

Kid's Galaxy

Jul 2022



*Cover
Feature!!*

**KARATE CHAMP
AND INSTRUCTOR!**

DEV BHEDA

Budding Entrepreneur,
Skilled for Success!

NANHAAGYAN FOUNDATION



350+ Counselling Sessions



540+ Workshops



17,530+
Handwriting Analyses



29,000+ Happy People



40+ Schools
Kid's Galaxy Readers



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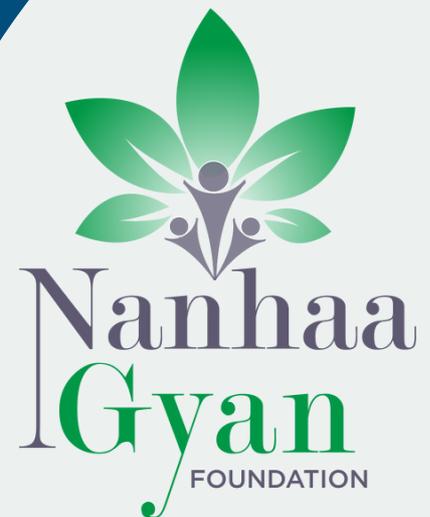
(Nanha Gyan Healthy Minds)



www.instagram.com/nanhagyanfoundation



www.youtube.com/nanhagyanfoundation



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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**

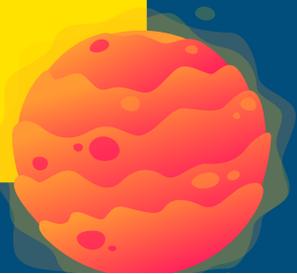
Because all great things are generally simple.

• **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!

In July, we appreciate some of our community helpers like Doctors, Postal Workers and Soldiers.

Sometimes, being busy in our daily routines, we fail to observe our everyday heroes who are directly or indirectly helping us. But when we stop and look around us, we can see so many people working diligently every single day to make things easier for us!

Doctors are supposed to be available for their patients always! Many have to attend to emergencies in the middle of the night, or work for several hours across shifts! They have to be alert all the time and take wise and prompt decisions, else the patient's life could be in danger!

Even **Nurses** (we interviewed the wonderful Ms. Vighneshwari in our May edition!) have to handle their patients with utmost care and patience!

Come rain or shine, **Postal Workers** are always on the go! Can you imagine how the whole system works! From simple greeting cards to important and precious parcels, they manage it all! Most Postmen and Postwomen still deliver letters and packages by foot or on a bicycle!

Soldiers, are ready to sacrifice their lives, to ensure our nation's safety. One can't even imagine how tough their lives would be, but they take everything in their stride. Be it natural disasters or terrorist attacks, they are the first to protect us from danger.

During the pandemic, our community helpers went above and beyond to keep things going.

Let us notice the people around us, and care for them, even in the smallest ways possible.

- If you see a Doctor's vehicle or an Ambulance on the road, do give the right of way.
- If your locality Postman comes to deliver a letter, offer him some water.
- Remember and have gratitude for Soldiers, and keep stories of their valor alive.

Easiest of all, SMILE ! Simply acknowledging the other person with a smile is a great start!

Can you think of other things that we can do, to recognize the efforts of our community helpers? Do write to us at kidsgalaxy@nanhagyan.com!



GAYATRI BHASKER
Mangalore

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Entrepreneur

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HAPPENINGS AT NANHAGYAN

YOGA COMPETITION FOR KIDS

On the occasion of International Yoga Day, Nanhaagyan Foundation in creative partnership with YogikLife organized a Yoga competition in June.

We were elated to receive an overwhelmingly positive response and eager participation from children. The competition also served another purpose - to educate and encourage children and adults alike to practice yoga and learn of its benefits. Mr. Harishchandra Temgire of YogikLife believes that for Yoga to be firmly cemented in one's life, there must be long, constant and uninterrupted efforts, with thorough dedication. According to him, the benefits of Yoga for children are manifold - it helps with their anxiety, improves flexibility, concentration and memory, and increases mindfulness.

YogikLife is a wellness company based in Pune, Maharashtra, offering services in yogic, ayurvedic and naturopathic treatment and its founder, Mr. Temgire, can be contacted on +91 9588464840 / +91 7709807070 or e-mailed at yogiklife@gmail.com.

Here are the winners!

Category : 3 - 6 Years



Ananiah Anthony Sreerama



Aarya Suthar



Shaurya Kamble



Divij Bhatia

ॐ सर्वे भवन्तु सुखिनः, सर्वे सन्तु निरामयाः ।
सर्वे भद्राणि पश्यन्तु, मा कश्चिद्दुःखभाग्भवेत् ।
ॐ शान्तिः शान्तिः शान्तिः ॥

Om, May All be Happy, May All be Free from Illness.
May All See what is Auspicious, May no one Suffer.
Om Peace, Peace, Peace.



Category : 7 - 10 Years



Shiza Fatima



Pehr Mithun Varu



Shubhangi Dubey



Aayush Abhijeet Kasurde



Tejas Anil Kumbhare



Aarna Naik

Category : 11 - 15 Years



Advika Ratish



Rishit Ubhaykar



Tejashree Shinde



TEACHERS' TRAININGS & PARENTING WORKSHOPS

Mrs. Rommal Surana, Founder - Nanhaagyan Foundation is a certified Parenting Coach, Child and Adolescent counselor, NLP Master Practitioner, Remedial Educator, and Graphologist. She has almost a decade of experience in these fields. Till date, she has addressed more than 2000 parents across the nation through sessions in different schools and workshops. Here are a few glimpses of the July sessions!



Teacher training sessions at Disney group of institutes. 16 teachers participated.

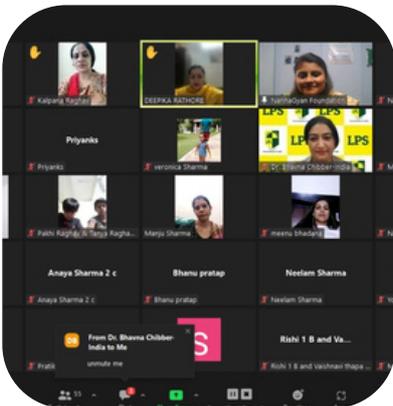
Training provided for :

- 1) Understanding child behavior after COVID
- 2) Coping strategies
- 3) developmental and sensory issues

Teachers training session in Urdu aided school. 15 teachers & principal participated.

Training provided for :

- 1) How to handle kids with high energy
- 2) Class management
- 3) how to retain the attendance in class
- 4) coping strategies





Dr. Bhavna Chibber
Principal
Laburnum Public School



Mrs. Rommal Surana
Founder and Director
Nanhaagyan Foundation
Child and Adolescent Counselor

LABURNUM PUBLIC SCHOOL
FROM DARKNESS TO LIGHT

Workshop for Parents

Topic : Effective Parenting

Learning From The Session :

- Overcome resistance in Children
- Guiding children to be responsive and responsible
- Tips for stress-free parenting

 **Wednesday, July 13th, 2022**
 **04.00 PM**
Your Local Time

www.laburnumpublicschool.com

Effective Parenting online session for Laburnum Public school, Delhi.

100 parents attended the session.



Effective Parenting Panel Discussion, organized by, Mahesh Professional Forum, Kothrud, Pune

Follow us on   with the handle @ngfkidsgalaxymagazine!



HEALING CORNER

Handling the Constant Screen Time Tussle with Children!



CHAITALI SHROFF
Heal Foundation
Chennai



Smart Phones, Tabs and other such gadgets have become a boon as well as a bane for us now. While the whole world is now available on our finger tips, when we get hooked to these gadgets, we end up transporting ourselves into another world of oblivion, where we lose track of time.

YOUR REACTION :

"Why are you still on the phone? Didn't I tell you to do your homework? We had a deal that you'll get to have only 1 hour of screen time, that too after you finish your homework! How did you forget that? How much more? Don't you have any self discipline?"



YOUR MINDFUL RESPONSE :



(Before bedtime) : Dear, did you note your total screen time today? Hope it is within the limits we agreed upon. You need to keep a check on it for your own good. It is part of your discipline, and make sure you follow it every day!

Parents, you also need to practice what you preach! If possible, set up the same rules for yourself regarding screen time, and model the right behavior for children to emulate!

Discipline out of parental fear is temporary. Let's equip our children with skills and mindfully nurture self discipline in them!



Dev Bheda



Dev Bheda, 16, holds a black belt in Karate, and is the **youngest trainer in Universal Shotokan Karate**. He is already a young and successful **entrepreneur**, having held four online Self Defence Workshops for kids, along with two of his friends. He has even managed a team of 15 trainers!

Dev has been learning Karate for the past 7 years now, and has won 7 State Championships! He has also represented India in World Karate Federation (WKF) events. He has completed the Nan Sticks Level 5 course as well!

Not only Karate, but Dev has participated at School & District Level in Football tournaments and District & National Level in Chess competitions! Recently he scored 92% in his ICSE Board exams as well! Wow! He has both brawn and brains!

When Dev was a little boy, his mother Mrs. Kshama Bheda, wanted to ensure that he stayed healthy by being active. She provided him a lot of choices, like dancing, drawing etc. but she realized his heart was not in it. Finally, she helped organize a Karate Training class in their apartment complex, for all the kids in the building. That piqued Dev's interest and there began his journey! **Kudos to his mom for not giving up, yet not forcing her son to pursue something he wasn't fond of!**

"At first, it felt like I was there in the class physically but not mentally. But I started liking Chess and Karate gradually. Learning new techniques, punches, kicks etc. was the main attraction. In Chess, I like learning different moves to trap opponents and checkmate them..."

Dev also loves playing musical instruments like Violin, Keyboard and African Drums. Music helps him stay calm. Whenever he feels down, he always turns to either sports or music to ground him!

It's a great idea for children to learn a sport or musical instrument in their early ages; it's a great outlet for them to express themselves throughout their life!

At **Soham Gurukul, Pune**, Dev underwent Teenagers' Transformational Coaching for holistic development, which focuses on 64 aspects of life. He learnt about Finance, Social Skills, Team Work, Personal Development, Mindfulness and several important topics.

During the lockdown, Dev and his friends planned and executed 4 (and ongoing!) Online Self Defence classes for kids. Within themselves, they shared all the tasks, and took minimal help from adults. They made flyers, contacted parents, clarified their doubts, finalized the charges, and also ensured that the enrolled children were taught well. Between the three of them, two used to teach the techniques and one used to observe how the students were doing!

"Initially, it was difficult to teach as students used to underestimate us because of our age! But we didn't let that become a problem and educated them about our qualifications, experience and testimonials from past students. The best thing about teaching was when the students called me 'Sir'; it still gives me goosebumps!"

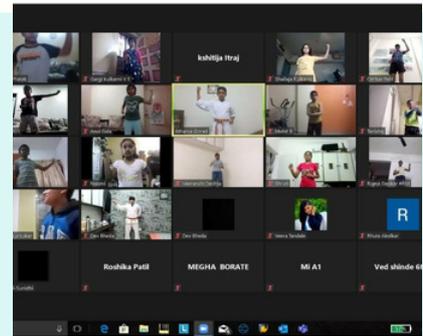
Dev's mom used to assist him while demonstrating techniques during their workshops! **His drive to teach is commendable!**



"I wanted to create awareness about importance of self defence, hence we started the classes. Most people think that by learning Karate, one's height stops growing, but that is absolutely wrong. I, myself am 5'9. They also think that it is very complicated and difficult, but it is not true - kids at the age of 11 - 12 are black belts!"

Karate teaches us to protect ourselves and hence improves confidence due to the feeling of being self sufficient. It teaches self discipline, improves street awareness, develops your skillset, mindset and body. It also helps to develop a warrior spirit!

Being a Karate instructor and conducting the workshop taught me many things - the hard work to put in to earn money and how to spend it wisely. It also taught me to work in a team, to lead a team - after all, nothing is possible without a team!"



Dev bought small gifts for his grandparents and parents from his first salary as a tribute! Thanks to the skills he acquired so early in life, he was able to use his talents and acumen to set up a small yet rewarding business at such a young age!

While he aspires to become a sports psychologist, this early intervention has helped set right foundations, assuring success in whichever path he takes! We, at Kid's Galaxy Magazine applaud Dev's success and encourage our young citizens to acquire more knowledge and skills for both personal and economic development!

Fun Fact ! Did you know what the colors of the Karate belts signify? See below!



Newcomers begin as white belts, to signify a beginning. White gives an idea of a seed laying buried within fallen snow.



Yellow represents the sun casting a life giving light to the seed. It also reflects the idea of knowledge being awakened.



Orange signifies the growing power of sunlight, understanding and strength. The orange belt's mind and body are developing.



Just as a green seedling sprouts from the ground, this stage signifies that the student is stronger and has worked hard.



At this stage, the student transitions to an advanced stage, Purple is a reflection of the new dawn sky, signifying another fresh start.



This advanced level refers back to the seed. Through the benefits of time, and effect of training, the student can perform complex maneuvers.



Just as the sun is red hot, the student also acquires enough skills to be a dangerous opponent, hence has to practice restraint.



This represents the darkness beyond the sun, or the greatest level of wisdom and knowledge. Now the student is capable of passing knowledge to others.

NAAM, NAMAK, NISHAN...



COL. A. SRIDHARAN, VSM (Retd.)
Coimbatore

On 26th July 1999, our Indian Army successfully recaptured crucial positions occupied by Pakistan's Army, on the mountain tops of Northern Kargil District in Ladakh. **Kargil Vijay Diwas** is celebrated to commemorate this victory, and to honor our brave soldiers and their unparalleled valor and sacrifice.

Col. A. Sridharan, VSM, an Indian Army Veteran, who served in the Artillery Regiment for almost 3 decades, shares with us, his experience of combat on mountainous terrain, and the sheer grit with which our soldiers protect our boundaries. He has served on the highest battle field in the world, the Siachen Glacier, as well as many other border areas.

On the Kargil Battle:

Col. A. Sridharan: The Pakistani intruders had occupied Indian bunkers in the high-altitude Kargil heights in the winter when both sides usually come down to the bases to avoid inhospitable weather conditions in high altitude. Due to the occupation of Kargil Heights, the main National

Highway road which goes along the Indus Valley from Drass to Leh came in direct line of their sight, and they could fire on any moving traffic on this vital road link.

To evacuate the Pakistan Army, the Indian Army moved a large number of soldiers and artillery like Bofors, 130mm, 155m, and other long range guns which were brought in by aircraft and helicopters by the Air Force and were assembled in Kargil. Our infantry soldiers had to literally push them out from the peaks and take back the occupied territory in the Kargil Sector.

In many places, attack could not be made from the flank and had to be frontal. The enemy was firing and bombarding our soldiers. The artillery kept firing to engage the enemy and keep his heads down. The valiant infantry soldiers accompanied by the artillery fire observers, moved inch by inch to capture the heights one by one, fighting from bunker to bunker to evict the Pakistani troops by killing them by hand to hand combat.

On Mountain Warfare:

Col A. Sridharan: Mountain warfare is not at all easy, especially in high altitudes - it is the toughest. In places like Siachen, which is a glacier with only snow, there are lots of icicles. A soldier has a tour of duty of about 3 months, with 2 months of training before induction. The conditions are inhospitable, as there is no water. We had to melt ice by burning kerosene to get water. Helicopters were only the means for supply.

To scale the mountains in attack, our soldiers use snow hammers to break the ice. Walking is tough, one can fall inside the icy crevices. During night patrols, our soldiers led by officers, tie each other, with a rope so that if one soldier falls into to a crevasse, he could be pulled up by others in that patrol. Not only during the day, but we patrolled the borders at night as well.

The place is desolate with no human beings around. At 17,000 - 20,000 feet in high altitude areas, we were perched on the hilltops. Being away from families for months together can also take a toll. The nation also has to pay a huge cost to support our troops out there.

Even if one is safe from the enemy fire, the harsh weather conditions in such mountainous terrain, have claimed many lives. Weather becomes our biggest enemy most of the times. The soldiers must be versatile to adjust themselves to the environment. The motivation levels must be really high to give one's life facing lots of hardship.

In those days, we used to make tents with parachutes. Five to six soldiers stayed together, firing at the enemy. We simply couldn't afford to leave the strategic Saltaro ridge at that time, with Pakistan on one side and the Chinese on the other.

Across entire Ladakh we face two belligerent neighbours - Pakistan and China.

On what drives the soldiers to face such challenges head on :

Col. Sridharan: Indian Army is built on traditions and customs, and the honor of the regiment or battalion that we serve is more important than anything else. "**Naam, Namak, Nishan**" (**Honor, Loyalty and Glory**) – this ethos is what counts, and cannot be compromised at any cost.

When a soldier joins, he becomes part and parcel of the battalion or regiment, which becomes his second home. Our troops are always led by an officer – right from Second Lieutenant, Captain, Major, Colonel, who are with them always. **The loyalty towards their battalion or regiment is unconditional.** Each battalion has its unique battle cry, which gives an extra adrenalin rush to react to the situations they're put in. The soldiers know that their families will be taken care of, in case they're martyred.

Nowadays, technology has improved and we have modern equipment. But, war has also become 24*7, with weapons firing more accurately from long distances. In warfare, we have become multi-dimensional, including use of space.

However, at the end of the day, unless you capture the ground with your own troops, victory cannot be guaranteed. That's why an infantry soldier is an important and indispensable part of our armed forces, duly supported by armour and artillery.

The armed forces do not expect any monetary help from the civil society, but we need to recognize that there is life beyond the usual comforts. Young people need to be educated about our history, what happened in the past, so that they can understand the value of what they have now.

Every one is keen on working and saving up for tomorrow. But one must also look at the past with gratitude for the legacy left behind by our soldiers who sacrificed their today for our tomorrow. Parents can take their kids wherever possible, and show them where the battles were fought. That's one way to build knowledge and appreciation for the efforts of our armed forces, who have kept our borders secure from our enemies.

Col. A. Sridharan, VSM (Retd.) is the Founder and Managing Director of CovaiCare. After serving the country for 30 years in uniform, he is now serving the senior citizens in CovaiCare Retirement Communities with passion and compassion for the past 18 years providing them utmost care and superlative services.

We at Kid's Galaxy Magazine, appreciate with gratitude, the Colonel's efforts, both within the Army, and in civilian life. We also humbly salute all armed forces personnel who are guarding our country day and night.



"Soldiers are our nation's real heroes. They stay away from their family to protect us. A lot of days they don't get to eat good food but they help us to be with our family and enjoy our meal time.

They carry a huge backpack and remain in very hot or very cold places. Many days they don't sleep well to help us sleep peacefully at home.

Let us always remember their help and sacrifice. Let us salute them. Let us thank them. Jai Hind!"

HRIDA SHANKAR

Grade 1 - A
Sanjivani International School,
Navi Mumbai

"I am the daughter of an Indian Naval officer who served the country for 12 years. He tells me of the sacrifices that people make everyday.

One of the first things Papa taught me was to love and respect our country. He insists that I stop doing everything, wherever I am, and stand upright when our national anthem is played.

He is the nicest, funniest Papa and I am super proud of him!"

AIRA THIMMAIAH,

Grade 2,
Podar International School,
Mysore



"Kargil Vijay Diwas is celebrated because the Indian Army won the Kargil Battle over Pakistan.

It was a great moment for all Indians. We should always thank our soldiers who fought for our people fearlessly.

We need to learn from them - how to be brave, strong and live a great life, protecting our country."

BHUVAN KRISHNA V.,

Grade 3,
Sri Chaitanya Intl School,
Poonamalle, Chennai



As our July theme is "Paying Tribute to our Armed Forces", **UV FOUNDATION** brings to you the writings of **Thiruvalluvar**, the great Tamil saint, on this theme. He has elaborated on **Governance** starting with the qualities of a king and a sub-topic with 20 couplets specifically on warfare and armed forces. If not for them, how can the citizens live in peace?

In Indian culture, the leader of a country is said to be a representative of God, as he is directly charged with the responsibility of protecting his subjects.

A lion among kings ensures his country's welfare with the best military forces, citizens, resources, advisors, friends, and fort (Kural - 381). Our victory in the Kargil conflict and over other terrorists stands proof of our country's greatness in all these terms.

The army which is complete in (its) parts and conquers without fear of wounds is the chief wealth of the king (Kural - 761). Thiruvalluvar talks of a well-structured military having all wings - cavalry, horsemen etc. historically to be understood as Army, Navy, Air Force today. While the Army started the attack at Kargil, the Navy blocked supplies through Operation Talwar and the Air Force operated jointly with the Army reaching great heights (Operation Safed Sagar). This was the first time any air battle was fought at such high altitudes globally.

A seasoned military force is valorous in dire situations - when the rival army men come like a pack of rats, they will finish them like a hissing cobra (Kural - 762,763). An army which knows the art of warding off an impending struggle, can bear against the dust-van of a hostile force (Kural - 767). The Pakistani paramilitary troops entered covertly breaching the LoC (Line of Control) and discerning their tactics the Indian Military put a firm stop to it.

Their uniform is an adornment (Kural - 777) that calls out their inner strength and patriotism, and to us - symbols of reverence and security.

An army should battle courageously even when death grips at close quarters (Kural - 765, 778). At the very beginning, in May'99, five Indian soldiers were captured and subsequently killed, but there was no dearth of courage. It is not easy for anyone to risk their lives for the safety of others, but the military is committed to sacrificing their lives for protecting ours.

Valour, honour, following in the excellent-footsteps (of its predecessors) and trust-worthiness; these four alone ensure to safeguard the army(Kural - 766,768). The Kargil battle was at high altitude in mountainous terrain which posed significant logistical issues. Courage, pride of fighting for India, clarity, discipline and preparation gave immense strength to our men.

Thiruvalluvar's words are as inspiring as the battle cries when he highlights the military's valor, shedding all fear, their preparedness to face tough situations, that they cannot wink an eye when they face the enemy's arms, their pride in attacking before being attacked and their faultlessness in sticking to their vow in the battlefield. **To a soldier, a day without wounds is a wasteful day (Kural - 773-776,779).**

Thiruvalluvar concludes by saying - **It is worth losing your life after fighting so bravely that it fills your ruler's eyes with tears (Kural - 780).**

Friends, ours is a country which is bequeathed with a treasure of scriptures, which contain the teachings on - the who, how and when of fighting and of practicing ahimsa. It is our responsibility to acquire this knowledge from our ancient wisdom and offer it with clarity to this world. Jai Bharat!



DAY OF ARAFAH & EID AL ADHA



The Day of Arafah is considered exceptionally holy and significant in Islamic beliefs. This day marks the second last day of the annual Hajj pilgrimage and any prayer, especially that of forgiveness, is granted today.

Arafah itself, is the Mountain that pilgrims head to, and spend the night in prayer. Those who aren't able to make it to the pilgrimage site, observe fasts instead from their homes.

Eid Al Adha or the 'Holiday of the Sacrifice' is celebrated in honor of Prophet Ibrahim's steadfast faith in the Almighty, to whom he willingly set out to sacrifice his son, as an act of obedience.

He, however, did not know that the command for a sacrifice was merely a test of his faith and devotion. Having shown exemplary courage and faith, the Almighty willed for his son's life to be spared, and his body to be replaced with that of a ram.

When the Prophet completed the sacrifice, he was surprised to see his son alive, and it was then that this festival was put in place, to honor his true faith and his son's survival.



Every year, Muslims observe this sacrifice as per their financial capacity and the meat is split in three portions - one for friends and relatives, one for the family, and one for the needy.

The festival encourages sharing festivities with the less privileged, ensuring that everyone gets to experience shared joys through food and blessings.



★ Eid Mubarak ★

18th July
Intl Nelson
Mandela
Day!

INTERNATIONAL NELSON MANDELA DAY



International Nelson Mandela Day is celebrated globally on July 18 in honor of Nelson Mandela who was a prominent South African activist and later the country's first ever black president.

He is best known for his efforts to rid South Africa of its Apartheid practice that promoted racial discrimination. His activism landed him in prison for nearly 30 years, after which a compromise was made and South Africa transitioned to a multiracial democracy.

Nelson Mandela's vision wasn't just for his country, but for the world too. He fought in hopes of establishing a better world, one where every individual was entitled to justice, dignity and respect.

He is often credited with shaping the late 20th and early 21st centuries with his progressive views. For his relentless pursuit of equality, he was awarded the Nobel Peace Prize in 1993.

In commemoration of his glorious life, we have a little quiz for you to take on. How many of the following can you guess correctly?

1. What was Nelson Mandela's profession?
 - A. Minister
 - B. Lawyer
 - C. Doctor
 - D. Professor

2. Why was Nelson Mandela imprisoned?
 - A. For creating new South African laws
 - B. For protesting against Apartheid
 - C. For illegal travel in and out of the country
 - D. For rioting

3. After he was released from prison, Mandela was made:
 - A. Head of the ANC
 - B. The leader of his tribe
 - C. President of South Africa
 - D. An ordinary citizen with no rights

4. What was the affectionate term South Africans used for Nelson Mandela?
 - A. Baba
 - B. Mansa
 - C. Amandla
 - D. Madiba

5. Which clan did Mandela belong to?
 - A. Zulu
 - B. Xhosa
 - C. Tsonga
 - D. Venda

What counts in life is not the mere fact that we have lived. It is what difference we have made to the lives of others.



SCUD DAY

Savor the Comic,
Unplug the Drama!

Bingo!

Having passed National SCUD Day, out of this plethora of activities, which ones did you do or would have done? It's never too late to relax!

Hosted a party	Got my hands dirty in the garden	Turned tourist for a day	Splurged on clothes or accessories	Wrote a letter to my future self
Treated myself to a fancy spa outing	Checked out a new restaurant in town	Experimented with a new recipe	Made friends with new neighbours	Caught on all the sleep I missed
Baked a technical dessert/dish	Fished out some old photographs and made a collage	FREE SPACE	Called an old friend after ages	Spilled my creative juices onto a canvas
Went on a solo hike	Played a scavenger hunt with friends	Gave myself a makeover	Tye dyed t-shirts	Watched Oscar winning movies
Penned down gratitude in a journal	Binge watched a new web series	Played an old childhood game	Set up an indoor camp	Tried DIY face masks and projects

WORLD BRAIN DAY

If you thought we'd let you off easy with a few facts on the marvel your brain is, you couldn't be more wrong! We're here to put you to task with these brain teasers! Let's see how well you honor the most integral part of your body!



A woman shoots her husband. Then she holds him under water for over 5 minutes. Finally, she hangs him. But 5 minutes later they both go out together and enjoy a wonderful dinner together. How can this be?



You're escaping a labyrinth and there are three exits. Exit A leads to a blazing fire. Exit B leads to an assassin. Exit C leads to a lion that hasn't eaten in 3 years. Which exit do you pick?



I have a big mouth and I am also quite loud! I am NOT a gossip but I do get involved with everyone's dirty business. What am I?



I am taken from a mine, and shut up in a wooden case, from which I am never released, and yet I am used by almost everybody. What am I?

MANGO TANGO



While you savor mangoes until the season lasts, why not take a moment to check off these varieties you may have eaten?

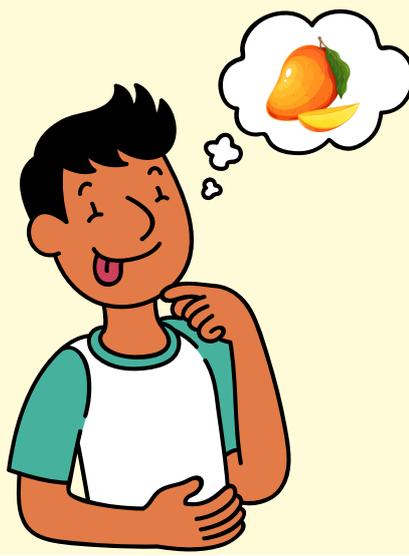
Be assured, it isn't crazy enough to make a man-go bananas!



ALPHONSO
BADAMI
CHAUNSA

DASHERI
KESAR
LANGDA

RASPURI
TOTAPURI



A VOICE FOR THE TIGER



ARNAV PRABHU,
Age 8
Amrita Vidyalayam,
Bolor, Mangalore

The Tiger is one of the most majestic creatures nature has gifted us and it is part of many folklores and mythologies across cultures. Did you know that the Tiger is not just our National Animal, but we share it with Bangladesh, Malaysia and South Korea! Unfortunately, even though tigers are held in high regard, they continue to be critically endangered.

However, there's still hope for the tigers, because a little boy is speaking up for them! **Arnav Prabhu**, an 8 year old from Mangalore is spreading awareness about Tiger Conservation in his unique way!

Pili Nalike (Tiger Dance), a unique form of folk dance from coastal Karnataka (Dakshina Kannada), is usually performed during Navaratri honoring Goddess Durga and her favored mount, the tiger. Several tiger dance artistes paint themselves in yellow and black stripes resembling tigers, and perform the enthralling acrobatic routine under captivating drum beats, thus depicting the essence of a tiger!



Arnav is the youngest tiger dance artiste in the "Barke Friends" troupe and has captivated thousands of people and earned several accolades through his dance and social messages he conveys through each costume!

"Charmakke Maathravalla Jeevakkoo Beleyide" meaning, '**Not just the skin, the tiger's life is precious too**', was a profound message he shared one year.

Not just in Pili Nalike, Arnav excels in Yakshagana (traditional dance drama), Karate, Music and Drums too! From a tender age, he has been drawn to preserve traditional performing arts of the region.

Arnav Prabhu was also felicitated for being the youngest hair donor to the Cancer Society in India to help cancer patients overcome the trauma of hair loss. He is already growing back his hair to donate more!



Arnav is also a true eco warrior! He collects the seeds of fruits he eats, plants them and donates them. In recognition of his contributions, he met with the great environmentalist - Saalumarada Thimmakka.

Wishing Arnav lots more success in creating awareness on tiger conservation! With future citizens like him, we can be sure that our planet would be in good hands!



Creative Kids!

**1st July
Doctor's
Day!**



Enriching first experience in doctor suit and witnessing the thrill of handling and playing with surgical instruments! Experiencing the joyous feeling of treating someone in the best way possible. Envisioning the best future possible for human mankind!

MIVAAN SHAH
Age 3
Bhavnagar



Dr. Mivaan Shah

AMY ABHAY VELANKAR,
from UKG of EON
Gyanankur school, Kharadi
has drawn a UFO and an
alien just the way she
imagined them!

Amy's alien looks so
friendly!

**2nd July
World UFO
Day!**



HRIDAY TIBREWALA,
from Grade 5 of Redbrick
Education Foundation,
Ahmedabad has made a
comic strip!

Uh oh! Looks like even
these aliens found Earth
too hot to handle!



**29th July
International
Tiger's Day**

The conservation of tigers

I love to go to the zoo because I get to see powerful and beautiful animals like tiger. Tigers are an endangered species of cat. Tigers need a lot of exercise, but humans separate the tiger from its natural habitat. Thus, its lifespan gets shortened. Another major threat for tigers is poaching. Tigers often get poached for their beautiful fur. Some species of tigers are also said to be extinct. Like the South China Tiger, but it is unknown if there are still some out in the wild. Saving tigers is very important because tigers help to balance the planet's ecosystem. Thus, we celebrate world tiger day on 29th July.



DELICIA PRARTHANA, has shared her views on Tiger conservation in her beautiful writing!



SHIZA FATIMA,
Age 10,
Abu Dhabi Indian School,
says no to plastic bags!

**3rd July
International
Plastic Bag Free
Day**



**12th July
World Paper
Bag Day**



Quiz Answers!

Nelson Mandela Quiz
1.C, 2.B, 3.C, 4.D, 5.B

Brain Teasers

1. The woman had photographed her husband!
2. You pick the third exit because if a lion hasn't eaten in three years, it would be dead by now!
3. A vacuum Cleaner!
4. A pencil Lead!



Keeping Up With... **RIDHHAAN JAIN!**



From the time we last met, young author Ridhhaan Jain has been keeping busy! He's launched the **audio version** of his enthralling book **Once Upon In My Mind**, completed 3 new books and is working on his website too! That's impressive! Let's find out what he has been up to!



Ridhhaan: After publishing **Once Upon In My Mind**, its audiobook was the next step. We have even added some special background effects, so that kids can easily listen to and imagine my stories! My father and I used to record stories during my holidays, late in the night, as there used to be so many noises throughout the day! I enjoyed the process a lot!

When my parents told me that my audiobook will be launched at the Poona Blind School, I felt very happy, as the idea sounded really different and special. I was curious and very excited to meet the children there!

As I entered the school, I saw many kids touching the walls while walking, and I was moved to see them manage themselves so well. They first greeted me and then started clapping, cheering and praising me!

They heard two versions (English and Hindi) of one of my stories. To my surprise, they were really attentive and shared what they liked and what they learnt from it! They wanted to hear more!

After hearing my stories, they felt inspired to write too! A few of them recited their own stories which were very nice!

I noticed that some of the kids were bumping into each other, or falling, while walking, but they did not depend on others for support; they kept going. From them, **I learnt that we should keep trying. We might fail in a few things but if we keep trying, we will get better eventually.**

I also got the idea to help others, as everyone is talented in his/her own way. I actually want to open a small shop near Conrad which is a big, famous hotel in Pune where they can showcase their talents!

Over the coming months, 3 of my books will be published! One is about a virus, the other about a poor man, while the third one is a Halloween Special! Watch out for my new books on Amazon!



My best friend **Sharv** got an idea to make a website, so that people can know more about me! Seeing his interest, I also joined in with him, and my father guides us while we are at it!

Sharv designed the page and I help him with the ideas and content with my father's support.

Do visit our website www.ridhzworld.com and share your feedback with us - let us know how you like it!

Also, I recommend reading or listening to my book "Once Upon In My Mind"!

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Scan the code to buy my book on Amazon Kindle or Paperback!



Scan this code to get the first 30 days for free on the **Storytel** App! *This offer is only valid if you haven't tried Storytel before.*



POET'S NOOK



ROMMAL SURANA
Founder - Nanhaagyan
Foundation, Pune

Guru,
The dispeller of darkness,
Awakens the brightness,

Improves many an incarnation,
Uplifts you from the foundation,

Guru is an affirmation,
Direction from the deviation,

Guru shows you the destination,
Guides you to liberation,

Guru, lets you fall,
Makes you learn, to grow tall,

Count yourself lucky
If you have a guru as your buddy!

Guru sets your karmas free,
Unconditionally loves thee,

Guru always says,
I am in you,
you are in me,
we are one as his.



Usually, we consider a "Guru" to be a teacher or a professor. A Guru is rather, a source of enlightenment, who nurtures the disciple holistically.

A Guru plants the seeds of good values, and illuminates the disciple's character which has effects across lifetimes! A Guru shows and guides the path, while the disciple walks it.

In history, we have many examples of Gurus, who dedicated their whole life to their students - for instance Acharya Chanakya and Chandragupta Maurya.

ART N FUN RELOADED

- A SNEAK PEEK!



NAMRATA VISHWAKARMA
Founder - Art N Fun Reloaded
Jabalpur

Art N Fun Reloaded is an educational institute for adults and children in Wright Town, Jabalpur.

Mrs. Namrata Vishwakarma, founded this institute on 1st May 2022, with an aim of providing many opportunities for kids and grown ups alike, to learn new skills and excel themselves. It also aims to reach out to more and more people so that they can avail the various activities provided here!

Art N Fun Reloaded, is committed to provide best quality education in the form of various thoughtfully organized activities including arts and crafts, science, mathematics, personality development and performing arts. The center includes best infrastructure, secured campus, advanced technology and experienced faculty.

The best part about this institute is that there is no upper age limit! Many courses are available for adults too! Many programs can be customized and online classes are available as well!

The recently held Summer Camp, designed keeping in mind the theory of multiple intelligences, was met with a lot of interest and was very successful!

A lot of workshops like Aerobics, Acting, Dancing, Ice Painting, T-Shirt painting, Chocolate making for kids, and Brainteasers, Computer Sessions etc. for adults, have already been held at the institute, and many more are being planned!

Currently the different courses available are :

1. Remedial classes - Nursery to Grade 8
2. Phonics Express
3. Computer Courses
4. Linguistic courses - English and French
5. Dance classes - Ballet, Kathak, Freestyle
6. Personality Development Course
7. Physical development courses - Yoga, Zumba, Aerobics

Follow them on  !
@art_and_fun_reloaded

All the courses are taught by expert faculty members and professionals.
There is something for everyone at Art N Fun Reloaded!



ART N FUN RELOADED



PRESENTS

ROUND THE YEAR PROGRAMS

- STORY HOUR - Reading and Writing with Visual Segments
- TECH SMART - Computer Courses
- THE LINGO INSTITUTE - English and French Courses
- PHONICS EXPRESS- Phonics and Personality development
- SHAPE IT UP - Aerobics, Zumba, Martial Arts and Yoga
- THE COLOURFUL BOX - Art and Craft Activities
- REMEDIAL CLASSES- CBSE, IGCSE, ICSE

Registration open

The purpose of education is to replace an empty mind with an open one!



Online classes available

FOUNDER

Mrs. Namrata Vishwakarma

1758/1, Near Grover Hospital, Wright Town, Jabalpur
7000582585, 9669444455





PRESIDENT OF INDIA, SMT. DROUPADI MURMU



The election of Smt. Droupadi Murmu is a testament to the fact that dreams do in fact come true, irrespective of social status.

Scripting history to become the first ever President of India from a scheduled tribe, Smt. Murmu is also only the second woman to hold office, after Pratibha Patil. Interestingly, she is also the first president-elect to have been born after India's independence.

Before her appointment as President, she was also the only tribal woman to have been elected as Governor of Jharkhand. According to her colleagues, she is a woman of immense grit and isn't rattled by adversity easily. Perhaps it is this trait of hers that helped her accept the irreplaceable loss of her husband and two sons in a span of six years and march forward with strength and resilience.

As a nation, we all look forward to how her tenure shapes up, and how she will inspire all of us to take up important responsibilities in building our nation further!

THEME FOR AUGUST 2022 EDITION!

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

As we commemorate India's Independence Day in August, our theme of the month is -

"Living in Friendship, Harmony and Peace"

Do share your experiences, thoughts and writings with us!

Also watch out for our Janmashtami Special Shloka Competition! (Details coming soon!)

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

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

Last Date for Submission : 5th August 2022

Nanhaagyan's Kid's Galaxy Magazine

Founder : Rommal Surana

Editor : Gayatri Bhasker

Content : Afrah Iqbal, Gayatri Bhasker

Layout : Gayatri Bhasker

For any feedback/queries/advertising, please contact :
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