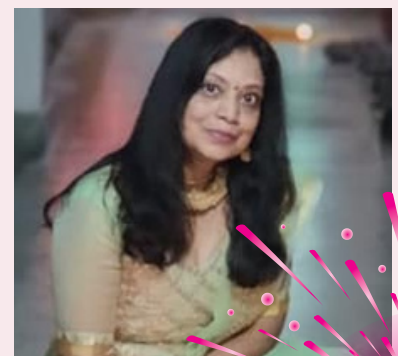
Our grandmother used to put kumkum on our new clothes and hand them to us. We used to offer our namaskarams and proceed to get a warm Til Oil head massage. That oil bath is called "Ganga Snanam".

Immediately after bath, it is customary to burst atleast one cracker to signify the demon Narakasura's defeat.

After that we used to enjoy scrumptious breakfast with sweets and savouries. Lunch would also be a feast with Vadai, Payasam and the works! Deepavali Lehiyam is also prepared with ginger, pepper, thippili and jaggery to prevent upset tummies after gorging on so much yummy food!

## SHIVALI SINGH, SIKKIM

Diwali is the same in the eastern part of India as well. At night, children go to each house singing songs praising Lord Ganesha and Goddess Lakshmi in Nepali and people give them sweets and money when they say "Bhailaro". This goes on almost the whole night and is a community festival.





# CELEBRATIONS

Diwali!

Looks like our young friends had a lot of fun during Diwali! Let's admire their decorations!



**PRAPTI SAGAR  
POKHARNA**

**Grade 4 A**

**Hume Mc Henry School  
Pune**



Kapil Chavan from Thane shares a hand painted Diya and his favourite animal!

HAPPY  
*Diwali*



**KAPIL KIRAN CHAVAN**

**Grade 4**

**Thane, Maharashtra**



4th Oct  
World  
Animal Day



Komal has drawn a  
beautiful picture of  
a Diya!

**KOMAL BALOT**

**Grade 8**

**Adarsh Govt Sr. Sec. School  
Moru, Rajasthan**



Jiyan is admiring  
his beautiful  
Rangoli!

**JIYAN JIMIT SHAH**

**Nursery B**

**Amarjyoti Saraswati  
International School  
Bhavnagar, Gujarat**



# INTERNATIONAL COFFEE DAY



We've all had our fair share of super late nights or early mornings, but not so often without the company of a warm, comforting beverage to keep our minds awake and energies up. And what better drink than coffee to do the job?

Morning, evening or nightfall, a cup of coffee is never not welcome. Have it hot or iced, our freezing winter evenings and sweltering summer days are almost incomplete without it!

On account of International Coffee Day, we put together this word search for you listing some popular forms of coffee. We hope it doesn't keep you up for long, and if it does, maybe you should treat yourself to one of the coffees in the list!

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

AFFOGATO  
AMERICANO  
CAFFE MOCHA  
CAPPUCCINO  
COLD BREW

ESPRESSO  
FILTER COFFEE  
FRAPPUCCINO  
ICED COFFEE  
LATTE

MACCHIATO  
TURKISH COFFEE





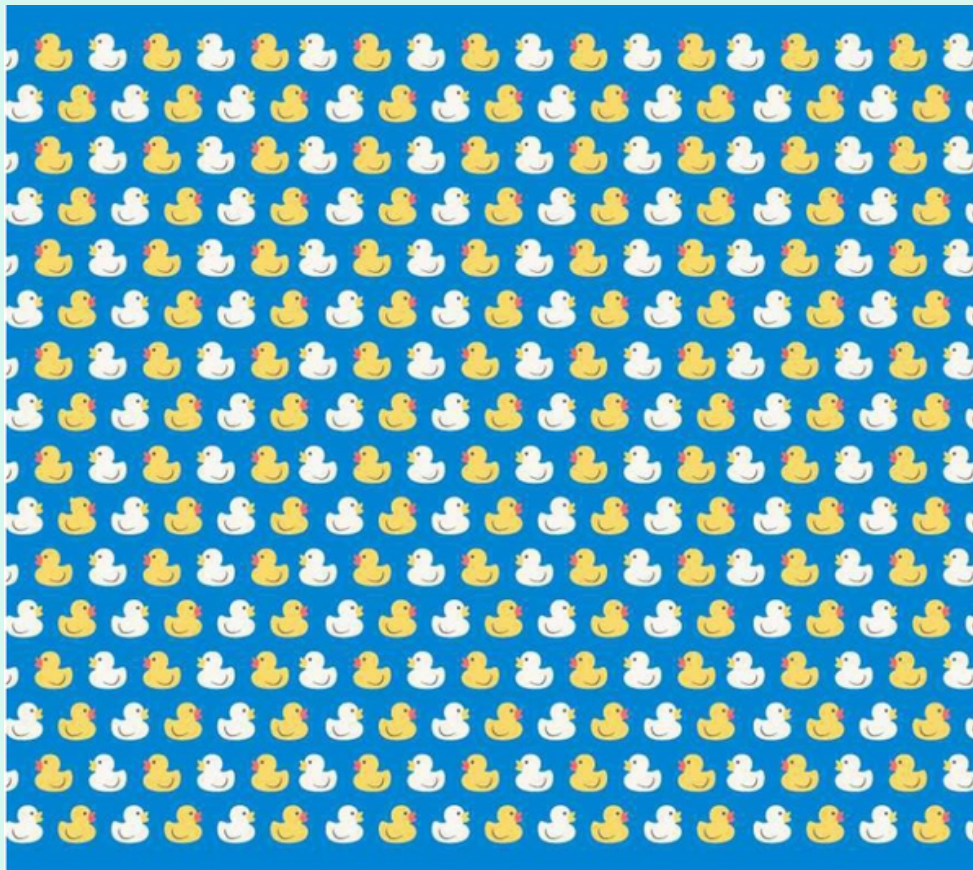
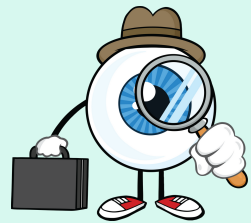
# WHAT DOESN'T BELONG?

We typically place enormous amounts of trust on our eyes.


After all, they show us things as they are on the outside, allowing us to assume what it is or does.


Remember - 'appearances can be deceptive'. Let's see if you're able to spot the one little ducky that's a tad bit different than the others!


Whether you find the ducky or not, make sure you take care of your eyes so that you can keep solving our puzzles!




Visual puzzles are good for your brain! They can sharpen your logical and reasoning skills!

 Spot the Difference: You hone your attention to detail, since you have to zero in on all the minute details in order to spot the differences between the two images which, at first glance, probably look identical.

 Find the hidden object: Our brains naturally try to "fill in the gaps," so to speak (the same way you can read what a misspelled word in a text is supposed to say), so completing this type of visual brain teaser requires you to slow down and look at items individually, rather than as a whole, to spot the hidden objects.

 What doesn't belong? - These games can help sharpen your attention to detail while encouraging you to think more critically about what you see.

 Rebus puzzles challenge both the left and right areas of your brain by combining language skills with critical thinking/logic skills, plus a dash of creativity, which is why they're so much fun (and so tricky!) to solve.



# World Thrift Day



**AAGAM SAGAR POKHARNA**  
Grade 7 C  
Hume Mc Henry School  
Pune

World Thrift Day is celebrated every year on the 31st of October worldwide, to promote savings and financial security of individuals and the nation as a whole.

It was established to inform people around the world about the idea of saving their money in a bank or in a savings account, rather than keeping under their mattress or at home!

In India, it is celebrated on 30th October. It is also known as World Savings Day. Some countries even have a public holiday on World Thrift Day!

Countries like Spain, the United States, and Germany celebrate World Thrift Day with much enthusiasm.

We all should save 10% of our income every month, so that we can live easily with the savings.

There are many options to save like Bank Fixed Deposits, Recurring Deposits, Mediclaim Policy, IT BeES, Silver BeES,

Gold BeES (Benchmark Exchange Traded Scheme), Shares, Mutual Funds and many more options!

Just like a lake is formed by one drop at a time, save a little money every day or every month, and watch it grow!

Save for today,  
it's safe for  
future!

The future is  
unpredictable,  
so make saving  
a habit!

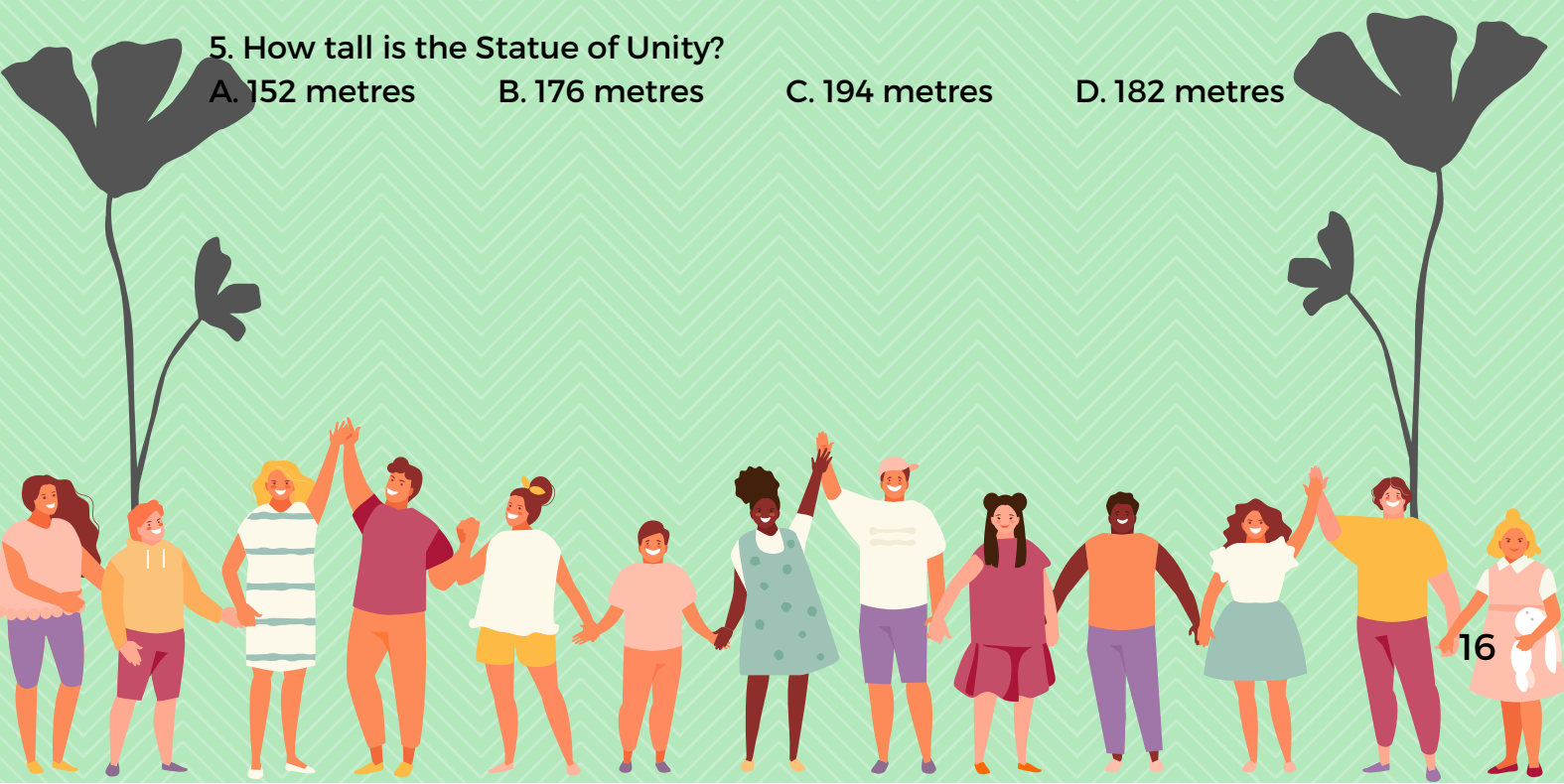


# National Unity Day

National Unity Day or Rashtriya Ekta Diwas is celebrated in commemoration of an important figure in our freedom struggle, **Sardar Vallabhbhai Patel**. Sardar Patel, also referred to as the **Iron Man of India** was responsible for ensuring the integration of several princely states, in an attempt to unite the nation. In Gujarat, his statue was erected as a reminder to every citizen to play equal roles in upholding the integrity, security and resilience of the nation.

On account of Ekta Diwas, here's a short quiz for you to rack your brains over. How well do you know the history behind this day?

1. Ekta Diwas 2022 marks the \_\_\_\_ birth anniversary of Sardar Patel:  
A. 141st      B. 147th      C. 143rd      D. 149th
2. The statue of Sardar Vallabhbhai Patel in Gujarat is named:  
A. Statue of Unity      B. National Statue of Unity  
C. Sardar Patel Smarak      D. Statue of National Security
3. The Statue of Unity is located in:  
A. Surat      B. Gandhinagar      C. Vadodara      D. Ahmedabad
4. The Sardar Patel Award is conferred upon individuals who've played roles in:  
A. National Security and Integrity      B. Human Rights  
C. Social Activism      D. All of these
5. How tall is the Statue of Unity?  
A. 152 metres      B. 176 metres      C. 194 metres      D. 182 metres





# MY FAVORITE GIRL!



On the occasion of International Day of the Girl Child, we had asked our readers to send their pictures with their favorite girls! Be it mom, aunt, grandma, friend, sister, any girl you really care about! Prapti shares this about her mom!



My mother's name is Dhanasshree. She is a very good mother because she loves me unconditionally.

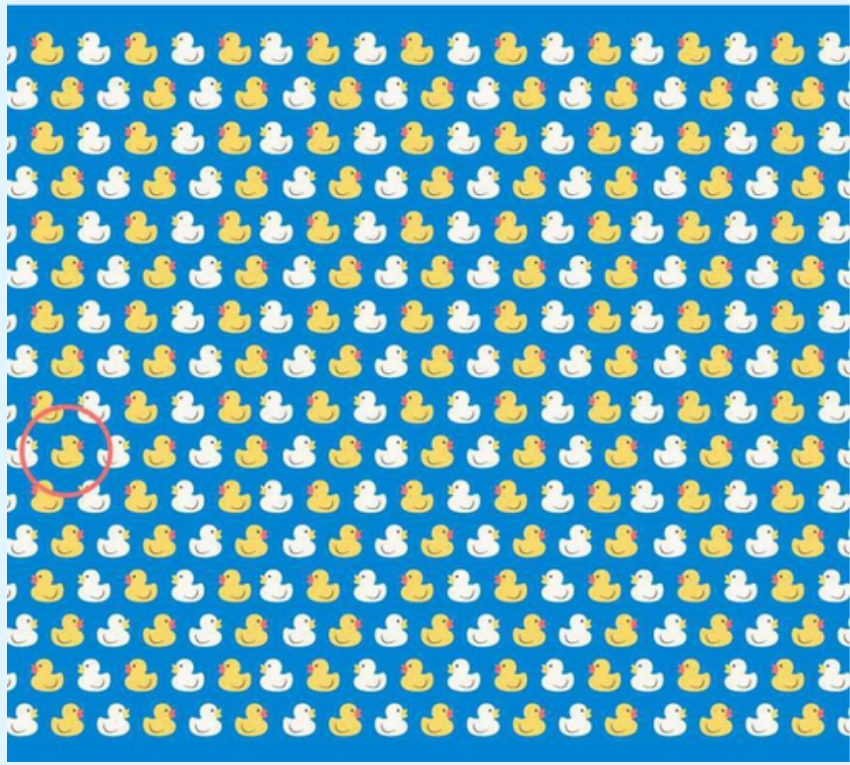
She teaches me how to behave with others and respect everything.

She also teaches me in easy ways like how to eat, study, pray and many more things.

I love my mother so much!!



What doesn't belong? Solution



Answers to Ekta Diwas Quiz  
1.B, 2.A, 3.C, 4.A, 5.D





# NOVEMBER EDITION!

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

On World Vegan Day, Share your favorite healthy vegan dishes and win prizes!

For children's day - Imagine a day where you don't have to go to school, and just do your favourite thing! How would you spend the day?

On world television day, tell us your favourite tv shows and what you like about them?

Write a short story, which should include these words - children, play, island, ship and coconuts! The best entry will receive a prize!

Do you love science and math? Send us any experiments or puzzles you love to do at home! Most interesting article will win a prize!

Stay tuned on our FB and Insta pages  
(@ngfkidsgalaxymagazine)  
for contests and activities and more!

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

**Last Date for Submission : 12th November 2022**

*Nanhaagyan's Kid's Galaxy Magazine*

**Founder :** Rommal Surana

**Editor :** Gayatri Bhasker

**Content:** Gayatri Bhasker, Afrah Iqbal

**Layout :** Gayatri Bhasker

For any feedback/queries/advertising, please contact :  
[kidsgalaxy@nanhagyan.com](mailto:kidsgalaxy@nanhagyan.com) or call - 6364264522.