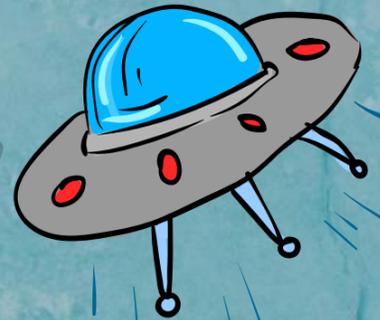


Kid's Galaxy

November Edition



Children's Day Special



Maths Tricks

Winners of Navratri Competition

Gifts For Differently Abled Children

Book Review

Spirituality in children

Introducing

ER Ravishankar Kumar & Kavya Raj Agarwal

For submitting your articles, please connect with us.

Nanhaa Gyan Foundation



320+
Counselling



525+
Workshops



17,000+
Handwriting Analyses



26,000+
Happy people

<https://nanhagyan.com/>

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NGF

Free Workshop Group

A Social Initiative by

Nanhaa Gyan 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, so that the whole family can participate.
- About 8-9 workshops have been conducted so far.
- All sessions are designed to engage kids constructively.

Nanhaa Gyan Healthy Minds

A Facebook Community
founded on 17th April 2020
7000+ people,
250+ live sessions available.

National/International Level Competitions

- Prerna
- Fancy Dress
- Ganesha Festival
- Hassi Ka Hunnar
- Super Star Chef

Total Entries- 2500+
Average Reach - 8800+ people

Nanhaa Gyan 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.

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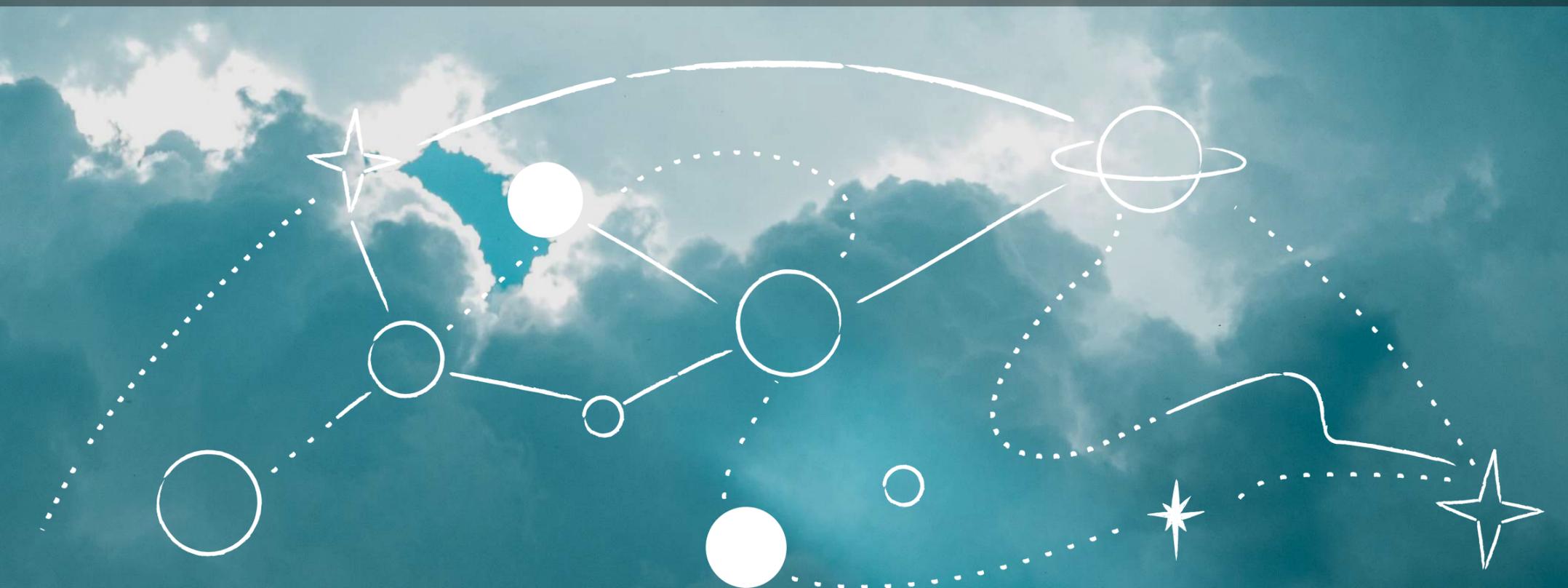
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This is your friend Ms. Earth...
Let's me give you a tour to
our magazine

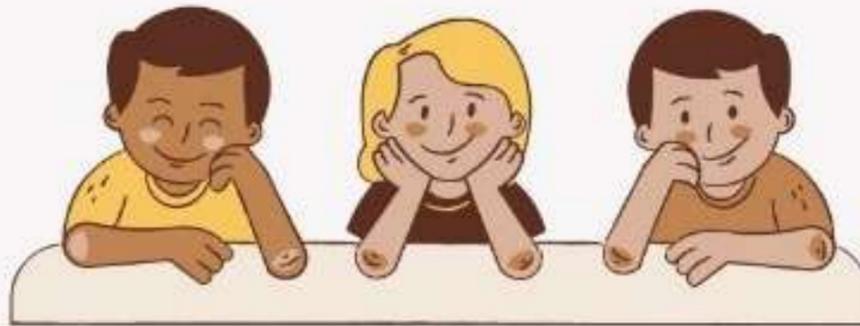


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Let's hear
about
IDYM Foundation

Cover Story

IGNITING DREAMS OF YOUNG
MINDS FOUNDATION



IGNITING DREAMS OF YOUNG MINDS FOUNDATION is a platform to promote Space Education for every young mind - that is, for the entire student community from any school, anywhere in the world.

It includes people with several years of experience in education - ministers and executives from the Ministry of Education, various school principals and young and talented space enthusiasts.

IDYM performs workshops and lectures on Space, Satellites and Rocket Technology for schools with distinguished speakers from IITs, ISRO, NASA, DRDO, BARC, HAL, NAL, Scientists and many Armed Forces Officers and Space experts.

IDYM has so far conducted Space Exploration programmes in all states and 5 union territories across India, as well as in over 50 Countries.

During this mission, IDYM has given free of cost training on Satellite and Rocket Technology to over 50,000 students.





Er. Ravi Shankar Kumar Founder - IDYM Foundation

Ravishankar Kumar is a mechanical engineer and has over 10 years of working experience with various industries both in India and abroad.

He has worked on many National and International projects in the field of Space Technology, Hydroponics, Robotics, Automobiles, Solar Energy and has received many awards in recognition of his work.

He has received the Bharat Gaurav Award for helping Armed Forces families. Inspired by the vision of Dr. APJ Abdul Kalam, he started the IDYM Foundation with the hope of igniting dreams in young minds.

"I graduated as a mechanical engineer and jumped into the corporate world and gained a lot of experience, but I have always had this dream since childhood - to be able to study Space Technology. To realize this dream, I thought of a startup idea where I could engage with a team of experts to educate young minds about the fascinating aspects of Space Technology.

This idea came to me in 2009, but due to some or the other reason, it got delayed and was only set up in August 2020. I gathered a team of like-minded people and we started our journey of bringing Space to Earth.

When I used to talk about Space Technology, people always responded by saying that it is something only great minds and scientists can pursue as a career. This stayed back with me and that is why I started my organization.

I am determined to make as many kids aware and educated about Space Technology as possible. I want the kids to think of it as something achievable and as a career prospect as well.

Within three months of starting the foundation, we were able to host at least one workshop in each state of India and now our count boasts of a diverse group of 50+ countries. We have been able to impact over 50,000+ students, of which 15 students have even built and launched their own satellites.

150 Students are now in the process of making their own satellites under the IDYM Foundation . We hope to keep growing and be able to impact more enthusiastic and eager-to-learn kids across the globe.

Let us make India the number one in all aspects!



Let's meet
Kavya
Raj Agrawal

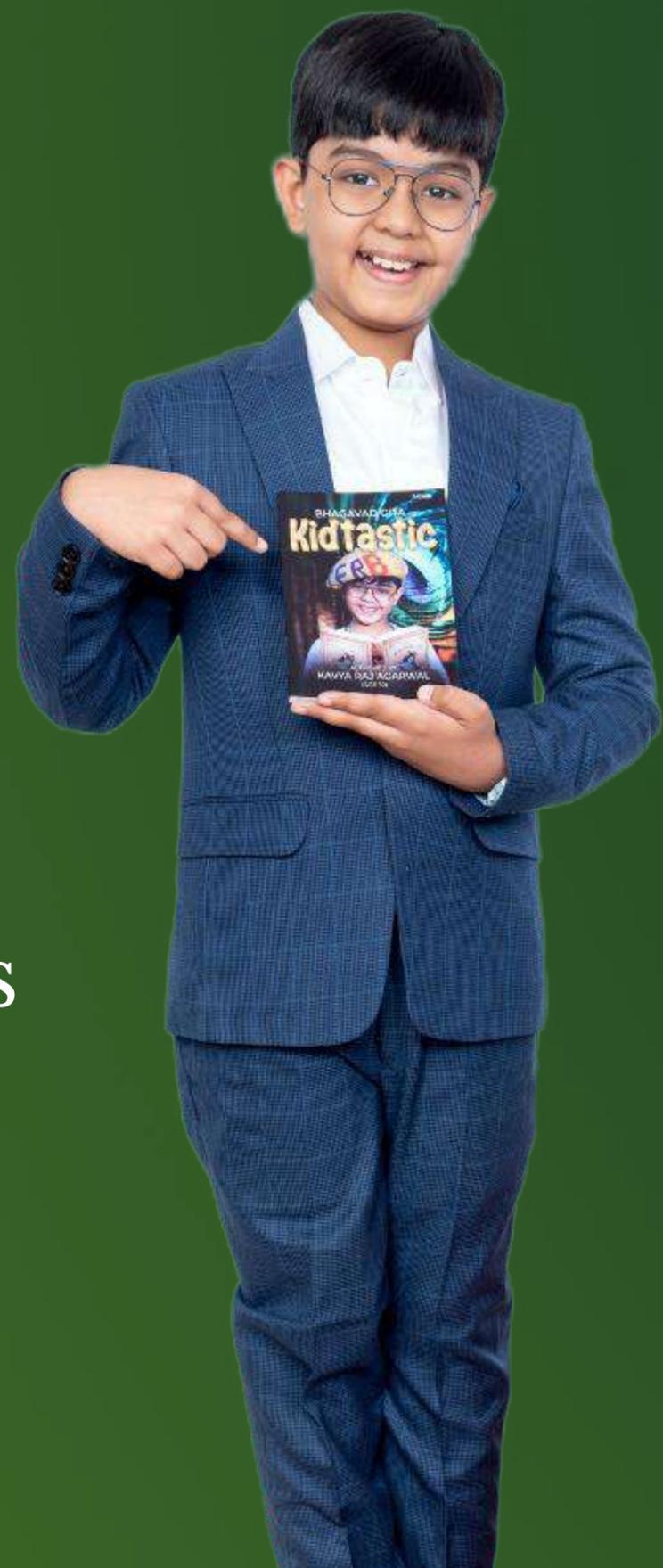
Cover Story



INDIA BOOK record for being the youngest to write a book on Bhagavad Gita was set by him.

Appreciated by INDIA BOOK for achieving 86 certificates from 2014 to 2020 in different fields including:

- Drawing
- Arts
- Language
- Speech Delivering
- Social Skills
- Yellow Belt in Martial Arts
- Dramatics





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My Gifted Child

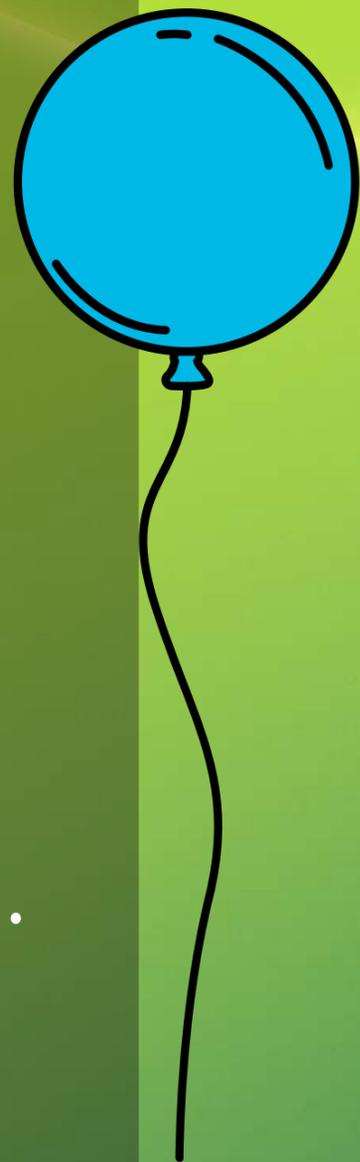
- A Proud Mother

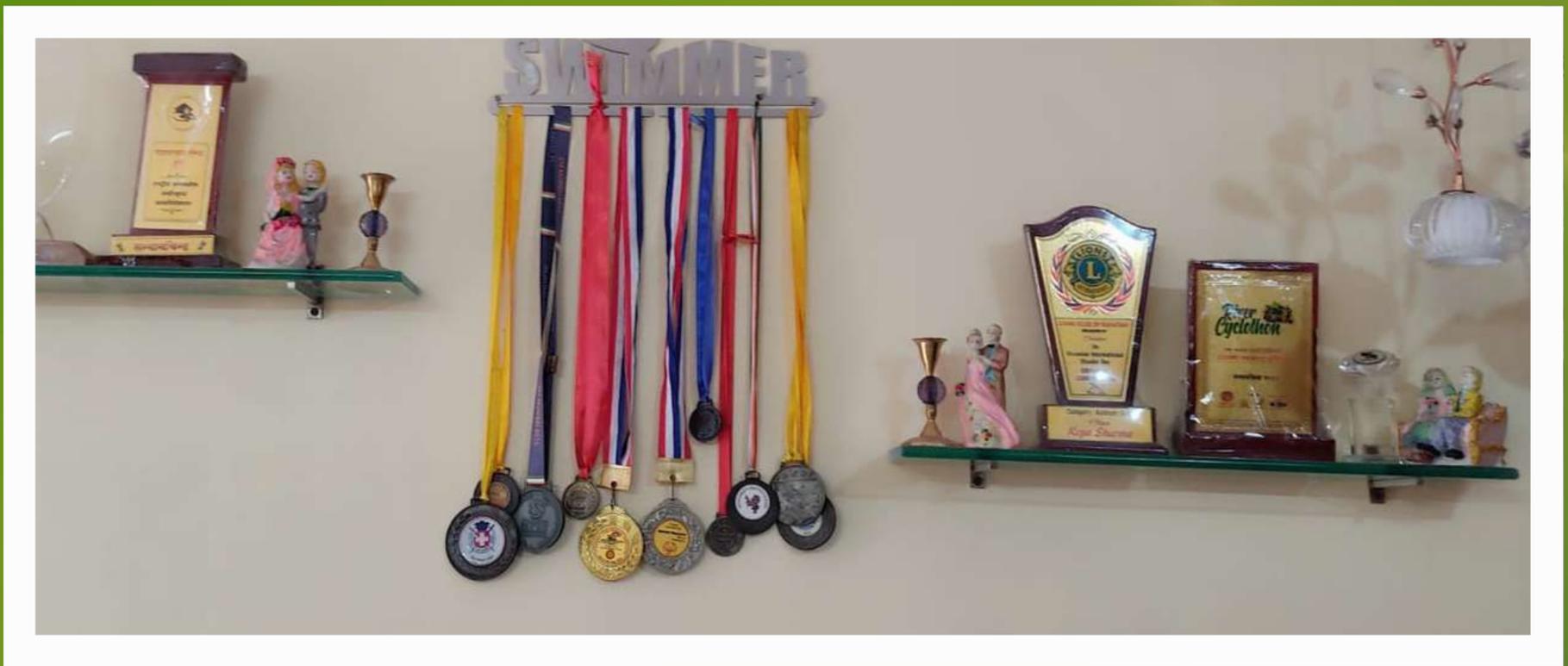


When my child was first diagnosed with autism, I felt completely overwhelmed and vulnerable. All I wanted was to somehow make things better for the little person I loved the most.

I was terrified that this mysterious disability would ruin my child's life forever. So I made the most difficult decision of my life, to give up my career and become a "Full Time Mum". I started all types of therapies - Speech, OT, ABA, special education; I even used to accompany her to schools. Yes, we had to change schools every year. Nothing was falling in place. Finally, my husband decided to take her to swimming classes. As a mom, I was a little sceptical about this, but decided to try this option as well.

After researching on the internet, we found Abhijit Tambe Sir and went to Balkalyan. He assessed my daughter and she immediately responded! He said that she could learn to swim in just 2 days! And so our journey began, in the world of swimming....





Tambe Sir now calls her "The Water Girl", as she has a gifted ability to swim and loves water. My daughter has so far won many Local, District, State, National (Gold in 25m & 50m) awards. She had also been selected for the Junior Special Olympics which went on hold because of the Covid pandemic.

Slowly, life is falling in place; she is quite independent now. She loves drawing and dancing, and has won many prizes in them too. She has also been felicitated at many events for her achievements.

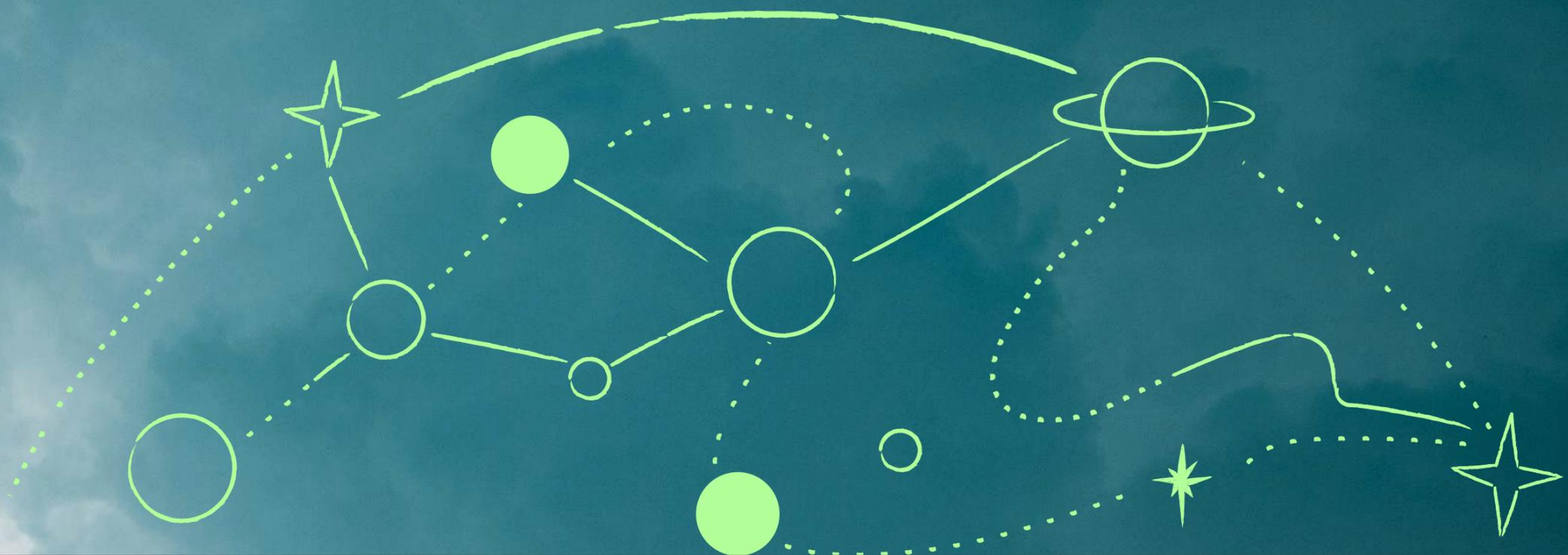
My daughter is managing to get through with her life, in-spite of her challenges and limitations.

Unfortunately, the acceptance by society for our special needs children as "humans" is still the biggest challenge we face every day.



Facts About Famous Artists

-Divya Khemka



Grandma Moses made more than 1000 paintings in her lifetime. At the ripe old age of 101, she painted 25 landscapes!



Pablo Picasso invented the visual art style called Cubism. His father stopped painting when he saw Pablo's work at merely 13 years of age!



Leonardo Da Vinci was an Italian polymath of the High Renaissance, who was active as a painter, draughtsman, engineer, scientist, theorist, sculptor and architect!



Vincent van Gogh made 2100 paintings but he was not commercially successful. He was able to sell only one painting!



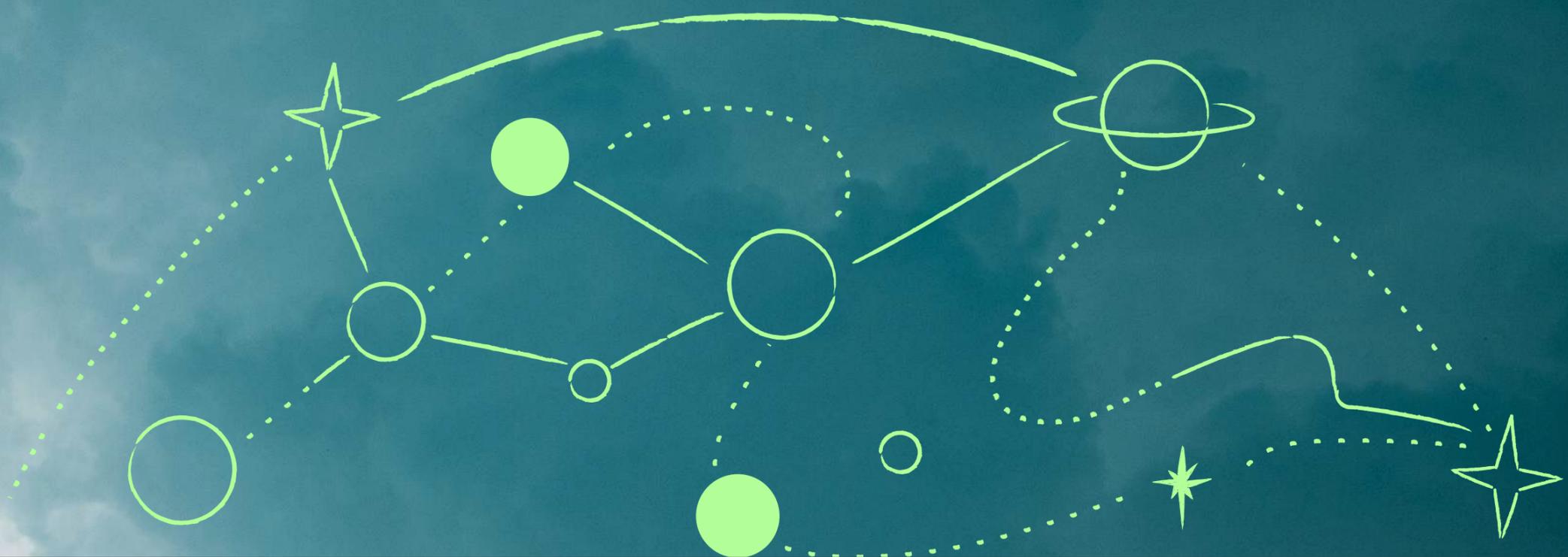
Marc Chagall was a Russian-French artist. He was able to convey striking images using only two or three colors which were based on his own personal vision!





Spirituality In Children

-Neha Kedia



Spirituality is an inner sense of relationship to a higher power that is loving and guiding. We may name this higher power as God, nature, spirit, the universe, the creator, or something that represents a divine presence.

However, the important point is that spirituality encompasses our relationship and dialogue with this higher presence.

The Five Strengths (Sanskrit, Pali: pañcabalāni) in Buddhism are Faith, Energy, Mindfulness, Concentration, and Wisdom. They are one of the seven sets of "qualities conducive to enlightenment." They are parallel facets of the five "spiritual faculties."

The key is to grow spiritually within ourselves first, before passing on the truth to your kids. Be creative in teaching kids the value of their spiritual growth.



8 steps to inculcate spirituality in children:

1 Clarify your own beliefs

2 Introduce spirituality early on in life

3 Don't pretend to have all the answers

4 Instill an appreciation of nature

5 Teach using stories

6 Build on family traditions & cultures

7 Make it a fun-filled learning experience

8 A prayer in simple form



Some Gifts For
Differently Abled Children

-Anuradha Trivedi



Finding appropriate gifts for kids can be quite challenging, and one can get all the more confused when choosing gifts for differently abled children. Here are some options to make that choice easier! Note that most of them can be DIY-ed at home too.

1. Sensory Mats:

Sensory mats make great toys for children with autism. Children can use their hands or feet to feel and play with different textures on the individual panels. You can even have them close their eyes and go through the different mats and describe what they feel.



2. Chew Toys:

It is common for parents to use chew toys for an infant; especially while teething. Chew toys can also be used for children with autism. They are made of a non-toxic silicone material and are meant to develop biting and chewing skills as well as sensory stimulation.



3. Sand, Slime, or Putty:

Sensory toys like sand, slime, or putty allow your child to develop fine motor skills through play. Children can play with the substance alone or they can incorporate other objects as well. The “toppings” are often brightly colored, appealing to their visual senses.



4. Sensory Bottle:

Children with autism often feel overwhelmed while processing sensory information around them such as tastes, movement, brightness, smells, and textures. These toys can calm meltdowns or tantrums when a child is feeling stressed with too much sensory input.



5. Cozy Corner:

A “Calm Down Corner” provides children a space to feel safe while recognizing and regulating their emotions in a healthy way. Calm Down Corners can be developed in a variety of ways in both home and school settings even without purchasing new materials or items





Time for an awesome multiplication trick...

Maths Trick

- Priti Chetan Muthiyan



STEP 1

$$24364 * 12 = \underline{\quad}8$$

(Double of Last Digit
4 = 8)

STEP 6

$024364 * 12 = 292368$
(Double of 0 = 0, and
add it to 2, $0 + 2 = 2$)
which is final
answer

To multiply any number by 12, just double the last digit and thereafter double each digit on the left and add it to its neighbour on the right. Sounds confusing? Let's take an example -

STEP 5

$24364 * 12 = \underline{\quad}92368$
(Double of 2 = 4,
and add it to 4 with
carry, $4 + 4 + 1 = 9$)

STEP 2

$24364 * 12 = \underline{\quad}68$
(Double of 6 = 12,
and add it to 4, $12 + 4 = 16$, (1 will get
carried over))

STEP 4

$24364 * 12 = \underline{\quad}2368$
(Double of 4 = 8,
and add it to 3
with carry, $8 + 3 + 1 = 12$, again 1 will
get carried
over)

STEP 3

$24364 * 12 = \underline{\quad}368$
(Double of 3 = 6,
and add it to 6
with carry, $6 + 6 + 1 = 13$, again 1 will
get carried
over)

$$24364 * 12 = ?$$

That was not so hard, was it? Now try:
 $2431 * 12$, $1256 * 12$, $1964 * 12$, $7236 * 12 = ?$



Here are some book suggestions with their reviews

Book Reviews





Garima Gupta

- Member of Indian Psychiatric Society (IPS)
- Member of New Zealand Association for Positive Psychology (NZAPP)
- Member of Integrative Medicine and Holistic Health Association

I'm Going To Be A Big Brother : Will Mummy Still Love Me?

-By Garima Gupta

Tell your older child about the 'good news' - that a baby is on the way, the right way! This book helps avoid sibling jealousy.

Aadu has just heard that he is going to be a big brother soon. But he doesn't know anything about babies! What do they eat, where do they sleep? Will the new baby ruin everything?

Aadu also secretly worries that when the baby comes along, his parents may stop loving him. In this short, sweet book, Aadu shares everything he learnt about being a good big brother, like keeping the baby happy and safe. He also discovers that being a 'Big Brother' is actually quite cool!

This book can be read with your preschooler to prepare him or her for the arrival of the new family member. With beautiful illustrations and relatable queries, your child will find clarity.

Let great sibling love blossom! With this book, your child will easily transition from being the only child, to the happy helper and cool Big Brother (or Sister)!

The Body Nirvana: More than just a weight-loss book

-By Garima Gupta

If you've tried a number of different books and weight-loss strategies, and still find that something is missing, then *The Body Nirvana: More Than Just A Weight Loss Book* may cut it for you.

The only way to help a person lose weight and be healthy for life is to have them begin with their mind. People already know what they need to do. Yet they don't follow healthy changes long enough. They need to see why, not what. Why does their resolve break, why does waking up for a run become fiendishly difficult, why are they not at their ideal weight.

This book is by a psychologist, not a dietician or celebrity. It is written by and for the common Indian woman. As a life coach, the author understands a woman's pressures, her delights and her circumstances. The book holds hands to show HOW to make the changes that we all KNOW are good for us and most decisively, possibly, HOW to make room for a healthier lifestyle within our priorities & commitments. So if you are still looking for something, after reading everything about what to eat, when and how, then give this a shot.

Shantanu and The Little Plant

“Shantanu and the Little Plant” is written by 7-year-old Sara. It is an inspiring story about a little ‘Mogra’ plant and a boy Shantanu who loves and takes care of this plant against all odds.

In time, the plant grows strong and healthy and many children learn to love and care for the plants around them.

It is a hopeful story written by a little child for early readers. The language is easy. Kids between 3 to 6 years are going to enjoy reading it over and over.

This story will sow the seeds for a positive attitude towards greenery and our environment. Sara also lists the key take-aways within the story itself!



Author
Sara Agrawal



Let's meet some talented kids

Kids Exclusive





Rugveda Sagar Virkar

Mindseed Pre-School

At the tender age of 3 years, she has won many accolades for her extra ordinary memory:

- International Book of Record
- Asia Book of Record
- 2 Times India Book of Record
- India Star Ikon Kid 2021
- Appreciated by India Book of Records
- High Range Book of Records
- GISA
- Won many National & state level Competitions

The Evolution of Rockets

-By Hriday Tibrewala

The worlds first rocket was the **A4 ballistic missile** also known as the V2 rocket!



A very famous rocket is the **Saturn V** which took humanity to the moon! It's cost per launch in today's money is 1.23 billion dollars! It was the most powerful and heaviest rocket at the time



The sleek Starship has a futuristic design and is planned to take people to Mars! It is a two stage rocket and is currently under testing. It has been made by the company Space X. The first orbital flight is planned to be launched by end of 2021!



Painting

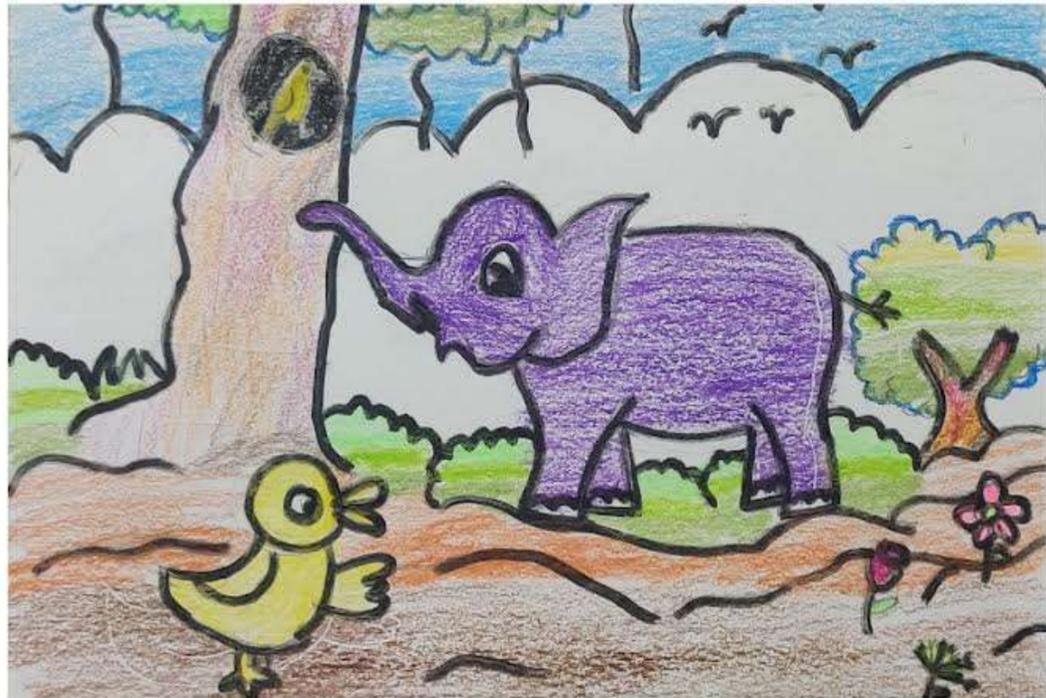
By - Anyshri Dey



Anyshri Dey
10 years old
Grade 6

Drawing

By - Euhan Abraham Mathew



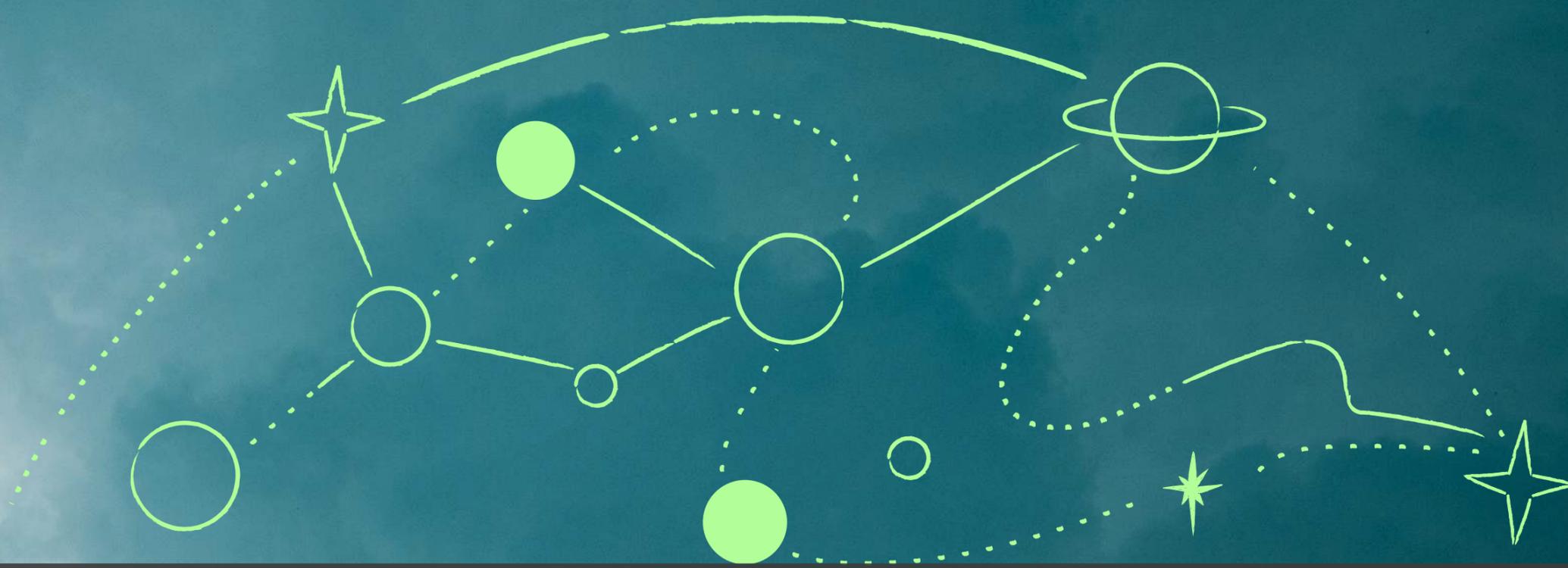
Euhan Mathew

Euhan Abraham Mathew
11 years old
Mount Litera Zee School
Bangalore



Check out
the winners of
Navratri
Competition

Navratri Competition





Mahika Sama
Gurukul School



Janvi Khivasara
Academic Heights
Public School



Saisha Dharmadhikari
Ashoka Global
Pre - School



Hriday Tibrewala
Redbricks Education,
Ahmedabad



Reyansh Shah
Giggles and Scribbles



Utkarsh Thakker
Sanjeevani World
School. Dahisar



Aagam Pokharna
Hume Mc Henry
Memorial School



Rugveda Virkar
Mindseed Pre-School



Prapti Pokharna
Hume Mc Henry
Memorial School



Sukrit Nigam
CLARA Global School



Adrit Nigam
Tree house
School



Soha Bhopatkar
Swadhaa Waldorf
Learning Centre



Krittika Dayma
Giggles and Scribbles



Krushnaraj Kamthe
Giggles and Scribbles



Revence Vishkarma
Giggles and Scribbles



Ushmita Datta
Giggles and Scribbles



Ovi Pramod Darekar
Giggles and Scribbles



Meera Joshi
Gujrati English
Medium School

Credits



Edited by
Gayatri Bhasker

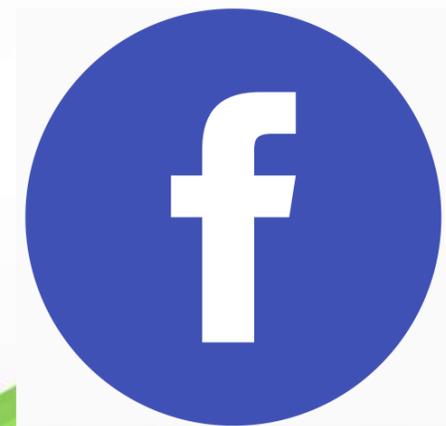


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