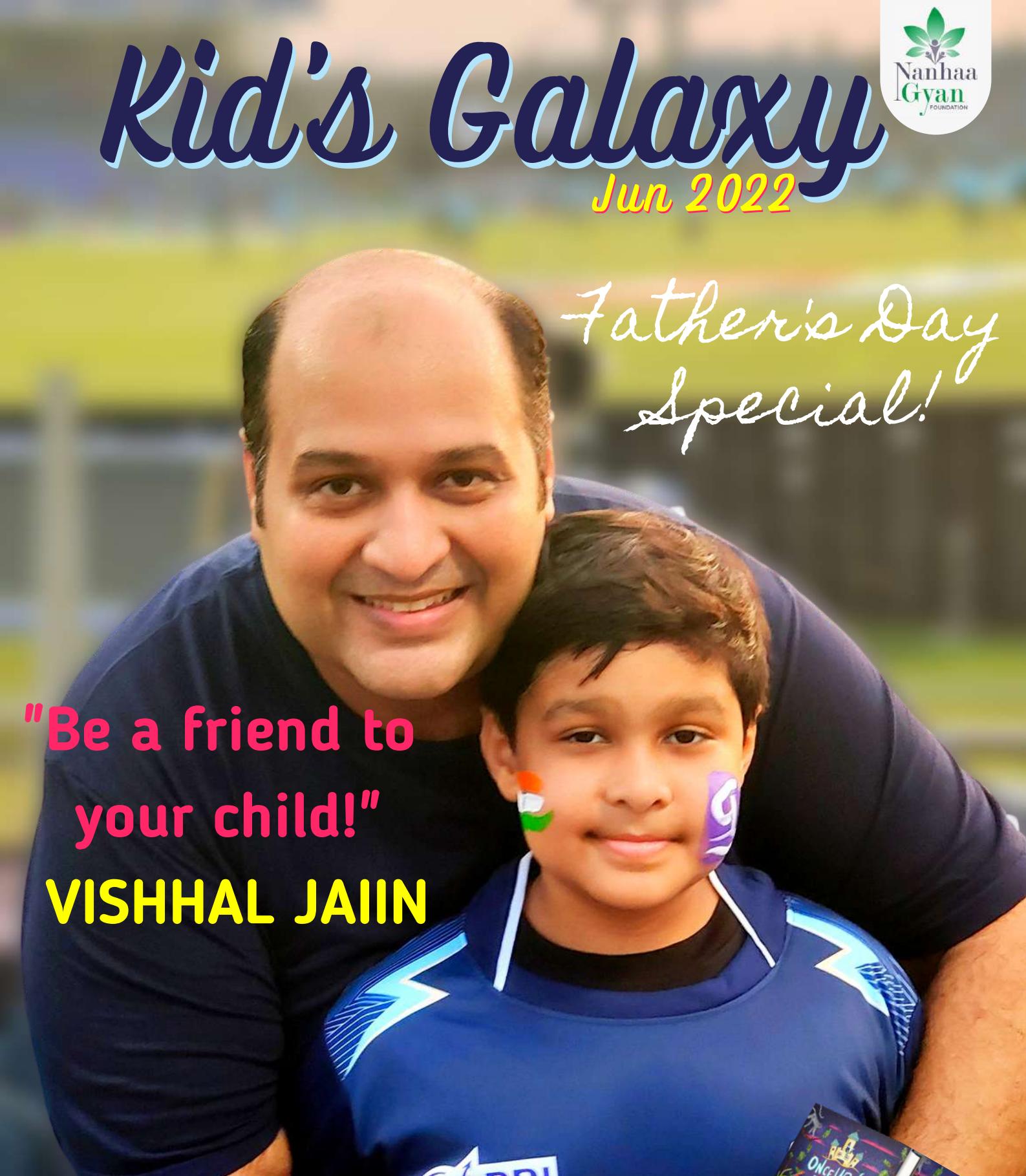


Kid's Galaxy

Jun 2022

Father's Day
Special!



"Be a friend to
your child!"

VISHHAL JAIIN

Cover Feature!

RIDHHAAN JAIIN

One of India's Youngest Authors!





NANHAAGYAN FOUNDATION

340+ Counselling Sessions

535+ Workshops

17,520+
Handwriting Analyses

29,000+ Happy People

40+ Schools
Kid's Galaxy Readers



www.nanhagyan.com



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Group: www.facebook.com/groups/568258067457704
(Nanha Gyan Healthy Minds)



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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**

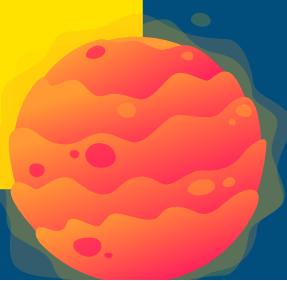
Because all great things are generally simple.

- **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!

June brings in the monsoons! We get much needed respite from the incessant heat, and everything around us begins to look so fresh and cool! And no matter how old we are, we all love to splash a bit in those muddy puddles! (Yes yes, that's a Peppa Pig reference!)

While we get to enjoy these simple pleasures of life, there are some children who are deprived of this basic right. Together, we must join hands to ensure that they also get a fair chance to enjoy their childhood -

For most of us, our childhood,
Seems full of joys and colours,
Toys, fun and games,
Climbing trees and drawing,
Running, playing, being active,
Free, creative and precious.

But there are many, for whom,
Childhood is just a haze,
Like grey skies and black clouds,
Misery, helplessness, neglect loom large,
Poverty, lack of chances and choices,
Force soft children into hard labour.

We should not let this happen anymore,
We can't be quiet spectators anymore,
We have to review our laws,
And make everyone aware,
We have to protect those children,
Make sure they find direction and care.

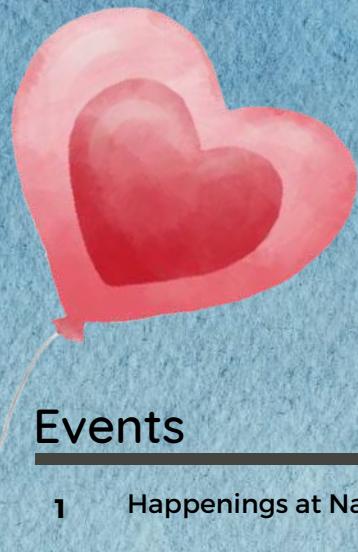
Let's start at the grassroots,
And work our way up,
Whenever you see a "Chottu",
Take a moment and talk to him,
Call the child helpline or an NGO,
And give him a chance to become a child again.



GAYATRI BHASKER
Mangalore



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HAPPENINGS AT NANHAGYAN



Mother's Day Greeting Card Competition!

Mothers really do have a special place in the hearts of their families! In honor of all the moms out there, and to celebrate their sacrifices, unending love and importance in our lives, Kid's Galaxy Magazine launched a Greeting Card competition for children in May!

Children got really creative - going all out with colors, stickers, craft work and heartfelt words in their card! Even moms got to enjoy some quality time with their little ones!

Category : 3 - 5 Years



1

Siddhant Abhay Navghare



2

Mivaan Parth Shah



3

Jiyana Jimit Shah



Paarsh Pattani



Samarth Joshi



Swaraba Parmar



1

Dhyey Solanki



Naity Lalwani



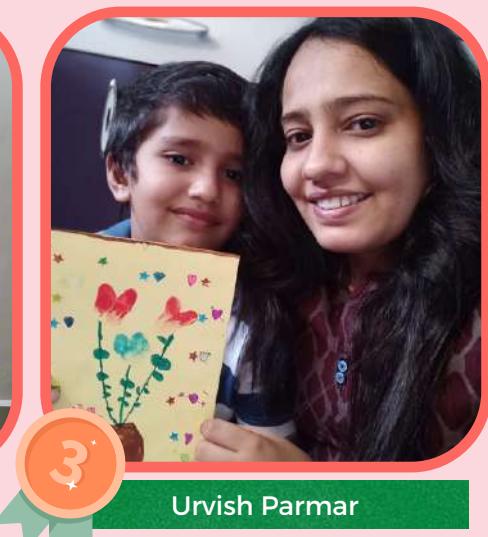
Category : 6 - 9 Years



Delicia Prarthana



Aarohi Soparia



Urvish Parmar



Ira Khandelwal



Arnav Khandelwal



Follow us on   with the handle @ngfkidsgalaxymagazine!

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

Stay Tuned for our upcoming Origami Paper Folding competition!

Cover Feature!



RIDHHAAN JAIIN

CHILD PRODIGY - One of India's Youngest Authors!

Once upon a time, there was a little boy who loved listening to stories and reading books! With his clever imagination running wild, he began coming up with lively ideas and stories all by himself!

Soon, instead of adults narrating stories to him, Ridhhaan began sharing his tales with his grandparents and parents!

Always brimming with enthusiasm, the 6 year old used to tuck them in and tell them his delightful bedtime stories, much to their pleasant surprise!

Mom, **Mrs. Radhicka**, had a great idea, and asked him to start writing his stories, rather than telling them. That was a master stroke, as it helped Ridhhaan unlock his own potential of weaving magic with stories!



Though confined at home during the lockdown, **Ridhhaan's mind was free to wander across animal kingdoms, and enchanted fairy lands!** By the end of the year, he had written around 20 short stories!

"Initially I used to think of a moral before writing a story.. but later I used to form my story through a sudden idea, or my surroundings, and start building up. I write whatever comes to my mind and then keep improving it further by adding characters and twists!" - Ridhhaan Jaiin



Surprisingly, Ridhhaan's stories were subconsciously inspired by his personal experiences, emotions and learnings from his parents!

Thanks to his parents, who provided an optimal balance of study and play time, Ridhhaan was able to convert his boredom, into something so constructive and meaningful! They **observed his talent, and nurtured him without adding any pressure** to write! After ensuring that his stories were completely original, they got his stories printed into a book! **Ridhhaan is now, one of the youngest authors in India, having published his book at the age of 7!** Way to go!

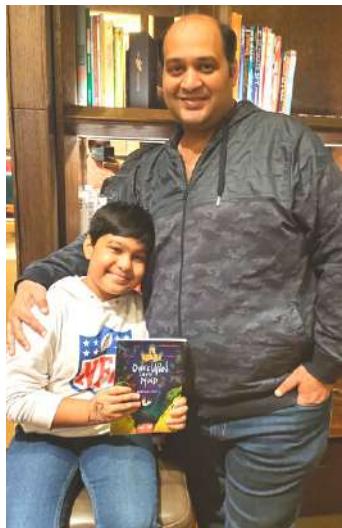
His eye catching book - **Once Upon In My Mind** - has beautiful illustrations to help young and new readers connect with the book! It is a light read for children of all ages, and has 10 short stories full of positive lessons! The language used is also very simple and easy to understand, and the book will pique the childrens' curiosity and thought process!

Apart from being a fabulous author, Ridhhaan is a fun-loving and sensitive child, who always lends a helping hand towards his friends! He is also a public speaker and conducts storytelling sessions! Being a child himself, managing younger kids, answering questions from all age groups is very intimidating, but he keeps motivating himself to overcome his challenges!



"I do feel nervous when I talk in front of people... But I say to myself, that I am confident, I am courageous, I can do it... At times, I even ask them to cheer for me especially when I am singing!"

Adding more feathers to his hat, Ridhhaan has recently launched his **audiobook**, which will be available across multiple platforms like **Audible, iTunes, Storytel, Barnes and Noble, Kobo by Walmart etc!** He intends to celebrate his audio book launch at the **Poona School and Home for Blind, Koregaon Park, Pune** and donate 20% of all his earnings from the book for blind children's welfare!



Ridhhaan shares a wonderful bond with his parents. His father, **Mr. Vishhal Jaiin** has been both his hero and partner in crime! He ensures to be involved in his academic as well as fun activities!

He guides Ridhhaan to be independent and strong, not to follow a path simply as a follower, but as an understanding leader, who respects others and their opinions.

He does not believe in forcing a child, rather encourages Ridhhaan to pursue what he likes, and helps him enhance it further.

"As a father, I always wanted to be a friend to my child. I encourage him to ask questions, stay curious, and be confident while making new connections with people." - Vishhal Jaiin, Ridhhaan's father.

Mr. Vishhal, leads his son by example! While limiting screen time for Ridhhaan, he also forwent watching the TV! Instead both father and son used that time to bond over games and activities!

Another mantra he believes in, is to ensure Ridhhaan gets sufficient sleep, as it really helps in developing a child's overall mental and physical health!

Ridhhaan's parents ensure, that while pursuing his academics and interests, he also gets a chance to be silly, naughty, scream, enjoy screen time, be involved in sports and live childhood to the fullest!

With his own inborn talents, and such supportive and loving parents, Ridhhaan is sure to succeed in whatever he takes up! Three Cheers to you, Ridhhaan!

"Believe in your child, allow them to speak their mind, teach them good values, but also be attentive to ensure they're following those values...They're kids after all, and need our constant support and guidance. Do not compare them with others, or force them to pursue what doesn't excite them... Push them, but don't rush them!"

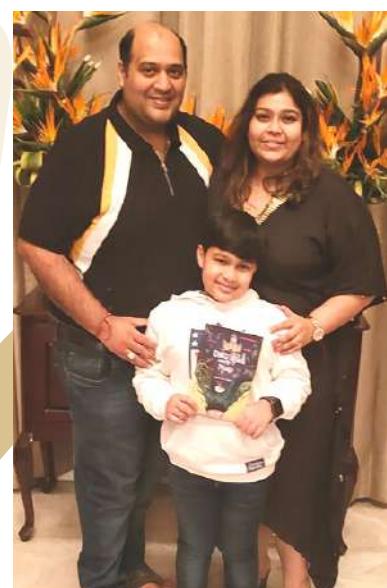
Happy Father's Day!

I love you so much Dad. You help me in studies, take me out to have fun, play with me, buy toys for me, make my day the best.

You always guide me and I have learnt that you are the most loving and caring person to everyone.

I am privileged to have such a great father. Our friendship is unique as we are always open and honest to each other!

Love, Ridhhaan



HEALING CORNER



Integrating Social Emotional Learning (SEL) at homes

The thumb rule in parenting remains – **our kids' behaviors begin with us!** We cannot expect them to behave in a certain way if we do not model that behavior. Let us first focus on our SELF AWARENESS (SA), one of the main components of SEL framework.

"Self-awareness is about knowing yourself - understanding why you do what you do."

We put so much effort in teaching and learning subjects, languages, sports, arts etc. But how do we develop self-awareness? When and how will our children develop this skill? As parents, we have to consciously work on developing this skill first in ourselves, and simultaneously in our children.



Scenario 1:

We mostly decide their outfits for them. Our usual thoughts - **"This is not suitable for the occasion. What will people say?"**

To Model SA in yourself: We explain, **"I chose the dress based on what I used to wear at your age, but I understand things have changed, so you can choose what you wish to wear."**

To Develop SA in the child: We let our children choose their own clothes, and discuss what feels comfortable or uncomfortable for them. If we feel something is **Not OK**, we can say - **"I feel it is not best suited because...(give your genuine reasons), but if you insist I will go with your choice."**

It is important for them to start taking small decisions to understand what works for them and what doesn't. It is about being aware, and developing their own likes and dislikes.

As they grow we need to remember - "It is not about us, it is about them."

Scenario 2:

Our teenagers keep forgetting the tasks we give them in spite of our reminders, rendering us angry. Our usual anxious thoughts - **"When will they learn? How will they manage alone?"**

To Model SA in yourself: We observe that they are frequently forgetful, we see our anger rising, but we take a PAUSE. We communicate our anger calmly, **"I am getting bothered and angry right now because you have not done this in spite of telling you so many times. Can you please do it right away?"**

To Develop SA in the child: We enquire, **"Why do you think you keep forgetting things? Can you figure out a way which can help you to remember better?"**

We need to be aware that teen minds are busy processing their ever changing emotions and thoughts. The tasks important to us may not be urgent or important to them, and hence they miss it.

Let's communicate our needs clearly and calmly which can help them prioritize the things we want done.



Understanding our own concerns and communicating them calmly to our children is modelling our own self-awareness. Developing a deeper understanding about each other can solve any problem, bring more calm and peace in our relationship and build stronger emotional connect!

YOGA FOR CHILDREN WITH SPECIAL NEEDS



BIJAL HARKHANI
Founder-Special Ed Expert,
Genius Super Kids
Rajkot

Children with special needs have many difficulties like -

- Poor concentration
- Low attention span
- Poor long term and short term memories
- Muscle Tone
- Balance and coordination issues
- Muscle stiffness
- Respiratory issues
- Low immunity
- Digestion issues
- Issues with gross and fine motor issues

Yoga is beneficial to everyone one but it has tremendous effects on above issues of children with special needs.

Specially, children with Down syndrome are very flexible and they can do more than 50 types of asanas.

Yoga helps children with special needs to - improve their concentration, flexibility, coordination, reduce anxiety, increase

muscle strength, improve breathing pattern, improves digestive system! It also builds confidence in them - that they can also do what others can!

Children can practice the below asanas to stay healthy!

PADMASANA
MATSYASANA
GAU MUKHASANA
PASCHIMOTASANA

SETU BANDHASANA
JANU SHIRASASANA
CHAKRASANA
HALASANA

INTERNATIONAL YOGA DAY



International yoga day is celebrated on 21 june, and was declared by Mr. Modi in the year 2014.

The benefits of yoga

Yoga has been practised in india since the 5th century, and has been beneficial in keeping the body and mind in good health. Meditation is also very good for stability, peace, and calm.

Fun facts:

- ★ Yoga is over 5000 years old.
- ★ The word "yoga" is sanskrit word for "union".
- ★ Yoga was originally practiced as a form of healing.
- ★ Yoga was introduced to America in the 18th century.

Vrikshasana / tree pose - strengthens leg and foot muscles, and helps in balancing .

A.DELICIA PRARTHANA

Grade 3
Lakshmi School
Madurai



FAST LEARNER!

Anagha longed to go to school on her bicycle, all by herself, just like her elder sister.

But being only in grade 3, her parents dissuaded her for safety reasons. Nevertheless, Anagha's father, got her a cycle on rent to learn cycling. Everyday after returning from work, he would quickly freshen up and call out to her. She would run to her cycle enthusiastically.

What appeared to be a cake walk at first, proved to be so hard for Anagha. She did not realize that one must practice a lot, figure out the balance, watch the road, put the brakes! She was overwhelmed to say the least!

Appa patiently walked with her, holding the carrier at the back. As Anagha gained some confidence, he had to run with her, still holding the carrier.

She always called out to him - "Appa, don't leave the cycle, I'll fall down!"

"I'm holding on Anagha!", reassured Appa, out of breath.

They used to practice on slopes, wide and narrow roads, in the building complex or at a playground nearby.

Anagha was getting better everyday, and soon she did not even realize that her father had stopped holding her cycle!

They went to the playground and Appa asked her to ride 4 rounds around it. Anagha rode gingerly, the grass and pebbles made her wobbly every minute! Soon she could hear someone breathing fast, behind her. Now, she heard a low growl too! She was scared out of her wits - A big black dog was running after her - eager to snap at her feet when they came down the pedals!

She let out a loud shriek and pedaled on with all her might! She did not see anywhere else, and kept riding as fast as she could! The dog kept up the pace! Appa was on the other corner of the ground and would not have reached on time to save her from her nemesis!

Whatever Appa had taught her, came to her naturally! She had full control of her cycle, and could feel the wind in her face...If only one could forget about the dog for a second, she was so thrilled to be riding this fast!!

But who knew what bone did Jackie the dog have to pick with her? He was now barking loudly and not giving up the chase!

Unfortunately for Anagha, her wild ride came to an abrupt, crashing stop, when a large stone came in her way. For a millisecond, she was in air, and the next moment she landed on the ground with a loud thud, and so did her cycle.

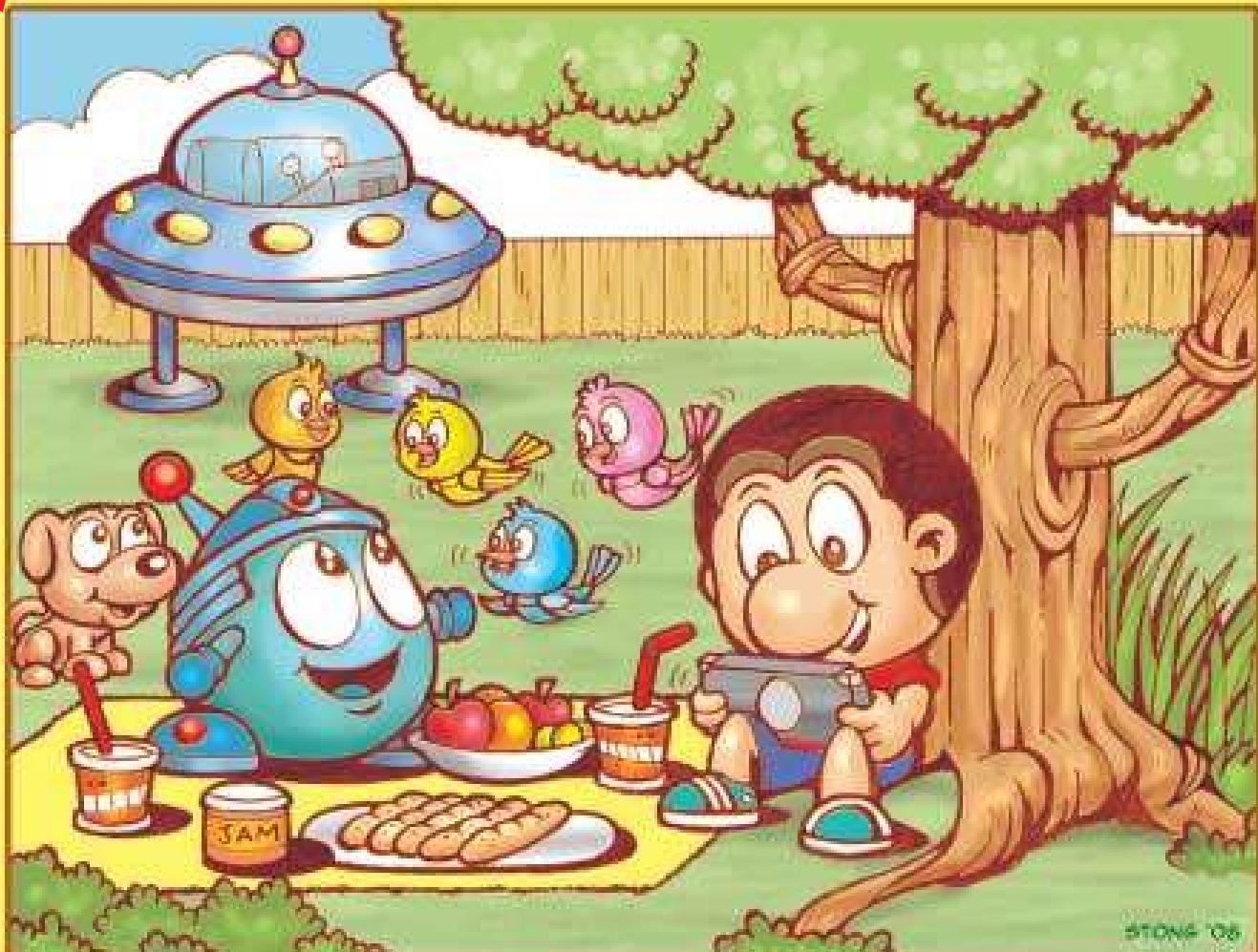
That did the trick for Jackie, and he vanished the same way he had appeared! Appa had reached her by now and was checking her for injuries.

She was fine, thanks to the grass padding! Her adrenaline rush had made her shiver a bit, but she started giggling!

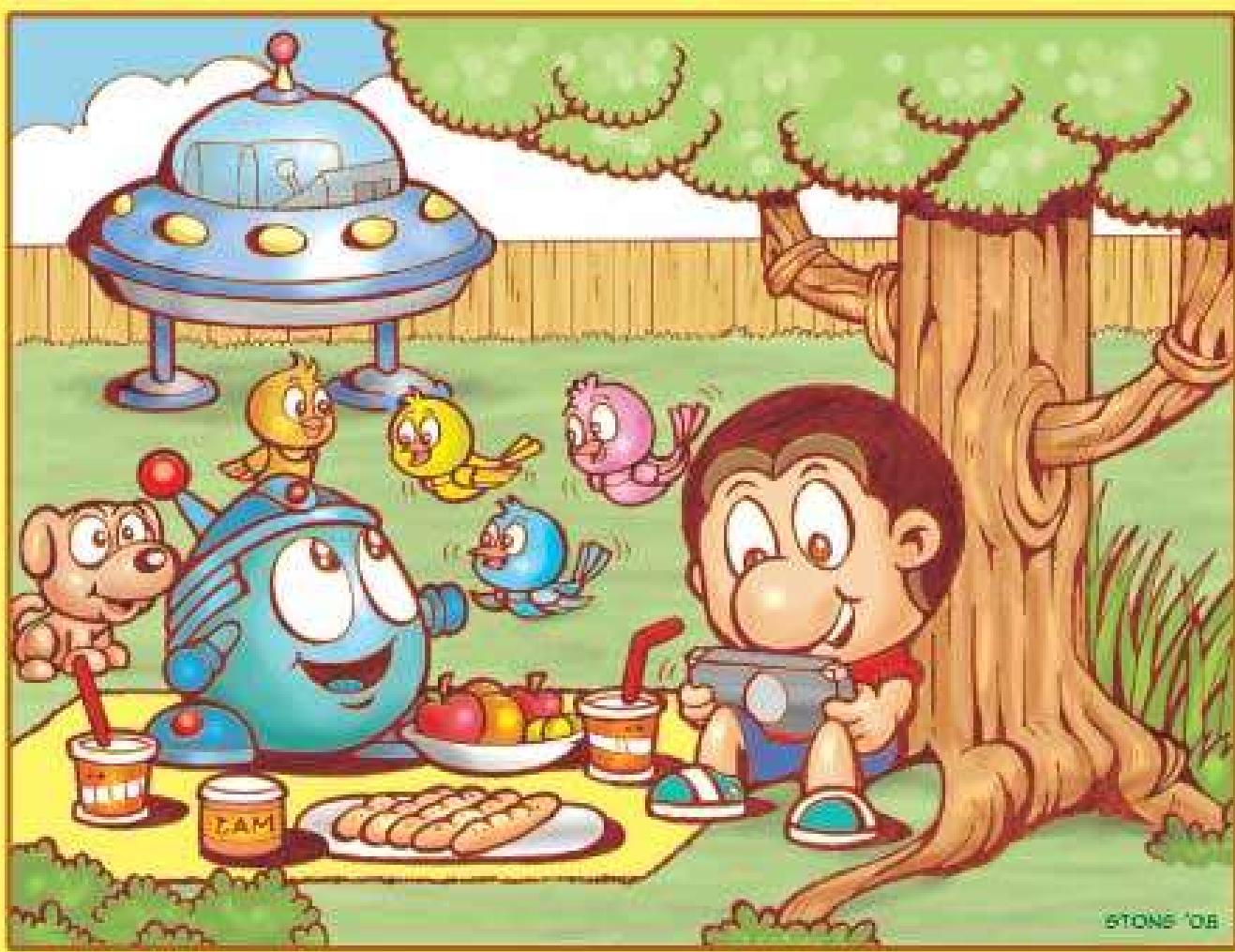
Appa, now relieved, replied, "Well, that saved me a lot of time! You have already learnt how to ride your cycle!"



SPOT THE DIFFERENCE



STONS '08



8

WORD DRIZZLE!

After the dry and hot weather of the summers, we all look forward to the rains! Some cities in our country have been blessed with heavy showers but the Rain God has eluded some cities and they are waiting for the heavens to open up!

Rain relaxes and soothes our soul. People of all ages enjoy rainy season. Children are all excited to get wet and jump in the puddles. Adults like to cozy up with garam chai and pakodas!

Here are a few words which you can think about while watching the rains shower the flora and fauna around us!

PETRICHOR: When those first flat drops of rain fall on to the hot dry ground, have you noticed a distinctive odor? Of course, rain does not have a scent of its own. People call it musky, fresh, generally pleasant. "Petrichor" is the unusual word that describes the wonderful scent of air after a rain shower!

PLUVIOPHILE: A person who loves rain or someone that finds joy and peace of mind during rainy days is a pluviophile. If you find yourself rushing to the window or feeling totally safe and relaxed, warm in your bed with the sound of steady rain against your window - then you are definitely a pluviophile!

NIMBUS: A ring of light surrounding a saint, especially in a piece of art. Nimbus is also associated with clouds - A large grey cloud that brings rain or snow is called a Nimbus. They can be either puffy or flat!

DELUGE: A great flood of water, drenching rain, downpour - all mean deluge. It is pronounced as **del-yooj**. Drain and drought are the opposite words for deluge!

HYETOGRAPH: A chart showing annual rainfall of a particular area is called a hyetograph. This chart is particularly important in developing the design to predict floods!

BLUSTERY: Blustery weather is rough, windy, and often rainy with the wind changing in strength or direction. You must have heard this word in cricket commentaries when the matches happen in England!

SQUALL: Squall is again sudden strong wind which often causes a brief, violent rain storm. A squall lasts for a brief period of time, only about 30 to 60 minutes. In contrast, a storm lasts for hours or even days. When an animal makes a loud unpleasant noise, it is also called a squall!



Enjoy your rainy days!

RANJI PILLAI
Founder
Mama Bear Montessori
Pune

Word meaning credits :
Merriam-Webster online

WATER IS NECTAR!



Thiruvalluvar, a saintly Tamil poet and philosopher, is well known for authoring a collection of couplets on ethics, political and economical matters, and love - called the **Thirukkural**. It consists of 133 chapters containing 10 couplets (or **kurals**) each.

The Thirukkural is considered to be one of the greatest works ever written on ethics and morality. It is also known for its universality and secular nature.

With an aim to aid right living and high thinking, the **UV Foundation** started by Pujyasri Swami Omkarananda has launched '**Ullamthorum Valluvam**', an initiative to spread the teachings of Thiruvalluvar. We at Kid's Galaxy are honored to partner with the foundation to bring to you some 'kurals' relevant to the theme of every month!

Can you believe that Thiruvalluvar has dedicated an entire chapter explaining the glory of rain! These gems from our

ancient wisdom are worth knowing, for us to appreciate and preserve our Planet Earth!

Thirukkural Vaan Sirappu (Chapter 2)

THERE IS NO WATER WITHOUT RAIN. THERE IS NO LIFE WITHOUT WATER.

1. Rain is nectar (Amrut) : It is important to understand how nature's elements work for everyone's benefit, rather than complain about personal interests and inconveniences.

2. Rain produces and becomes food : Plants need timely rains to produce food such as grains, vegetables and fruits.

3. No rain - leads to starvation.

4. If there is no rain, farmers will not be able to plough : If it rains during harvest, crops will sag. If it does not rain, crops will fail and farmers will be at a loss.

5. Rain has the capacity to create and destroy: To cook what plants produce, we need water. To digest that cooked food, our body needs water. If it does not rain enough on time, there will be thirst for water and no water for thirst.

6. Rain is needed for grass to grow.

7. Rain is needed for oceans, and ocean wealth.

8. Rain is needed for celebration of festivals.

9. Without rain, householders cannot do charity (Daanam) : Only if everyone has enough water to drink and eat will they be able to work and earn money. There will be happiness and kindness to share what we have with those in need.

10. Without rain, renunciates cannot perform austerities (Tapas).

So, let us celebrate rains! In India, we have a rich tradition of praying to Lord Indra, the God of Rain - when we sow seeds. Now, Indra tells you a secret - It will rain only if you are good - so, try to be as good as you can!

FINDING JOY IN SIMPLE THINGS



JHANVI SHAH
Artist
Bhavnagar

"Finding joy in simple things" sounds so easy! But it's a very powerful and meaningful line! If we follow this motto properly, I'm sure we will be the happiest people on this planet!

My little son teaches me how to find joy in the simplest of things!

The way he looks at the world, with awe and innocence, always brings a smile on my face!

Making castles in the sand, splashing around in water, or just playing with basic kitchen utensils... he can have fun and be creative with anything!

His tight hugs, the way his eyes light up when he sees me, or just falling asleep in my lap...these moments are priceless!

Even though he is small, he's already learning so much every day! If he has a fall, he just dusts himself and gets up, saying he's a strong boy!

I am always amazed to see this little soul be happy every second! Of course, he doesn't know much about life that's full of ups & downs, but he's enjoying the moment while he is in it!

Sharing these joys together makes our mother & son bond super strong! I hold these moments close to my heart, because I know - once he grows up, I would definitely miss them.

Sometimes we as parents, tend to forget, that in an effort to give everything to our child, we miss what is important - A simple, playful & happy life.

I feel we should focus on good things and ignore negativity. Just be happy without any reason, like a child. Be thankful to the Universe for all the small joys, that it has provided to you. If you miss these moments, you would look back and realize that these were the valuable instances that would have made your life complete. So smile, and enjoy!



A simple moving fan makes him happy 😊

S- SEEK

M- MOST HAPPINESS

I- IN

L- LIVING

E- EVERY MOMENT!



FATHER'S DAY WISHES!



"My favorite time with my Dad is watching Marvel movies - all the super hero movies! I love Iron Man and Spiderman. My Dad is like an Iron Man to me! He is so strong and brave and he inspires me! I love my Dad!" - Burhanuddin Dhariwala



"Every girl, loves spending time with her Dad, and thinks that her Dad is the best in the world, and I am no exception!

Dad always takes my side - even if I spill anything, don't do my work on time, or watch T.V. He always sees to it that I am saved!

My Dad also wishes that I have the best experiences! One Sunday, he took me to a park but I didn't feel like playing. So, he planned a small trekking trip - even though he was tired, and it was his only day off from work. I had so much fun with him that day!

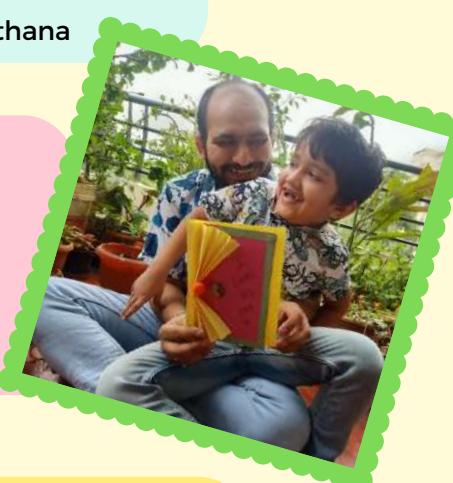
Playtime with my Dad is quite interesting too! We mostly play with food! I hate peanuts so whenever my Dad eats them, he chases me around the house trying to put some in my mouth!

I love my Dad to the moon and back!" - A. Delicia Prarthana

"I love my Dad so much. I know he is so busy in his work. But even in his busy schedule, he finds time to be with me as much as possible! I love to spend time with my dad during dinner, and we also go for cycling and play badminton! I respect him so much! " - Urvish Suganlal Parmar



My father's name is Shreyans Surana. He always helps me in my studies and teaches me Maths. He pays my school fees and plays with me. Recently on a holiday, we both went to the park on our bicycles. We saw some different plants and explored more about them. He always helps me with my project work, and we both love to grow plants! He is the best Dad in the world! - Teerth Surana



THE LAND OF WATERFALLS

Let's learn something about the 29th state of India!

The name "Telangana" refers to the word Trilinga Desa, earned due to the presence of three ancient Shiva Temples at Kaleshwaram, Srisailam, and Draksharamam. A more historical reasoning is that during the reign of Nizams, the region was known as Telugu Angana to differentiate it from the areas where Marathi was spoken.



Bidri craft is the pride of the Telangana region. This unique art of silver engraved on metal was brought initially by Iran migrants to the region. Bidri art involves using an alloy of Copper and Zinc, called Gunmetal. Telangana is famous world-wide for its amazing Bronze castings that require exquisite skills for creating incredible idols!

Nirmal toys are world famous traditional wooden toys that are exclusively made in the town of Nirmal in Adilabad district of Telangana. Nirmal Art is a 400-year-old rich tradition that encompasses soft wood toys and attractive paintings as well as furniture, occupying its pride and place in the larger world of handicrafts!



Godavari, one of the holy rivers of India, passes through the state, due to which there are some stunning waterfalls in Telangana!



Kuntala Waterfalls



Bogatha Waterfalls



Gayathri Waterfalls

Telangana region has been ruled by great dynasties such as Sathavahanas, Kakatiyas, Chalukyas, Mughals, Qutubshahis, Asafjahis. The historical impact of all these dynasties is visible all over the state with its beautiful heritage sites.



Charminar



Golkonda Fort



1000 Pillar Temple!

A trip to Telengana should be planned right away!

GIVE THE GIFT OF LIFE!

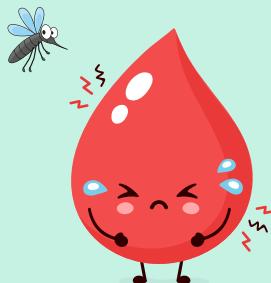
Donating blood is an act of solidarity for your community! Join the effort and save lives!

While we are talking about blood - the red liquid that runs inside us to keep us alive, let's look at some interesting facts about it!

It is no surprise that we humans have varying blood groups, namely A, B, AB and O. These letters stand for certain proteins found in the red blood cells. Not everyone has the same proteins!

But do you know **what makes our blood types positive or negative?** It's a simply an **Rh antigen!** If you've got Rh in your blood, you're positive, and if not, your blood type is negative!

But aside from these obvious differences, there are some very unusual phenomena applying to specific blood groups only!



If you're a type **O**, you're more likely to attract mosquitoes than those with other blood types!

Yes, it's frustrating but those with the other three types, **A, B and AB** have other things to worry about. You see, they're all prone to **malaria**, so no matter how many mosquitoes the **O**'s get, the others certainly have to keep an eye out!

Mosquitoes aside, there also may be an explanation for certain behaviors and personalities, which according to Japanese researchers are related to blood types! They also believe individual strengths and weaknesses are influenced by blood types!



Individuals with blood type **A** are typically calm and composed!



Individuals with type **B** are headstrong, logical and goal oriented!



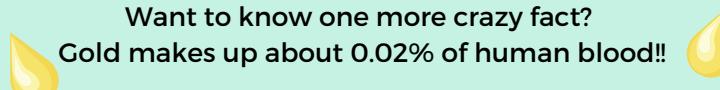
Individuals with type **O** are straightforward, athletic and outgoing!



Individuals with blood type **AB** are understood to have traits across the spectrum!



Want to know one more crazy fact?
Gold makes up about 0.02% of human blood!!



On World Environment Day, here's a cryptogram for you to solve - Uncover a beautiful message!

A	B	C	D	E	F	G	H	I	J	K	L	M
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I ○ ↑ ▶ ♦ ○ ★ ⚡ ↑ ♡ ★ ↑
⚡ ○ ♡ W W ◀
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WORLD OCEAN DAY

Help the little boy escape the maze before the sharks come looking for him!



SAFER FOOD, BETTER HEALTH!

On June 7, the United Nations observes World Food Safety Day to raise awareness about food and water pollution around the world. The core messages of the Five Keys to Safer Food are:

- Keep Food Clean
- Separate Raw and Cooked Foods
- Cook Food Thoroughly
- Keep food at safe temperatures
- Use safe water and raw materials

While we keep in mind these important food safety tips, let's look at some food trivia here!

- Oddly enough, apples are more closely related to roses than oranges!
- If not for a special group of flies, we wouldn't have chocolate! These flies selectively pollinate the cacao plant from which chocolate is later derived!
- Scientifically, bananas are berries, while strawberries, raspberries and blackberries are not!
- If your head didn't spin at that, banana plants barely constitute any wood, so they're mostly herbs. Basically, you've been eating a berry from a herb!
- Not just carbon, diamonds can also be made from peanut butter!
- Beware of large quantities of pistachios, for they are super combustible, meaning they can go up in flames spontaneously. However, this is only when they're packed and stored in fibrous containers!



SUMMER SOLSTICE

Midsummer is here! No, we haven't made it halfway past summer, but in fact, the annual Summer Solstice! And no, it's not the same as an eclipse but it sure has its fair share of unusual practices and legends.

So to pique your interest, here are some facts and beliefs around the solstice !

June or Summer Solstice is the **longest day of the year** in the Northern Hemisphere whereas it marks the onset of winters in the southern half and is the shortest day in the Southern Hemisphere!

When we mention the longest day will be witnessed in the Northern Hemisphere, it does not mean that all the countries located in that area will have early sunrise or late sunset, as it all depends on the latitudinal location. Despite being the longest day, it is not the hottest!

According to popular folklore, with the summer solstice, a magical passage for fairies and spirits to cross into our world is created.

It is also believed that during this time, wishes are very likely to come true due to a magical aura in the skies!

While they're at it, evil spirits are also believed to sneak into festivities as per pagan folklore, and people used to don colorful garlands to ward them off!

Q 1. The word "solstice" comes from the Latin "Solstitium" which means...?

- A. Sun shines brightest
- B. Sun stands still
- C. Sun changes path.

Q 2. The astronomical year is split into four seasons but they aren't all of the equal lengths. Which season is the longest?

- A. Summer
- B. Autumn
- C. Spring
- D. Winter

Q 3. Though we celebrate the day, June solstice occurs at one specific moment. Is it...?

- A. The moment when Earth is closest to the sun.
- B. The moment when the sun is directly over the Tropic of Cancer.
- C. The moment when the sun is directly over the Tropic of Capricorn.
- D. The moment when the sun's rays hit the Arctic Circle.

Q 4. In places that are north of the Arctic Circle, like northern Alaska, the sun doesn't set below the horizon for 24 hours on the solstice. What's the phenomenon known as?

- A. The Aurora Borealis
- B. Midnight sun
- C. The Transit of Venus
- D. None

Q 5. The summer solstice kicked off the countdown to what ancient Greek event?

- A. The chariot races
- B. The circus games
- C. The Olympics
- D. None



MAKING LEARNING FUN... WITH STORIES!



SHYAMALA SIVAKUMAR
Teacher & Storyteller,
Isha Home School
Coimbatore

Growing up, Ms. Shyamala Sivakumar always had a passion for reading books and listening to stories.

Eventually, as an English teacher, she realized that bringing stories into the classroom got her students more engrossed in the subject!

She began telling a short story at the beginning of each lesson, and the delight on her students' faces said it all!

The COVID lockdown came next, and all children began to feel bored and frustrated at home, unable to play together.

What started as a simple online storytelling session to engage around 12 kids in her family, turned into a huge gathering (online of course!) of 84 kids by the third session!

Ms. Shyamala covers everything from world folktales, fiction, picture books to epics and mythology! She also covers longer series across 3 months, like the upcoming series on Lord Hanuman!

She shares 2-3 stories per week on her YouTube channel - "**Shyam's Storytime**" - in both English and Tamil! She also shares audio stories over podcasts! Tune in now!

"I firmly believe that children can learn so much through storytelling. Children can enhance their listening, language and communication skills. Stories also foster their imagination and instill virtues, and help children understand various cultures!" - Ms. Shyamala

She dedicates herself to the story - first reading it herself, visualizing the characters and how they would look and speak. She ensures that her screen background is relevant to the theme of the story, and even includes props and disguises!

She literally becomes the character and her expressions, voice modulation, costume, background...all come together as a spellbinding experience!

At the end of the session, children get to interact with her, ask questions and share their thoughts on the story! Sometimes, she also includes surprises - like a craft activity, or even inviting the author/illustrator or the publisher of the book!

One can see the effort she puts into her characters! Surely, attending her story telling sessions would be so mesmerizing! **Register now on +91 9487895692 to get in touch with Ms. Shyamala and book your slots today!**

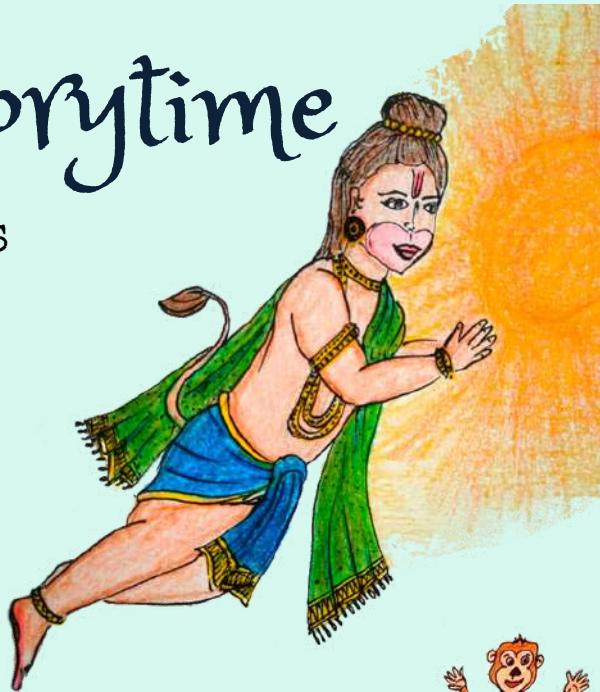




Shyam's Storytime

PRESENTS

JAI VEERA HANUMAN



Listen to a glorious episode of Lord Hanuman
with engaging songs and intros to children's books

Every Sunday @6pm IST in July, August & September 2022!



LIVE online sessions with
Ms. Shyamala,
a passionate storyteller!

For children of
ALL ages!

Register
+91 9487895692



Video recording of the storytelling session will be shared!

BOOK REVIEW!

Once Upon in My Mind

The book is a collection of 10 short stories from the imagination of **Ridhaan Jaiin**, a 7-year-old little boy. The book begins with forewords from his teachers, who describe him as a vivacious and highly intelligent child who is a natural-born storyteller. This becomes evident as you begin to read the stories in earnest.

All of the stories have a catchy title and end with a different moral that can be incorporated into our daily lives. The book is filled with beautiful illustrations by Pratik Keman and is printed in a big enough font to be comfortable for children to read.

The book is reminiscent of old-timey Panchatantra Tales and Jataka Tales in the fact that we have animals that talk, kings that are mean, and men that are greedy.

Some of the stories like the one about the princess' shoes have unexpected twists in them, while others like the one about the fairy have a very strong sense of right and wrong.



Dr. ANANYA MADIYAL

Book Blogger
@the_food_and_book_life
Mangalore

All of the stories ensure the victory of good over evil.

The stories are told in a child's banter and there is no evidence of manipulation by adults. This made the book refreshing to read and also added to the authenticity of the author.

All of the stories are short enough to hold the attention of first-time readers. The situations are relatable and the descriptions bring scenes to life, especially in young imaginative minds that the book is targeted at.

I can easily see it being included in bedtime story routines for a lot of families or used as independent reading practice at schools!



POET'S NOOK

MY FATHER AND ME

My father always smiles,
Even when problems spread miles,
Being like an ocean; is his style,
His skills are versatile!

My father is a patient listener,
His philosophy of life is simpler,
Even at this age, he's is a learner,
Being calm and composed
is his signature!

My father didn't believe in percentage,
He never trapped me in the "marks" cage,
Rather, he believed in me -
gave me the world as a stage,
To experiment and create my own age.

He inspired values in my core,
"Think twice before you roar,
Be grounded, when you soar,
Contribute and share with more!"

Papa, you made me realize,
To be persistent in falls and rise,
To continue with your tries,
And soon, results will be the prize!

Papa, your words mesmerize,
Your scolding is a blessing in disguise,
This life wouldn't be so high,
If you were not by my side!

Happy Father's day Papa!



ROMMAL SURANA

Director,
Nanhaagyan Foundation
Pune

DEAR DAD

Dear Dad, You work so hard,
For your kin, You pose as a guard.

Even when you're tired,
Your face beholds a mighty sheen,
To work and to help,
You are so very keen.

No one can replace you or Mom,
Or any other family member,
Your relationship with me
Is as strong as stout timber.

You can pose as Mom as well!
This is one of your specialties,
With your love and care,
You can change realities!

Dear Dad,
You're undefeatable,
Your desire for our welfare,
Is sometimes unbelievable.

No one can deplete your courage,
No one can reduce your passion,
You are next to God, Dad,
On the basis of your compassion.

Your teachings are unforgettable,
Your mannerisms are so soothing,
You can look after everyone,
An adult son, or even a baby teething!

Dear Dad,
I shall never forget you,
Our bond will always last,
Forever will I love you!



JAIMIN HARKHANI

Grade 9
S.N.K School,
Rajkot



THEME FOR JULY 2022 EDITION!

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

As Kargil Vijay Diwas will be commemorated in July,
our theme of the month is -

"Tribute to the Armed Forces"

Do share your experiences, inspirations from
our brave Defence Personnel!

Stay tuned on our FB and Insta pages
for contests and activities!

Send in your entries to **kidsgalaxymagazine@gmail.com**
along with your Full Name, Grade, School Name, City
and your photograph!

Last Date for Submission : 5th July 2022

Nanhaagyan's Kid's Galaxy Magazine

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Layout : Gayatri Bhasker

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