

Kid's Galaxy

Jan 2023



Young
Leader of
the month!

Cover Feature!

DIVYANSHRI MUNOT
SOWING SEEDS OF LIFE!

NANHAAGYAAN FOUNDATION



370+ Counselling Sessions



540+ Workshops



17,530+
Handwriting Analyses



29,000+ Happy People



40+ Schools
Kid's Galaxy Readers



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NANHAAGYAAN 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**

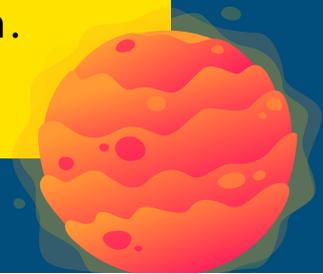
Because all great things are generally simple.

• **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

January is a very interesting month of the year! It is supposed to have been named after Janus, the God of new beginnings. He is depicted as having two faces, both looking in the opposite directions, thus having the ability to see the past and the future! As we bid adieu to the past year, we also welcome the new year, bringing new hope and opportunities with it.

In this edition, we pay homage in our own way, to several visionaries and patriots born in January, who gave their everything towards their cause. Their passion, dedication and sincerity helped them achieve great heights in spite of the many challenges they came across.

The first thing to learn from them is to have faith in ourselves, and not doubt our abilities. Failing is also fine, as long as we try first!

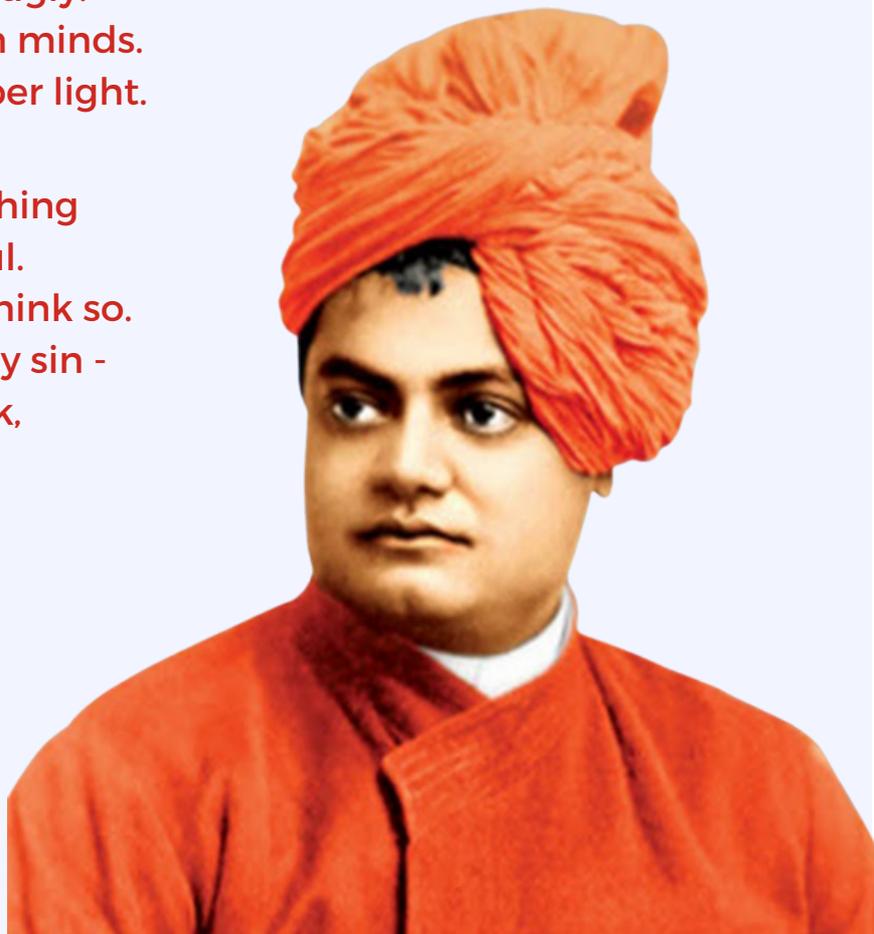
Swami Vivekananda was a young, inspirational leader, who left behind a treasure of thoughts that continues to resonate with each one of us. Here are some of them, for us to live by!

**It is our own mental attitude which
makes the world what it is, for us.
Our thoughts make things beautiful,
our thoughts make things ugly.
The whole world is in our own minds.
Learn to see things in the proper light.**

**Never think there is anything
impossible for the soul.
It is the greatest heresy to think so.
If there is sin, this is the only sin -
to say that you're weak,
or others are weak.**



GAYATRI BHASKER
Mangalore



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HAPPENINGS AT NANHAAGYAAN!

December 2022 culminated on a grand note with the **Prerana Competitions and Healing Lights Awards!** Continuing on the same high, our Founder/Director, Mrs. Rommal Surana has accumulated several feathers in her cap this month! Here are a few glimpses!

Nirmitee awards are given to people working with or towards Sustainable Development Goals (SDG). We are proud to state that we were selected for this award in the field of Quality Education. **The awards were organized by Skilletz Foundation and Tilak Maharashtra Vidyapeeth.**



Nanhaagyaan Foundation also got recognition in Ahmednagar for consistent work in the field of mental and emotional health. The recognition was given by **Savapreet Foundation** which works for social causes.



Mrs. Rommal Surana also moderated a Panel Discussion on Conventional and Contemporary Methods of Education.



Nanhaagyaan Foundation was also a trophy sponsor for the **TEDx Season Street** event!



Nanhaagyaan Foundation strives to make a positive difference in society! We thank you for all the appreciation and encouragement!

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! Send in your questions to kidsgalaxy@nanhagyan.com!

How does your parenting sound?

Yes! As parents, your words - their intensity, and frequency while communicating with your child - make a lot of difference.

"If my child climbs that tree, he will fall and break his neck!"

"If my child fails this exam, she won't do well in school!"

"If my child gives up, he will become a quitter for life!"

When children keep listening to statements that express fear, what impact will it create on their development? **This fear generates fear, anxiety, doubts, and low confidence in a child.** As a result, the child starts believing that the world is dangerous, and they need to be extra cautious at every step. They live in constant fear.

As parents, we all want our children's safety. We also want to give them a happy and safe environment for their holistic development. In this case, we need be to calm, courageous, and confident about children and their abilities. I am not denying that we should stop worrying about them. Rather, we should stop overreacting and develop confidence in the capabilities of children.

How do we shift our focus from fear to calm outcomes?

1) Avoid giving constant NO answers- "Don't do this!", "Don't go there!", "Don't touch this!", and so on. Yes, don't do this! **Talk to your child about the consequences of the activity.** Let them take the final decision.

In case the child is small, be there when the child wants an experience. For example, if a child wants to climb up a tall tree, instead of saying no immediately, be present there and allow the child to go to a certain height as a calculated risk. This calculated risk helps the child to grow and imbibe confidence.

2) Avoid assuming the worst in the future - "My child scored just 5 out of 20. I don't how she will complete his education!", "My child does not sit in one place, how will he study!" Thinking so far ahead will not help. **Find ways to help them and trust their abilities.**

3) Stop watching your child so closely - Instead of hovering over them, give them some space to explore. Develop their confidence by saying - **"You will be fine even when I am not around."**



HIGH ENERGY KIDS? TRY THESE EXERCISES!



Mr. Amol Ahire is a **certified Athletics Coach & Fitness Expert at the Sports Authority of India, National Institute of Sports, Patiala, Punjab**. Here, he shares with us some useful exercises to help channelize children's energy in a positive direction!

Shuttle Run

Shuttle Run helps to build speed and agility. It also builds and strengthens lower body muscles. Over time, overall fitness levels improve.

4x10m Shuttle Run is a test used to measure an individual's agility. This test involves running back and forth between points A and B, 10 meters (33 feet) apart in 4 repetitions for a total shuttle run distance of 40 meters (4*10m) while being timed.



Jump Squats

Jump Squats help in strengthening the muscles in the legs, including the quadriceps, calves, knee joints and hamstrings. They also help in improving flexibility in the lower body.

1. Stand with your feet shoulder-width apart and the toes pointing slightly outward.
2. Bend your knees pressing your hips back as if you were going to sit back on a chair.
3. Pushing through the heels, jump straight up.
4. Land with your knees slightly bent and go back into the squat position.
5. Repeat until the set is complete.



Plank Exercises

The plank strengthens your spine and abdominal muscles, which naturally results in a strong posture. Developing your posture can improve a number of ailments and prevent the onset of new ones.

1. Lay on the floor with your elbows under your shoulders, hands flat on the floor.
2. Keeping your forearms and knees on the floor, slowly raise yourself upwards until your body is in a straight line from your knees to your head.
3. Hold the position for as long as you can.



Skipping

Skipping is one of the best exercises for working out the whole body. It improves balance, agility, and coordination as well!

Choose the right rope –that’s not too long and reaches nearly the shoulders when folded in half. The ropes should have comfortable handles with good grip – neither too light nor too heavy.

1. Stand up and hold the rope handles in both hands.
2. Extend the hands and forearms a foot away from the body at an angle of 45°.
3. Step over the rope; the rope will hang behind.
4. Without moving the hands, use your wrists to swing it over the head.
5. Hop over when the rope comes towards the front of the feet.
6. Use the ankles, but do not bend the knees, to jump.



For safe exercise, pick up a comfortable pace!



DIVYANSHRI MUNOT

YOUNG LEADER & ENVIRONMENTALIST



During the Covid-19 pandemic, many families lost their loved ones and everyone was in despair. At such a time, **Mr. Gautam Munot**, owner of **GCM Ventures**, and a **social entrepreneur** from **Ahmednagar** started a tree plantation campaign, with the theme - "**A Tree in the Memory of Our Loved Ones**". People responded positively and it was appreciated by different strata of society and social organizations. Through his non-profit, **Touch Foundation**, around **5000** oxygen generating trees like neem, tamarind etc. were planted, and over **4 lakh** seeds were distributed.

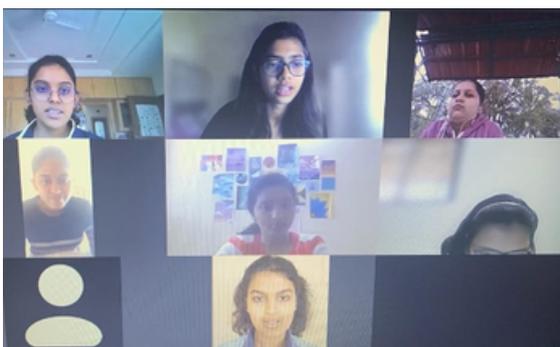
The novel idea offered homage to the departed, solace to the ones left behind, and also gave back to nature.



Any social project cannot be completed without the help of others, without the participation of people. And if people close to you participate, it is even more inspiring. Along with Mr. Gautam Munot, his family also participated in the drive.

His daughter **Divyanshri Munot**, encouraged her friends to join in, and 20 of them formed the '**Youth Brigade**' of Touch Foundation!

They dove right in - creating posters for spreading the word, reaching out to people from different walks of life and educating them about the importance of having more plants and greenery around. Sometimes even small actions can bring about big changes!



Divyanshri got her team together over zoom calls, planning and sharing tasks. The young & enthusiastic teens took an oath to take the "**A Tree in the Memory of Our Loved Ones**" drive ahead.

Divyanshri, Aditi, Ansruta, Akanksha, Gauri, Geet, Kavish, Komal, Mahi, Parsh, Prisha, Raj, Sakshi, Shreya K, Shreya T, Surbhi, Sarthak, Swayam and Tanishq, pledged to make their city greener & cleaner!

Mr. Munot had not only helped in tree plantation, but through his gesture, he also sowed seeds of community service, environmental consciousness and compassion in Divyanshri and her friends.

The Young Brigade are known for their sense of responsibility, enthusiasm to spread awareness, happiness in their hearts, and smiles on their faces! They prove that there is no fixed age to do good work!

The success of the previous year's drive boosted the foundation's confidence and they strove to achieve more milestones! This time, Divyanshri took the lead, in coordinating with several volunteers to make the campaign a success. The theme was "A Tree for Mee". Right from ordering seed papers, packing, deciding appropriate venues, canvassing... the Young Brigade worked tirelessly. The campaign was a great success! Here are a few glimpses of their hard work!



Their commitment to the cause was appreciated by Radio City 91.1 FM and they were invited to share their experiences! They were also invited to the Chaitra Shobha Yatra walk on the occasion of Gudi Padwa, where they distributed many seed packs!



Divyanshri wishes to pursue a career in management and is passionate about serving the society. She is already gearing up for the third year of this campaign once her board exams are over! She is empathetic towards animals, especially dogs! An avid reader and piano player, she loves writing and elocution, and has a good head on her shoulders!

Our India needs such young and dynamic leaders, who are aware of their surroundings, and also aware of their own strengths to bring about positive changes in them! In today's age, where teens can get easily influenced and distracted, Divyanshri and her team have already experienced the power of working together and taking big projects to successful completion. Kid's Galaxy Magazine wishes Divyanshri continued success for her future endeavours!

THE FUN THEY HAD...

Isaac Asimov was an American author, famous for writing science fiction. This abridged story is set in the future, where children are homeschooled through computerized "teachers", and how they feel about going to an actual school.

What do you love about your school? Share with us at kidsgalaxy@nanhagyan.com!

Margie even wrote about it that night in her diary. On the page headed May 17, 2157, she wrote, "Today, Tommy found a real book!"

It was a very old book. Margie's grandfather once said that when he was a little boy his grandfather told him that there was a time when all stories were printed on paper. They turned the pages, which were yellow and crinkly, and it was awfully funny to read words that stood still instead of moving the way they were supposed to--on a screen, you know. And then, when they turned back to the page before, it had the same words on it that it had had when they read it the first time.

"Gee," said Tommy, "what a waste. When you're through with the book, you just throw it away, I guess. Our television screen must have had a million books on it and it's good for plenty more. I wouldn't throw it away."

"Same with mine," said Margie. She was eleven and hadn't seen as many telebooks as Tommy had. He was thirteen.

She said, "What's it about?"

"School."

Margie was scornful. "School? What's there to write about school? I hate school."

Margie always hated school, but now she hated it more than ever. The mechanical teacher had been giving her test after test in geography and she had been doing worse and worse. The part Margie hated most was the slot where she had to put homework and 50 test papers. She always had to write them out in a punch code they made her learn when she was six years old, and the mechanical teacher calculated the marks in no time.

She said to Tommy, "Why would anyone write about school?" Tommy looked at her with very superior eyes. "Because it's not our kind of school, stupid. This is the old kind of school that they had hundreds and hundreds of years ago."

He added loftily, pronouncing the word carefully, "Centuries ago."

Margie read the book over his shoulder for a while, then said, "Anyway, they had a teacher."

"Sure, they had a teacher, but it wasn't a regular teacher. It was a man."

"A man? How could a man be a teacher?"

Well, he just told the boys and girls things and gave them homework and asked them questions."

Margie said, "I wouldn't want a strange man in my house to teach me."

Tommy screamed with laughter. "You don't know much, Margie. The teachers didn't live in the house. They had a special building and all the kids went there."

"And all the kids learned the same thing?"

"Sure, if they were the same age."

Margie wanted to read about those funny schools. They weren't even half-finished when Margie's mother called, "Margie! School!"

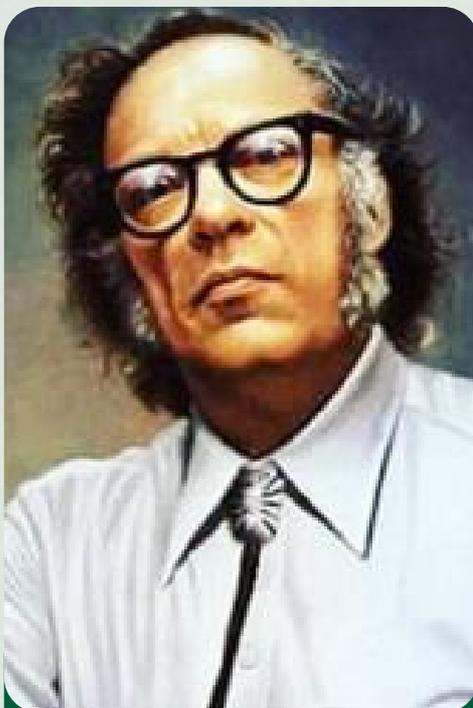
Margie went into the schoolroom. It was right next to her bedroom, and the mechanical teacher was on and waiting for her. It was always on at the same time every day except Saturday and Sunday, because her mother said little girls learned better if they learned at regular hours.

The screen was lit up, and it said: "Today's arithmetic lesson is on the addition of proper fractions. Please insert yesterday's homework in the proper slot."

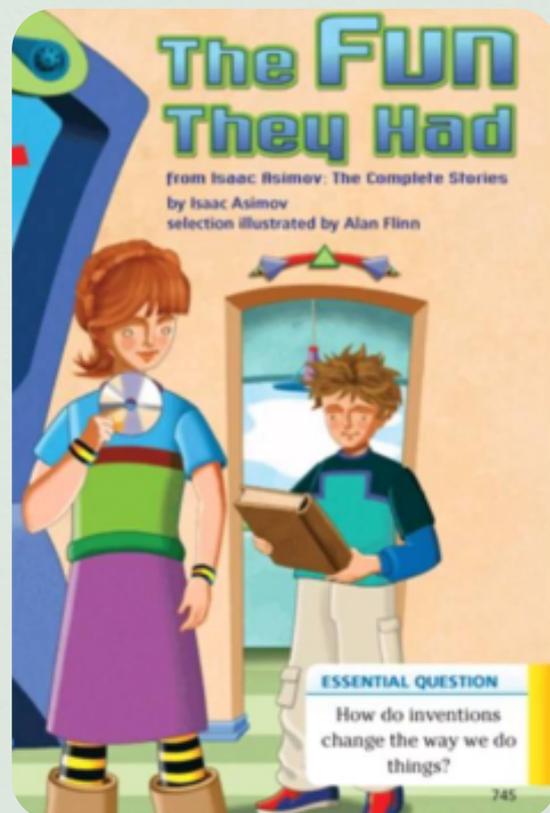
Margie did so with a sigh. She was thinking about the old schools they had when her grandfather's grandfather was a little boy. All the kids from the whole neighborhood came, laughing and shouting in the schoolyard, sitting together in the schoolroom, going home together at the end of the day. They learned the same things, so they could help one another on the homework and talk about it.

The mechanical teacher was flashing on the screen: "When we add the fractions $\frac{1}{2}$ and $\frac{1}{4}$..."

Margie was thinking about how the kids must have loved it in the old days. She was thinking about the fun they had...



ISAAC ASIMOV



LIVE WITHOUT SEEING... BUT BE WHAT YOU ARE!



Created by Louis Braille, who himself turned blind following an accident, the Braille script is touted to be the best shot blind and deafblind individuals have at literacy and to equal their abled peers. Many influential personalities whose contributions have shaped and inspired the world, wouldn't have gotten where they did, if it wasn't for Braille. What a braille-iant thing it is!

Here's a small activity for you to try your hand at! Grade 1 Braille is a code having 6 dots, where each cell has dots embossed to represent one letter only.

BRAILLE ALPHABET

A	B	C	D	E	F	G	H	I
J	K	L	M	N	O	P	Q	R
S	T	U	V	W	X	Y	Z	
.	,	?	!	'	-	CAPITAL	#	0
1	2	3	4	5	6	7	8	9

Can you match these words in print and braille?

hand	face	bird	door
⠠⠏⠠⠗⠠⠗	⠠⠋⠠⠉⠠⠑	⠠⠃⠠⠗⠠⠗	⠠⠔⠠⠕⠠⠗

Using the alphabet chart, colour in the dots to form your name!

⠠	⠠	⠠	⠠	⠠	⠠	⠠	⠠	⠠	⠠
⠠	⠠	⠠	⠠	⠠	⠠	⠠	⠠	⠠	⠠
⠠	⠠	⠠	⠠	⠠	⠠	⠠	⠠	⠠	⠠
⠠	⠠	⠠	⠠	⠠	⠠	⠠	⠠	⠠	⠠
⠠	⠠	⠠	⠠	⠠	⠠	⠠	⠠	⠠	⠠
⠠	⠠	⠠	⠠	⠠	⠠	⠠	⠠	⠠	⠠
⠠	⠠	⠠	⠠	⠠	⠠	⠠	⠠	⠠	⠠
⠠	⠠	⠠	⠠	⠠	⠠	⠠	⠠	⠠	⠠
⠠	⠠	⠠	⠠	⠠	⠠	⠠	⠠	⠠	⠠
⠠	⠠	⠠	⠠	⠠	⠠	⠠	⠠	⠠	⠠



LIVE YOUR LIFE AS AN EXCLAMATION RATHER THAN AN EXPLANATION!

The name Sir Isaac Newton immediately brings to mind the image of a man sitting under an apple tree! But there's surely more than meets the eye! Let's learn a bit more about this eccentric genius!



In those days, the common theory was that water dyed the sun's rays in different colors, thus forming the rainbow! Newton, using a lamp and a prism, proved that the different colors were part of the light itself!



The infamous fruit that is also said to keep doctors at bay, the apple, actually never bonked Newton's head. It did fall, but not on him; he just happened to see it fall off a tree at a distance, and it got him scheming!



Newton was called upon by the British government to provide a solution to prevent counterfeiting. He got all the English coins recalled, and had them remade into high quality, hard to copy versions! The milled edges still seen on the U.S. quarter coin, were a feature introduced by Newton on English coins!



His beloved pet dog, Diamond, once accidentally set fire to his lab by knocking over a candle. It took poor Newton over a year to rewrite all his work!



He formulated the three laws of motion, which helped scientists understand the motion of everything from atoms to galaxies!



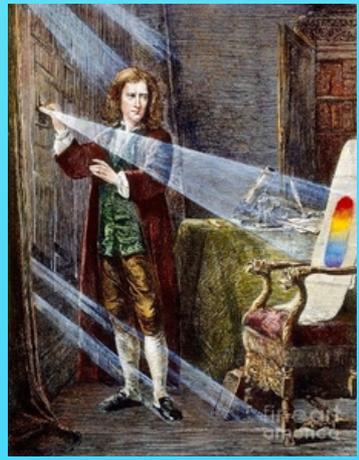
Newton was said to have acted oddly during his last days which was later found to have been due to mercury poisoning, and not old age.



Newton was widely disliked as a professor at Cambridge University. Despite his students rarely showing up, he would still take classes.



If not for his uncle who persuaded his mother to let him study, Newton would've been a farmer, as his mother wished!



CELEBRATING THE MIRACLE OF DAY AND NIGHT!

Some things are so obvious, like gravity, the sun, the moon and the stars! But the reality is that things that we take for granted today, were way beyond comprehension ages ago! It took scientists and philosophers thousands of years to understand these natural phenomena!

One such aspect is Earth's Rotation, due to which we experience Day and Night!

Around 470 BC, ancient Greeks speculated the Earth itself moves, rather than having the rest of the sky revolving around us. In 499 CE, Aryabhata noted that the Earth rotates on its axis every day, which explains the apparent movement of the stars.

Nicolaus Copernicus proved that the Earth does actually revolve around the sun in the 1500s. Finally, in 1851, it was Leon Foucault's pendulum that practically demonstrated the rotation of the Earth!

A Foucault's pendulum is simple device, in which a heavy, swinging lead bob is suspended at the end of a line. As the bob swings back and forth, it slowly moves in a clockwise direction as the Earth rotates under it. The pendulum is surrounded by small pins arranged in a circle, which the pendulum knocks down one by one, eventually completing a full rotation!

Today, Foucault's Pendulums are a fixture in science museums around the world!



LOOK UP AT THE STARS, NOT DOWN ON YOUR FEET!

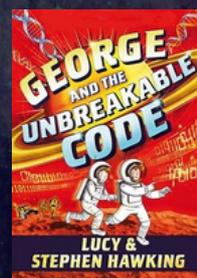
Stephen Hawking was an English theoretical physicist, cosmologist, mathematician and author. He was well known for his work on black holes, and also for building awareness about science in young people.

He had a rare form of Motor Neurone disease, which paralyzed him over the years. However, he was unwilling to be bogged down by his disabilities. He preferred to be regarded as "a scientist first, popular science writer second, and, in all the ways that matter, a normal human being with the same desires, drives, dreams, and ambitions as the next person."

With his daughter Lucy, he co-wrote several children's books, aiming to describe various aspects of the universe to children, in an easy and interesting way.

Do try to look out for these books in your local library!

- **George's Secret Key to the Universe:** The first of the series, in this book, we see that George's parents are environmentalists. According to them, science is wrecking our planet. George, on the other hand, befriends the scientists next door and meets Cosmos, the best performing computer in the world.
- **George's Cosmic Treasure Hunt:** In this cosmic adventure, we read about George and his friend, Annie's exploration of the galaxy.
- **George and the Big Bang:** This book continues to talk about George and Annie's exploration of the galaxy.
- **George and the Unbreakable Code:** George and Annie travel further into space, to find out why strange things were happening on earth!
- **George and the Blue Moon:** This one talks about George and Annie's cosmic adventure triggered by the Mars exploration.



VISHWA HINDI DIWAS!

Hindi is an official language in India, and even Fiji! It is considered to be the fourth most spoken first language in the world, after Mandarin Chinese, Spanish and English! About 400 million people in the world speak Hindi and 120 million have Hindi as their second language.

Hindi language has been strongly influenced by Sanskrit and has been written in the Devanagari script. It consists of 11 vowels and 33 consonants and is written from left to right. Many hindi words have been adopted globally over time!



Did you know, the words below actually come from Hindi?

Jungle - Derived from the Hindi word Jangal meaning a forest landscape.

Chit - Chit has its origins in Chitthi, a Hindi word for a letter or post.

Pyjama - "Pay" means leg and "Jama" means clothing, thus referring to a pair of comfortable, loose and lightweight trousers fitted with drawstring waistbands.

Juggernaut - Something that is very large and unstoppable, this word has its roots in the Jagannath yatra - a religious procession of Lord Jagannath in Puri, Orissa.

Chutney - Chattni means 'to lick' and denotes a pickled condiment made from fruit, vinegar, spices and sugar. The word Chutney entered the English language in the 19th century when the British started exporting their favourite chutneys to their colonies in Australia and North America!

Can you fill in the missing letters in the Hindi Varnmala?

क	ख			ड
च		ज		ञ
	ठ	ड		ण
	थ		ध	
प		ब	भ	
य	र			श
		ह	क्ष	
ज्ञ				

15th Jan
Indian
Army Day

23rd Jan
Netaji
Subhash
Bday

INSPIRING US FOREVER...



28th Jan
Lalaji Bday

January marks the birth anniversaries of two prominent freedom fighters, **Netaji Subhash Chandra Bose** and **Lala Lajpat Rai**, who gave their lives in the freedom struggle. It also marks **Indian Army Day** when the reins of the Army were handed to **K.M. Cariappa**, the first Field Marshal and Commander in Chief of independent India's Army.

What's common between these men of great character, is their unwavering commitment to serve the nation, upholding the welfare of its people and the lasting legacies that they left behind. While you may have read about them in your history lessons, here's a quiz to see how well you fare!

1. Where is Netaji Subhash Chandra Bose Museum present?

A) Rameswaram B) New Delhi C) Port Blair D) All of the above

2. What did Subhash Chandra Bose name the Andaman and Nicobar Islands?

A) Shahid Swaraj Islands B) Swaraj Islands C) Subhash Islands D) Azad Islands

3. Where was Lala Lajpat Rai born?

A) Madhya Pradesh B) Maharashtra C) Punjab D) Chhattisgarh

4. Netaji Subhash Chandra Bose Jayanti is also called:

A) Bose Jayanti B) Republic Day C) Parakram Diwas D) Shaheed Subhash Bose Jayanti

5. Field Marshal KM Cariappa took charge of the Indian Army from which British Commander-in-Chief?

A) Gen Sir Roy Bucher B) Gen Sir Archibald Wavell C) Gen Sir Alan Hartley D) Gen Sir William Lockhart

6. What caused Lala Lajpat Rai's death?

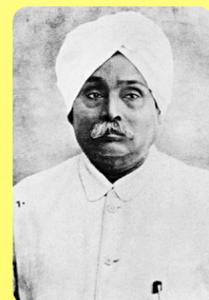
A) Cardiac arrest B) Tuberculosis C) Old age D) Injuries sustained during a lathi charge

7. Lala Lajpat Rai was also called:

A) Lala Ji B) Punjabi Cheetah C) Sher-e-Punjab D) All of these

8. Field Marshall KM Cariappa strengthened which branch of the Army?

A) Parachute Regiment B) Territorial Army C) National Cadet Corps (NCC) D) All of these



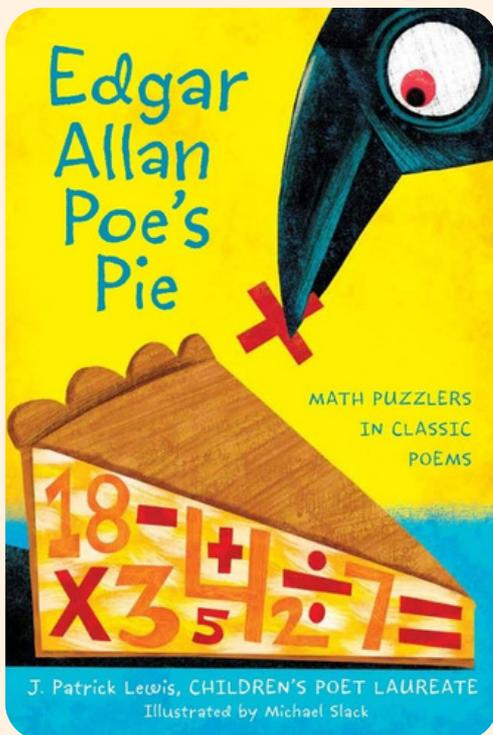
BRAIN TEASERS!

Edgar Allan Poe, was an American writer and poet, credited with excelling in the 'short story' genre. He even invented the 'Detective Fiction' genre!

Here's an easy word puzzle from **"Edgar Allan Poe's Pie: Math Puzzlers in Classic Poems"** by Children's Poet **Laureate J. Patrick Lewis**. It is a clever collection of fifteen poems inspired by classic poems, but with a twist of math added to the mix!

Inspired by
"The Raven" by Edgar Allan Poe

Once upon a midnight rotten,
Cold and rainy, I'd forgotten
All about the apple pie
Still Cooling from the hour before.
I ignored the frightful stranger
Knocking, knocking . . . I, sleepwalking,
Pitter-pattered toward the pantry,
Took a knife from the kitchen drawer,
And screamed aloud, "How many cuts
Give me ten pieces?" through the door,
The stranger bellowed, "Never four!"



BRAIN TEASERS!

Lewis Carroll, was an **English author, poet and mathematician best known for his notable work** - Alice's Adventures in Wonderland. He was famous word play, logic, and fantasy in his stories. He was also an eminent puzzle-maker, and created the "Word Ladder" Puzzle (also called Doublets).

Here are his original Doublet rules -

One letter may be changed in one of the given words, then one letter in the word so obtained, and so on, till we arrive at the other given word. The letters must not be interchanged among themselves, but each must keep to its own place.

As an example, the word "head" may be changed into "tail" by interposing the words "heal, teal, tell, tall." I call the two given words "a Doublet," the interposed words "Links," and the entire series "a Chain," of which I here append an example –

H	E	A	D
H	E	A	L
T	E	A	L
T	E	L	L
T	A	L	L
T	A	I	L

Can you evolve APE into MAN this way?



21st Jan
Tripura,
Meghalaya,
Manipur
Statehood
Day

25th Jan
National
Tourism Day

FOUNDATION DAY!



Let's appreciate the exquisite beauty of three of the 'Seven Sisters' on their foundation day!

TRIPURA

NEER MAHAL:

Literally translated to '**Water Palace**', the Neer Mahal is a popular tourist attraction in Tripura, and is the only one of its kind in Eastern Asia. Every year in the month of August, locals celebrate the Neer Mahal Water Festival which consists of cultural programmes and events.



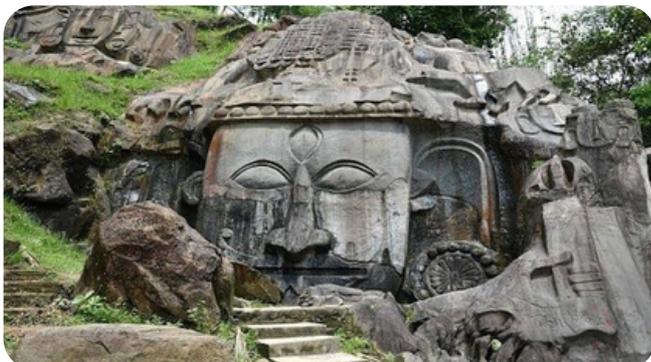
UJJAYANTA PALACE MUSEUM:

Housing some of Tripura's exclusive and rare historical artefacts, the museum is hosted by the Ujjayanta Palace, which was formerly home to Maharaja Radha Kishore Manikya. It is said to be the largest museum in the North East, with its primary focus on depicting the historical accounts of Tripura and north eastern states.



UNAKOTI:

Arguably one of Tripura's most important spots, Unakoti is also a Shaivite worship site chiseled onto rocks in the open. It is a heritage site that is sadly forgotten, and so called the "Lost Hill of Faces"



MEGHALAYA

SHILLONG:

No travel bucket list is complete without a trip to Shillong. Also called the '**Scotland of the East**', it is home to mesmerizing forested hills, and a scenic beauty that is hard to miss. It also hosts popular tourist attractions like **Elephant Falls, Shillong Peak, Don Bosco Museum**, etc.



ELEPHANT FALLS:

The Elephant Falls are located in a serene and peaceful environment surrounded by lush greenery and natural beauty. It is a great spot for picnics and photography. The waterfall is accessible by road and the best time to visit is during the monsoon season when the water flow is at its highest.



CHERRAPUNJI:

Cherrapunji is also known for its unique culture and beautiful landscapes, including waterfalls, caves, and living root bridges. Living root bridges are considered a living heritage of the people of Meghalaya and are a popular tourist attraction. At a time, 50 people can be accommodated on the bridge.



MANIPUR

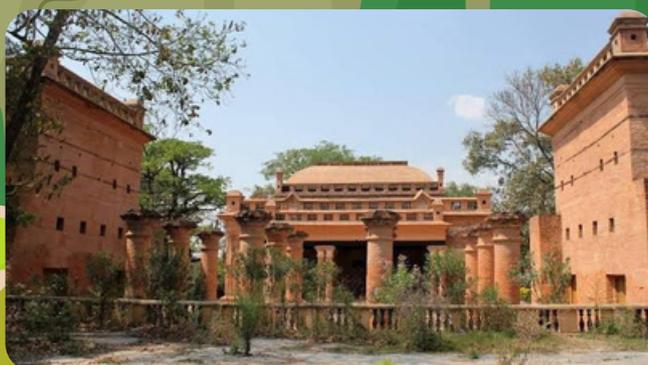
SENAPATI:

Perfect for a private, cozy and enriching getaway, Senapati is one of Manipur's most sought-after attractions. You could spend hours exploring the lush greenery and forest woodlands, but also be able to interact with friendly inhabitants who might even treat you to some local delicacies. It is also home to several wildlife sanctuaries, including the Khayang Peak Wildlife Sanctuary, which is known for its rare species of animals and birds.



KANGLA FORT:

The Kangla fort was the capital of the erstwhile Kingdom of Manipur and has played a significant role in the region's history. It has a museum which houses a collection of artifacts and relics from the region's history and is also known for its beautiful gardens and scenic views of the Imphal River.



DZUKOU VALLEY:

The breathtaking Dzukou Valley is a picturesque valley located on the border of Nagaland and Manipur. It is known for its beautiful natural scenery, including rolling hills, meadows, and a variety of flora and fauna. Dzukou Valley is also known for its unique variety of wildflowers, including the Dzukou Lily, which is found only in this region. A sight for sore eyes indeed!



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

The crux of Thiruvalluvar's teachings is that a ruler has the responsibility to uphold Dharma as the representative of Dharma Devata. His personal agenda, likes and dislikes should not come in the way of his duties.

People hope to live happily under the protection of a righteous ruler. **The ruler protects the nation, but it is justice which protects the ruler (#544, 547).**

A good ruler should protect the compliant and appreciate them. At the same time, he should analyse the offence of the citizens, be impartial, be God fearing and give judgement based on the violation and context. **He should punish crime and free the innocent (#541).**

It is a ruler's duty to prevent crimes, leading people in the right path and promulgating appropriate laws to protect them from sufferings (#549).

Progress and peace of the citizens depends upon a just ruler as the growth and existence of living beings depends upon rains (#542). In the absence of good governance and compassion, disciplined, dharmic lifestyle will be lost and all citizens will suffer without produce and prosperity (#545, #557, #559).

A benevolent ruler can earn the confidence, love and loyalty of his citizens only by being just and righteous. He cannot rule a good nation just by winning a war, he should win the hearts of the people (#546).

It is the ruler's responsibility to remove unwanted elements like a farmer removes weeds (#550).

If a ruler does not govern in an orderly, just manner, he will head for self-destruction (#548).

A ruler who to satisfy his personal desires causes grief to the citizens is worse than one who engages in killing another out of enmity (#551).

Surpanaka tells Ravana that if a right ruler omits to ensure good governance at the appropriate time, he will head to destruction along with his council. While the speaker bore selfish interests and the context was incorrect, we can infer that if one does not practice the dharma that he knows, he heads to destruction. A leader should himself comply with the law and lead by example.

A ruler who is not far-sighted, who does not analyze the future outcomes adequately while taking decisions, will lose his own welfare and his rule (#554). The reputation and wealth of a ruler are sustained by his good governance (#556).

A ruler who does not on a daily basis evaluate the sufferings of the citizens and alleviate their difficulties, who does not ensure order will lead to downfall of the nation and the ruler (#553).

Thiruvalluvar's concise teachings hold good even today. May our government adhere to these ancient guidelines and continue to help our country prosper and achieve newer heights! May all citizens also work towards the betterment of this great country!



PUT ON YOUR THINKING CAPS!

Last month, we had given a topic to children, to start a story with the words – **'It was a scary morning...'**. Let's see why **Shanaya from Trinity Intl School, Pune** had a scary 'start' to her day!



It was a scary morning...as I woke up with a start! As I slowly opened my eyes, I saw something strange standing in front of me! I could see its reflection on my dressing table mirror... it was white with a lizard on its head!

I screamed my lungs out and ran downstairs calling out to my brother! I ran and hugged him, thanking God that he was home!

I dragged him to my bedroom, and made him look at the mirror, hiding behind him the whole time! But to my utter disbelief, the lizard was no longer there!

My brother didn't get frightened at all and turned around laughing, hitting my head!

"Look behind you! That's a table fan which Dad had put behind your bed. He covered it with a sheet so that it doesn't get dusty!"

"Now don't ask me where the lizard came from...", he said nonchalantly as he walked away.



SPOT THE DIFFERENCES!



WORD SEARCH - YUMMY DISHES!

Makar Sankranti is a fun festival full of yummy treats! Can you spot these dishes in the word search? We are sure your mouth will start watering once you find all of them!



Find the following words in the puzzle.
Words are hidden → ↓ and ↘ .

APPALU
GAJAK
GHUGHUTE
GOKULPITHE
KANGSUBI

KHICHDI
PHENI
PONGAL
PURANPOLI
TILWA

UNDHIYU
XANDOH



Answer Corner

SOLUTIONS TO 'INSPIRING US FOREVER' QUIZ

1. B, 2.A, 3.C, 4.C,5. A,6. D, 7.C, 8.D

SOLUTIONS TO EDGAR ALLAN POE RIDDLE 5 CUTS

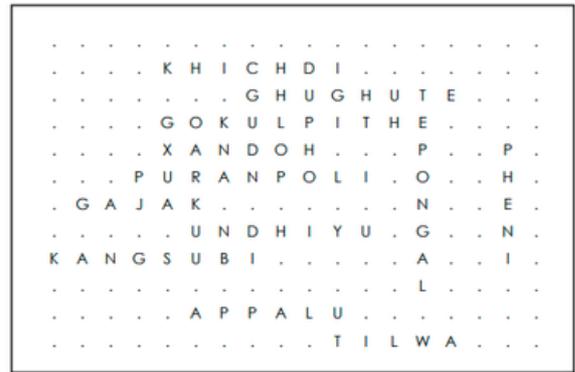
SOLUTION FOR DOUBLET :

APE
ARE
ARM
AIM
RIM
RAM
RAN
MAN

SOLUTION FOR SPOT THE DIFFERENCE :



• SOLUTION FOR WORD SEARCH :



Word directions and start points are formatted: (Direction, X, Y)

APPALU (E.6,11)
GAJAK (E.2,7)
GHUGHUTE (E.8,3)
GOKULPITHE (E.5,4)
KANGSUBI (E.1,9)

KHICHDI (E.5,2)
PHENI (S.17,5)
PONGAL (S.14,5)
PURANPOLI (E.4,6)
TILWA (E.11,12)

UNDHIYU (E.6,8)
XANDOH (E.5,5)

START A STORY!

Can you come up with a short story starting with -
"She bent down to pick up what she thought was a half-buried seashell."

REUSE, RECYCLE!

Make beautiful cards and gifts for your loved ones using things lying around your house! Try not to use new things!
Send us your pictures!

LEARN A NEW WORD!

Send us a word and its meaning from your native language, that is beautiful and unique!

MATH AND SCIENCE FUN!

Share some puzzles for your fellow readers, let them rack their brains a bit!

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

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

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Founder : Rommal Surana

Editor : Gayatri Bhasker

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