

Kid's Galaxy

Dec 2022

*From Hands in Soil,
To Hands with Food*



**An Ode to
the Farmers
of India**

NANHAAGYAN FOUNDATION



370+ Counselling Sessions



540+ Workshops



17,530+
Handwriting Analyses



29,000+ 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.



20th Dec
Intl Human
Solidarity
Day

5th Dec
Intl
Volunteer
Day

10th Dec
Human
Rights
Day

18th Dec
Minorities
Rights
Day in
India

18th Dec
Intl
Migrants
Day

EDITOR'S NOTE



As the year comes to an end, we look back and feel that time passed us by so quickly! We may have had a great year, or maybe not so much, but looking back, it feels good that we made it this far!

December marks a number of 'days' that remind us to be grateful and thankful for the people around us! After all, we all do better by helping each other!

Christmas marks the birth of **Jesus Christ**, the Son of God, who taught us to **Love** our neighbors, the way we love ourselves. He taught us to **Forgive** others, the way he led his life of forgiveness. He taught us to show **Compassion** for all, and to help everyone - including the poor and downtrodden.

World Soil Day, reminds us, to be thankful to Mother Earth, and to conserve and protect it.

"Soil is not our property; it has come to us as a legacy. A land with rich soil & abundant water is the best gift we can offer to future generations" - Sadhguru

Kisan Diwas, reminds us, that without farmers, we won't be able to have a single meal on our own, and hence we should appreciate their efforts and have government policies that uplift them.

Human Rights Day, Human Solidarity Day etc, remind us to respect and nurture everyone equally, without judgements based on our differences. That's just the 'right' thing to do!

In this month of gratitude, let us be thankful for all the good things we have been blessed with, and be brave to face any challenges that come our way!

Warm wishes from everyone at Kid's Galaxy for a Happy New Year!



GAYATRI BHASKER
Mangalore

CONTENTS

Events

- 1** Happenings at Nanhaagyan

Articles

- 4** Thirukkural - Jai Kisan!
5 Cover Feature - Farmers
10 Just Join the Dots!
11 Dabble With Dobble!
13 Shamno Varunah
14 Goa Liberation Day
18 Nothing Can Top Mountains!
20 Play With Clay!
22 No-cook, Eggless Marzipan!

Artwork

- 15** National Pollution Prevention
Day
19 'Tis The Season!

A Friend in Need

- 3** Find your passion!

Story

- 21** The Life Changing Gift!

Rack Your Brains

- 8** No Pain, No Grain!
9 Spot The Angles!
12 Math Pyramid!
16 Conserve Energy!
17 The Mountains Are Calling
19 Lakshmibai History Quiz
20 Transport Spot the Difference!
23 Spot The Difference!
24 Help Santa Reach The Chimney!

HAPPENINGS AT NANHAAGYAN!

Our annual events - **Healing Lights Awards**, and **Prerna Interschool Competitions** concluded in spectacular fashion on 17th and 18th Dec, in collaboration with The Icon Public School, Ahmednagar!

A footfall of 5500 people, participation from 22 schools, and the prominent presence of Padmashri awardee **Mr. Popatrao Pawar** and **Mr. Narendra Firodia** as Chief Guests added a new dimension to the events.

We are thrilled to share that over 500 students participated in 13 competitions, across the two-day Kids' Festival! At the event, held at Icon Public School, various competitions like painting, elocution, storytelling, poetry recitation, classical dance, fancy dress etc. were held! The children gave several heart-throbbing dance performances which were well received by the audience! Prizes were awarded to the winners of various competitions, by the chief guests.

Healing Lights Awards were presented to all mentors and coaches, who have made remarkable contributions in the field of education with a selfless spirit. **Growth Icon Awards** were presented to those who consistently work to mould society in a better way in their respective fields.

Heartfelt gratitude for the love and support from The Icon Public School Director - **Ms. Aradhana Rana**, Principal - **Ms. Dipika Nagarwala**, and the entire staff, which took our collaboration the next level!

Sincere team efforts by **Ms. Priti Chetan Muthiyar**, **Ms. Shaileja Laddha** and **Mr. Shivam Punjabi** made the event successful at such a grand scale! We are happy to announce that **Mr. Shivam Punjabi** will be **Nanhaagyaan Foundation's Ambassador** in Ahmednagar!

Gratitude to Shantikumarji Firodia Memorial Foundation and Aakash as well!

HEALING LIGHTS AWARDEES:

SLD & Remedial Coaching

- Ms. Vinamrata Bhatia, Ms. Gagan Bagga, Ms. Sarika Anand

Edu Reform

- Mr. Ashok Sachdev, Dr. Purnima Kulkarni, Ms. Priti Dabade, Prof. Kavalin Bhasin

Sports Coaching

- Dr. Pranitaa R Tarrote, Mr. Mandar Madhu Desai, Mr. Santosh Sable, Ms. Sujata Ajay Sabban

Extra-ordinary Edu Supporters

- Ms. Mamta Waghmare, Mr. Bharat Ramesh Pawar, Ms. Mansi Bhagwat

Spirituality and Happiness

- Ms. Aarti Ladha, Mr. Chetan Dalvi, Dr. Hema Surana

Innovation in Education

- Ms. Geeta Parab, Ms. Ashwini Pansare, Mr. Sanjay Patil, Ms. Susan Sunny Abraham

Young Transformers

- Mr. Sandeep Kusalkar, Master Kushal Khemani, Ms. Divyanshri Munot

Parenting

- Ms. Manjju Kaira, Ms. Swati Rathi

Mental Health

- Ms. Monica Bhojkar, Dr. Meera S. Kulkarni, Ms. Manisha Gogle



Healing

- Mr. Vivek Nanivadekar

GROWTH ICON AWARDEES:

Ms. Aradhana Rana	- Excellence in Education and Consistent Innovation
Ms. Priti Muthian	- Excellence in Holistic Development of Children
Ms. Jagruti Oberoi	- Excellence in Social Work
Dr. Prachetan Potdar	- Excellence in Media and Communication
Mr. Dattatreya Paralkar	- Excellence in Virtual News Media and Newspaper
Ms. Aboli Ruikar	- Excellence in Innovation in Early Childhood Learning
Mr. Shivam Punjabi	- Excellence in Entrepreneurship
Ms. Shaileja Laddha	- Excellence in Mental Health and Counselling
Mr. Chetan Muthian	- Excellence in Youth Development and Social Work
Ms. Neeha Kedia	- Excellence in Spiritual Science



Follow us on   with the handle @ngfkidsgalaxymagazine!

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

A FRIEND IN NEED...



...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!

Allow passion to become your purpose and it will one day become your profession.”
- **Anonymous.**

This quote reminds me of Sugandha who I met in Dec 2019. Her father was a vegetable vendor, and due to their economic condition, she couldn't study beyond 10th grade. She also had a physical disability, paralysis below the waist.

She used to assist her father daily. At the end of the day, she would cut leftover or rejected vegetables in different shapes. She would chop or dice them evenly – as if she were using a scale to measure! In fact, cutting vegetables perfectly, became her passion!

I met her recently and couldn't recognize her at first! There was a tremendous transformation in her appearance. I was curious to know the cause!

"Didi, I am an entrepreneur now! I run a business of supplying customized cut vegetables to people!", she replied confidently.

"During the lockdown, people began trying out new dishes, even starting Youtube channels! But without house helps, many found chopping vegetables to be time consuming. That's where I spotted an opportunity to encash my passion!"

"I offered to cut vegetables in required styles and supply, and that clicked! We had a good demand and I even hired interns from hotel management as the workload increased! We supply to hotels now!"

"I have started online classes showcasing different cutting styles like **Brunoise** (Fine Dice), **Chiffonade** (Shredding), **Julienne** (Matchstick Cuts), **Macedoine** (Large Dice), and so on!"

"Whatever money I earn; I use it to upgrade my skills and help people!"

I was really impressed by Sugandha's efforts, ideas and confidence! Here are some simple mantras we can learn, from Sugandha's example!

- **Observe what you truly like to do, and makes you happy, excited - that's your passion!**
- **Don't let your disability seem like a disadvantage, it does not define your capabilities!**
- **Look around to see if your passion can cater towards a need in the market**
- **Plan a solution that will help you to use your passion as a profession!**



23th Dec
Kisan
Diwas!

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

Wherever you go whatever you do, you'll still be back home hoping for food. (#1031)

We may have other riches, but we must realize our dependence upon the tireless toil of the farmers for our survival. Whereas the farmers, being food producers, do not depend as much upon others for their existence.

Hands of farmers that toil for their meal do not receive from others, but give what others seek from them without hoarding. (#1033)

Valluvar appreciates the pivotal position farmers play in supporting the rest of them who do not engage in agriculture, **being like the linchpin to the chariot of this world (#1032).**

When we say, linchpin - though the pin in the axle is small and insignificant in size, if it fails, the entire vehicle will come to a standstill or crash! If there is no food produced, how can the rest of the people function and keep healthy?

Quality food items will ensure physical strength of the army/citizens and keep them prepared to face challenges. Farmers take this responsibility.

If farmers were to fold their hands and sit back without working, it would not be possible to even serve small portions to the renunciate minimalists who have no wants (#1036).

Our ancestors used to pay attention to prevent every plant from withering without water. They were closely associated with nature and empathized with the plant kingdom, cattle etc. We were predominantly an agricultural society.

Agriculture is slowly dwindling - yet very important. It is a labor-intensive occupation. One needs to be involved and devoted. **One who remains lazy stating that he does not have enough capital or resources to cultivate will be mocked at by Mother Earth (#1040). She will give fruits to those who toil hard.**

One time, Lord Indra got angry with the farmers and told them that there would be no rain for 12 years. The only exception being that it would rain if Lord Shiva played his Damru. One farmer continued to plough the land saying that farming practices would be forgotten unless practiced. Impressed by this, Goddess Parvati told Lord Shiva that he too should practice playing his Damru, else He may forget! He played. It poured and this one farmer alone benefited!

Before every meal, pray for the farmers' wellbeing and pray that their efforts are blessed with adequate timely rainfall, fertile soil etc. Respect food, share food and this will help the world to come out of poverty and starvation. Pray that every man gets his meal in this universe.

It is important to think about the efforts of farmers when we enjoy every meal and thank all those involved in bringing the grains, pulses, vegetable, fruits to our plate!



IF YOU ATE TODAY...



This is **Mr. Hoshenappa**, from Hangarige village in Bagalkote District in Karnataka, standing near his crop of corn. A typical day for farmers like him, starts very early in the morning, tending to the cattle, feeding and cleaning them. By 10 a.m., they are at their farm, toiling hard in the sun till dusk.

From seed to final harvest, they take care of everything. They till the land with tractors, sow the seeds, clear off weeds around the tiny saplings, apply required manure and fertilizers. They tend to their crops meticulously. Finally, they harvest the crop when it's ready, and take it to the market to sell.

Depending on the season, they grow Jowar, Mung Beans, Corn, Ground Nut, Chickpeas etc.

Some have borewells, so irrigation is taken care of, but for others, rain is the main option. If it rains too less, the crops don't grow well, and if it does, the weeds outgrow the crops in no time! Similarly, for some crops, continued sunlight for a week is important for their ripening. Any freak rain at that time, could spoil them! The quality of the soil also directly impacts the quality of their crop!

We buy a packet of chickpeas from the grocery shop, cook and enjoy it. If it gets left over, we may even throw it away. It hardly strikes us, to think about where it was grown, how it was transported and how it reached our homes!

Here are a few glimpses of the many things farmers have to do behind the scenes!



Farmers clearing out weeds from their jowar crops

...THANK A FARMER!

Weeding takes a lot of effort, and sometimes farmers use their oxen, or their bare hands to clear the grass! **Mr. Yemenappa**, featured below, has designed a de-weeding machine himself, using parts of a bicycle!

His granddaughter is seen helping him here, by running the machine, as he plucks the grass and other weeds from his green gram dal crop.



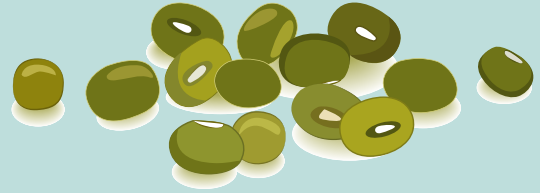
Once the weeds are cleared out, they're used as fodder for livestock. Ladies can be seen here carrying them on their heads.

One is awestruck to see the amount of hard manual labor, and effort that is put into bringing up a single crop during the growing season. Come rain or shine, farmers can't really take a day off, at this time!



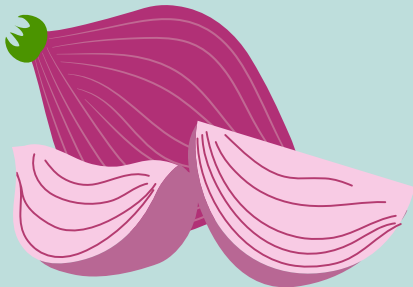


Green Mung Dal plants are short crops that grow in a span of 1.5 months. Can you guess how many grains of dal are there in each pod?



Onions being cleaned of dirt, spoiled layers etc. and packed into bags to be sold at the wholesale market.

Ladies of the village work on this together.



Left: Crops like peanuts, chickpeas, jowar etc, have to be de-husked.

Below: Once Jowar grains are removed, the husk is dried well and stored safely. The husk is then used as fodder for the livestock, when it doesn't rain. Usually, it doesn't rain for almost 4 months!



Let us appreciate the efforts our farmers put in, on a daily basis, and have gratitude for the food on our table!



NO PAIN, NO GRAIN!

Jack and Jill went up the hill to fetch a pail of water,
And left behind a lot of crops for you to look after!
But before you get sorting, you must know their names and since Jack and Jill are
away, you may have to first name these crops. Luckily, they've left behind a jumble of
letters for you to unscramble and find out. Go on, they'll be back any minute!



HAEWT - _ _ _ _



IREC - _ _ _ _



TOOTCN - _ _ _ _ _



GULEMES - _ _ _ _ _



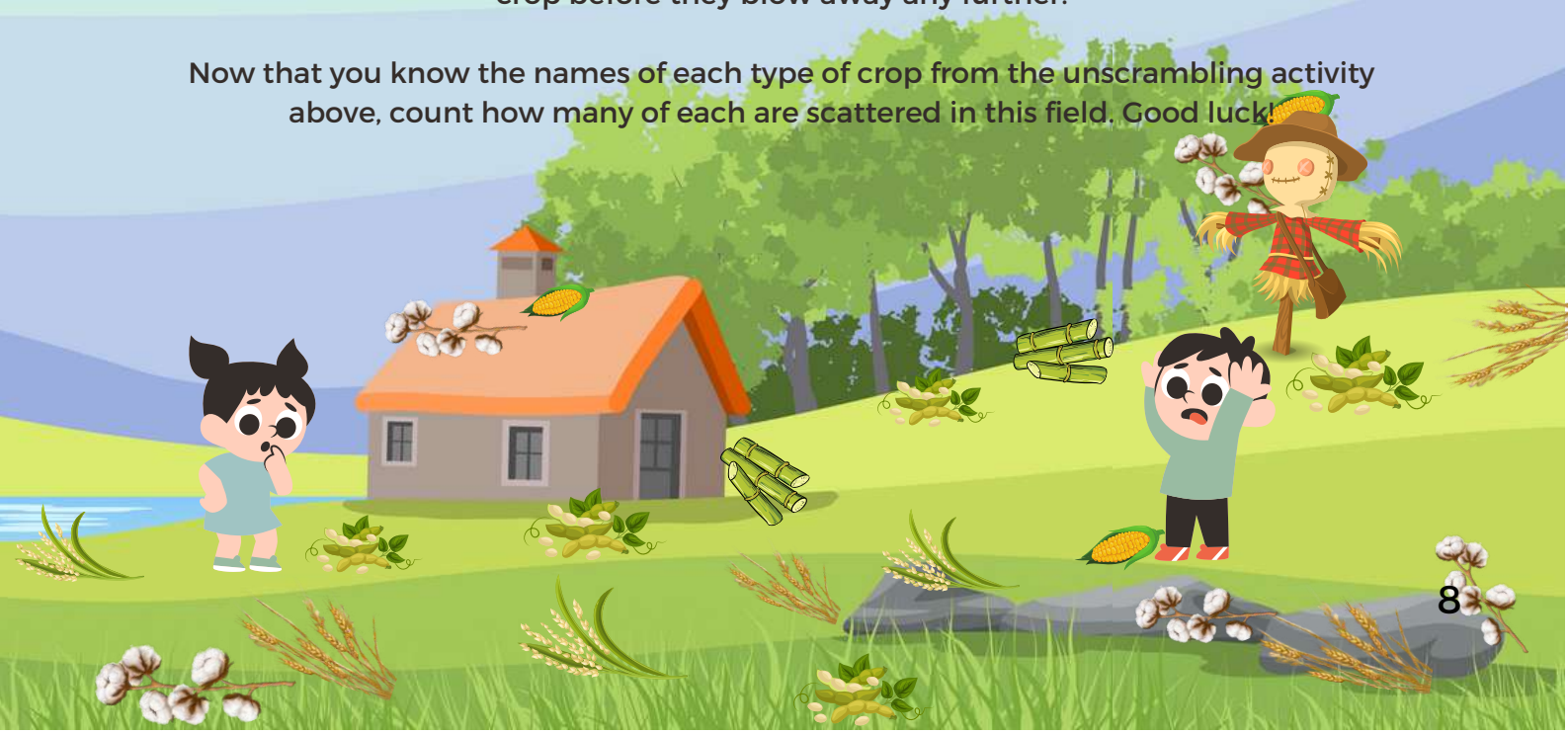
NECSRUAGA - _ _ _ _ _



RONC - _ _ _ _

As you finish unscrambling, Jack and Jill return but along with their joy of seeing all
the work done, they bring a strong gust of wind which causes everything to tumble
over! Surely you can help them sort everything back by counting the number of each
crop before they blow away any further!

Now that you know the names of each type of crop from the unscrambling activity
above, count how many of each are scattered in this field. Good luck!



NATIONAL MATHEMATICS DAY!

National Mathematics Day commemorates the birth anniversary of Srinivasan Ramanujan, a mathematician par excellence. In spite of no formal training in formal mathematics, he went on to significantly contribute towards complex mathematical concepts like number theory, infinite series, continued fractions etc.

Math exists all around us, we just have to look for it!

Can you spot the Acute angles, Obtuse angles and Right angles in these dance forms?



JUST JOIN THE DOTS!



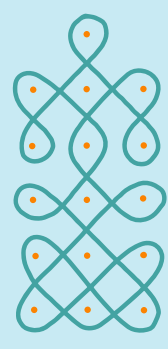
Kolam is a traditional decorative art form, prevalent mostly in Tamil Nadu. It is also called **Rangoli** in Hindi, **Alpana** in Bengali, **Muggu** in Telegu, **Pookalam** in Malayalam, **Rangavalli** in Kannada and so on.

It is usually drawn on the floor with rice flour, either outside the door, or within the pooja area, near the Tulsi plant, or near the kitchen stove. Apart from rice flour, it is also drawn using stone powder or chalk powder.

Kolams are believed to bring prosperity to homes. When drawn outside the house, the rice flour is mostly eaten by ants, birds and little animals like squirrels, thereby signifying the harmony and co-existence among humans and nature!

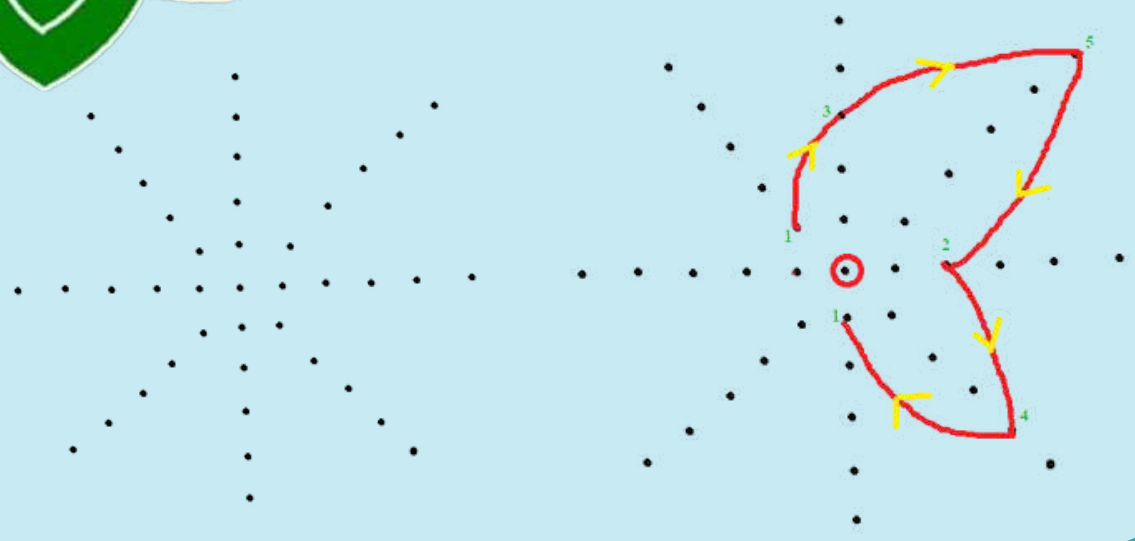
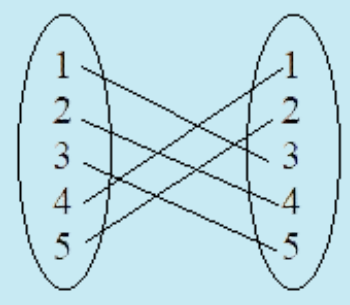
Kolam patterns often include dots, lines or free-hand patterns. Some depict flowers, birds, lamps etc. Others include geometric and mathematical patterns! Kolams depict maths in the form of symmetry, geometry, and use fibonacci number series as well! See! Maths is hidden in so many everyday things!

The Kolam here is a 'Hridaya Kamalam'. It is a sacred drawing symbolizing Goddess Lakshmi and is not supposed to be stepped on. It is drawn with 5 dots in each of the 8 directions, with a dot in the center. It uses the pattern 1-3-5-2-4-1 repeatedly to form a lotus! Try it for yourself!



A is a function, with elements $\{1,2,3,4,5\}$.

The elements of function A are mapped as $(1,3), (2,4), (3,5), (5,2), (4,1)$.



DABBLE WITH DOBBLE!



Dobble, or Spot It!, has been a much-loved game for kids and grown ups for many years now! The object of the game is rather easy – spot the matching symbol between two cards as quickly as you can!

A clever card-based game with 55 cards, 57 symbols in total, and 8 symbols per card, this game helps children improve their observation skills, memory, concentration and learn self-control!

It's marked for ages 6+, although younger children enjoy it a lot too!

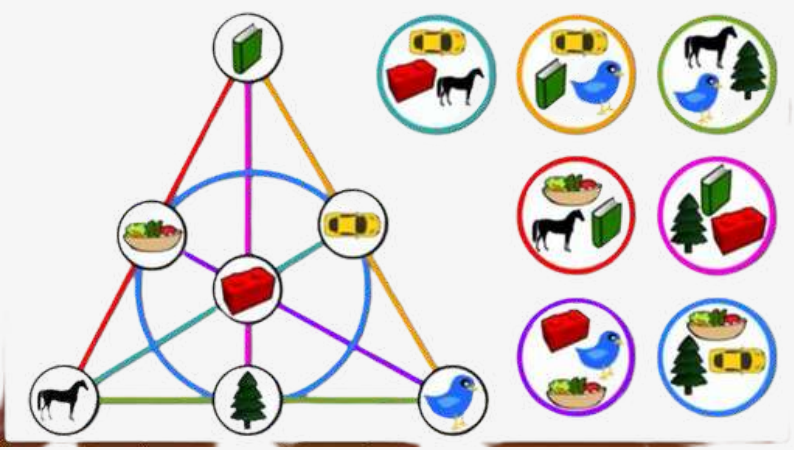
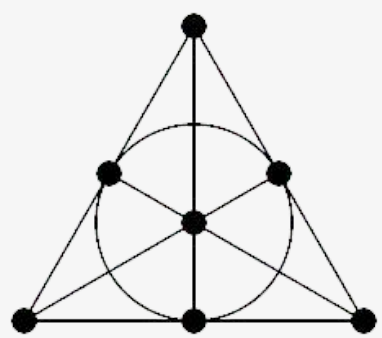
This seemingly basic game becomes really addictive and quite hard when you add speed to it! You can also play up to 5 mini games using the same set of cards, ensuring complete family fun!

One of the most intriguing aspect of this game is that there's only one matching pair of symbols between each and every card in a set! Can you imagine how the creators of this game - **Denis Blanchot, Jacques Cottureau** managed to do that? Let's take the path of Math!!

To explain it in really simple words, imagine making Dobble cards of your own, having 7 symbols. Let's use a FANO PLANE (a finite projective plane), which has some interesting properties –

- there are 7 points, and 7 lines connecting the points.
- Any two points are connected by exactly one line.
- Any two lines intersect at only one point.

Now assign symbols to each of the points, then each line determines one card!



Here's how 7 cards can be designed with 7 symbols having only one in common among each of them! Dobble is also based on a similar construction!

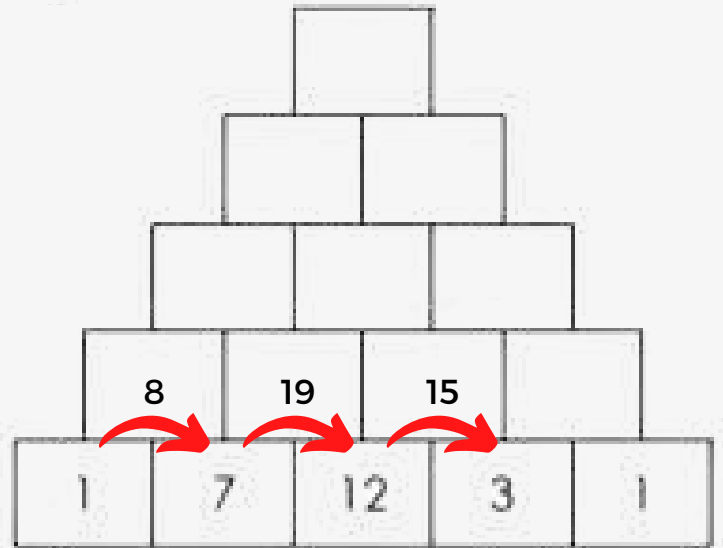
Math can be found everywhere around you! Now that you saw its use in a very commonly played game; doesn't it seem all the more interesting?

HOW TO SOLVE A MATHS PYRAMID?

To solve a Maths Pyramid, you must simply add adjacent numbers in each row and write their sum on the box directly above them.

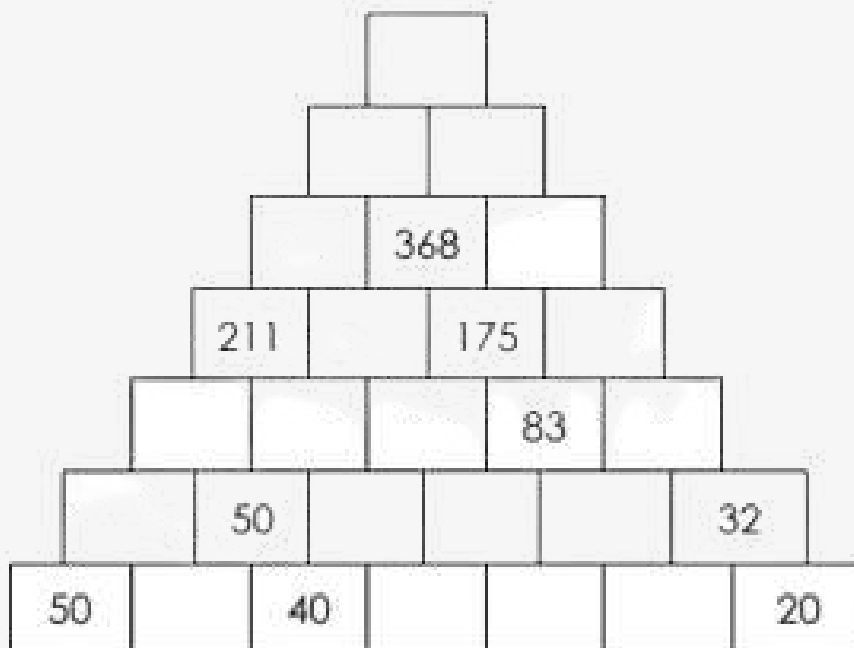
For example, in the given Pyramid, you would add 1 and 7, which would give you 8, and write it directly above 1 and 7.

Similarly, you would add 7 and 12 to get 19, which you write in the box given above them.



All clear? Why don't you give it a try?

Here's a slightly taller Pyramid for you to find your way up to. How far do you think you can go? Solve on to find out!



SHAMNO VARUNAH



Shamno Varunah (May the God of Water, Varuna protect us) is the motto of the Indian Navy. The phrase was adopted at the suggestion of Chakravarti Rajagopalachari, the first Indian Governor General of Independent India.

Indian Navy Day is celebrated on every 4th of December, to commemorate the Navy's success in Operation Trident - held during the 1971 India-Pakistan war.

This year, a new design for the President's Standard and Color and Crest for the Indian Navy was unveiled during the Navy Day celebrations at Visakhapatnam.

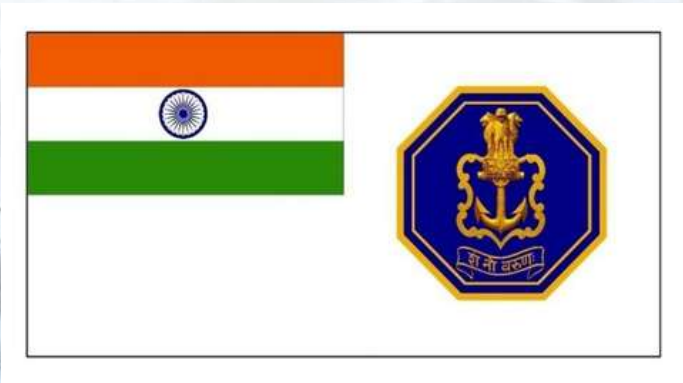


The new ensign crest of the Indian Navy is depicted on a navy-blue background encompassed by a twin gold bordered octagon representing the royal seal or Rajamudra of Chhatrapati Shivaji Maharaj, one of the prominent Indian kings with a visionary maritime outlook, who built an impressive Naval Fleet.

The anchor inside the octagon, which was earlier a "foul anchor" - entangled in a nautical rope - was replaced with a "clear anchor" - "underscoring the steadfastness of the Indian Navy".

The Navy Blue colour of the octagon depicts the blue water capabilities of the Indian Navy. The twin golden borders draw their inspiration from Seal of Chhatrapati Shivaji Maharaj. The octagonal shape also represents the eight directions (four cardinal and four inter cardinal), symbolising the Indian Navy's global outreach. It also stands for good fortune, eternity, renewal and draws positive energy from all directions!

The President's Standard and the Color are awarded to static and mobile formations of the Indian Navy, respectively, to acknowledge their distinguished and meritorious service.



GOA LIBERATION DAY

Did you know that while we may have got freedom from the British in 1947, there was another group of colonizers who were rather reluctant to let go of Indian territories, and were presiding over some up until 1961?

They were none other than the Portuguese, who refused to give up control of Goa, Daman and Diu despite India becoming a free, independent nation.

It all started with Vasco da Gama who was voyaging around the Cape of Good Hope and landed on the west coast of India in 1498.

During his voyage around Africa that led him to India and back, he was thought to have covered a distance greater than the length of the equator itself!

- If you think the Mughals ruled India the longest, you'll be stunned to know that the Portuguese were far ahead of them. While they didn't exactly take over all of India, the Portuguese went on to be in India for an astounding 451 years!
- When they refused to relinquish control of the territories they controlled, the then Prime Minister, Jawaharlal Nehru decided those territories would have to be taken back using brute force.
- And so came into force Operation Vijay, that involved days of the Indian Army's assault onto Portuguese forces, along with help from local resistance groups until the Portuguese finally gave up control and left India in 1961.
- Interestingly, Operation Vijay was also the name given to an important operation in the Kargil war, to fend off infiltrators!



PREVENTING POLLUTION... IS A SOLUTION!



National Pollution Prevention Day is observed in memory of the tens of thousands of people, who lost their lives due the inhalation of the poisonous gas - **Methyl Isocyanate** in Bhopal, on the night of 2nd-3rd December 1984, due to a gas leak. The Bhopal Gas Tragedy is considered as one of the biggest industrial pollution disasters.

During the lockdown, we could see for ourselves, how soon our skies and rivers cleared up! We can't stop using vehicles or shut down factories, but we can surely be more careful, and make a positive difference to nature around us!

Here are some readers' contributions to reiterate how imperative it is, to reduce pollution, and be aware of the importance of fresh air and healthy living!



LATIKA PATHRABE
Nagpur



OJASVI JOSHI
Nagpur



VISHAKHA NIMR
Nagpur



SONIYA CHAUDE
Nagpur





CONSERVE ENERGY!

In India, National Energy Conservation Day is observed every year on 14th December! Here are some simple questions to refresh your memory on why it's important to conserve energy!

1. What is the most widely used energy resource in India?

- A. Wind
- B. Geothermal Energy
- C. Coal
- D. Solar Energy



2. What is the most widely used energy resource in India?

- A. Driving fewer miles by taking a shortcut to work
- B. Bathing for a long time
- C. Turning the thermostat down in the winter months
- D. Unplugging the toaster when it is not being used

3. Why is National Energy Conservation Day celebrated?

- A. To generate awareness about the importance of saving energy.
- B. To emphasis wasting energy
- C. To stand against the production of Energy
- D. All of the above.

4. Which of these is not a renewable source of energy?

- A. Wind Energy
- B. Natural Gas
- C. Solar Energy
- D. Hydropower

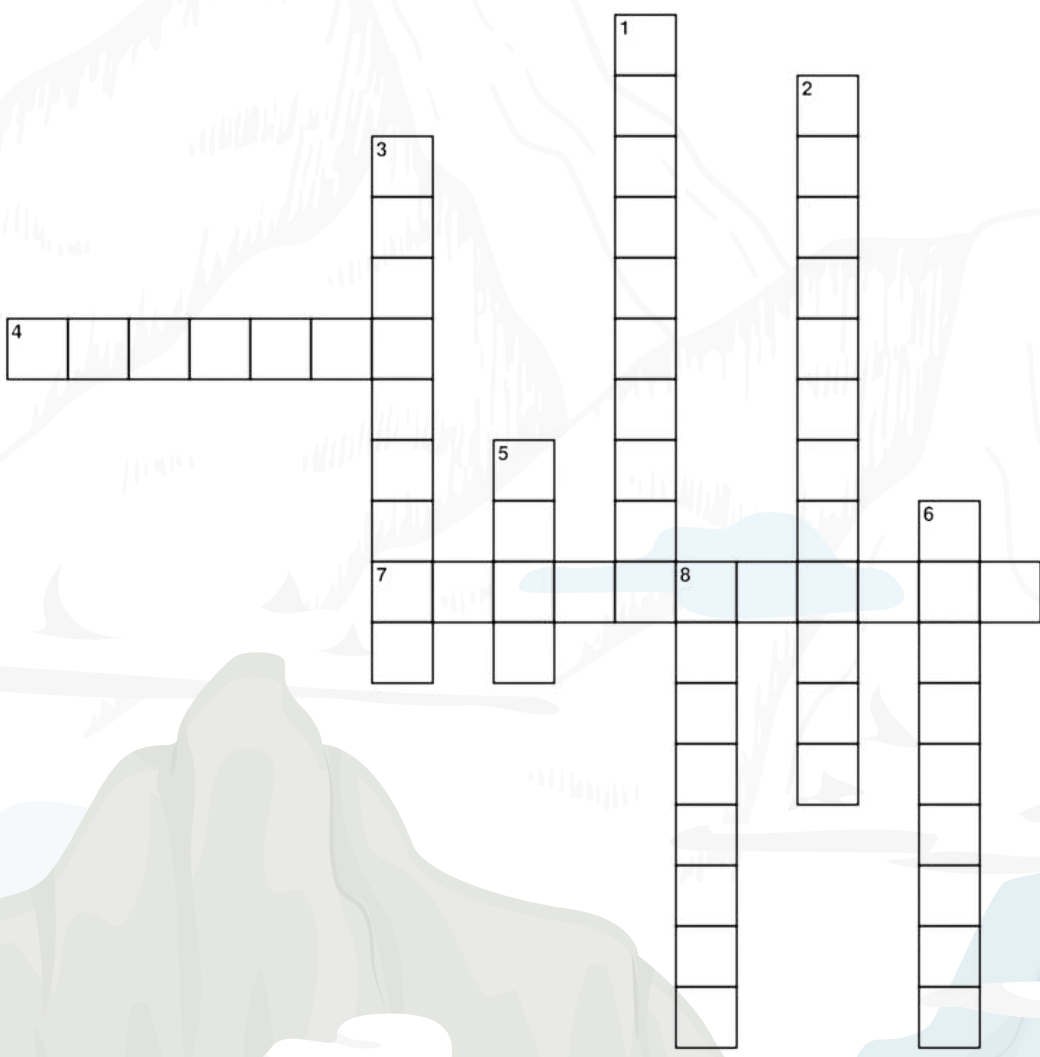


5. Which energy source uses the kinetic energy from falling water?

- A. Geothermal
- B. Hydroelectric
- C. Biomass
- D. Solar



THE MOUNTAINS ARE CALLING!



Across :

- 4. Home to several famous national parks like Kanha, Pench and Bandhavgarh, in North India.
- 7. Situated in North America, they are home to thick forests and rocky terrains and hiking trails

Down :

- 1. Also called Eastern Himalayas
- 2. A biodiversity hotspot, that runs along India's west coast
- 3. Home to the tallest peak, Mount Everest, and stretches across India, Pakistan, Nepal and Bhutan
- 5. The highest and most extensive mountain range in Europe, and a popular tourist attraction in Switzerland
- 6. It is the second highest range in the world and is home to the K2 mountains
- 8. Runs in northern India and is believed to be the oldest mountain range

NOTHING CAN TOP THE MOUNTAINS!

HATTA MOUNTAIN- DUBAI, UAE

Shiza Fatima
Abu Dhabi

My passion is being close to nature and that's one reason why I love mountains. To me there's nothing quite like an adventure in the mountains, being surrounded by nature's giants. The mountains give us time to take a moment to be in awe of the natural beauty of the world. Watching the sunset from a mountain would be the best. I find deep peacefulness when spending time on a mountain. I believe mountains are one of the best creations on mother earth



Aarohi Malwankar
Grade 2
GG international school (GGIS)
Pimpri

APHARWAT PEAK

This is the first time I saw a snow mountain and that too the highest mountain in Kashmir! We had visited Gulmarg in April and this pic is at Phase II Apharwat Peak at 13500 feet! I loved playing in the snow, skiing on the snow mountain and riding snow bike with my mom. It was so so cold but I was enjoying very much that I just felt that I could touch the sky since I was on top



'TIS THE SEASON!

We can't talk about December and not talk about Christmas! The colorful, glittery decorations, wearing red-white-green colors, enjoying winter carnivals - The holiday season is full of fun and good cheer!
Celebrating the arrival of baby Jesus, and anticipating Santa's gifts, can it get any more exciting?

We have our little friends here, sharing some of their Christmas cheer with us!

Jiyan and Naitry made beautiful Santa themed greeting cards!



JIYAN JIMIT SHAH (NURSERY B)
Amarjyoti Saraswati Intl School Bhavnagar



NAITRY
Amarjyoti Saraswati Intl School Bhavnagar

Avyukth shares a glistening ornament on a Christmas tree!



AVYUKTH BALA
Grade 3
PSBB, T Nagar,
Chennai

Christmas is Shiza's favourite time of the year!



SHIZA FATHIMA
Abu Dhabi, UAE.



PLAY WITH CLAY!

Christmas holidays are all about sharing some fun times together! Here, we have Mrs. Jahnvi Shah, who helped her son Mivaan make Santa from clay! She has some cool things to say about clay too!

Playing with clay is the most fulfilling activity for kids. But did u know it is also an enormously beneficial to child development?

It helps to increase the children's creativity.

- ➔ It boosts their self- esteem.
- ➔ It increases their power of imagination.
- ➔ Develops eye and hand co- ordination.
- ➔ Clay offers tactile and visual sensory learning experience.
- ➔ Rolling with palms & fingers, pressing, moulding & forming clay strengthens their muscles.
- ➔ Increases their concentration power.
- ➔ It increases their social interaction.
- ➔ Helps them in problem solving.

Sometimes it's difficult to make kids sit for learning tricky subjects like math but clay dough is an amazing tool for teaching children numbers, shapes, counting etc.

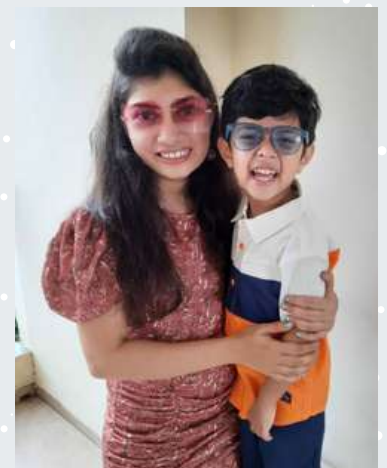
- ➔ With the help of clay dough, you just need to write numbers or make shapes than see how easily they remember it! You will be surprised!
- ➔ Learning through creativity is the best way to introduce academics to kids.
- ➔ Last but not the least, it prepares them to hold pencils and scissors later on!

So, in short CLAY increases:

- C-CREATIVITY
- L-LEARNING
- A-ADAPTABILITY
- Y-YEARNING TO PLAY MORE!



MIVAAN SHAH Nursery
Amar Jyoti Saraswati Intl School
Bhavnagar





THE LIFE CHANGING GIFT!

Long time ago, there lived a poor, hardworking farmer who had a son called David. He was always worried about David's performance in **Math**. Every night, the farmer explained the topics taught in class, but David paid no interest.

Time passed and, in a few months, it was time for Christmas. David was extremely happy for Christmas as he would get gifts from **Santa** and this was one of his favorite days in the year.

The day arrived, and many celebrations took place in the village. Everyone was hunting for gifts. But no one found any! Everyone was sorrowful and all the kids had tears filled in their eyes.

The people checked the news and to their surprise, discovered that Santa's sleigh had broken due to the heavy load of gifts! But the good news was that Santa promised the gifts would be delivered to everyone by midnight! Everyone was relieved!

Santa made a plan to travel through an **aeroplane** and by a **ship** which took a long time but was a success! Then he arrived at David's home where he left a special gift. He finally delivered all the gifts by midnight!

The next day everyone happily opened the gifts, but when David saw under their Christmas tree, he didn't find any gifts.

"Dad, Dad! I can't find my gifts!", he cried.

His father replied, "Son, Santa must have forgotten...don't be sad."

David sadly went to his room. His father felt bad for David but left for work. As he was ploughing the **soil**, he found something wrapped in shiny paper with a message -

Dear David, I am Santa...I have given you a special gift, Merry Christmas!

The father was curious to know what the gift was, but happily ran to his son saying, "Son, I found it, I found it! Your gift is here!"

David jumped with joy and unwrapped the gift but with just one look, and he threw it away.

"What is this, is this a gift?"

The father looked and said, "Wow! It's a math book which seems to be fun, you can't throw it like that!"

He left the room and continued his work. David opened the book out of boredom and actually, he found it to be very interesting and easy!

When his father called him for lunch, he was delighted to see David solving problems and sums from the book!

After a few months, David started performing really well in Math and it had become his favourite subject too. Eventually, he topped in math not only in his section, his grade but the whole school! His father was proud of him. David was too!

**MORAL - One should always try once, before giving up!
Hard work and dedication always pay off!**



NO-COOK, EGGLESS MARZIPAN!



Marzipan is a popular sweet prepared during Christmas in most Goan and East Indian homes! These beautiful and dainty, colorful bite-sized treats were quite a temptation!

Marzipan (pronounced as mah-zuh-pan) is a sweet paste made from ground almonds, sugar, and egg whites. It is also known as almond candy dough.

It is often colored and molded into different shapes, or used to cover traditional Christmas fruit cakes, wedding cakes, Battenberg cakes, etc. The cake is covered with a layer of marzipan and then with a layer of fondant.

It is also made into a sweet/confection/candy and sometimes coated with chocolate to make marzipan chocolate.

Marzipan is popular in most European countries. It was introduced to Goa through the Portuguese since it was a former Portuguese colony!

But unlike the European version that uses almond meal, the Goan version is made with cashew nuts!

1. Grind/Pulse 200 grams (1.5 cups) of cashews to a fine powder, in batches. Sieve to ensure there are no big chunks.
2. Add 200 grams of icing sugar (1 & 1/3 cups + 2 tablespoons) to the ground cashew nut powder and mix until well incorporated.
3. Add 1/2 teaspoon of almond extract and 2-3 teaspoons of warm water. Mix well using a spatula.
4. Add more warm water, a teaspoon at a time, and bring the dough together using your hands (around 2 tbsp).
5. Divide the dough into equal parts and mix in your chosen food colors.
6. Shape and mould! Then let it out to dry on parchment paper for 6 - 8 hours or overnight!



Recipe credits -

FREDA DIAS

@aromatic_essence77 (instagram)

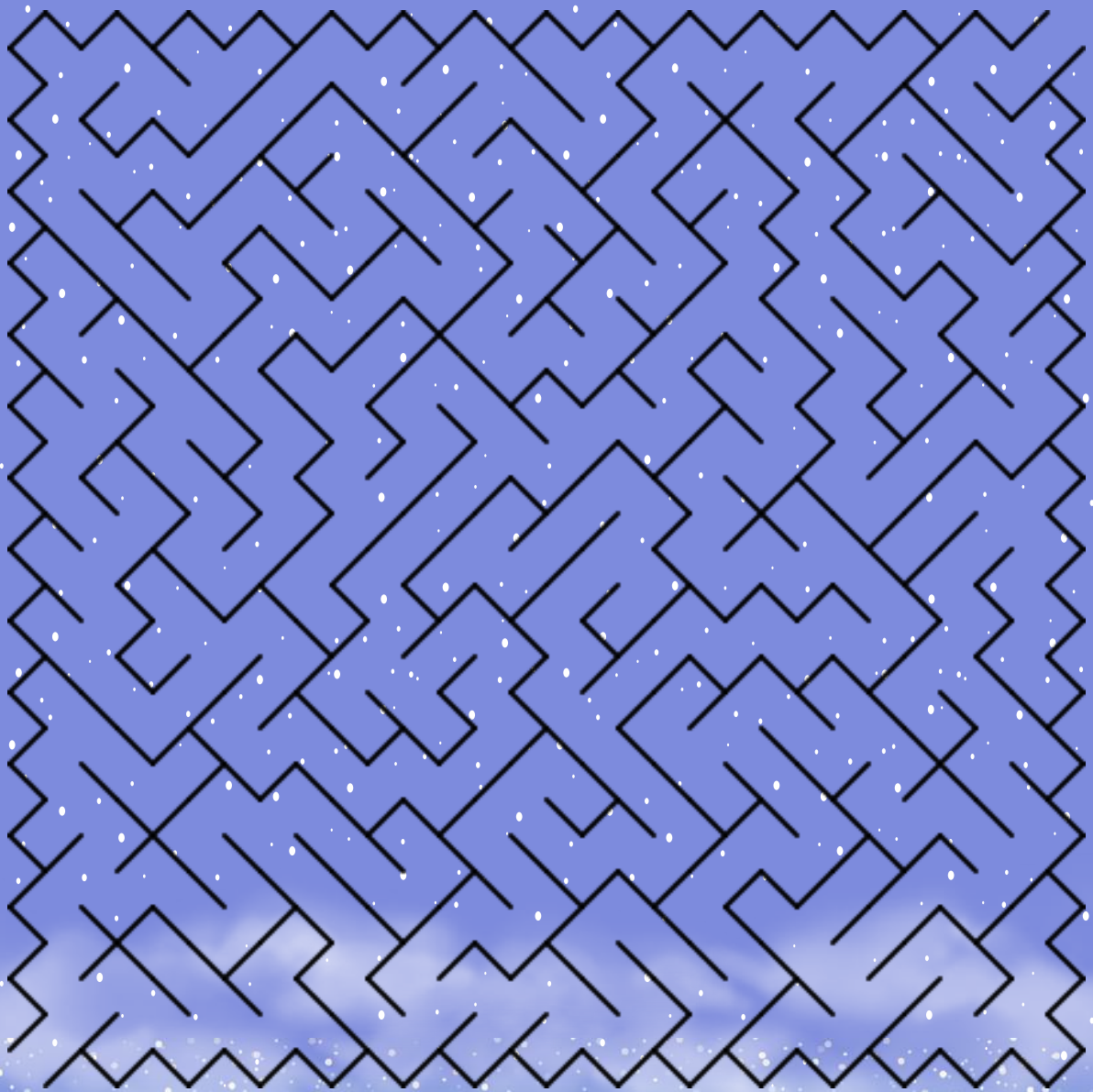
<https://aromaticessence.co/marzipan>



SPOT THE DIFFERENCES!

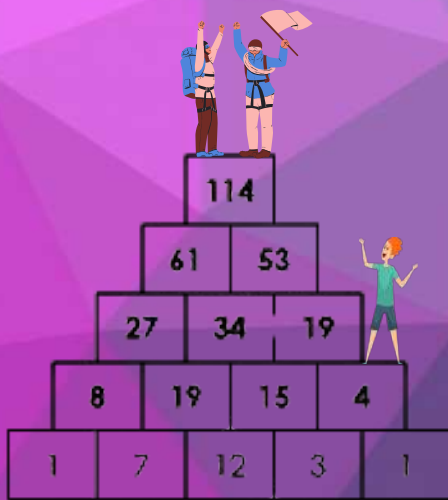


SANTA NEEDS YOUR HELP TO REACH THE CHIMNEY!

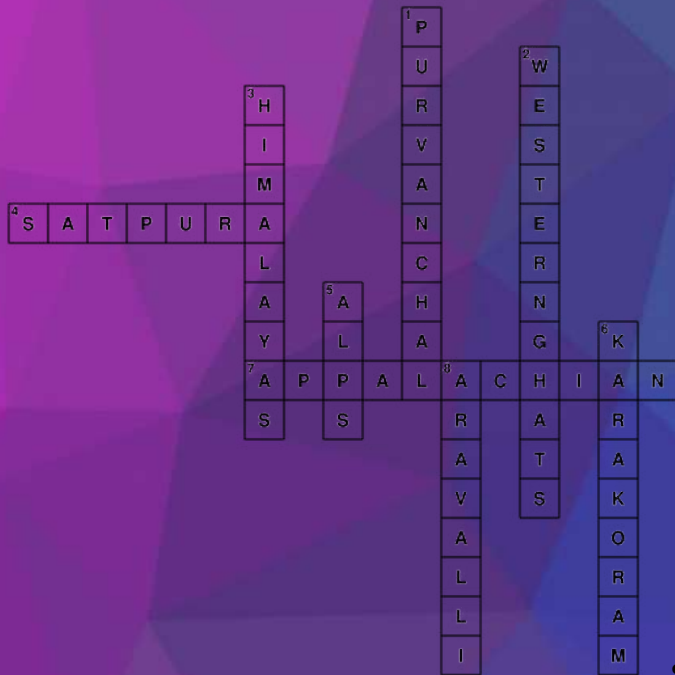


Answer Corner

Solution for Maths Pyramid



Solution for Mountain Crossword



Solution for Maze



Solution Spot the Difference



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

Send in your entries to **kidsgalaxy@nanhagyan.com**
along with your Name, Grade, School Name, City
and your photograph!

Nanhaagyan's Kid's Galaxy Magazine

Founder : Rommal Surana

Editor : Gayatri Bhasker

Content: Gayatri Bhasker, Afrah Iqbal

Layout : Maulik Mistry, Gayatri Bhasker

For any feedback/queries/advertising, please contact :
kidsgalaxy@nanhagyan.com or call - 6364264522.