

Kid's Galaxy

Aug 2022



**PROGRESSING TOWARDS
RENEWABLE ENERGY**

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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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!

This August has been really special, as we all celebrated 75 years of India's Independence!

Thanks to the Har Ghar Tiranga initiative, we enjoyed hoisting the "Tiranga" right in our homes! Singing our National Anthem, under our National Flag, filled us all with pride and happiness.

After the remarkable celebration, it is time for us to dig deeper into what our flag stands for, and what we can do for our country, in our own capacity.

The color **Saffron**, symbolizes **Sacrifice, Strength** and **Courage**.

It is a reminder for us to look at the past with gratitude, for the legacy left behind by our freedom fighters and soldiers - who sacrificed their present, for our future. It is a reminder for us, to not take our freedom for granted.

We also, can display courage and strength, for the betterment of our country - like, stopping someone from littering on the streets, or standing up against bullying etc.

The color **White**, stands for **Peace, Honesty** and **Knowledge**.

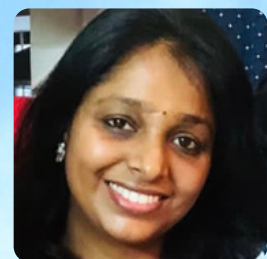
Let us strive to treat everyone around us with respect, regardless of any differences between us. Let us learn to be patient and humble, kind and compassionate.

The color **Green**, symbolizes **Prosperity** and **Development**.

Let us strive to study well, and practice good habits to become good citizens of India, who can contribute to the prosperity of the nation.

The **24 spokes** of the **Ashoka Chakra** represent 24 qualities for a person, to lead our country on the path of progress. We can also aspire to follow the same qualities!

Taking pride in our National Flag, let us all reflect on how we all can live up to its values!



GAYATRI BHASKER
Mangalore

CONTENTS

Events

- 1 Happenings at Nanhaagyan

Articles

- 6 Thirukkural - What is Friendship
7 Hope from Tragedy
8 Brief History of India's
Independence
9 Indian Akshay Urja Diwas
13 Celebrating Sibling Love
14 Intl. Left Handers Day
15 Just Keep Climbing
16 Click Click!
17 Osu! Dev Bheda

A Friend in Need

- 4 Parenting Tips - Handling
Siblings

Story

- 5 Unlikely Friends

Rack Your Brains

- 18 Indian Hockey Wizard
19 Dahi Handi
20 Ganpati Bappa Morya



HAPPENINGS AT NANHAAGYAN!

We have been busy and we are loving it! In July, we conducted interesting workshops and parenting sessions and August was all about the one-of-a-kind **Ummeed Awards** hosted under the "WORLD OF BLESSINGS" initiative by Nanhaagyan Foundation and Swa Eternal! Here's a sneak peek!

Heartful Parenting Session - A Balance of Logic and Love

Mrs. Rommal Surana, Founder - Director of Nanhaagyan Foundation, conducted an enlightening session for parents trying to find solutions to deal with their children in a better way.

She talked about understanding the science behind a child's behavior, how to strike the balance of correction and connection, and shared practical concepts and exercises for parents to try out!



It was as usual an awesome experience listening to the pearls of parenting. Realizing our own errors in the way. It was an eye opener. Especially the redeem points segment was a super cool methodology in Effective and efficient parenting. Romal Ma'am is par excellence and the vibes and energy she exudes puts the participants at ease and comfort. It reassures them of a mentor who is willing to walk the talk as well along with them as they mould their lil saplings to mighty oaks in the garden of humanity.

- Taapash Das



Stories of Scientists!

Ms. Afrah Iqbal, assistant editor of this magazine, shared a number of interesting, quirky stories from the lives of reputed scientists through an entertaining storytelling session!

Children not only were reminded of the accomplishments of these scientists, but also got to know of their personal shortcomings, run-ins with failure, society and relationships.

This session was designed to encourage keen observation in children, and to impart some very important life lessons through these stories. During the interactive session, children were given riddles to solve that hinted at some of the most important inventions this world has seen! This was a unique session where the kids got to know about the human side of these renowned people!

"It was a very good session... I am happy that my son came to know many more stories about scientists and their passion and devotion behind their inventions!"

"The storytelling session was really wonderful! My kids really enjoyed it... It was a new approach... All were engrossed till end...Do keep more sessions of this type!"





UMEED AWARDS!



"**The World of Blessings**" - a joint initiative by NanhaaGyan Foundation and Sva Eternal - hosted the "**UMEED AWARDS**" on the 20th August, 2022 at the Trinity International School, Kondhwa, Pune.

The awards were instituted to recognize and honor individuals from across India who have turned their disabilities into their strengths and excelled in the fields of Literature, Arts, Entrepreneurship, Science and Technology and many more.

25 individuals with various disabilities such as Autism, ADHD, Learning Disabilities, Cerebral Palsy, Paralysis, Orthopedic Disabilities, Visual Impairment, Downs Syndrome, MML etc. were felicitated at the event.

Mr. Amitabh Gupta, Commissioner of Police, Pune city, and **Mr. Amit Sridhar**, Founder and CEO of GaKaay Solutions, were the esteemed Chief Guests.

Mrs. Rommal Surana, Founder - Director of Nanhaagyan Foundation, and **Mrs. Gayatri Chadwa**, Founder of Sva Eternal, envisioned the Umeed Awards, as a step towards creating an inclusive society - where each person is respected and accepted.

Abhinav Ranganathan, Pooja Balot, Aakanksha Patil, Akshaya Srinivasan, Swati Nalawade, Aaryan Deshpande, Jayati Ghosh, Dnyaneshwari Sonawane, Nishigandha Gowardhan, T. V. Aishwarya, Anandita Kumar, Shreya Gadhave, Sarth Buch, Harsh Babar, Krishna Sheth, Anshu Majumdar, Gautami Wagh, Dr. Alvite Singh Ningthoujam, Juhi Idnani, Surekha Gaikwad, Vinayak Jadhav, Vinod Kadam, Bhagwaan Wavale and Mohammad Shaikh were felicitated for their achievements at the event. Special awards were given to **Mr. Vivaan Mandora**, and two child prodigies **Ridhhaan Jaiin** and **Dev Bheda** for their journey and contribution towards the society.

NanhaaGyan Foundation has always worked towards helping people in their holistic development and their mental well-being through various workshops and services. Sva Eternal strives to create awareness about mental and emotional well-being, special-needs education and human rights for all individuals.

Here are some glimpses of the well received event!





A FRIEND IN NEED...



...is a friend indeed!

Introducing a **special monthly column** by our very own **Mrs. Rommal Surana**, a certified Parenting Coach, Child and Adolescent counselor, NLP Master Practitioner, Remedial Educator, and Graphologist! She has worked in this field for almost a decade and aims to enable parents and children build a better future together!

She will be your friend, philosopher and guide throughout your parenting journey, so send in your questions to kidsgalaxy@nanhagyan.com!

Question: My elder child who's 9 years old, remains quiet nowadays. He doesn't want to share. During family get-togethers, he prefers to be alone. On the contrary, my younger one, who's 7, expresses anger and throws tantrums. Both brothers don't gel well with each other - rather don't play together. What should I do?

Answer : In this situation, one needs to understand the way kids are responding. There are four reactions - **Fight, Flight, Freeze** and **Face**.

Fight response comes when the child expresses his anger, frustration or any other emotion.

Flight response comes when the child is in denial, loves being with friends, not home.

Freeze response comes when the child has shut down his emotions.

Freeze is a difficult situation as the child could be in depression. As it is difficult to understand what's going on in the child's mind, I strongly recommend taking professional help at this stage.

Generally **younger siblings** have **Flight** or **Fight** responses while **elder ones** have **Freeze** or **Fight** responses.

As a thumb rule, parents should listen to the elder child, and make him feel that he is still loved. In a majority of cases, when a younger sibling is added in the family, it is expected that the elder child should behave maturely, whatever may be the age difference.

As expectations increase from them, so does the scolding. That is why the elder child ends up complaining - "You don't love me mom, you love my brother more!"

It is advisable to create a **synergy** between the brothers -

- 1) Encourage and respect the feelings of the elder child even if it is frustrating. Listen to his feelings not the words.
- 2) Never pass any judgment between their fights. Let them tackle it.
- 3) If a decision needs to be made, gently explain to them, stating all aspects of the situation.
- 4) Plan storytelling and role plays to depict the emotions that every individual feels.
- 5) Play family games to have quality time among the brothers.



10th Aug
World Lion
Day

12th Aug
World
Elephant
Day

26th Aug
Intl Dog
Day

UNLIKELY FRIENDS!



AADHYA GARG,
Grade 5,
Podar International School,
Mangalore

Once upon a time, there lived a **dog** called **Dexter**. He loved exploring the forest nearby. Everyday, he used to go there on long walks.

As he was trotting along one day in the forest, he heard the roar of a lion. He immediately climbed up a tree. The **lion** was actually the king of the jungle, **King Leo** who had come for a royal visit. He was impressed by the Dexter's alertness - there are only a few types of dogs that climb trees!

"Hello," said King Leo. "I am the king and I want you to join my royal tour today." He summoned his good friend, the **elephant Eric**, who happily carried them!

While talking, the king mentioned that there was a thief in the jungle, who was stealing everyone's food. Dexter enquired about the latest food that had been stolen. Eric, replied that the thief had recently stolen carrots from the Rabbit's carrot patch!

Dexter quipped, "King Leo! While I was perched up the tree, I saw a purple fox holding a bag of carrots, hiding stealthily behind the rocks near the pond!"

"Oh! That's the mysterious fox, Foxy Weirdo! He just moved into the forest and I found him suspicious from the start!" exclaimed Eric.

The sly fox was arrested and Dexter was rewarded. From then on, Dexter joined King Leo and Eric on many expeditions in the jungle! Unlike other animals, they became close friends and enjoyed their time together!



UV FOUNDATION brings to you the writings of **Thiruvalluvar**, the great Tamil saint, on the theme of friendship! The kural numbers are listed within the conversation!

Sita and Gita were good friends, and as a result, their families too were close! On a group outing, they started talking on Friendship.

Gita's mom: "Sita, it is nice that you and Gita have remained close friends even though we had to move out of the apartment."

Sita: "Aunty, **it is not about long association or physical proximity, It is like-mindedness that fosters friendship!**" (#785)

Gita: "Yes Mummy, **friendship does not develop with plastic smiles and lip service. It comes deep from the heart!**" (#786)

Gita's dad: "Wow! So, you both get along well while playing – that's what you mean right?"

Gita: "No dad. **Friendship is not just about laughing and talking and playing.** Sita always tells me when I tend to go wrong and so do I, when I have some suggestions. In fact, **even if it hurts, a good friend will make us understand what's right and wrong**". (#784, #787, #795)

Sita's mom: "Well said Gita. How do you choose your friends?"

Gita: "**Once a friend always a friend!**" (#791). **A cultured person having good nature and a good background would make a good friend but we should be aware of their defects also.** (#794) **We should avoid friendship with a person whose words and action differ** (#819). **Being in bad company could be really dangerous and sounds like a death knell!**" (#792)

Gita's dad: "Sita, how do you know who is a true friend?"

Sita: "A friend in need is a friend indeed! **When we are in trouble, a true friend comes forward to help us while others opt out. It really hurts when someone who you consider as a friend slips out like that.**" (#796, #799)

Gita: "**Yes, a true friend is there to support us always in spite of difference of opinions and comes right in time to save the situation!**" (#788, #789)

Sita's mom: "**You progress by learning from each other when you are in good company. It is like knowing something new by reading a good book over and over again.**" (#783)

Gita's mom: "I agree, **good friendship is the greatest protection one can get. With good friendship, one grows like a crescent to a full moon while bad friends could make one wane like a full moon to a new moon!**" (#782)

We should all remember what Bharat Ratna M. S. Subbalakshmi sang on the occasion of UN day, 1966.

maitrīm bhajata akhilahṛjjetrīm - Cultivate Friendship and Humanity, which will conquer the Hearts of Everyone.

ātmavadeva parānapi paśyata - Look upon others as similar to yourself.

yuddham tyajata - Renounce fight/ war.

spardhām tyajata - Forsake (unhealthy) competition.

tyajata pareṣu akramam ākramaṇam - Forgo unrightful aggression or acquiring by force.

Foster Friendship - it will spread and bloom as friendship between institutions, nations and this entire world will be one in harmony!





The Hiroshima- Nagasaki bombings of 1945 remain one of the deadliest attacks on human civilization till date. The attacks were carried out by the US Air Force in response to the Japanese bombing of Pearl Harbor.

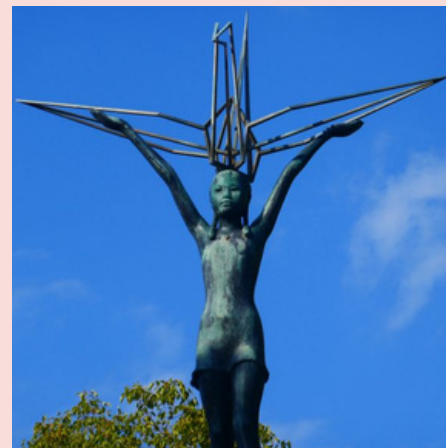
The bombing left a devastating impact on the lives of the affected families, most of whom either succumbed to or died of leukemia, cancer or other side effects of radiation.

Almost a decade later, increased rates of various cancers and leukemia were recorded, among survivors. Pregnant women mostly suffered miscarriages or bore children with intellectual disabilities.



Sadako Sasaki was a Japanese girl who suffered radiation poisoning at the age of 2 when the atomic bomb was dropped at Hiroshima during World War II. She developed leukemia at age 12, and became one of the **Hibakusha** - "Bomb Affected People".

Inspired by the **Senbazuru** (1000 origami cranes) legend, she began folding cranes, with the hope to feel healthy again. According to her family, and especially her older brother Masahiro Sasaki, who speaks on his sister's life at events, Sadako exceeded her goal of 1,000 and died having folded approximately 1,400 paper cranes.



Sasaki is remembered today as a worldwide symbol of the innocent children impacted by war. The International Campaign to Abolish Nuclear Weapons uses the idea of folding 1,000 paper cranes in its public awareness campaigns.

Senbazuru : In Japan, the **crane** is a mystical creature and is believed to live for a thousand years . As a result, in the Japanese, Chinese and Korean culture, the crane represents good fortune and longevity. The Japanese refer to the crane as the "**bird of happiness**".

It was believed that if one folded 1000 origami cranes, one's wish would come true (health and healing). There is a Japanese custom of giving Senbazuru, as a gift at childbirth (for long life and good luck) and at weddings (for a thousand years of happiness). Also, having Senbazuru at home is considered a powerful lucky charm.

Do you want to try making a senbazuru for someone you love?



A BRIEF HISTORY OF INDIA'S INDEPENDENCE

INDIA GAINED INDEPENDENCE FROM THE BRITISH IN 1947, FOLLOWING ITS PARTITION FROM MODERN DAY PAKISTAN.



FORMATION OF THE INDIAN NATIONAL CONGRESS - 1885



NON COOPERATION MOVEMENT - 1920

Started by Mahatma Gandhi, this movement called for the adoption of swadeshi principles, goods and habits.. It also encouraged people to abolish untouchability

ASSASSINATION OF SAUNDERS

Freedom fighters Bhagat Singh and Batukeshwar Dutt set out to avenge Lala Lajpat Rai's death by assassinating John Saunders, Assistant Superintendent of Police

CIVIL DISOBEDIENCE MOVEMENT - 1930

This movement was launched to systematically boycott rules, regulations and demands set in place by the government. It was started at Dandi, where from Gandhiji led a march not before breaking the salt law.



THE REVOLT OF 1857

The revolt of 1857 was a landmark uprising in India's initial struggle against the British East India Company's growing foothold in India and its steady expansion in the subcontinent.

It is also known by the term "**Sepoy Mutiny**".

JALLIANWALA BAGH MASSACRE - 1919

The Jallianwala Bagh massacre orchestrated by General Dyer resulted in the deaths of thousands of innocent villagers who he thought had gathered to protest against the British Raj. In reality, the villagers had only gathered to celebrate the annual Baisakhi festival peacefully.



1916

BLASTS IN THE LEGISLATIVE ASSEMBLY - 1929

Revolutionaries Bhagat Singh and Batukeshwar Dutt threw bombs on the floor of the Legislative Assembly in protest of an unfair bill that was soon to be passed. They famously chanted the slogan "**Inquilab Zindabad**" even after being caught.

QUIT INDIA MOVEMENT - 1942

The last leg of the Indian freedom struggle was marked by the Quit India movement that demanded an independent nation, free from any form of British rule. People and leaders alike, took to the streets demanding that the British withdraw from India for good.

INDIA IS PARTITIONED AND FINALLY GAINS
INDEPENDENCE - 1947

20th August
Indian
Akshay
Urja
Diwas

10th August
World
Biofuel
Day



The very real and true story of

MR. CLIMATE CHANGE

Once upon a time not too long ago, in fact, even until now, humans burned lots and lots of fossil fuels to fly planes, drive cars, and keep houses bright and warm at night.

This puts greenhouse gases into the air. Those gases wrap around the planet like a blanket and make everything hotter.

A hotter planet means bigger storms. It melts towering chunks of ice as big as cities, so oceans rise and make it harder for animals to find places to live.

It's a really, really big problem, and there are a lot of smart people working hard on it, and there's also lots that you can do - a small person with a big heart - to help.



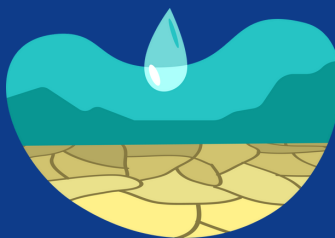
WHAT TWO DEGREES TEMPERATURE RISE MEANS TO OUR EARTH



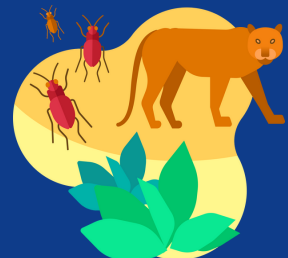
Since the last century, the Earth has already experienced an exponential rise in temperature by 1°C . If the increase continues to reach 2°C in the future, the consequences will be catastrophic and irreversible.



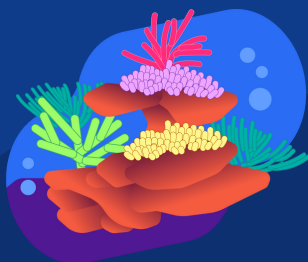
Once every five years, 37% of the world population is exposed to extreme heatwaves.



More than 400 million people worldwide are live with water scarcity.



The earth loses 18% of insects, 16% of plants, 8% of vertebrates.



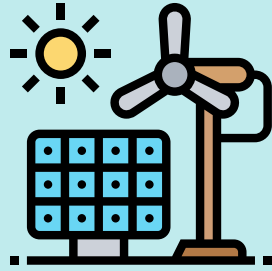
The coral reefs around the world decline up to 99%.



Sea levels rise by up to 46 cm and impact 30 to 80 million people.

WHAT CAN WE DO?

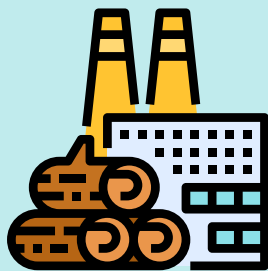
Let's move towards Renewable Energies



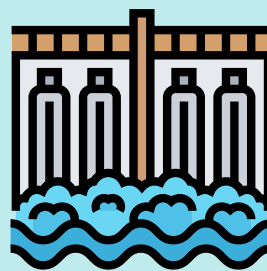
Solar
energy



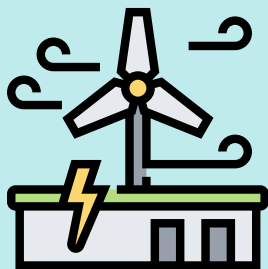
Geothermal
energy



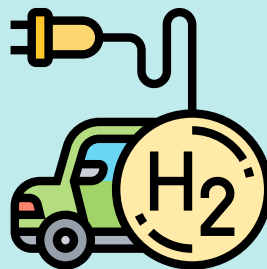
Biomass
energy



Water
energy



Wind
energy



Hydrogen
energy

5 SMALL ACTS WITH BIG IMPACTS TO SAVE OUR EARTH

1



Reduce, Reuse, Recycle

Cut down on what you throw away. Follow The Three Rs to conserve natural resources and landfill space.

2



Shop Wisely

Buy less plastics and bring reusable shopping bags.

3



Conserve Water

The less water you use, the less runoff and wastewater that eventually end up in the ocean.

4



Plant More Trees

Trees provide food and oxygen. They help save energy, clean the air, and help combat climate change.

5



Don't Throw Chemicals Into Waterways

Choose non-toxic chemicals in the home and office. Use biodegradable chemicals for daily needs.

CELEBRATING SIBLING LOVE!



"Rakshabandhan is my most favorite festival. My bhua and little sisters tie Rakhi to me. This year it was more special as I had a lot of fun, we danced on songs, and I enjoyed most of the sweets!"

- Ridhhaan Jain, with his loving sisters, Shanaya and Sharanya!

Anay and Anira are partners in crime! They play together, dance together and even pose together! They enjoyed Raksha Bandhan with lot of fun and sweets!



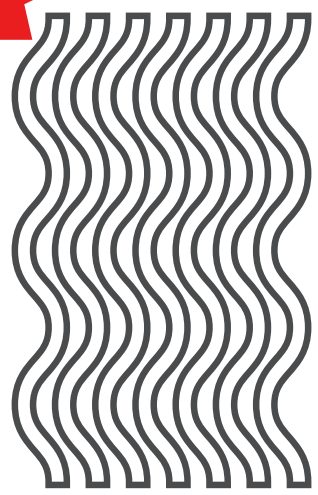
Paarth and Yuvansh play together. Paarth takes great care of Yuvansh so many times!

Yuvansh loves his big brother too! Paarth likes everything about his little bro - his smile, his funny faces, but he is also very protective of him too!

Biological or adopted - sibling relationship is no different; nor are the fights, sibling rivalry, disagreements and LOVE

Ojas and Oorvi, play together and love each other a little more each day!





International Left Handers Day



If you're reading this being a left hander, we share your pain!

After all, isn't being left handed all about making adjustments and adapting to a more right hand using/accommodating lifestyle?

From right sided tables at school, to a computer mouse, a lot of things around seem to be defiant with us. But did you know, being left handed can be a super power on its own! Read more to know about what makes you so unique!

Being left handed is a blessing, especially when you've got to multitask. While right handers aren't too bad at it, being left handed gives you an additional edge, one where you're able to analyze problems without breaking them into simpler bits.

Left handers are also better at certain sports than most right handers. For example, nearly 40% of the world's best tennis players are left handers!

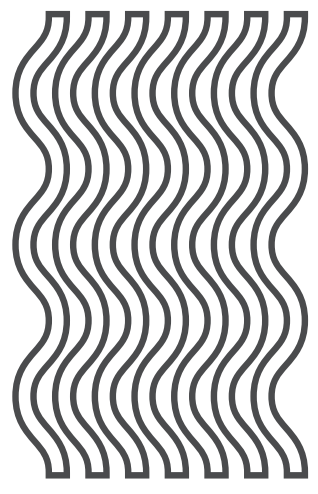
You also tend to be far more creative as a left hander, as opposed to the right hand users! Painting and music are surely for you!

Should you consider working with computers when you're older, you'd make an excellent typist! As opposed to most others, lefties are much better typists and can end up typing nearly 3000 words with just their left hand!



Parents, please don't
force your children to
use their right hand
when they're naturally
left-handed!

Remember in this case,
Left Is Right!



Just Keep Climbing...

Let's meet **Mrs. Darshan Ganapathy**, an award winning amateur photographer, mountain climber, avid traveler, coffee planter and a successful homestay owner in Hoskeri, Coorg!

KGM: What made you try Mountain Climbing?

DG : My first trek was to Kedarnath temple with my mother, when I was 25. I was so fascinated by the beauty of the Himalayas that I decided to trek to Mt. Kailash. I have been to Mt. Kailash twice, through Lipulek pass and Nepal route. I have also been to the Chadar trek, Mt. Everest Base Camp, Mt. Kedarkantha, Siachen Base Camp, Char Dham including Yamunotri, Gangotri, Kedarnath and Badrinath.

KGM: How did you prepare yourself for scaling these heights, along treacherous routes and unforgiving climate?

DG: I walk for 5-10 km daily. I do pranayama and walk in the estate too. So, that way I keep myself fit for trekking. For Kailash too, I had a similar routine. The first two days it feels tough but later you get used to trekking daily for 20 km!

KGM: What message can you share with our readers, to encourage them to try mountain climbing?

DG: Mountains are the place where you feel a sense of calmness. Life is also like a mountain. It gets harder when you climb, but the view from the peak is worth climbing for!

Mountain climbing also helps build your muscles and is the best physical exercise. When we look at the people living in mountains, we realize how blessed we are and learn to live simply. Travel makes you wise. You gain knowledge and learn to be a good person!



Follow her
@darshan.ganapathy
and
@chilipili_estate_stay!



CLICK! CLICK!



Can you imagine how life would be, if we didn't have cameras? No birthday pictures, no vacation pics, nothing to post on Insta! Unimaginable! From the **Daguerreotype**, developed in 1839, we have come a long way, where we have excellent smart phones right in our pockets!

A Camera helps us capture a moment in time, a moment which will never come back again! But those pictures help us go to those exact moments and relive them! What an amazing invention!



Let's talk to Mr. **Nanjappa**, from **@uptownfilmstudio** about what made him take up professional photography and film making!

Hi! My name is Nanjappa. You can call me NAVI! I was a Software Engineer by force, but now am a Film Maker by choice!

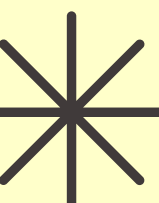
I loved Drawing & Painting all through my childhood. I felt happy doing that. It was my way of expressing the feelings. Lately, technology has developed so much that it's possible to do the same art with the help of a Camera & a Computer! So I quit my job, to do, - what makes me Happy!

I started doing Photography, and then I learnt how to edit those photos! This is basically called as **Graphic Design**! Then I learnt **Cinematography** which is a higher form of storytelling in a more engaging way using Videos, and now I make Movies!

So for me, it all began with Photography. Like they say, "**A picture is worth a thousand words**", even you can express your feelings, your emotions or tell a story using Photography!

KGM : Navi, do share some expert tips for our readers for taking cool pics!

Navi : You can unleash your creativity through a Camera. (Even a Smartphone's camera will do!) Let's not get too technical here. For now, follow these basic steps to start your amazing photography journey!



1. Start with a basic camera (Smartphone)



2. Take pictures of your Parents, Pets, Flowers, and your Toys.

3. Make sure you 'Fill the frame' (your main subject occupies a large portion of the shot).



4. Take Close-Ups (They're Cool!)

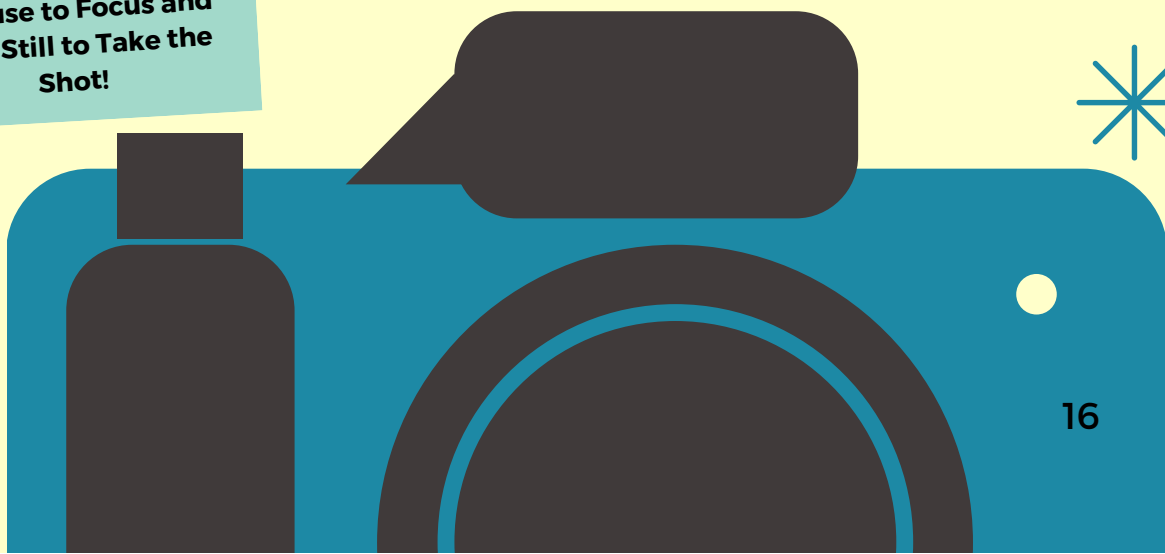
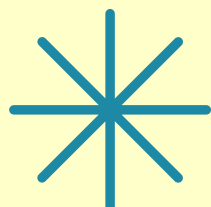
5. Use Window Light for Cinematic effect.

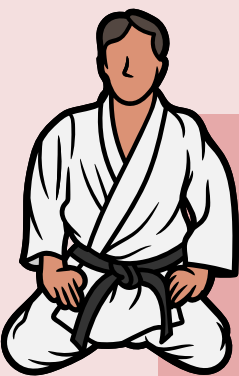


6. Try Unique Perspectives and angles.



7. Pause to Focus and Hold Still to Take the Shot!





OSU! DEV BHEDA!

OSU (pronounced Oh'ss with the stress on the O) is a greeting used in Karate - as a hello to a fellow student, as a response to the teacher, or as a mark of respect to fighters in tournaments.

Osu is a combination of the words: **Oshi** which means "**Push**", and **Shinobu** which means "**to Endure**".

It also means patience, determination, appreciation, respect and perseverance! When you are pushing yourself beyond your limits, you use Osu!

Let's say Osu to our Karateka Dev, who we met in our July issue and find out what he's been upto!

He has won a **Silver Medal** in the 25th Karate Kata and Kumite Championship 2022 and has been selected for the Nationals to be held next month! Way to go champ!

He was also felicitated at the Umeed Awards held by under the "World of Blessings" initiative, for becoming a young, promising and self-made entrepreneur! Here's his experience in his own words -

"It was very fascinating meeting the winners of the awards and obviously I was very inspired by them. Watching them do great work in their fields, despite being differently abled is very motivating.

I also felt overwhelmed to receive my first offline award, though the feeling of collecting a trophy was spectacular!"

Wishing you many more trophies in the future Dev!





THE HOCKEY WIZARD, MAJOR DHYAN CHAND

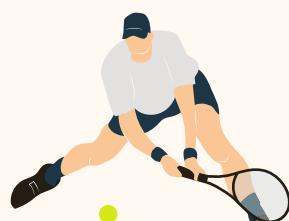


Among India's best athletes, perhaps the greatest and most successful has been Major Dhyan Chand, an iconic and widely respected hockey player. As captain of the Indian hockey team, Dhyan Chand led India's domination at three consecutive Olympics games, winning Gold each time.

For his unbeatable style and form, he was famously called the 'Wizard of Hockey'. His birthday even marks National Sports Day in India, for the feat he has achieved is yet to be surpassed by any Indian athlete so far.

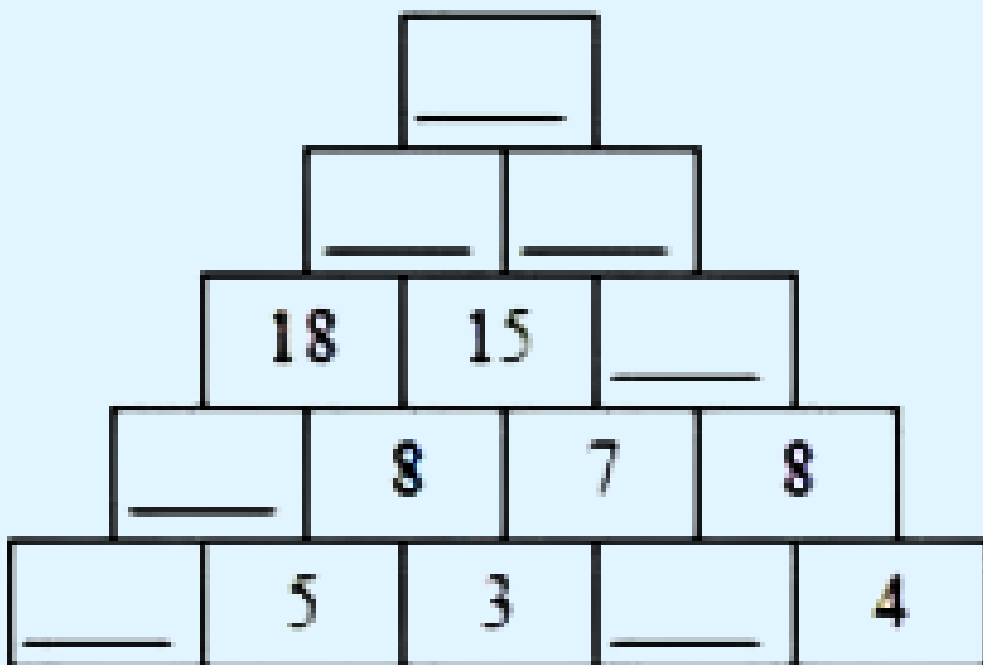
HERE'S A FUN QUIZ FOR YOU TO TAKE ON:

1. How many gold medals has India won at the Olympics, in hockey?
A. 8
B. 11
C. 3
D. 4
2. When was National Sports Day first celebrated in India?
A. 1973
B. 1982
C. 1966
D. 1959
3. Which city was supposed to be hosting the 2020 Olympics?
A. Melbourne
B. Tokyo
C. Warsaw
D. Los Angeles
4. Who was the first individual Olympic medal winner from independent India?
A. Dhyan Chand
B. Karnam Malleshwari
C. KD Jadhav
D. PV Sindhu
5. Birdie and Eagle are two common terms of which sport?
A. Chess
B. Cricket
C. Archery
D. Golf
6. Which country hosted the first ever Winter Olympics?
A. France
B. New Zealand
C. Germany
D. Australia





DAHI HANDI!



Lord Krishna, was known to be very naughty in his childhood. Along with his friends, he used to steal butter and curd from the neighbors!

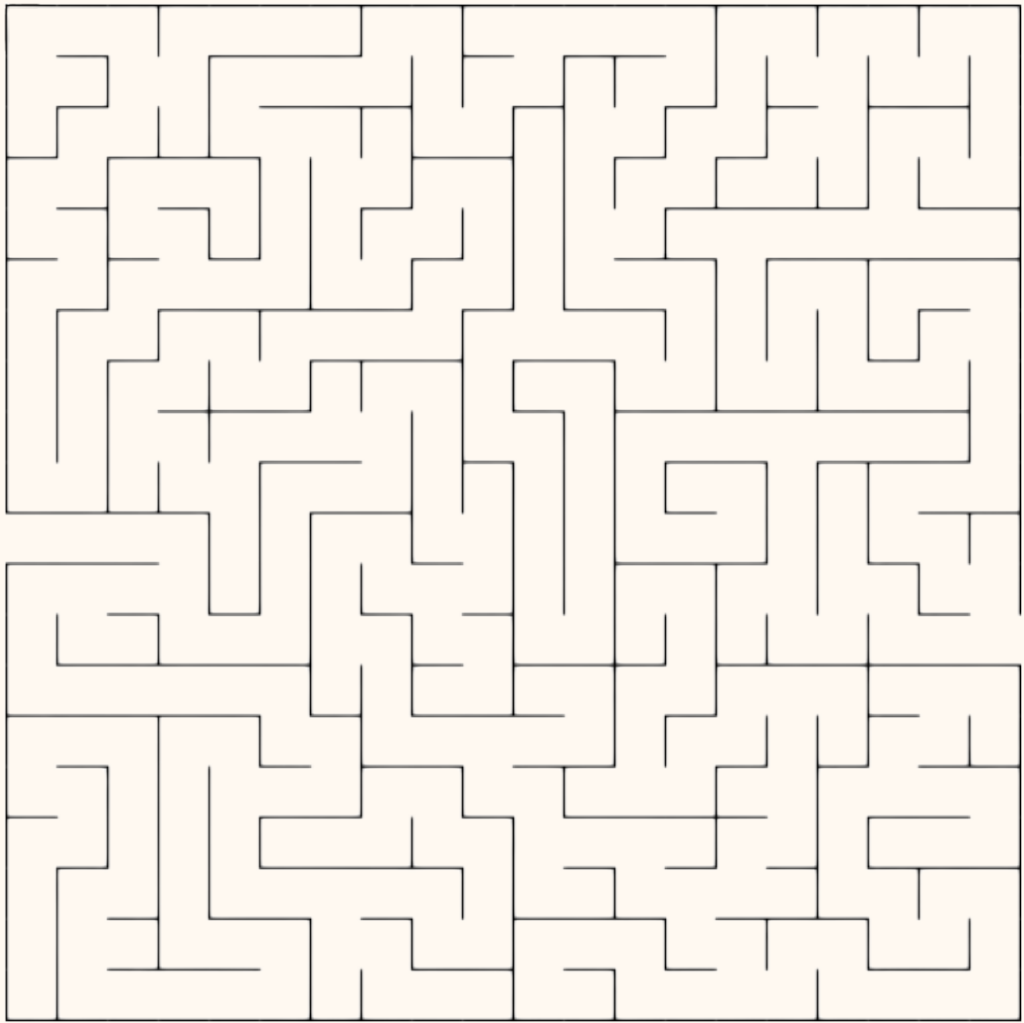
Help little Krishna get to the Dahi Handi on the top!

Solve this pyramid so that he can climb the steps all the way to the top!

Every brick contains the sum of the two bricks below. Fill in the missing numbers in the empty bricks!



GANPATI BAPPA MORYA!



Ganesh Chaturthi is a special day when we celebrate the birth of Lord Ganesha.

The warm hearted and adorable God is also believed to be a remover of obstacles, and is known to bless devotees with good fortune, peace and wisdom.

**Lord Ganesha is enjoying his favorite modaks here!
Mooshik wants to bring him some laddoos too!
Can you guide Mooshik through this maze ?**



SEPTEMBER EDITION!



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

Share a note of gratitude and appreciation for your teacher on the occasion of Teacher's Day!!

On Grandparents' Day, tell us what you love about your grandparents! Do share your picture with them!

On Hindi Diwas, share your love for the language in any way you like, a story, poem or even quotes!

It's World Rhino Day! Share stories, artwork, fun facts, puzzles - everything works!

On World Rivers' Day, share your fun experiences at a river side!

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 : 10th September 2022

Nanhaagyan's Kid's Galaxy Magazine

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