

# Kid's Galaxy

May 2022



*Mother's Day  
Special*

**Mrs. SHWETA VIJAN**  
Director, Vijan Mahal



# NANHAAGYAN FOUNDATION



340+ Counselling Sessions



535+ Workshops



17,520+  
Handwriting Analyses



29,000+ Happy People



40+ Schools  
Kid's Galaxy Readers



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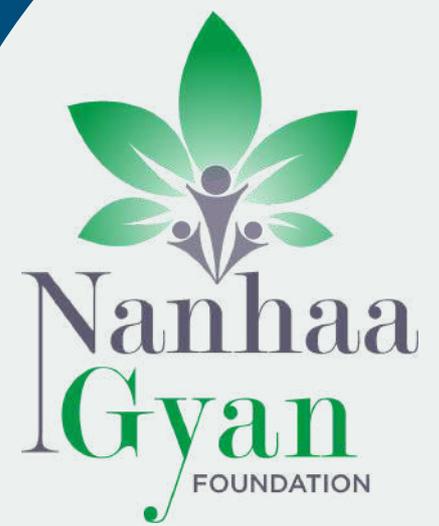
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# NANHAAGYAN FOUNDATION



## • **OUR MISSION**

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

## • **OUR VISION**

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

## **OUR VALUES**

.....

### • **SIMPLICITY**

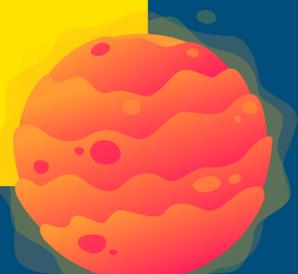
Because all great things are generally simple.

### • **BELIEF**

Sometimes people need someone else to believe in them, so that they can believe in themselves.

### • **KINDNESS & COMPASSION**

Because some problems can be identified and solved by kindness and compassion.



# EDITOR'S NOTE

Hello Friends!

With Mother's Day, International Day for Families, and Summer Vacations, May is truly the perfect month for spending time with our loved ones!

The affection in our mothers' hugs,  
The safety in our fathers' arms,  
The excitement playing with our sisters,  
The strength holding our brothers' hand,

The enchantment in our grandmas' stories,  
The laughter in our grandpas' jokes,  
The surprise treats from our uncles,  
The special pampering by our aunts,

The joy that only best friends bring,  
The unexpected kindness from strangers -  
We perceive all these emotions and more,  
and feel nurtured and loved.

All around us, are many unknown people,  
But if you look deeper within them,  
You can find Parents, Grandparents,  
Siblings, Uncles, Aunts and Friends,  
and receive the same kind of love from them.

Aren't we all somehow connected then?  
Let us learn from our old sacred texts -  
Don't judge one person as a relative,  
and the other as a stranger,  
**The entire world is a family!**

**Vasudhaiva Kutumbakam!**

Let us all pray that our families are healthy and happy, and we spend lots of fun times together!



**GAYATRI BHASKER**  
Mangalore



# CONTENTS

## Events

---

- 1 Happenings at Nanhaagyan

## Cover Story

---

- 3 Shweta Vijan - Dir, Vijan Mahal

## Poem

---

- 6 The Champa Flower

## Articles

---

- 7 Maha. and Guj. Statehood Day  
8 Goa Day  
9 Oh! The Places You'll Go!  
11 Musing in Museums!  
13 Serving from the heart  
14 Readers are Leaders

## Healing Corner

---

- 5 Boredom is fun!

## Poet's Nook

---

- 15 All Mothers Are Same  
15 Laughter...The Ultimate Healer

## Rack Your Brains

---

- 16 A - Z Of Fun!  
17 Anagrams  
17 Riddles  
17 Humour  
18 Sports Quiz!  
19 Find the animals!

## Arts from the heart!

---

- 20 Budding Artists



# HAPPENINGS AT NANHAAGYAN



April marks the commemoration of World Autism Awareness month.

Together with **Swa Eternal**, **NanhaaGyan Foundation** hosted a one-of-its-kind, immensely successful and heartfelt **Inclusion Carnival** as part of their new initiative - **The World of Blessings**, on 24th April.



**Mrs. Rommal Surana** and **Mrs. Anuradha Trivedi** from the NanhaaGyan team ably coordinated the event along with **Mrs. Gayatri Chadwa** from Swa Eternal. A number of patrons, friends, well wishers and volunteers pitched in to help us, making it an even more fulfilling and special celebration.

Aside from imparting universal values of inclusion and acceptance, the event was planned for neuro diverse children to engage in fun activities, and enjoy stalls selling a variety of merchandise. The children participated in activities such as dancing, singing, storytelling, drawing, zumba and a calmness inducing mandala activity.

Every arrangement was done keeping the comfort of the children in mind -

- The venue was an open space where children could feel relaxed.
- Due to their sensitivity to sensory triggers, the use of flashy or loud equipment was avoided.
- Two play areas apart from the stage were set up with interesting activities for children to play freely.

**"Autism is just a condition, and doesn't define the child as a whole. It is not an autistic child, rather, it is a child with autism. Children are blessings from God, and one must accept these blessings wholeheartedly. Although all 5 fingers are not the same, their inclusion is the key to using our hands effectively. Similarly, discrimination towards children with autism is not justifiable. The purpose of this initiative is to serve as a lesson in empathy for adults and children alike."** - Rommal Surana.

The event was graced by the Chief Guest - **Mrs. Tejaswita Sawant**, Founder of Sunshine Child Development Centre and her daughter **Ananya Sawant**. The print version of the April edition of our magazine - **Kid's Galaxy** was also released by them, and distributed among the attendees.





It is imperative that we encourage these children, be more patient and empathetic of their needs, and be the wind under their wings, in the form of teachers, parents, and peers.

The smiles on the children as they danced, sang and performed, and the happy tears in their parents' eyes, were a very touching sight.

We at Nanhaagyan Foundation, extend special thanks to **Ms. Kavita Krishnamurthy**, **Ms. Archana**, **Ms. Sulbha Shantwan**, **Ms. Ranji Pillai**, **Ms. Nisha** and **Ms. Aradhana**, without whom the event would not have been such a success.

We sincerely thank all who supported us and helped take this carnival to fruition. We hope parents, caregivers and all children who attended the event enjoyed themselves, as much as we enjoyed organizing it!

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

Follow us on FB - [Nanhaagyan's Kid's Galaxy Magazine](#) and Instagram - [@ngfkidsgalaxymagazine](#)



Mrs. SHWETA VIJAN, is the **Owner and Director** of **Vijan Mahal Hotel and Convention Centre** in **Jabalpur**.

Being the only **5 - star Convention Centre** in the Maha Kaushal area in Jabalpur, the **spectacular location** is often the venue for upscale marriage ceremonies, theme and destination **weddings, business meets and parties**. One can imagine the effort needed to keep up its long standing reputation and standards!

Mrs. Shweta is in-charge of one of the most significant aspects of any event - the Culinary department! Her role here deserves special mention, as a great dining experience can instantly cheer one up!

Mrs. Shweta thoroughly inspects and ensures the impeccable quality of the exotic delicacies and traditional delights, prepared by expert professional chefs, at their multi-cuisine fine dining restaurants.

As Vijan Mahal hotel is the preferred choice of VVIPs, celebrities and special guests, Mrs. Shweta also receives and interacts with them. She is also actively involved in many social causes and campaigns.

A soft - spoken, down to earth, yet confident woman, Mrs. Shweta exudes charm and class wherever she goes.

Mrs. Shweta is an excellent role model for her two daughters, as she fulfils both her personal and professional roles positively and successfully.



**"As a parent, you should do everything needed for your child. At the same time, be aware of your own identity, and share that with your kids, family and then the society".**

As mothers we all have infinite love for our children and family members, but we ought to spare a little love for ourselves! In this Mother's Day special edition, we wanted to focus on the well-being of mothers, and not just the wonderful things they do for their children. Remember - **"A happy mother is better than a perfect mother"**. We wish Mrs. Shweta Vijan a lot of success and happiness in all her endeavours!

**"I can never be grateful enough for everything you do for us. I may not show it but I am so glad to have you by my side at all times. You really mean the world to me, Mumma!" - Suhaani.**

Mrs. Shweta strongly believes that one, if not both parents, should be genuinely involved in their children's lives.

During their formative years, and specially after the pandemic situation, there is a lot going on in their minds, and they should feel free to confide their feelings with the parent. It is surely difficult to manage the time, (we all have only 24 hours!), but the time spent with our loved ones will always be more fruitful.

A mindful and hands on mother, she is ever perceptive of her children's skills, and guides them towards developing their strengths and improving their weaknesses. The saying - **"Your child is your true little reflection in the mirror"**, is fitting, when we meet her daughters, who are humble, respectful, bright and intelligent.

One might wonder about how she delivers her best at both roles. **While making sure her children's needs are met, she tries her best to focus equally on herself** - be it pursuing her hobbies, hitting the gym, or enjoying some undisturbed me-time.

**"Thank you so much Mumma for being the best mom ever, who cares for me, helps me and loves me a lot. I love you Mumma, Happy Mother's Day!" - Sravya.**





# HEALING CORNER



## Dad...I'm so bored!

A common occurrence during the summer holidays!



### YOUR REACTION

### YOUR MINDFUL RESPONSE

Dear, how about online chess for a while...then that activity sheet, and yeah, a little math after that, and later TV?

It's ok to be bored, dear. Just do nothing. Be with yourself and relax!

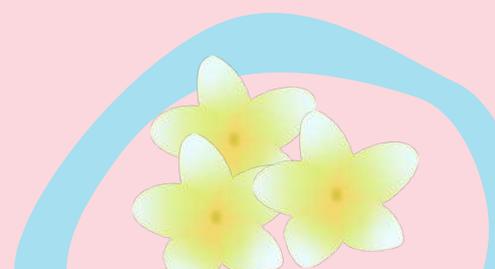


**HEAL FOUNDATION**  
Chennai

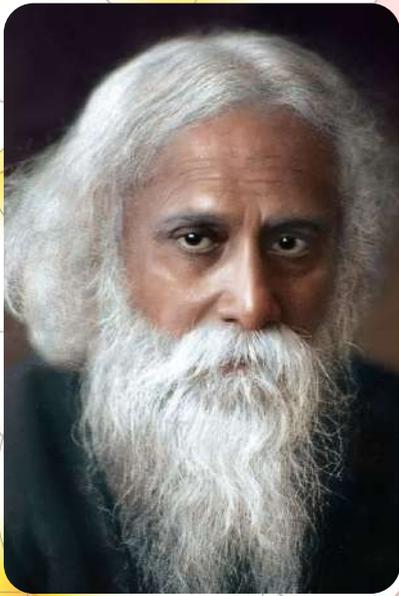
Let's not constantly schedule sessions for them. Boredom encourages imagination and creativity! Let them explore, observe and create ways to amuse themselves!

The purpose of parenting is not to make your child happy all the time. Help your child manage every emotion he or she goes through.

Instead of trying to "fix" their feelings – step back and allow them to develop the coping skills and resilience which they need to bounce back from life's inevitable setbacks. If they do come to you for help eventually, guide them gently towards their hobbies, or join in the boredom together!



# THE CHAMPA FLOWER



On **Rabindra Jayanti**, we celebrate the birth anniversary of the great Bengali poet, scholar, novelist, playwright, humanist, philosopher, and India's first Nobel laureate – **Rabindranath Tagore**. He is also the author of our India's and Bangladesh's National Anthems! Mahatma Gandhiji called Tagore as the '**Great Sentinel**'.

Here is a heart tugging poem about a child imagining himself to be a **Champa** flower for a day, and watching his mother go about her daily activities. He gleefully wonders if his mother would recognize him in his disguise? Tagore beautifully brings to life the playful and loving bond between a mother and child.

Supposing I became a Champa flower, just for fun,  
and grew on a branch high up that tree,  
and shook in the wind with laughter,  
and danced upon the newly budded leaves,  
would you know me, mother?

You would call, "Baby, where are you?"  
and I should laugh to myself and keep quite quiet.

I should slyly open my petals and watch you at your work.

When after your bath,  
with wet hair spread on your shoulders,  
you walked through the shadow of the Champa tree  
to the little court where you say your prayers,  
you would notice the scent of the flower,  
but not know that it came from me.

When after the midday meal,  
you sat at the window reading Ramayana,  
and the tree's shadow fell over your hair and your lap,  
I should fling my wee little shadow on to the page of your book,  
just where you were reading.

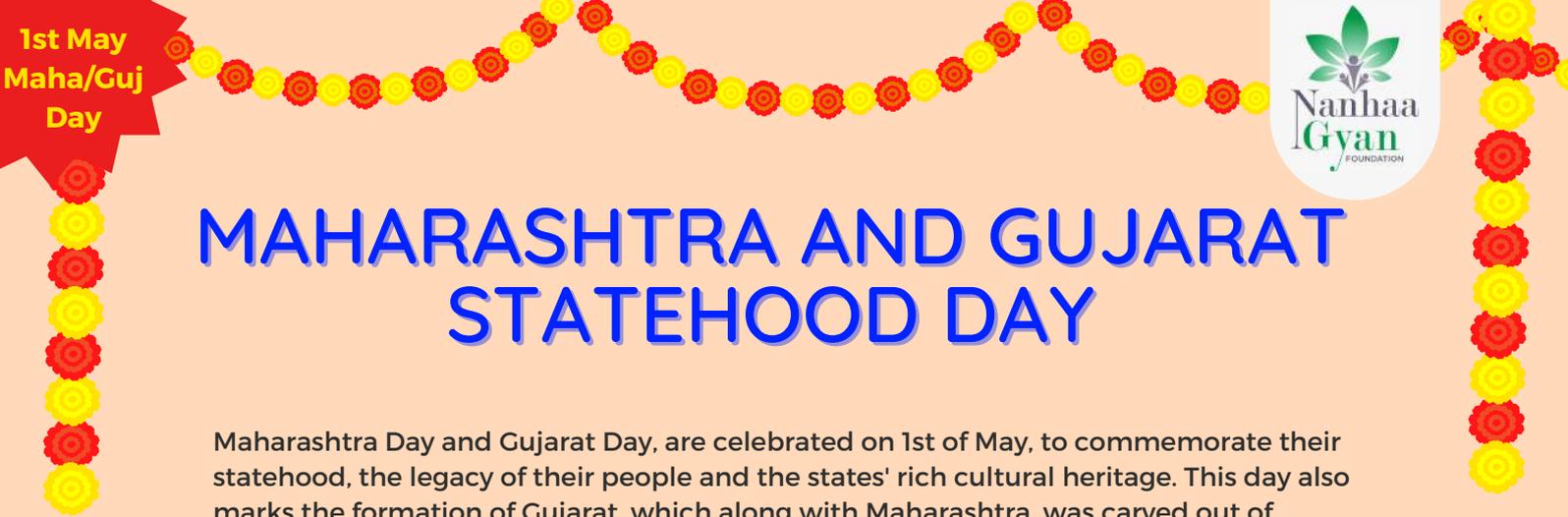
But would you guess that it was  
the tiny shadow of your little child?

When in the evening you went to the cow-shed,  
with the lighted lamp in your hand,  
I should suddenly drop on to the earth again  
and be your own baby once more,  
and beg you to tell me a story.

"Where have you been, you naughty child?"

"I won't tell you, mother."

That's what you and I would say then.



# MAHARASHTRA AND GUJARAT STATEHOOD DAY

Maharashtra Day and Gujarat Day, are celebrated on 1st of May, to commemorate their statehood, the legacy of their people and the states' rich cultural heritage. This day also marks the formation of Gujarat, which along with Maharashtra, was carved out of Bombay in 1960. The days are celebrated with folk songs and dances, recitals and parades.

Both Maharashtra and Gujarat have contributed immensely to the history, society, politics as well as the economy of India. We all know of the illustrious freedom fighters and leaders that have emerged from both states.

One more thing that the states are popular for, are local delicacies, which are now much loved all over the world! Truly, food is the bridge between cultures and languages and rightly lies at the centre of all celebrations!

Given below are some popular dishes enjoyed in Maharashtra and Gujarat. How many of these can you name?



30th May  
Goa  
Day

# GOA STATEHOOD DAY



Despite being the smallest state in India, Goa has many worlds within itself!

Popularly known for its exotic tourist spots, eateries and beaches, Goa is also famous for its rich flora and fauna, places of worship and world heritage sites! While Goa still exhibits the cultural influence of the Portuguese, it also has a long and diverse history! Here are a few tidbits about the state!



Rock art engravings found in Goa are one of the earliest known traces of human life in India!



The rugged Western Ghats called **Sahyadris** are an ideal haven for many species of migratory birds and animals. The **Ruby Throated Bulbul**, which is the state bird of Goa, is also found here.



During monsoon, you must certainly visit the unique **Dudhsagar Falls**, which is among the tallest waterfalls in India. The monsoon and the lush greenery make for a surreal experience. Remember the scene from the movie Chennai Express?



If you're looking to travel to Goa this summer, you must know, it is an adventure junkie's heaven! At **Baga** and **Calangute** beaches, one may find water sports, scuba diving, paragliding, snorkeling and many more activities to get that Adrenalin rush kicking!



Goa is also the only state to offer safe motorcycle taxi facilities. Tourists simply do not have to worry about riding off with strangers!

Sunny or rainy, you will truly relish every moment you spend here!



# OH! THE PLACES YOU'LL GO!

Taking Dr. Seuss's poem quite literally, let us see where our young writers go during their summer vacations!



**VIHAAN GORE**

Grade 6

Tree House High School  
Shewalewadi

## OOTY!

A summer vacation is a fun time to run and play around and go out for trips. The temperature in Pune was soaring, so my family planned to beat the heat by visiting **Ooty**, the **Queen of Hill Stations!** The hotel bookings, plane and train tickets were booked a month in advance! We first went to Coonoor, which is a hill station known for its tea estates in the Nilgiri hills. We went to **Dolphin's Nose Point, Lamb's Rock, Law's Falls** and **Sim's Park** - which is a botanical garden with more than one thousand plant species!

We boarded the toy train from Coonoor to Ooty - an adventure in itself!

Chugging in the dense forest with splendid breath taking views we reached Ooty! The day was pleasant, with rains in the evening and a cool 10 degrees Celsius at night!

We went to **Ooty Botanical Garden** (spread over an area of 55 acres), **Dodabetta Peak** (It is the second highest peak in South India!), **Ooty Lake, Tea Garden and Factory, Chocolate Factory, Pine Forest, Pykara Waterfalls** and **Mudumalai Tiger Reserve!** We saw Lemurs, Langoors, Elephants, Peacocks, Bisons, Deer and Woodpeckers there!

We enjoyed a lot during our 4 day trip. We relished the South Indian cuisine. To keep us warm at night, we even burnt firewood at our hotel room - that was so exciting! I had lots of fun and priceless memories with my parents. I thank them for planning such a wonderful holiday. This was the best summer holiday trip I ever had!

**If I were a beach ball...**

I'd be a sphere and have patterns of blue, orange, yellow and pink.

I'd be locked up in a locker and stay in **Goa**.

I'll stay with a bat and ball and their names would be Joe and Salish.

I'd be quite sandy and also soggy at times.

I'd get to see the sun during vacation time.

Summers would be the most busy days for me.

One month in a year in summers, 20 - 30 children from different parts of the country would play with me. They'd take me out from the locker and that would be the best time for me!

One time a naughty set of children from Darjeeling swept me away to the ocean!

The parents had to rescue me and the children!

I was saved from getting lost in the deep deep ocean!

The month would be full of joy and a lot of fun with friends. We'd play in the water and in the sand from dusk to dawn. Be it day or night, every time is the right time to enjoy!

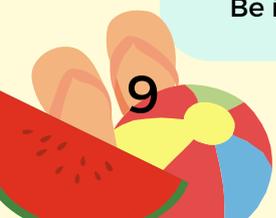
## GOA!



**HRIDAY TIBREWALA**

Grade 5

Redbricks Education,  
Ahmedabad



# ✈️ NIAGARA!

Seeing the **Niagara Falls** from the Canadian side had always been my dream, as I'd already seen it from the USA side!

We planned a two day trip to the falls. I was so excited that I could not sleep that night. I had already packed snacks, chips and drinks for the trip!

On the first day, my parents, sister and I took a double-decker bus. As I sat by the window seat, I saw the **CN Tower** and enjoyed the two hour ride. I could even see the falls from the bus!

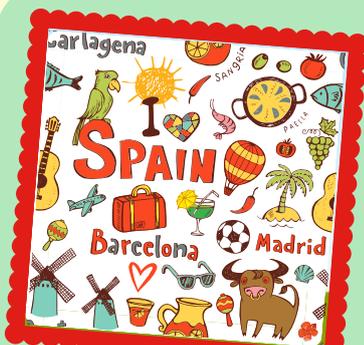
We went to **Clifton Street** which has children's rides and a playing station with a carnival as well!

**Ripley's Believe It Or Not** was so crowded that we couldn't even go inside! We went on the Giant Wheel instead, where I did vlogging for my Youtube channel (**Shreyu's World**)! From the Giant Wheel window, we saw the entire Niagara falls lit by colourful lights at night which made it even more beautiful!

The next morning, we went to the **Journey Behind The Falls**, where we could look at the waterfall really up close! The water was splashing, but we wore the raincoats which they had provided. My sister wanted to finish all the snacks instead of enjoying the falls! We also went to the Butterfly Conservatory where we saw thousands of butterflies! We all enjoyed this memorable trip and we reached home with lots of fun memories!



**SHREYAS BHAT**  
Grade 5  
Podar International School  
Mangalore



**AADHIRA DWIVEDI**  
Grade 5  
Podar International School  
Mumbai

Hola! Como estas amigos!

My summer holidays have started and I am planning to go to **Spain** soon! I am overjoyed and excited to visit my favourite country!

Spain is a beautiful country. The name Spain comes from the word **Ispana**, which means the "**Land of Rabbits**"!

It is situated in the Iberian peninsula of the European continent. The capital of Spain is **Madrid**. The city is famous for historical buildings, like **Royal Palace**, **Plaza Mayor**, **Basilica de San Fransisco el Grande**, world class museums and many food markets. It has the oldest restaurant in the world - **Sobrino de Botin**, recognized by the Guinness Book of World Records!

**Barcelona** is the second largest city of Spain, and is famous for its vineyards. Another major city is **Valencia**, known for its beaches. **Granada**, hilly **Andalusia**, **Seville** - the City of Art, beachy **Marbella**, **Tornado** etc. are some of the must visit cities. It also has lots of islands like **Ibiza**, **Mejorca**, the gorgeous **El Hierro**, **La Gomera** etc, and snow capped mountains - **Sierra Nevada**. Spain has 15 billion visitors every year!

It is the only European country that shares it's land borders with an African country - **Morocco**! Spanish is the second most spoken native language in the world.

There are many famous festivals celebrated in Spain. The Bull Run, is held in Pamplona every year. Since 1945, La Tomatina is celebrated in Spain, which is the world's biggest food fight, usually with tomatoes! I can't wait to visit Spain!

# SPAIN!



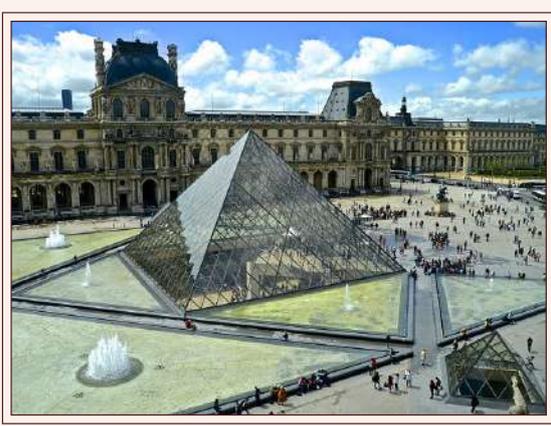
# MUSING IN MUSEUMS!



## THE LOUVRE, PARIS

Symbolizing France's centuries old cultural glory, **The Louvre in Paris** with its admirable display of nearly 400,000 art pieces consistently remains the most visited museum in the world!

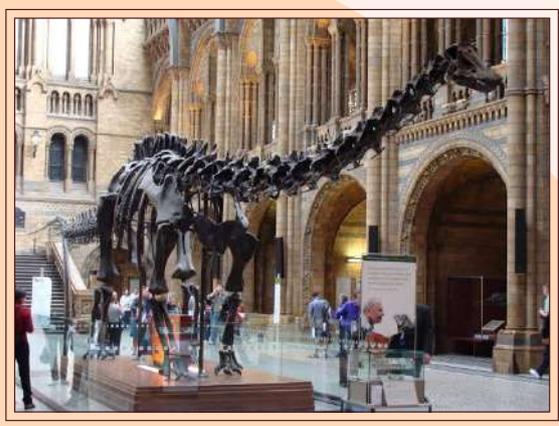
It is home to several world renowned works of art, including the painting of **Mona Lisa**. During the World War, French authorities communicated with the Allied Forces using the code - '**Mona Lisa is smiling**', to escape bombing. Perhaps the most iconic structure in the premises is the towering **Louvre Pyramid**, made entirely of glass. It also serves as an entrance to the museum.



## NATURAL HISTORY MUSEUM, LONDON

While **London** is home to a number of museums, the **Natural History Museum** is considered a must-visit. Aside from its stunning architecture, it hosts a 26-metre tall **dinosaur exhibit**, fondly called **Dippy!**

The museum also contains a real **Moon rock sample**, excavated during the **Apollo Moon** expeditions conducted by NASA, and is one of the samples given by Richard Nixon, the President of the United States to 135 countries as a goodwill gesture!





### THE METROPOLITAN MUSEUM OF ART

Known to host the infamous **Met Gala** with celebrities suiting up to unique themes each year, the **Metropolitan Museum of Art**, now called the **Met**, is not just a museum. It is home to historically significant **weaponry**, 5000 year old **instruments**, and shockingly, a well preserved **piano** from 1720!

The Met also boasts a jaw dropping collection of contemporary clothing and accessories from over seven centuries! It is often said that the Met is a door to not just the Middle Ages, but also to the rest of the world. A visit to the Met is truly an experience of a lifetime for visitors.



### NATIONAL MUSEUM, DELHI

The **National Museum** in **Delhi** has a massive collection of over 200,000 works of **Art**, dating back to nearly 5000 years! With a collection spanning over 15000 paintings, it puts on an impressive display of India's rich heritage, telling stories from **Mughal**, **Deccan**, **Rajasthani** and **Pahari** periods, each of varying art styles.

Artefacts including **tools**, **utensils** and **sculptures** from the **Harappan Civilization** are preserved here as well. The museum also exhibits a number of **manuscripts** of different **religions** written on all sorts of materials, from parchments to leaves to tree barks!





**VIGHNESHWARI**  
Resident Health Manager  
Covai S3 Retirement Homes  
Coimbatore

For her pioneering role in elevating the status of the nursing profession, **Florence Nightingale's** birthday fondly marks **International Nurses Day**, celebrating not just her legacy, but also the role of nurses in providing Healthcare, around the world. Now, let us hear this nurse's story!

### How did you decide to be a nurse?

I spent my childhood summer holidays with my aunt who was a nurse. I was inspired by her crisp white uniform, the nurse's cap, her compassion towards patients, and of course; the injection. Which child doesn't like the injection syringe in their doctor set? 😊

### Why did you choose this tough job, instead of easy ones?

True, it is a tough job - dealing with uncooperative patients, cleaning them - no matter how gross it is...But I realized that the only occupation where I can directly impact another person's life, with a real human connection is Nursing. Anyone can donate money towards charity, but I felt I could make a real difference in someone's life, and that made my choice easier.



### How are you so calm and composed?

No one comes to the hospital for fun. If they have, they would surely be in some kind of pain - Mental or physical. They may also have financial or emotional burdens and could behave badly due to that frustration. Nurses have to understand that, and keep their calm, comfort their patients, and always be alert to take quick and correct decisions, whenever needed.

### What is your message to our readers?

As per a WHO study, **50% of the global health workforce** is made up of **nurses**. During the pandemic, nurses were responsible for getting the COVID vaccine to the remotest of villages. In fact, nurses are involved in every stage of one's life - even before birth till the end. We don't work on machines like computers, rather, we deal with live human beings. We are caring, understanding and at the same time, brave and resilient.

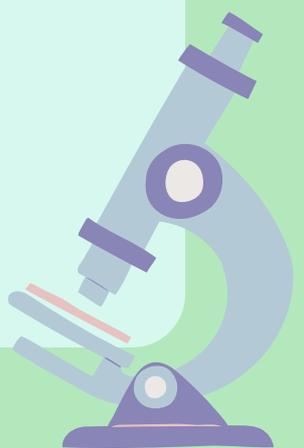
**My only wish is for people to respect our profession, just like any other.**

## GUESSOLOGY!

Match these medical OLOGIES!

1. Study of the eye.
2. Study of the nose.
3. Study of disease.
- + 4. Study of human behaviour.
5. Study of stomach and intestines.
6. Study of nerves.

- a. GASTROENTEROLOGY
- B. NEUROLOGY
- c. PSYCHOLOGY
- d. RHINOLOGY
- E. EPIDEMIOLOGY
- F. OPHTHALMOLOGY





# READERS ARE LEADERS!



**POOJA JAYASWAL**  
Educator  
Bhavnagar

READERS ARE LEADERS.

I wrote this line on my blackboard and expected my students to be fascinated. Instead, they found it comical.

They all started shooting questions at once.

"Oh ma'am, how is it possible, that just by reading, one can be a leader?"

I stood in my thoughts, making sure not to let this moment pass by, to hit the nail.

"Books can be our best friends...", I gasped as I spoke, thinking they might giggle.

"It was my birthday; my father bought me a lovely gift wrapped with golden paper. It was a thick book with golden edges. As I turned its pages one by one, the beautiful pictures captivated me."

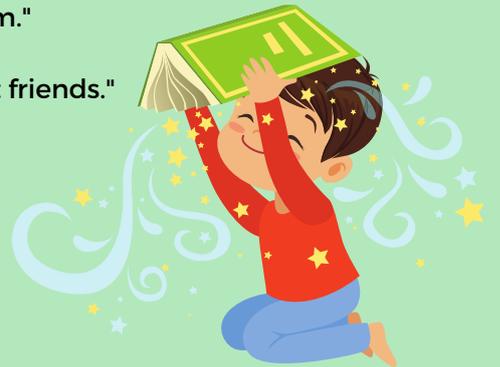
"Alice in Wonderland was the first story I started reading. Each page took me into the world of imagination. At times, while reading, I felt like I was along with Alice. This experience was so joyful that I used to forget the ticking of the clock!"

"My father always said - Books can be your best friends. Indeed, his words were true! Books can be so exciting that they can become a part of our lives. Gradually, as I dived in the world of books I gained knowledge and cultivated more interest in them."

"Thus, I believe that readers are leaders, and books are our best friends."

The below acronym will convey everything -

- B - Build your
- O - Own
- O - Outstanding
- K - Knowledge and be
- S - Smart!



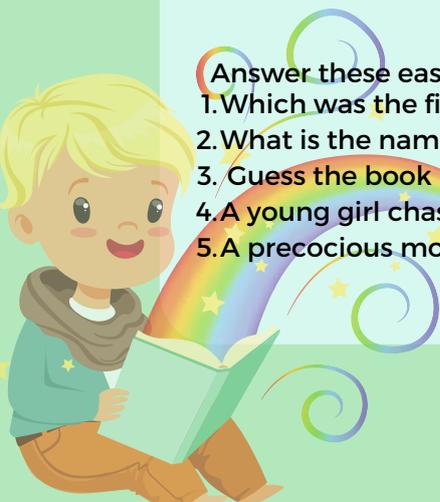
"Now, my dear students, what will be the one thing that you won't forget to do, during your summer vacations?"

"Read books!", they all replied in unison, much to my relief!

## BOOK SOME TIME FOR BOOKS!

Answer these easy questions to get warmed up!

1. Which was the first book in the Harry Potter series?
2. What is the name of Matilda's principal?
3. Guess the book - A spider tries to save a pig's life by weaving compliments into her web.
4. A young girl chases a rabbit into an absurd, fantasy world.
5. A precocious monkey gets into a whole lot of trouble!



# POET'S NOOK

1st May  
World  
Laughter  
Day

8th May  
Intl.  
Mother's  
Day

**TEERTH SURANA**  
Grade 4  
Suyog Sunderji's  
Wisdom School,  
Pune



## ALL MOTHERS ARE SAME

All mothers are the same,  
Mother Earth,  
Mother Nature,  
Mother Nation,  
My own mother.

All mothers sacrifice,  
Pay the price,  
Even if it is twice,  
She makes me feel nice,  
She brings back my smile.

A mother loves her child,  
even when pains get piled,  
For my mistake,  
She doesn't get wild,  
She makes me realize,  
and gets things reconciled.

I love my mother.

## LAUGHTER... THE ULTIMATE HEALER

When did you laugh last time?  
In your busy schedule,  
You don't get time to laugh.  
Laughing is the first golden rule.

Your job may be boring,  
Your manager may be irritating,  
Has that made you lose the ability to laugh?  
In your life, laughter can bring some zing.

Laughing enhances concentration,  
It helps you stay positive and happy,  
If you ever feel sad,  
Just laugh,  
and you'll stay far from being unhappy.

Life may seem full of negativity,  
But God has given us brains,  
To find happiness in sadness,  
And relief between pains.

Ach, life is sad, you know?  
Our overthinking minds make it more painful.  
If you know it's going to end one day,  
There is no need to be disdainful.

Laughter makes us grow,  
Laughter enhances our strength.  
Laughter balances our life,  
And hides its struggles from us.

A laughing pauper is a landlord,  
A laughing servant is a ruler.  
Laughing in the sunlight,  
Eradicates the need of an air cooler.

Then why, in your busy schedule,  
Can you not laugh even a bit?  
Live your life with freedom and joy,  
After tossing your sorrows in a pit!



**JAIMIN HARKHANI**  
Grade 9  
S.N.K School,  
Rajkot

# A - Z OF FUN!

## MAY 2022

SUN	MON	TUE	WED	THU	FRI	SAT
1 E	2 J	3 X	4 O	5 P	6 M	7 Q
8 B	9 T	10 S	11 F	12 I	13 S	14 A
15 L	16 K	17 Z	18 V	19 G	20 N	21 M
22 Y	23 S	24 N	25 A	26 B	27 K	28 C
29 M	30 T	31 R				

Hello children!

Let us make our activity calendar for this summer!

1. Make the calendar as shown in the picture. (Make one for June).
2. Then write any letter of your choice below each date.
3. Here's an art list for reference, but you can think of any activity that starts with that letter!
4. Take up the activity for that day and have fun!

**Do share your fun activity calendar with us!**

A : Abstract Art

B : Bubble Painting

C : Calligraphy

D : Doodling

E : Etching

F : Fluid Art

G : Gond Art

H : Hand Printing

I : Ice Painting

J : Jumping

K : Knife Painting

L : Lippan Art

M : Mandala Art

N : Nib Painting

O : Oil Painting

P : Pencil Shading

Q : Quilling

R : Resin Art

S : Stitching/Salt Painting

T : Tanjore Art

U : Umbrella Painting

V : Vegetable Printing

W : Weaving

X : X-ray Craft

Y : Yarn Craft

Z : Zentangling



**DIVYA TIBREWALA**

Teacher  
Ahmedabad

# ANAGRAMS!

Can you create an anagram for these words below? e.g. HEART can be rewritten as EARTH.

SNAKE, ALERT, BRAKE, TACOS, ELBOW,  
SMILE, BREAD, HORSE, LEAST, PLATE!

## RIDDLES!

When you need me, you throw me away. But when you're done with me, you bring me back. What am I?

Many have heard me, yet nobody has seen me. I won't speak back unless spoken to. What am I?

I have rivers without fish and roads without cars, I have deserts without heat and snow lands without cold, I have mountains without height and canyons without depth. What am I?

100 feet in the air, but back on the ground. What is it?

## HUMOUR!

**Man** : "Doctor, I've broken my arm in several places!"  
**Doctor** : "Well don't go to those places."

"My first time using an elevator was an uplifting experience. The second time let me down!"



Did you know that  
 $10 + 10 = 11 + 11$ ?  
 $10 + 10$  is twenty,  
and  $11 + 11$  is twenty too!

What did the buffalo say when dropping his kid off to school?  
Bison!

What do you call corn that joins the Army?  
Kernel.



# SPORTS QUIZ!



Athletics is an exclusive category of competitive sports consisting of running, jumping, swimming, throwing and walking. World Athletics Day is celebrated to raise awareness among children and young people about the importance of fitness and encourage them to play sports, especially athletics. Here's a little questionnaire for you, about sports, not just athletics!

1. Which country will be hosting the Olympics in 2024?

- A. France
- B. South Africa
- C. Russia
- D. Australia

2. Who were the mascots of Tokyo Olympics held in 2021?

- A. Athena and Phevos
- B. Cobi and Petra
- C. Miraitowa and Someity
- D. Wenlock and Mandeville

3. How many players does a baseball team have?

- A. 5
- B. 7
- C. 10
- D. 11

4. IAAF stands for:

- A. International Association for Amateur Footballers
- B. Indian Association of Athletics Foundation
- C. International Association of Athletics Federation
- D. International Archery and Athletics Fund

5. Which country won the first ever ICC World Cup?

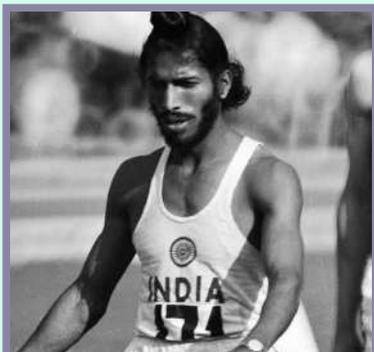
- A. Australia
- B. India
- C. England
- D. West Indies

6. Who has won the most women's Wimbledon singles titles?

- A. Serena Williams
- B. Venus Williams
- C. Martina Navratilova
- D. Steffi Graf



Match these famous sports personalities with their pictures:  
Anju Bobby George, Maria Sharapova, Milkha Singh, Kobe Bryant



# FIND THE ANIMALS!



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# BUDDING ARTISTS!



**AADIT JINESH DHUMAVAT**

Age 5  
City Pride School  
Nigdi

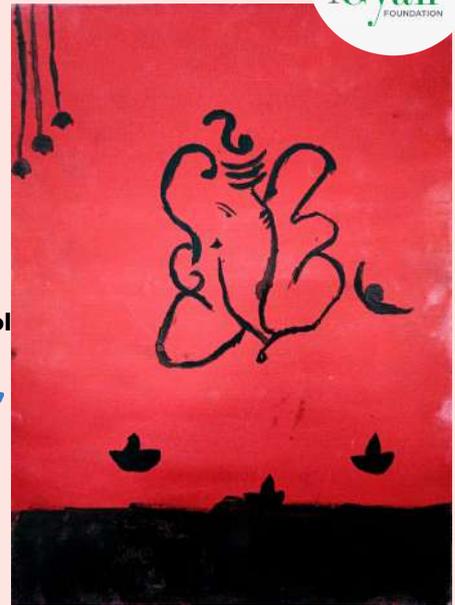


**HRIDA SHANKAR**

Grade 1  
Sanjivani International school,  
Navi Mumbai



**KINTAN SINGH**  
**GRADE 1**  
 Poddar International school  
 Pune



**ANUSHKA PATIL**  
**Grade 6**  
 Suyog Sunderji  
 Wisdom School  
 Pune



# ANSWERS

## Answers to Book Quiz

1. Harry Potter and the Philosopher's Stone
2. Mrs. Agatha Trunchbull
3. Charlotte's Web
4. Alice in Wonderland
5. Curious George

## Answer for Anagrams

1. SNEAK
2. LATER
3. BREAK
4. COAST
5. BELOW
6. MILES
7. BEARD
8. SHORE
9. STALE
10. PETAL

## Answers for Statehood Quiz :

1. Dhokla
2. Handvo
3. Modak
4. Khandvi
5. Sabudana Vada
6. Patra
7. Vada Pav
8. Puran Poli

## Hidden Animals

- Deer, Turtle, Panda,  
 Sheep, Elephant, Chicken,  
 Gorilla, Monkey, Snake,  
 Crab, Giraffe, Fish, Fox, Tiger

## Answer to Riddles

1. Anchor
2. Echo
3. A map
4. A poor centipede lying upside down!

## Answer to Sports Quiz

1. A
2. C
3. A
4. C
5. D
6. C

## Matching :

1. Milkha Singh
2. Kobe Bryant
3. Anju Bobby George
4. Maria Sharapova

## Answers to Ology Quiz

- 1.F, 2.D, 3.E, 4.C, 5.A, 6.B

# THEME FOR JUNE 2022 EDITION!



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

Monsoons are round the corner!

Write to us about

- What you love about rains
- Your favourite time with your dad
- Finding joy in simple things or whatever interests you!

There are a lot of interesting days we celebrate in June, you can write about those too!

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

**Last Date for Submission : 3rd June 2022**

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