

Kid's Galaxy

January Edition



**Super
Star
Chef
Contest**




Pre
Writing
Skills



Featuring
Purna
Winners

Importance of Art

Dressing Etiquettes

The Khandelwal Family
 "Everything begins with an idea"

Nanha Gyan Foundation

Our Mission

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

Our Vision

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

Our Values

Simplicity

Because all great things are generally simple.

Believe

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.

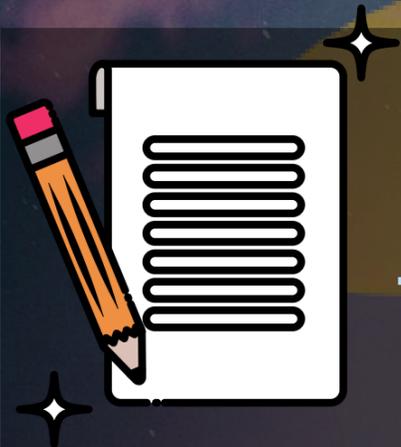
Nanha Gyan Foundation



250+
Counselling



500+
Workshops



16,000+
Handwriting Analysis



25,000+
Happy people

Nanha Gyan Healthy Minds

A Facebook Community
founded on 17th April 2020

Currently it has more than 6200 people
200+ live sessions are available

National/International level Competitions

- Prerna
- Fancy dress
- Ganesha Festival
- Hassi ka Hunnar

Total Entries- 2500+

Average reach - 8800+ people

NGF

Free Workshop Group

A Social Initiative by Nanhagyan Foundation

- Different workshops for kids and adults conducted free of cost.
- Experts from different fields give their views and guidance.
- These workshops are conducted every week, on Sundays, which the entire family can be a part of.
- Till date we have conducted nearly 8 to 9 workshops in it.
- The motive is to engage the kids constructively.



I am Ms. Earth...
I will be giving you a tour of
this magazine...





ABOUT THIS EDITION

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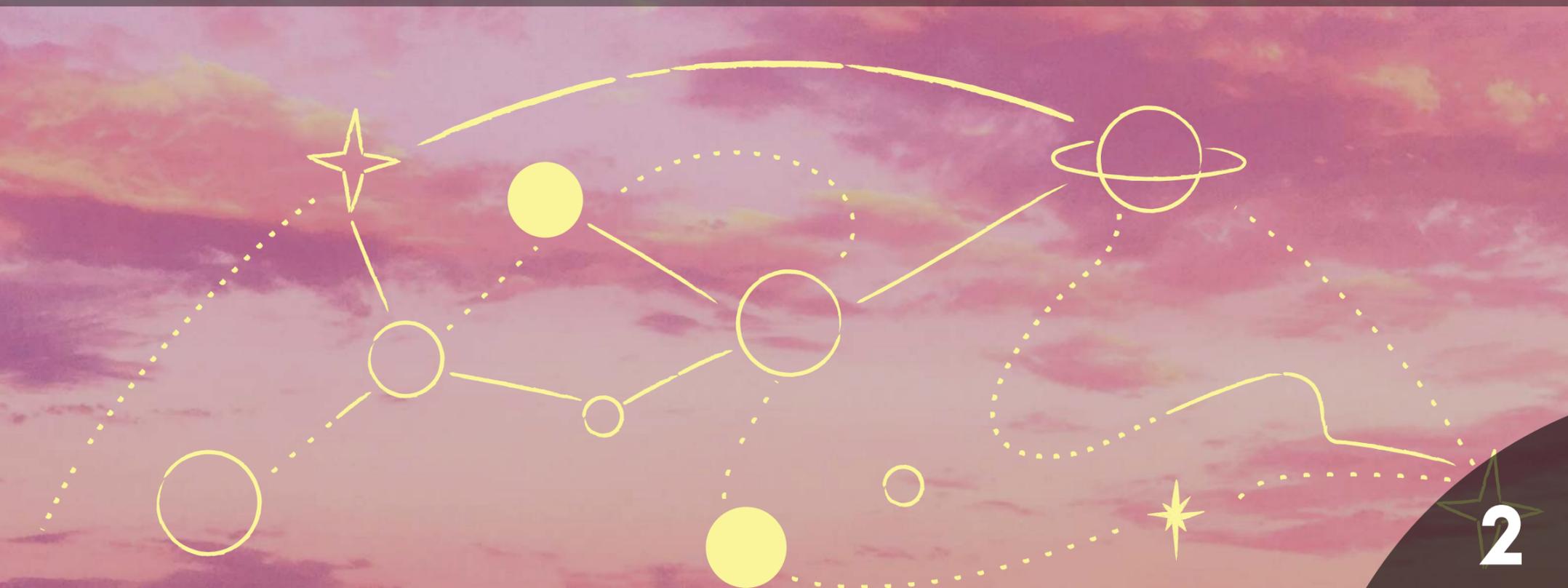
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Let's hear
the story of
Khandelwal
Family....

Cover Story

The Khandelwal Family





"Everything begins
with an idea"

Romall S Surana

"A small idea can be a spark
that has big potential".

This line is very true
for Khandelwal family.



Kaushal Khandelwal- 11 year old
& Harshal Khandelwal - 8 old along
with their mother Arti Khandelwal
have created both Asia Book record & India
Book Record .

A thought in this epidemic that,
" Lord Ganesha takes away Covid-19 virus back."
Led to the foundation of these records.

Arti materialized this thought in reality by creating a 2000 feet long Ganesha rangoli with 351 ganesha in different forms. Portraying the message of "Unity in diversity". It took her 40 hrs. to complete this record.



While her kids were preparing for their records. Kaushal recited 151 ganesha Stuti in 4 and 12 minutes. Harshal recited Sampurna Geet Ramayan in 11 mins. As a family, they hold India Book and Asia Book Records.

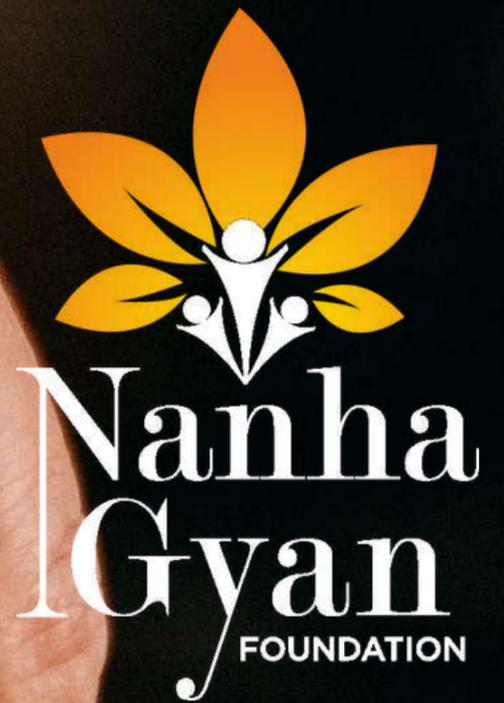


This is a perfect example that " Kids follow what they see not what is told to them "





Super Star Chef



1 Category Rs 249-/
2 or 3 Categories Rs 300-/
4 or all Categories Rs 349-/

*Age Groups

5 to 8 years - fireless/ oven cooking
9 to 12 years - oven or gas cooking
13 to 16 years - oven or gas cooking

**Registration
Ends
18 Feb**

Recipe Category

Fitness Recipes - healthy Recipes
Munchy Snacks - Any snack item
Yummy Sweets - Sweet Dish Desert
Magic with Rice - Rice as main ingredient
Traditional food - Any traditional Food

Prizes

Certificates

Goodie bag by BharatRath Purna Milk
featuring in YouTube, Magazine etc.

**Register
Now**

7709047790

8619264581

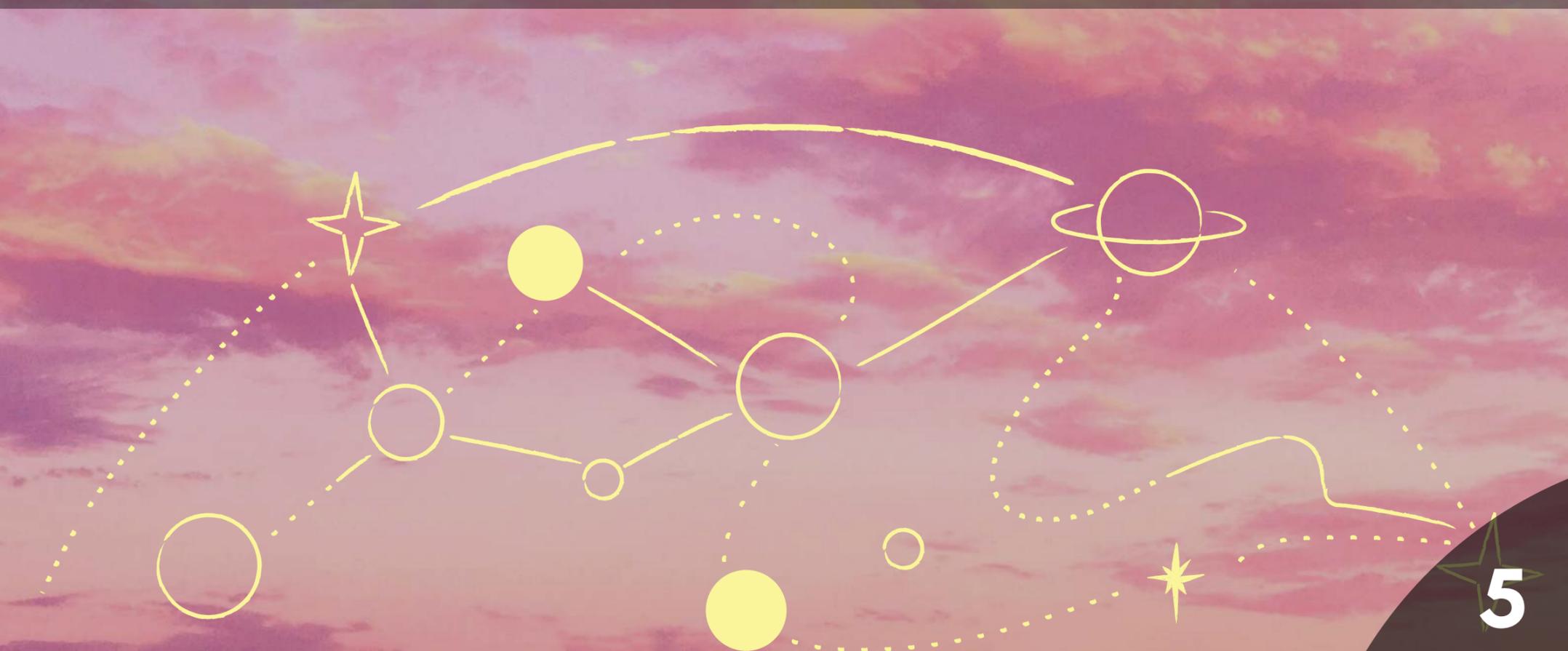
*Note that oven or gas cooking will be allowed only
under the vigilance of parents or guardian



Now it's time to
learn something
about
Art & Craft...

Art & Crafts Section

Importance of Art Education



Why is Art Education Must for our Children?

- Himadri Pachori

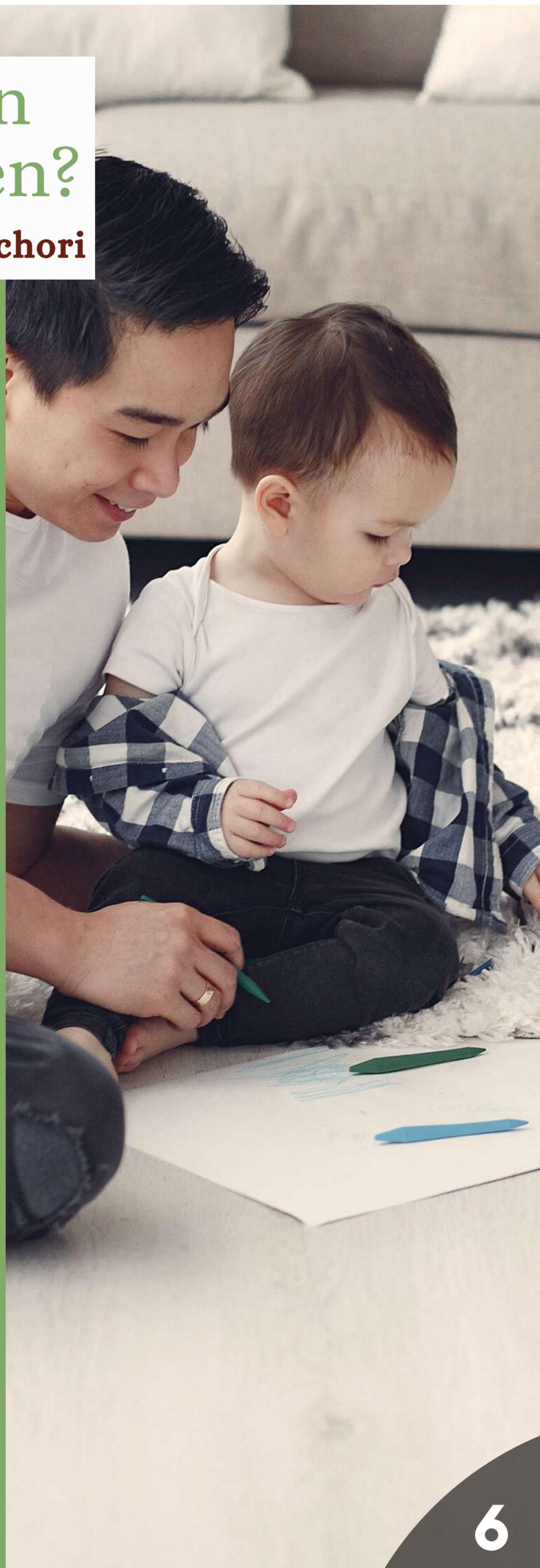
Would you believe me if I told you that art impacts children's growth, development and health.

I am sure you have noticed children working on a craft project or those moments when they are drawing wiggly lines to form a shape and using paints and brushes to create a picture that is proudly exhibited in front all the family members and relatives, when they dress up and act as their favourite characters, moving their fingers on a keyboard or dholak, or spending time in figuring out that one rhyming word that will complete a silly poem or song.

There is great learning happening here.

They are developing some very important skills that they will require as adults. Art helps children to develop at fundamental levels where they learn to observe and understand different perspectives, interpretation, and analysis.

These skills prepare them for college and adult life and instill life long learnings in them.



Let's take a look at the areas where Art impacts our children's lives and personalities!



Creativity

Kids who receive education in environment and arts come up with more creative projects and solutions, and are more flexible and adaptable than their peers.



Self-Esteem

Arts give various opportunities to a child to develop confidence for e.g.- Seeing her/his work displayed on a school board, singing in front of a group etc.

Fine Motor Skills

Picking up a crayon, drawing that fat circle and cutting on a straight line, are all small steps in developing fine motor skills, strengthening of fingers, hands and wrist muscles



Perseverance

When a child is learning art be it painting, mixing colors, or shading, there will be moments when they find it tuff to get the exact result. This teaches them to be persistent and patient and pays off in the long run.





Intellectual skills

From conceptualizing, organizing and developing an art idea to explaining the meaning of their artwork through presentation and storytelling, everything helps in fostering skills that help the child later on to face life.

Academic Performance



Surprisingly, children who spend time in artistic pursuits perform better in other subjects especially maths and science. Children also become proactive in participating in quizzes and competitions.



Mental health

Creativity and creative activities help children and students express themselves using other mediums other than words, regulates emotions and improves their mental health.



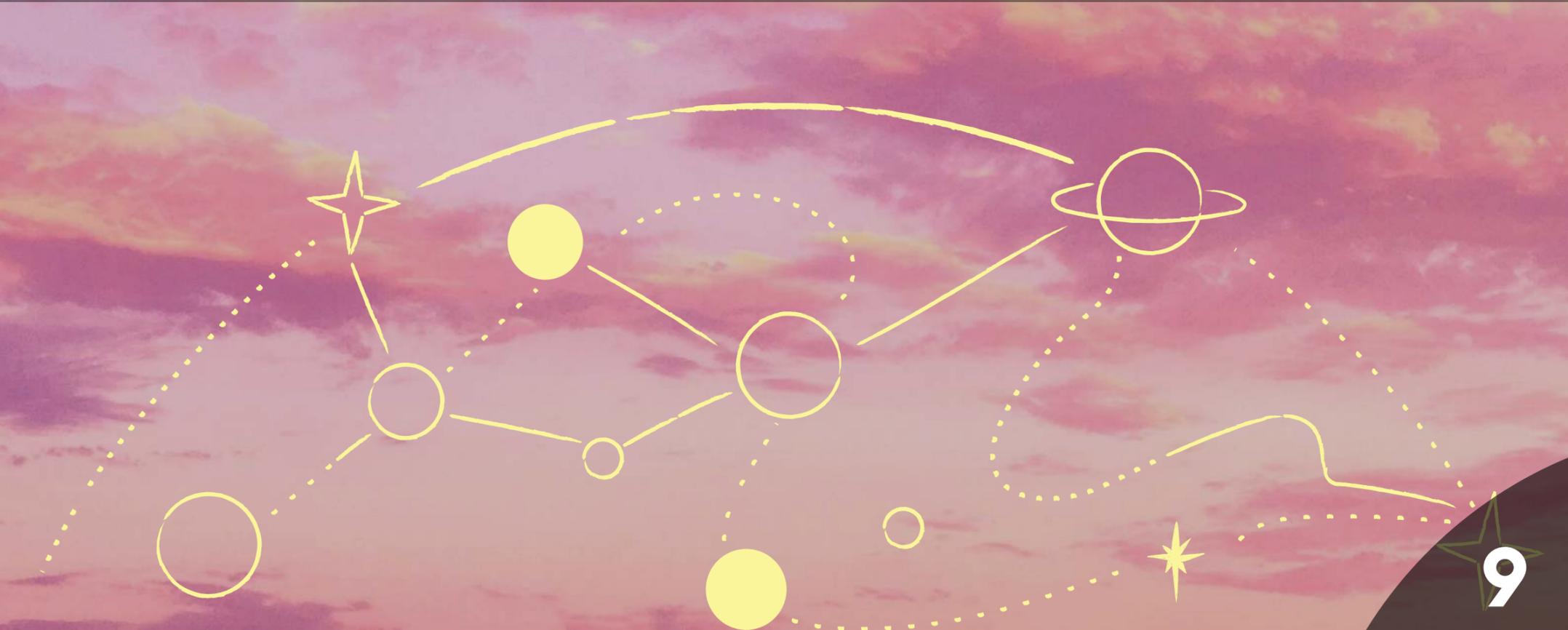
Decision making

From choosing art material for the art project to deciding when to call it finished there are a lot of problem solving and critical thinking opportunities that sharpen a child's decision-making skills.



Here is something for this Valentine's Day...

Art & Crafts Section Paper Heart Arrow



PAPER HEART AND ARROW VALENTINE

- Divya Khemka Tibrewala

Materials Required



Crape Paper
Coloured paper
for making
heart

Pencil

Glue & Scissors

Foam Sheets
for arrow
and tips

PROCEDURE

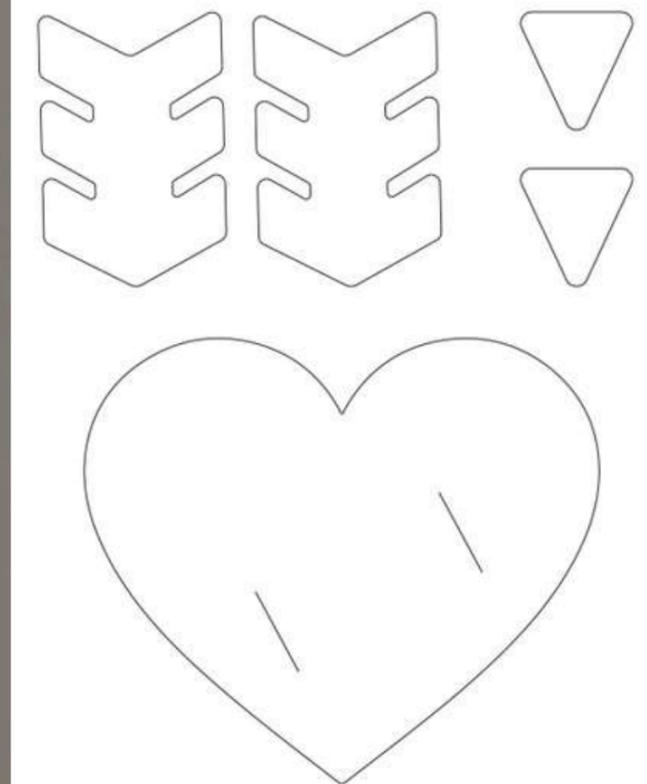
Gather the tools and materials above.

Then draw the pattern as shown in the first image.

Cut out materials accordingly using scissors.

Add your Valentine's name, message on the paper heart using a white paint or sketch pen.

Apply glue to one side of your foam arrow head and tail.

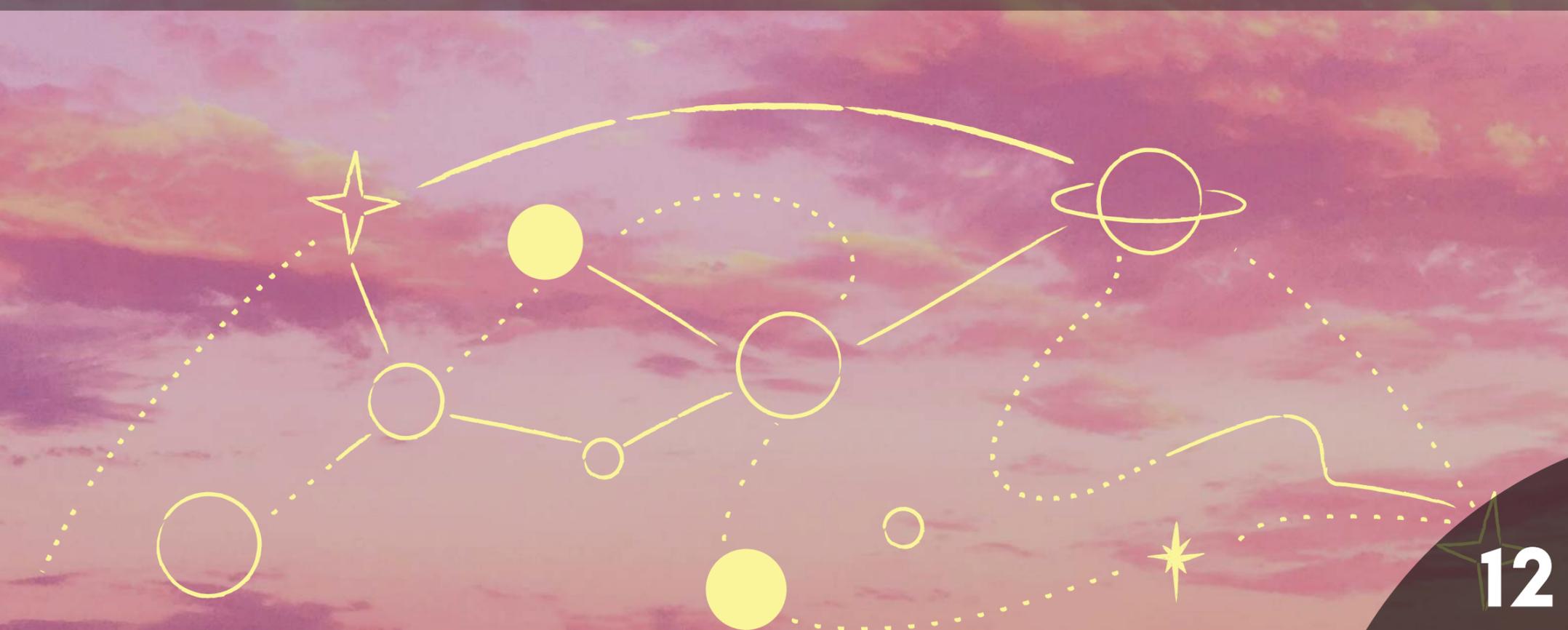




Time to learn
Dressing
Etiquettes...

Soft Skills Section

All About Dressing Etiquettes



Teaching Dressing skills to kids

- **Urvashi Pachori**

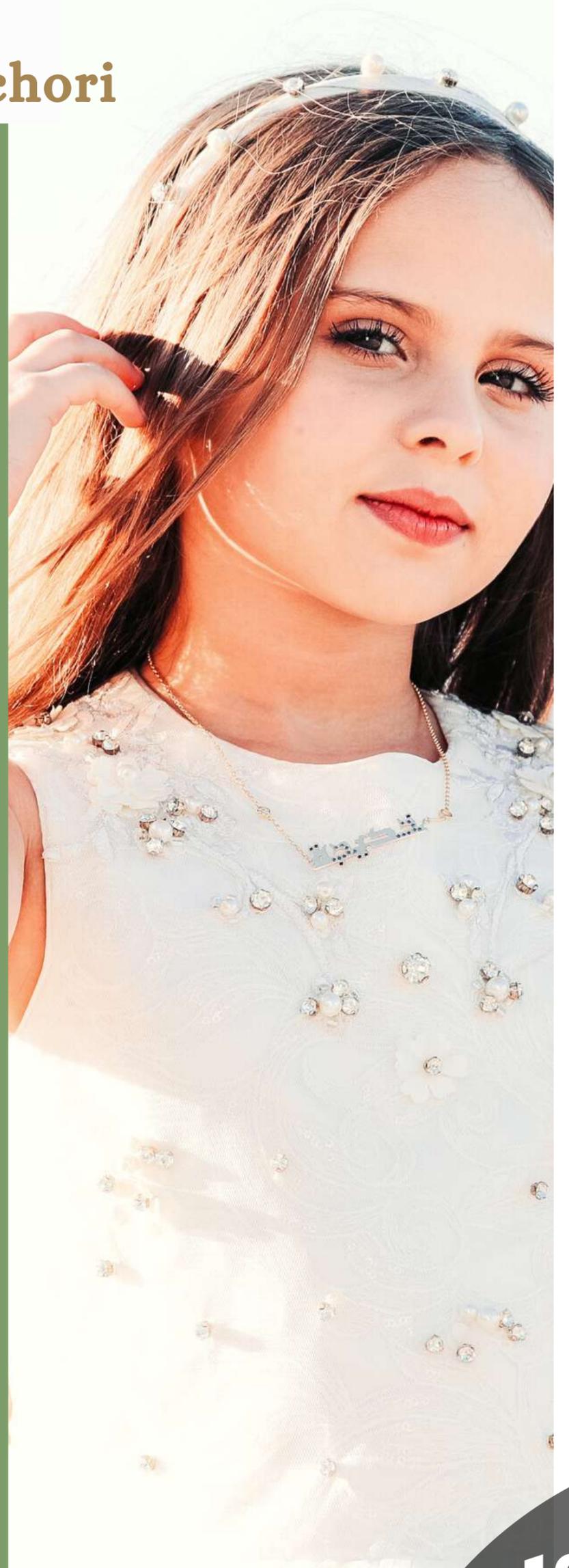
When I was a kid, dressing up was a fairly simple thing. Most of my clothes were selected by my parents and I wore them very happily.

Buying and shopping for clothes was something which was limited to special occasions like Diwali, marriages and birthdays. It was not such a BIG deal.

Today, clothes are a big thing for both the kids and the Parents.

I also realised as a Parent, that apart from buying clothes it is also important to teach the kids how to dress up. This might sound very lame, but this is a must for every kid.

Teaching your kid about dressing up, is not just about picking clothes and wearing them on different occasions, but there are a whole lot of things associated with them.





BENEFITS



Confidence and Independence

Teaching your child about dressing up helps them to be more independent and confident individuals.

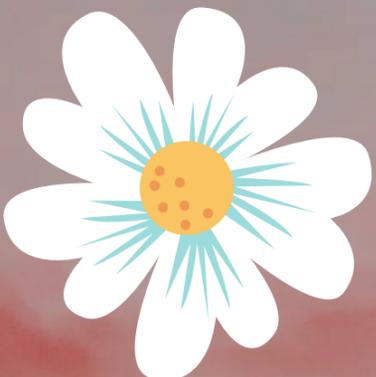
Their self confidence to handle things on their own develops fast.

Decision Making

Dressing up helps your child in developing their decision making skills like What to wear, which color suits more etc.



Help in developing their aesthetic sense



Right color combinations, Which color is better suited in the day and night etc.

Knowledge about different types of clothes



Night suit, uniform, casual clothes, party dress etc.



Organising skills

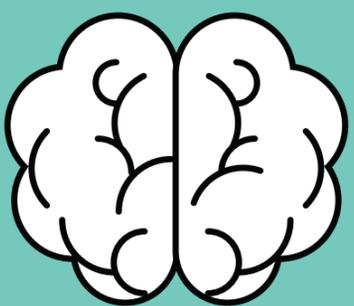
Which clothing item will go where in the cupboard.

Appropriate clothes for different occasions

Which attire is appropriate for which occasion.
Casual clothes for casual occasions, formal clothes for formal occasions.



Helps to develop their Fine motor and Gross motor skills



The way they button and unbutton the buttons and tie shoe laces or standing on one leg to pull up a pant etc, will help in developing these motor skills.

HOW TO GET STARTED

- 1 First familiarise them with different clothing items then help them to identify it like T- shirt, pant, skirt, top, socks etc.
- 2 Tell them about the different parts of clothes like - front, back, side, bottom, sleeves, pockets etc.
- 3 Demonstrate step by step way to dress up , so that they learn by observing and following you.
- 4 Now tell them to do it themselves, and help them if they get stuck.
- 5 Show them how to button and unbutton clothes.
- 6 Show them how to Dress and Undress both properly.
- 7 Explain them the difference between clean and dirty clothes.
- 8 The place where clean and dirty clothes are stored and the reason for it.
- 9 How different types of clothes are stored in the cupboard.
- 10 Which set of clothes are worn in different seasons.



Time to
Improve your
vocabulary....

Soft Skills Section

Correct usage of
the word "Very"



Very small- Petite
Very funny- Hilarious
Very quiet- Hushed
Very quick- Rapid
Very clean- Spotless
Very calm- Serene

Very fat- Obese
Very lazy- Indolent
Very ugly- Hideous
Very dry - Parched
Very clever- Brilliant
Very risky - Perilous

Very bad- Awful
Very happy- Jubilant
Very beautiful- Exquisite,
Very detailed- Meticulous
Very confused - Perplexed
Very Friendly- Gregarious

Very Painful -
Excruciating
Very hungry - Ravenous
Very dirty - Filthy
Very Poor - Destitute
Very Crowded - Bustling

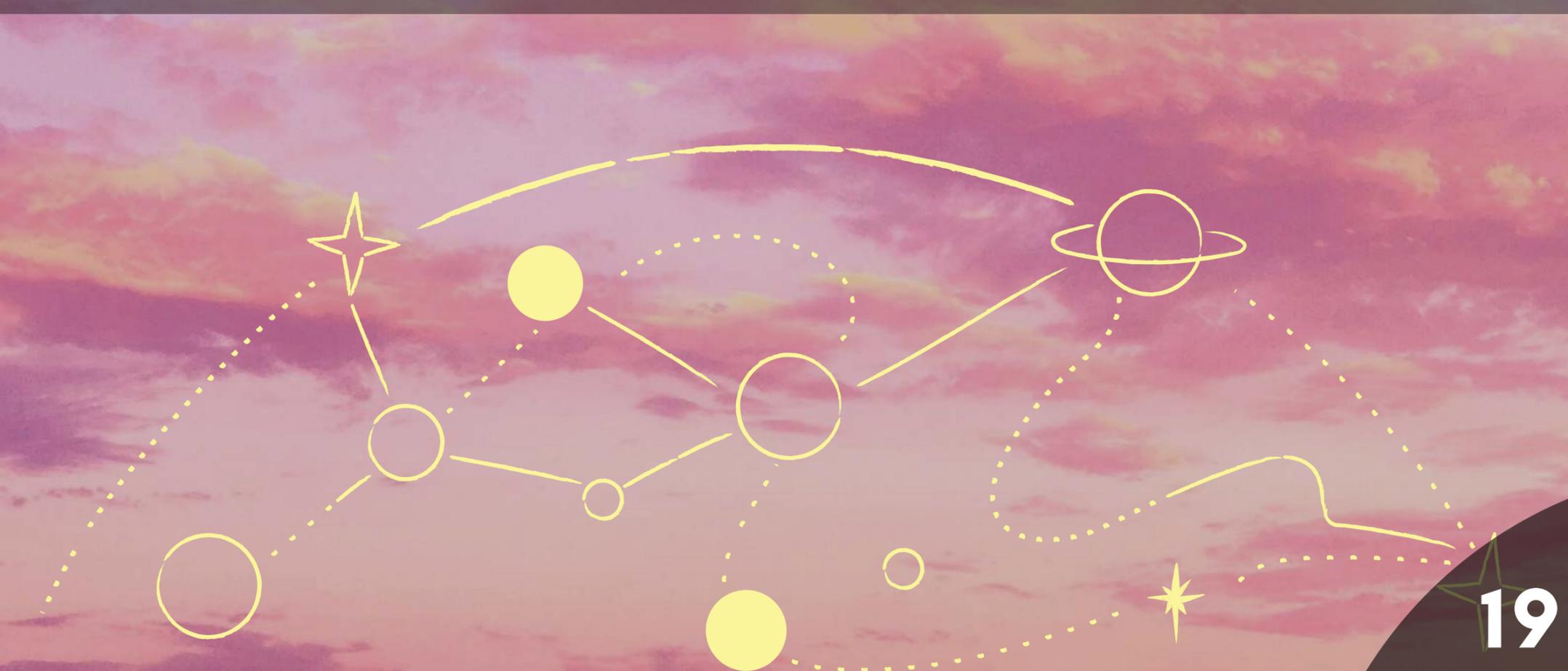
Very thin- gaunt
Very weak - Feeble
Very serious- Solemn
Very noisy - Deafening
Very big - Huge, Giant
Very lively - Vivacious

Very loose - Slack
Very heavy - Leaden
Very bright- Dazzling
Very tight- constricting
Very Perfect- Flawless
Very Neat - Immaculate
Very Smelly- Pungent



Recipe Time!!!

Recipe Section
Power Protein Laddus



Motivation behind

this recipe - Anjali Prashant Agarwal

While I was deciding what to write for the article today a message popped up on my what's app group showing a local namkeen manufacturer packing namkeen into packets. The way they were standing on top of the namkeen and packing it made my heart cry.

I am not against buying food items from the market but I always prefer to make everything at home.

As a mother, I am aware what went inside it, how's it made.

Like every other kid, my girls also love to gorge upon the readymade biscuits, chips etc. and its tough to stop them from having these.

So, we have made a rule in our family that whenever we go out, they can pick up anything in the smallest available size. This way they get to eat what they want but, in a portion, controlled way.

Well, it's time for me to share with you all my Power Protein Laddus, they are super quick, easy and hassle-free.

You can never go wrong with them.

Moreover, they have no ghee, butter or oil. So, you can indulge guiltfree.

A laddu with a glassful of milk is enough to kick start the kids' school on a very tasty note.



Ingredients Required

1 cup
Peanuts

1 cup
Sesame
Seeds {Til}

2 cup
Quick Oats

Power
Protein Laddus

½ cup
Flax Seeds

1 Jaggery
Powder

½ cup
Pumpkin
Seeds

¼ cup
Honey (Optional)

PROCEDURE

Step
1

Keep a heavy bottomed kadahi on low medium flame and dry roast peanuts for around 10-12 minutes till they are fragrant and light golden. Take them out in a separate plate n let them cool.

Step
2

In the same kadahi dry roast oats for 4-5. They should not change its colour. Take them out in the same plate with peanuts.

Step
3

Now its time to dry roast sesame seeds in the same kadahi n again we need to dry roast them. Let them puff up a bit on low flame. They will hardly take 5-6 mins. Keep stirring continuously otherwise they may burn. Once done take them in the same plate.

Step
4

Quickly toast flax seeds n pumpkin seeds together for 1-2 mins on same low flame. This will bring out their flavours and will help us in grinding them.

Step
5

Tadaa!!! Let all things cool and come to room temperature. Once done put all these and jaggery powder in the mixer jar and pulse it. Means you just need to switch on the mixier for 10 seconds then switch it off again switch on for 10 seconds and switch it off. This way all the dryfruits, seeds and oats will be a bit coarse and will not release any oil.

Step
6

Transfer the ingredients back to a big plate (Parat) and try to bind them. If you are able to bind them good otherwise add some honey spoon by spoon and mix till it forms a soft ball and you are able to make laddus out of it.



Time for an
awesome Maths
trick...

Maths Section

Square of 2 Digit number
ending with 5



Trick To Find The Square of 2 Digit Number Ending with 5 In less than 3 Sec...

STEP 1

First write square of 5 that is 25

STEP 2

Multiply the tens place number to it's successor.
Ex: Successor of 6 is 7
therefore
 $6 * 7 = 42$

STEP 3

Write the answer of multiplication of step 2 just before 25 and we have our final ANSWER

EXAMPLE

$(55)^2 = (6*5) \underline{25} = \underline{3025}$
(done in 3 seconds or may be lesser than that)



Preparation
before you
start writing

Handwriting Tips

Pre Writing Skills



Pre Writing Skills

- Romall S Surana

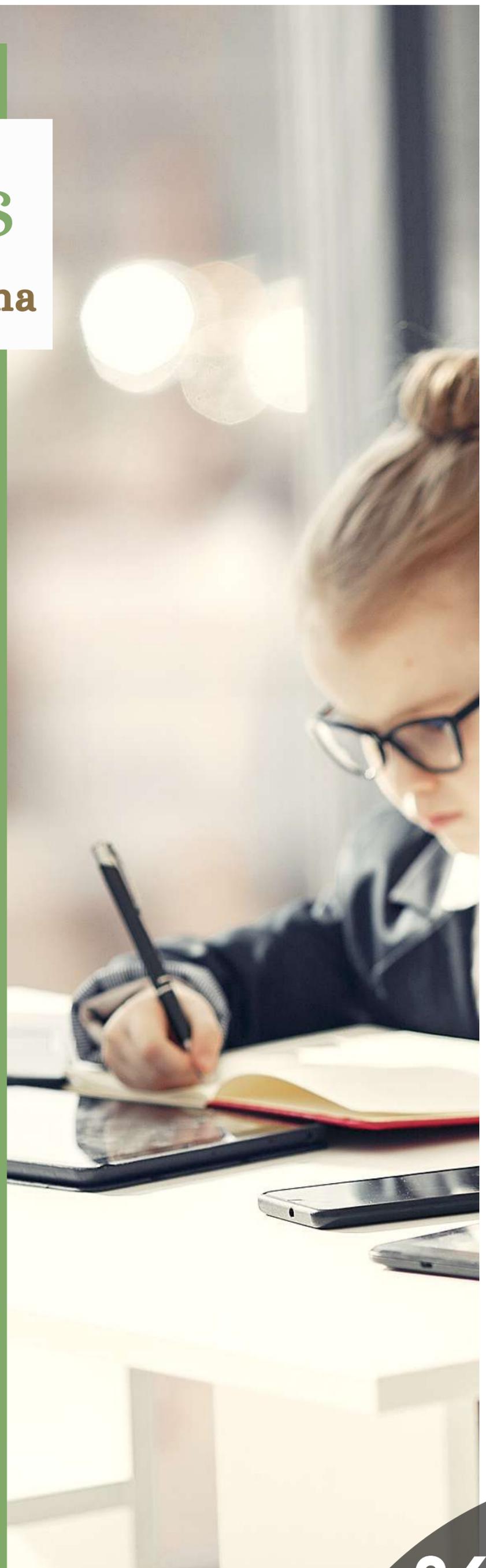
Don't rush with your kids to hold a pencil and start writing.

Before the kids start writing, the fundamental skill "Pre-writing Skill" needs to be developed.

Kids to be prepared mentally any physically before they start formal writing.

Pre- Writing skill is a skill that contributes to the child's ability to hold a pencil and draw, write, copy and color.

Tripod grip helps to start writing includes thumb, forefinger and middle finger.



Activities which enhances the readiness for writing.

1 Washing cars

2 Parachute Play

3 Scissoring work

4 Opening lids of jars

5 Paper Twisting

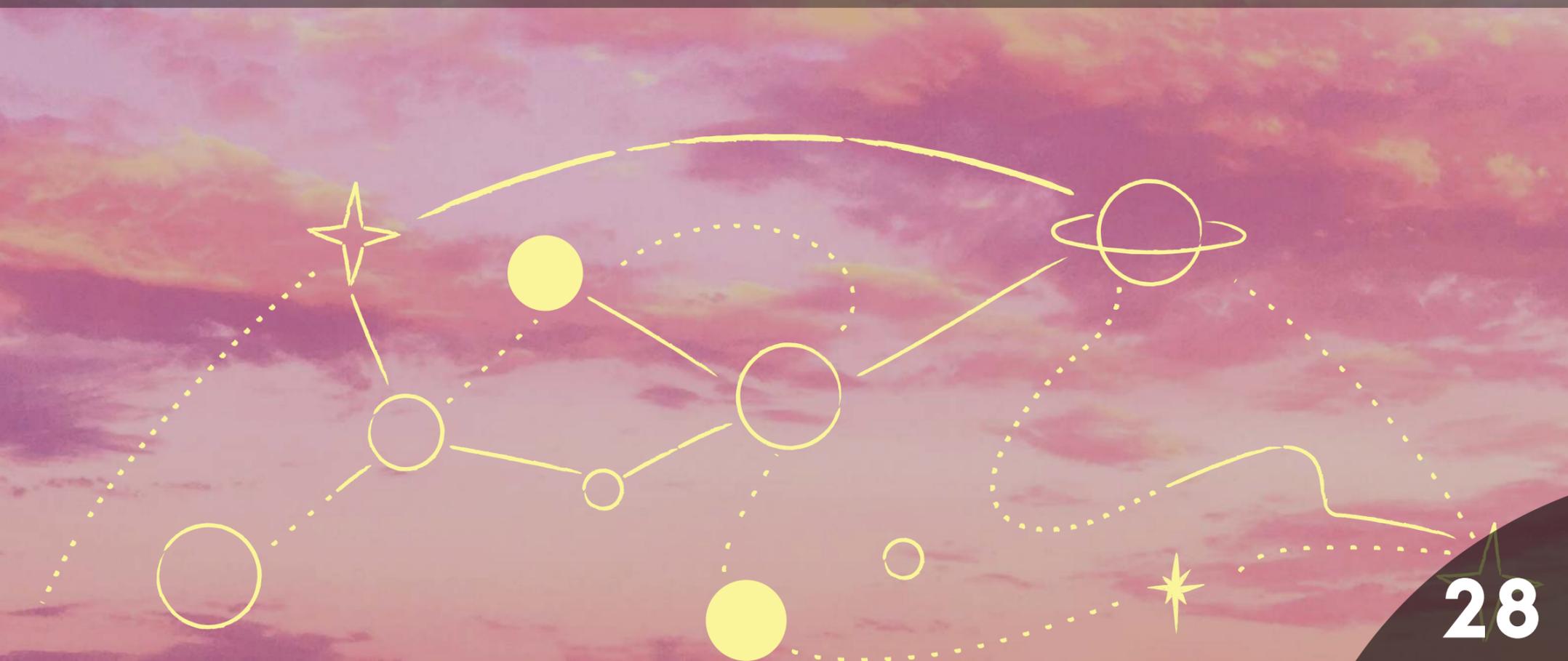
6 Paper folding (Origami)

7 Paper cutting



Entertainment Section

Movies & Games



Top 10 Movies for kids

1

Inside Out

Croods

2

3

Ratatouille

Coco

4

5

The Lion King

WALL-E

6

7

Happy Feet

Finding Nemo

8

9

Shrek

Peter Pan

10

INDOOR GAME FOR KIDS



Construction Toy - Crane

This is an excellent game as it is the exact replica of the original crane. It has a bucket where in you can fill water, sand, blocks, etc.. needed and transport from one place to other. It moves 360 degrees horizontally. The rope attached with bucket also moves up and down.

By: Hriday Tibrewala

Scrabble Flip

This game helps in the cognitive development of the child. The development of the language skills and vocabulary takes place while playing this game. It also helps in developing observation and retention skills in the players. Learning happens through visual, auditory, and kin-aesthetic channels. It can be played between 2 - 4 players.

By: Romall S Surana



BOOKS FOR KIDS

- Pavni Dua

Le Petit Prince



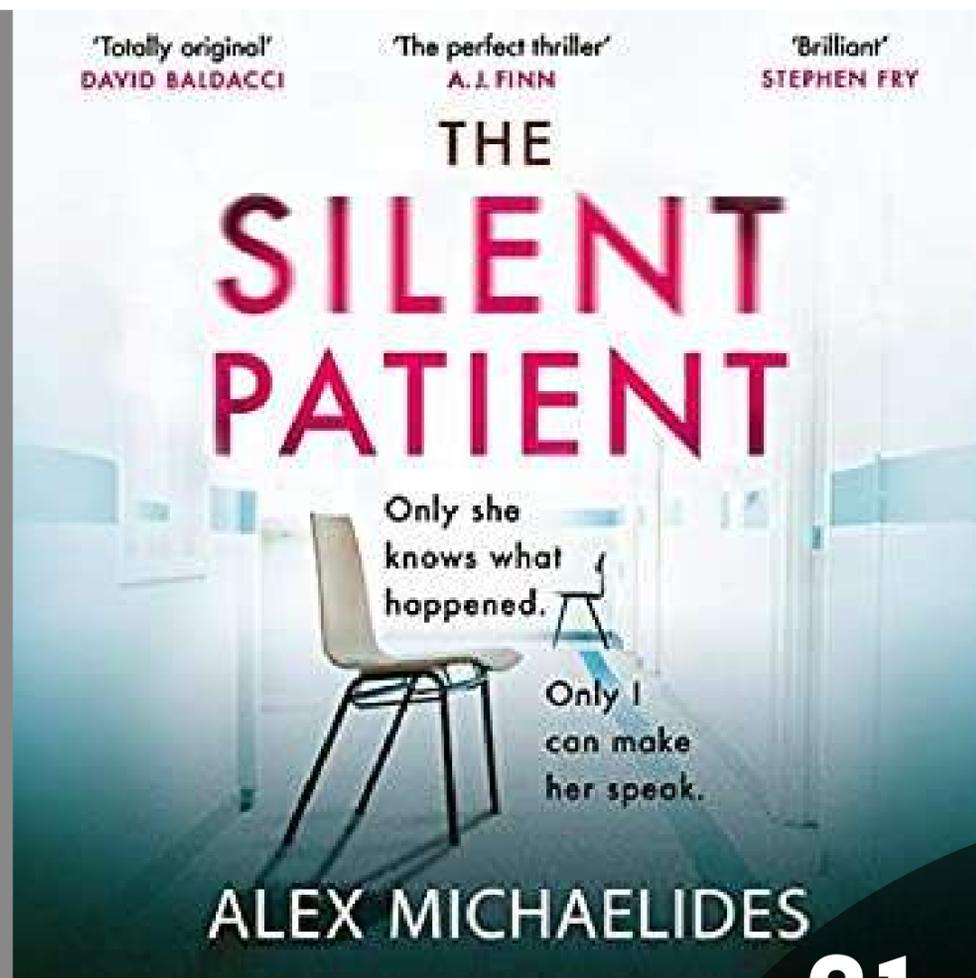
The little prince by Antoine de Saint-Exupéry.

The book is just a few pages long, but the lessons of life and philosophy it teaches, cannot be taught in a life time.

It encourages us to embrace the curious side of children through this seemingly simple yet deeply complex story. I highly recommend reading this to everyone. Its a masterpiece.

The silent patient By Alex Michaelides

Great thriller One of the best books I've read this year. Perfect for people interested in psychological thrillers. It's a maze of trying to find the correct answer in so many assumptions and lies. The only thing is that the author didn't make the timeline clear during which two things were going on. Maybe it was intentional. Anyway, definitely a great book worth reading.





Lets meet some
awesome kids

Kid's Section

देश हमारा प्यारा प्यारा!

Complete Your Work
Movie Review - Inside Out



देश हमारा प्यारा प्यारा!

देश हमारा प्यारा प्यारा!
२६ जनवरी 1950 हे दिन न्यारा न्यारा !
अंबेडकर जी ने संविधान बनाया,
दिल्ली के लाल किले से प्रधानमंत्री ने झंडा
लहराया !
देश प्रदेश के बच्चे आते हिंदुस्तान की जय जय
गाते अच्छी ,
सुहानी झांकियां सजाते !
रंग बिरंगे फूल बरसाते,
मौज मस्ती और खेलखिलाते,
हमारे तीनों सेना के वीर जवान उँठ
और घोड़ों पर खास वर्दी में आते!
टैंक तोप रॉकेट और
हवाई जहाज गडगडाते,
सबको चकित कर जाते!
हर वर्ष २६ जानेवारी पर्व मनाते !
वीर जवानों की शौर्यगाथा गाते!
उनके बलिदान को याद करते , हम राष्ट्रगीत
जनगणमन गाते. !
जय हिंद!!

सौम्या श्री. लड्डा

चौथी कक्षा शाला - तक्षीला, अहमदनगर

Complete Your Work

When you say never give up - One need to work consistent with work .

Here is the boy name Shaun. If he fails we would not try and leave the work incomplete. He was learning cycling. He fall down. Then never tried again. while playing football he got hurt.

He never played football after that.

Shaun's parent were really upset about this and they had a wonderful idea.

They brought a spider. They told Shaun to clean the web as soon as spider makes it. Shaun was happy and said yes. It was an easy task. He started cleaning the web as soon web was made. He cleaned once, twice, trice..... ten times... twenty times but spider didn't give up.

Spider finally made his web.

Shaun was upset that he was not able to complete such a small task. He walked to his parents with a sad face. His parents asked him how does it feels? He said I am a loser I cant do a small task and starting crying. His parents said when a small spider can complete the task taken, why cant you?

What have you learnt from this incident? Shaun replied. I love winning not losing. His father said if you quit something without completing it means you will never win. Failures teaches us the discipline and ability to bounce back. So are you ready for it.

His father took out his cycle. He tried, but fell down. He stood up and tried again. Shaun learned his lessons... did you?

By
Teerth Surana
Suyog Sunderji Wisdom School
Grade - 2nd

Movie Review Inside Out (2015).

Wouldn't it be amazing to take a sneak-peek inside your head & see what's going on? The film, 'Inside Out' does that.

This film is set inside the mind of eleven-year-old Riley, down about moving to San Francisco.

Joy, Sadness, Disgust, Fear & Anger portray her emotions.

Later, Riley's 'core memories',

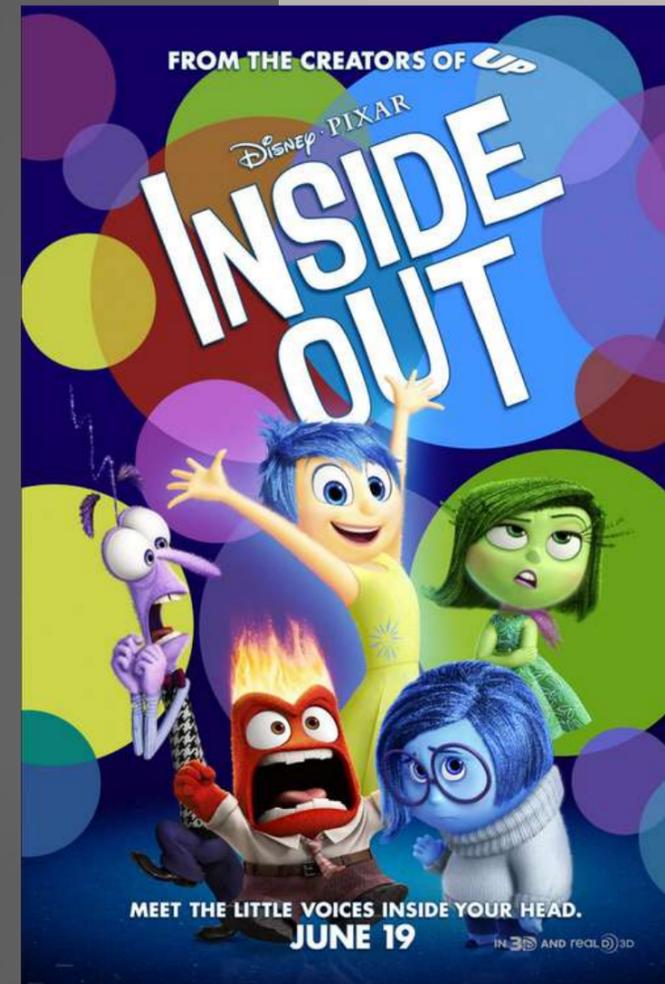
along with Joy & Sadness

accidentally enter Riley's emotional interior. Meanwhile, the other three emotions run the show – causing

Riley to feel that way.

Get ready for a tour inside Riley's head as Joy & Sadness must protect the core memories & reach headquarters ASAP.

A well-thought script and a super-relatable film!



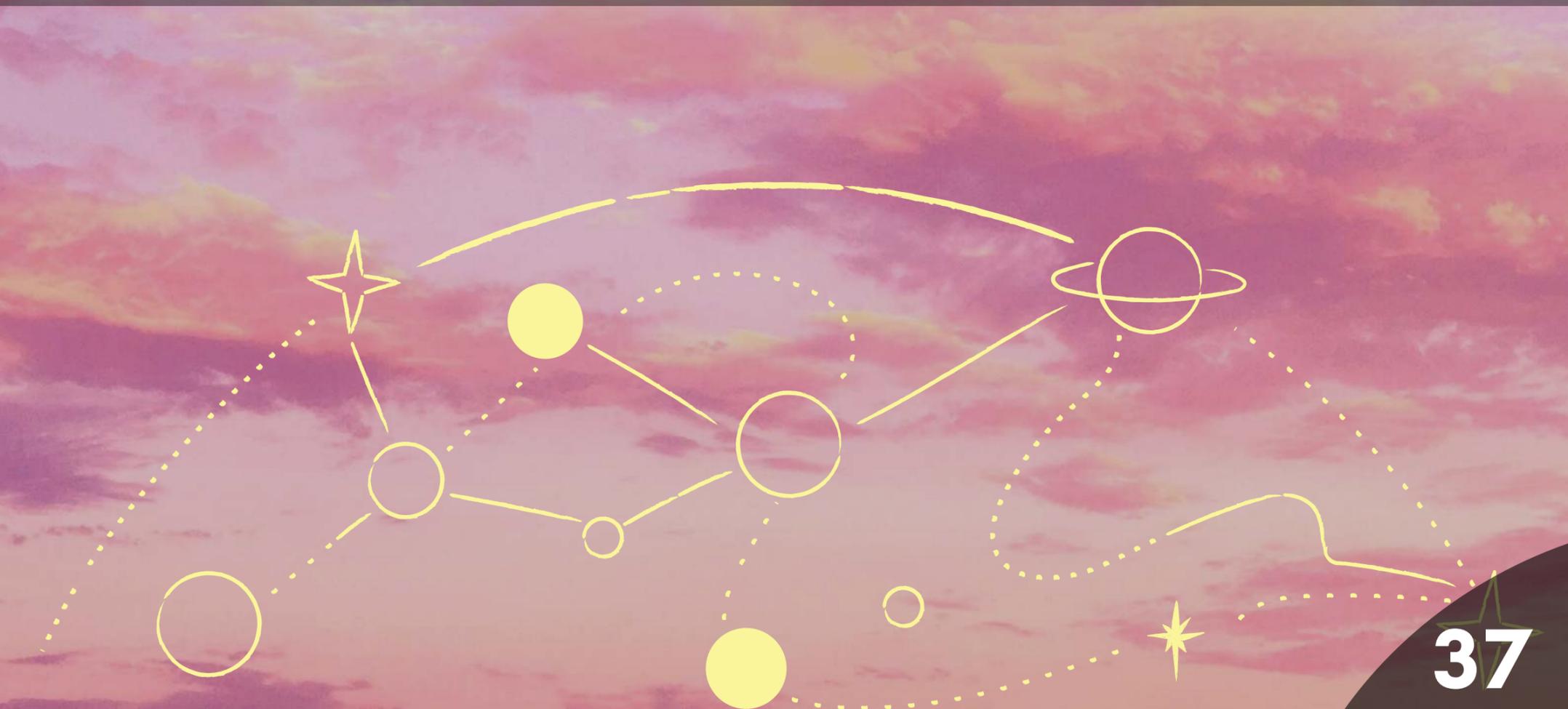
By

Sonia N Pagare



Lets meet all
the winners of
Perna

Perna Winners



Kh(ख) Skill Academy

Kh(ख) Skill Academy, is a division of Kh(ख) Infinite Possibilities Private Limited, is offering scientific education and learning experience.

The academy is open for people of all age groups. Kh(ख) makes its students ready for infinite opportunities through multiple courses.

We always believe that a curious mind always keeps asking the questions which lead them to find the answers by probing it. Probing leads to more clarity when asked What (क्या हैं), When(कब हुआ), Why(क्यों हैं), Where(कहां हैं), Which(कौन हैं) and How(कैसे हुआ) and get the answers.

Our Vision is "To build a contented and positive self-sustainable environment for people where they can develop a perspective of infinite possibilities for themselves and society" and trying to achieve this vision by our Mission "To bridge the gap between learner and knowledge & knowledge to the market"

Our Offerings are Art & Craft, Performing Arts, Vedic Math, Kids Coding - Python, Java and Web Coding - Online Classes.

New batches starting soon please visit
<https://www.khskillacademy.in/>
or Scan the QR Code for
more information
and enrolment.



Singing competition

4 - 9 years



Ryan Paul



Mitansh Deshmukh



Saisha Mahakud

10 - 16 years



Raj nandan Mahakud



Saayari Das



Rishita Baldota

Singing competition

10 - 16 years (Light Vocal)



Anushka Lahiri



Atharva Shende



Sharvari Challawar

Dance competition

Below 12 years



Aarohi Patil



Avni Sharma



Sharvari Challawar

Dance competition

Above 13 years



Chitkala Kadekodi



Tejal Katkar



Samiya Jagdale

Speech competition

5 - 10 years



Kavya Agarwal



Kalpak Patil

Speech competition

11 - 16 years



Aishika Dey



Anushka Umale



Yatanaa Tated

Math Quiz

K.G. Standard



Aelisha Singh



Dhruv Bhandalkar



Vihaan Sawant

Math Quiz

1st - 3rd Standard



Jay Tated



Priyal Ostwal



Mannat Kaur

4 - 5th Standard



Ananyaa



Saachi Rathi



Ensia Prasad

Math Quiz

6th - 8th Standard



Aastha Bagdi



Sunny Aditya Padhi



Pranali

9th - 10th Standard



Lekha Sedani



Chinmayee Samantarary



Rashmi Shriwas

Handwriting Competition

5 - 8 years



Vedika Bagdi



Ensia Prasad



Jeeya Gandhi



Arbik Kumar

9 - 13 years

Pearl
Sachdev



Subhanshi Padhi



Pranali Nalage

Handwriting Competition

14+ years



Saayari Das



Chirag Virmani



Radhika Garg



Credits



Edited by
Urvashi Pachori

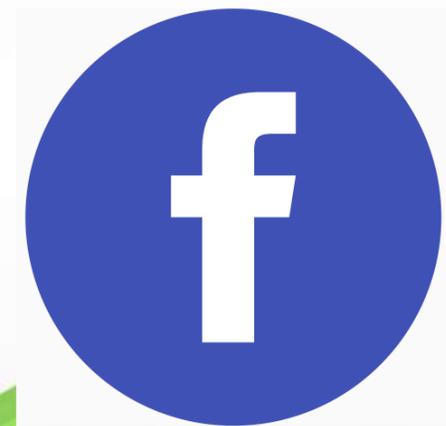


Designed by
Kishan Maharaj

REACH US



<http://nanhagyan.com/>



<https://www.facebook.com/nanhagyan>



<https://www.instagram.com/nanhagyanfoundation/>



<https://www.youtube.com/nanhagyanfoundation>