

Kid's Galaxy

Sep 2022



Languages connect people!

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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.





14th Sept
Hindi
Diwas

23rd Sept
Intl Day of
Sign
Languages

30th Sept
Intl
Translation
Day

EDITOR'S NOTE



Hello Friends!

In September, among other important themes, we also celebrate the significance of languages!

Isn't it bewildering that around 7151 languages are spoken around the world! Back home in India, the spoken dialect changes every 15-20 km!

Each language has its own importance, identity and contribution towards the culture and values of the place, and provides us a way to express our thoughts, feelings and ideas! Similarly, knowing different languages opens up our world to different intellects and points of view!

It is intriguing to think how languages have evolved over thousands of years. How did early humans communicate? How did they decide how to name people, objects or activities? How did they decide the rules of grammar and vocabulary? We have indeed come a very long way from that time!

On Hindi Diwas, we can appreciate the alluring charm of India's official language. Being a very old language, one can witness its evolution across different eras, and many eminent authors and poets have captured the innocence and situations of that time!

But what does one do, when one can't understand a language?

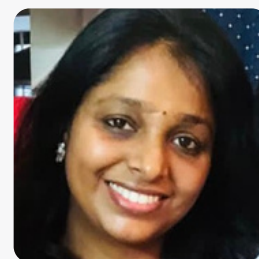
In come the translators! Thanks to these multilingual people, we get to enjoy different languages through a common language! Right from Hindi compositions, Urdu poetry to English Literature and K-Pop songs, imagine how much we can now appreciate!

But what does one do, when one can't speak or hear a language?

Thanks to sign languages, we are bridging that gap as well! Do you know different countries have their own versions of sign languages - similar to accents and dialects! Sign languages include facial expressions, gestures and body language to communicate.

The world is made of amazing people like you and me! We may look, think, speak and behave differently, yet inherently we are all the same. Thanks to various languages, we continue to be unique, yet, we continue to be connected to each other!

- Try to learn a few words from a different language to start with!
It's good for your brain too!
- Read/Hear/Watch content from different languages and cultures to expand your horizons!
- Respect other languages - some words may seem amusing too, but may have deeper meanings!



GAYATRI BHASKER
Mangalore

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HAPPENINGS AT NANHAAGYAN!

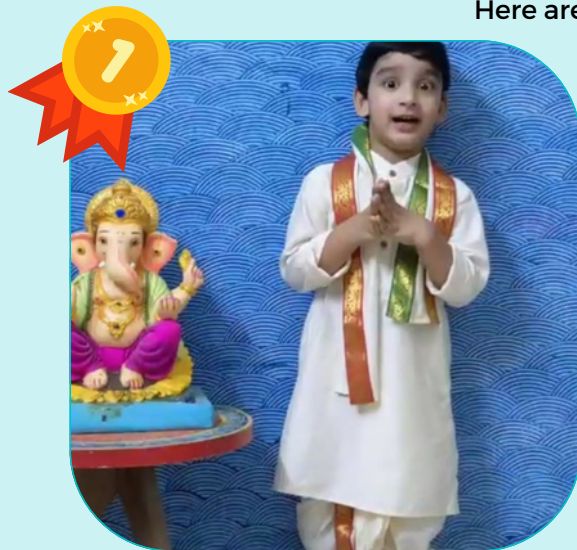
Our events in September were based on the adorable Lord Ganesha! Ganesh Chaturthi is a 10-day festival to celebrate Lord Ganesha's birthday! It is believed that during these days, Lord Ganesha graces the Earth and brings happiness and prosperity to all his devotees!

It is said that Lokmanya Bal Gangadhar Tilak laid the foundation for Ganesh Chaturthi to be celebrated as a big public festival - to unify the people of India, during our freedom struggle. It is said that the British were overwhelmed by the huge gatherings of people, and the protests from the youth.

Now, Ganesh Chaturthi is celebrated across India with great fervor! Our competitions represented the devotion and enthusiasm that Lord Ganesha exudes!

Ganpati Bappa Aarti and Shloka Competition

Here are the winners!



SRIHARI MADHAVAN
Category (3 - 6 years)
Finch Intl School
Pune



SATVIK NAGAR
Category (11 - 14 years)
Amanora School
Pune

Ganpati Bappa Dance Competition



AROHI PATIL
Category (7 - 10 years)
Indira National School
Pune



ASHANYA SHARMA
Category (7 - 10 years)
Indira National School
Pune

JOURNEY - ASPIRING TO INSPIRING!

The "**Journey- Aspiring to Inspiring**" event was held on 11 Sept 2022, for educators who are the building blocks of our society.

Several teachers and experts were called upon to share their life experiences. Mrs. **Rommel Surana**, founder/director of **Nanhaagyaan Foundation** also had the privilege of talking about her journey in front of the esteemed fraternity.

The event was organized by Eduthon and led by Ms. Saravjeet Kirad, Ms. Shweta Pankaj, Ms. Bhavana Gupta, and Mr. Prachetan Potdar.



We are sharing here, Mrs. Surana's life story in her own words -

"As the name **Nanhaagyaan** implies, we deal with education, knowledge and young minds.

During my childhood, I had difficulties in reading and writing. In those days, students like me were simply considered to be lazy and slow.

We had a different journey in looking at, perceiving and analyzing things. **Today, when I look back, I realize, that I had Dyslexia.**"

I started Nanhaagyaan Foundation with an aim to help such children by instilling confidence in them, equipping them with some tools and techniques, creating awareness about them among society and much more.

Initially when I started, I encountered a lot of cases, where Mental Health and Emotional Health of individuals, parents and children were compromised.

Keeping this in my mind, I started working on Mental and Emotional health, along with the counselling sessions. We include Meditation as well, as it plays a vital role in this journey."



The motto of Nanhaagyaan Foundation is to bring a genuine smile on a person's face, through kindness, simplicity and compassion. We also help parents and children work together to build a better relationship and future together!

A FRIEND IN NEED...



...is a friend indeed!

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!

Query : How do we introduce mindfulness and meditation in children's routines? My 10 year old gets very frustrated and gives up when things don't go her way, and I would like to help her stay calm in such situations.

Answer : We can see children being stressed out these days. While meditation is an appropriate way to help them stay calm, we find it challenging to make them sit for meditation.

Let us first understand the fundamental difference between **Mindfulness** and **Meditation** -

Mindfulness is the quality of mind, to be aware in the present moment while Meditation is a practice where an individual uses a technique - such as mindfulness or focusing the mind on a particular object, thought, or activity - to train attention and awareness, and achieve a mentally clear and emotionally calm and stable state" (Walsh and Shapiro, 2006).

Here are some simple ways to introduce mindfulness and meditation for kids -

1) **Use the humming sound** - Kids have high energy, and are sometimes unable to concentrate in class or at home. Before doing any activity, ask your child to close her eyes and make a humming sound from the throat. Repeat this 3 to 4 times. The child will be calmer and quiet and in a state to listen to instructions.

2) **Use breathing and drawing together** - Make your child stand in front of a blank wall. Ask her to color the whole wall with her favorite color (only in imagination!) while inhaling and exhaling deeply. Repeat this 10 times. Once the task is done, ask her to rub her palms, and place them in front of her eyes. Ask her what she imagined, once she opens her eyes. I'm sure you will be surprised!

3) **Relaxing** - Ask your child to lie down or sit comfortably. Gradually ask her to take deep breaths; breathing in and out. Take her attention to her right toe, asking her to relax all the muscles of the right toe. Guide her slowly by relaxing each muscle. This will lead to sound sleep and complete body relaxation. In case the child has high energy, this will make the child calmer!

Meditation and mindfulness are everyday exercises.

- Inculcate the habit of being silent for a few minutes every day.
- Remind your kids to relax and take a few deep breaths as they wake up every morning.
- Encourage children to incorporate deep breathing as a daily bedtime ritual.

This will slowly become a routine for them and perhaps this practice would be the most valuable thing you could ever give your child!



TEACHINGS ON TEACHING!



UV FOUNDATION brings to you the writings of **Thiruvalluvar**, the great Tamil saint, on the occasion of **Teacher's Day**! The kural numbers are listed within the article!

What does a teacher do?

The common goal of mankind is happiness. The key to uninterrupted peace-filled happiness is contained in our ancient wisdom. This wisdom is handed down from a Guru (teacher) to a Shishya (student). **By sharing his knowledge, a teacher spreads the happiness that he experiences. (#399).**

What impact does the teaching have?

The best way to attain knowledge is by learning under a competent Guru who has also learnt methodically under a Guru.

Just like one needs eyes and light to see, a Guru lights the lamp of knowledge and removes the darkness of ignorance by opening our inner eye, making us see things in the right perspective (#355, #445). Without the knowledge acquired from a Guru, one may get misled into believing untruths (#423).

How does it happen?

How ever complex the subject or the situation is, the Guru resolves it effortlessly and makes it easy. They are so learned that they grasp subtle concepts and explain it in a simple manner to make one understand (#424).

The need for a Guide

Knowledge can help us predict where we could go wrong and be forewarned where we might face an issue. It is important to have the fear to avoid doing what is wrong. Equipping oneself with mechanisms to prevent possible problems is intelligence (#427-#429). Befriending such knowledgeable people paves the path for the right knowledge transfer. One should cherish such relationships (#425, #441, #442).

Till when does one need a Teacher/Guru?

No matter how much one may rise to the top, one still needs a learned guide; as without their company and conditioning, one would fail even without an external enemy. On the contrary, no enemy can defeat the one who has the strength of a learned guide. (#446, #448).

Secret of Success

- **Listen to the learned.**
- **Listening to the learned carefully equips you with communication skills. You will never go wrong in what you say (#417, #419).**
- **If you face a downfall, what you have learnt comes handy - like a staff (thick stick) on a slippery surface and motivates you (#414, #415).**
- **Your success is directly proportional to your learning (#396, #416).**

So, learn! Learn what ought to be learnt! Learn from the learned! Keep learning!

This is the message of Thiruvalluvar covered in the topics (Adhikarams) titled Kalvi, Kelvi, Arivudaimai and Periyarai Thunaikodal!

EIDGAH



Dhanpat Rai Srivastava, known by his pen name as **Munshi Premchand**, is well known for his literature in Hindi and Urdu. He was among the first authors to write about social causes of that time. Here's a touching story about a little boy and his grandmother, translated to English by Khushwant Singh, and abridged here.

How wonderful is the morning of Eid! The trees look greener, the field more festive, the sky has a lovely pink glow. The village is agog with excitement!

The day most awaited by the boys had finally come. They're excited to celebrate - not bothered whether there was enough milk and sugar for the (sevaiyyaan) vermicelli pudding. All they want is to eat the pudding!

They keep recounting the treasure in their pockets. Mahmood has 12 pice*, Mohsin has 15. Out of this countless hoard, they will buy countless things: toys, sweets, paper-pipes, rubber balls— and much more.

The happiest of the boys is Hamid. He is only four; poorly dressed, thin and famished-looking. Even though he was an orphan, his grandmother Ameena tells him that his father has gone to earn money and will return with sack loads of silver. And that his mother has gone to Allah to get lovely gifts for him. This makes Hamid very happy.

It is great to live on hope; for a child there is nothing like hope. A child's imagination can turn a mustard seed into a mountain. Hamid believes that when his parents come back he will be able to fulfil all his heart's desires. Then he will have more than Mahmood, Mohsin, Noorey and Sammi.

Ameena, on the other hand, laments about not having any money for Eid. She's also worried about sending Hamid to the fair all by himself. Hamid assures her that he will be alright, and sets off with his friends.

Crossing the town suburbs, big buildings and beautifully decorated sweet shops, finally, the **Eidgah** comes in view. **Here, neither wealth nor status matters because in the eyes of God all are equal.** After the prayer, people embrace each other. They descend on the sweet and toy-vendors' stores like an army moving to an assault. In this matter, the grown-up rustic is no less eager than the boys.

As his friends play and enjoy the swings and roundabouts, Hamid simply watches them. He couldn't afford to part with his treasure of 3 pice. The children then proceed to toy stalls, complete with soldiers and milkmaids, kings and ministers, water-carriers and washerwomen and holy men.

Mahmood buys a policeman in khaki with a red turban on his head and a gun on his shoulder. Mohsin likes the water-carrier with his back bent under the weight of the water- bag. Noorey has fallen for the lawyer. What an expression of learning he has on his face!

These toys cost 2 pice each. How can Hamid afford to buy such expensive toys? What would he do with them? They were made of clay, and may break, or the paint may run off. They'd be of no use to him.

Mohsin says, "My water-carrier will sprinkle water every day, morning and evening."

Mahmood says, "My policeman will guard my house. If a thief comes near, he will shoot him with his gun."

Noorey says, "My lawyer will fight my cases."

Sammi says, "My washer-woman will wash my clothes every day."

Hamid pooh-poohs their toys, but he wishes he could hold them in his hands for just a moment. But young boys are not givers, particularly when it is something new. Poor Hamid doesn't get to touch the toys.

- 5 After the toys, it is sweets. Someone buys sesame seed candy, others gulab jamuns or halva. They smack their lips with relish. Only Hamid is left out. He looks with hungry eyes at the others.

*pice - a former monetary unit of India and Pakistan, equal to one quarter of an anna.

"In your heart you must be saying, 'If I could get it I would eat it,'" says Mohsin. "Why don't you take the money out of your pocket?"

"I know what this clever fellow is up to," says Mahmood. "When we've spent all our money, he will buy sweets and tease us."

After the sweet-vendors, there are a few hardware stores and shops of real and artificial jewelry. There is nothing there to attract the boys' attention. So they go ahead— all of them except Hamid who stops to see a pile of tongs.

It occurs to him that his granny does not have them. Each time she bakes chapattis, the iron plate burns her hands. If he buy her these tongs she would be very pleased and never burn her fingers; it would be a useful thing to have in the house. What use are toys? They are a waste of money. You can have some fun with them but only for a very short time. Then you forget all about them.

After bargaining for a bit, the shopkeeper relents and gives him the tongs for 3 pice. Hamid carries it on his shoulder as if it were a gun and struts up proudly to show it to his friends. Now it was Hamid's turn to show off his new 'toy'.

"Place them across your shoulders and it is a gun; wield them in your hands and it is like the tongs carried by singing mendicants— they can make the same clanging as a pair of cymbals. One smack and they will reduce all your toys to dust. And much as your toys may try they could not bend a hair on the head of my tongs. My tongs are like a brave tiger."

The tongs win over everyone to their side. The boys begin to make terms of peace. The tongs pass from one hand to another; and the toys are in turn handed to Hamid. How lovely they are!

By eleven the village was again agog with excitement. All those who had gone to the fair were back at home.

As soon as she heard his voice, Granny Ameena ran out of the house, picked him up and kissed him. Suddenly she noticed the tongs in his hand. "Where did you find these tongs?"

"I bought them at the fair for three pice."

Granny Ameena cried out. "It is almost noon and you haven't had anything to eat or drink. And what do you buy— tongs ! Couldn't you find anything better in the fair than this pair of iron tongs?"

Hamid replied in injured tones, "You burn your fingers on the iron plate. That is why I bought them."

The old woman's temper suddenly changed to love—not the kind of calculated love, which wastes away in spoken words.

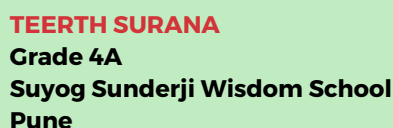
This love was mute, solid and seeped with tenderness. What a selfless child! What concern for others! What a big heart! How he must have suffered seeing other boys buying toys and gobbling sweets ! How was he able to suppress his own feelings ! Even at the fair he thought of his old grandmother.

Granny Ameena's heart was too full for words.

And the strangest thing happened— stranger than the part played by the tongs, was the role of Hamid-the-child playing Hamid-the-old-man. And old Granny-Ameena became Ameena-the-little-girl.

She broke down. She spread her apron and beseeched Allah's blessings for her grandchild. Big tears fell from her eyes. How was Hamid to understand what was going on inside her!





Nana and Nani



A group of nine people, including adults and children, are posing for a photo outdoors in a garden. The group consists of four adults and five children. The adults are standing in the back row, while the children are sitting or kneeling in the front row. The setting is a lush green garden with trees and a house visible in the background. The photo is framed by a blue scalloped border.

Ocean Ambassador!

Let's meet **Avyukth Bala**, who led his school mates to clean up a stretch of Marina Beach, Chennai, on the occasion of International Coastal Cleanup Day! He's also a budding cricketer, artist and young social activist!

KGM : Hi Avyukth, how did you get selected as an ocean ambassador?

AB : Hello! My mentor Mr. Hafiz Khan had extended a challenge to me to hone my leadership skills. I enthusiastically accepted and encouraged my school mates to volunteer for the cleanup. I have done many such environmental projects under his guidance.

KGM : What types of trash did you notice as you were clearing up the beach?

AB : I noticed lots of plastic covers, plastic bottle caps, spoons, broken bottles, corncobs, one-time-use food packaging materials etc.

KGM : Did you find any interesting treasures? Sometimes people lose their jewelry at beaches!

AB : Well, we did find a purse! However, it did not contain any money or identity card, so we simply handed it over to a policewoman patrolling at the beach!

KGM : How much trash did you collect and what did you do with it?

AB : We as a team, would have easily collected 20 Kgs of trash from the stretch we were allotted. We were asked to leave it in a corner for the corporation workers to collect. They were very prompt in clearing it as and when accumulated.

KGM : Can you share a message to our young readers on the importance of cleaning beaches?

AB : Olive Ridley turtles come to the beaches in Chennai during January to lay eggs every year. These turtles are very sensitive and if they find the coasts to be polluted with trash, they will return to the sea without laying any eggs. Even other marine creatures get affected when they consume tiny bits of plastic dispersed in the water. The trash lying around is also an eye-sore for any beach goer. It is our responsibility to not litter when we visit our beaches.

As an Ocean Ambassador, I request everyone to try their best to keep our beautiful coasts clean!



AVYUKTH BALA

Grade 3D

**PSBB Sr. Sec School (T. Nagar)
Chennai**



ECCO-NUTTY FACTS!

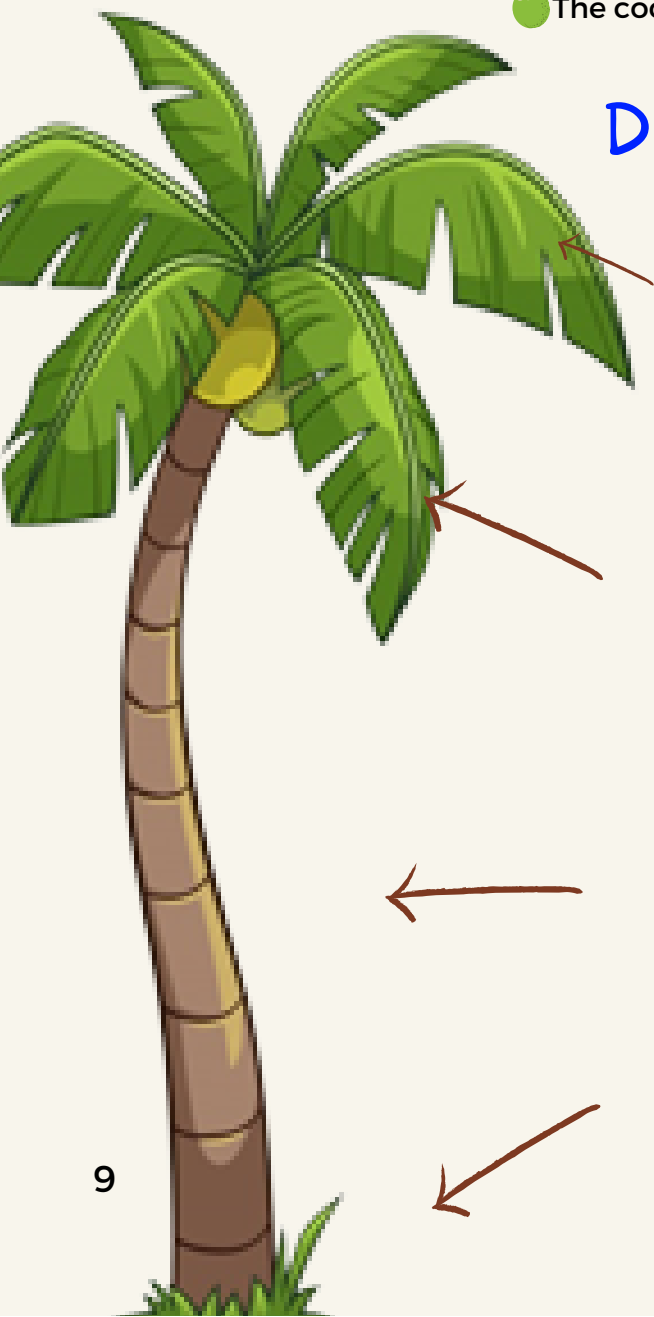


A.DELICIA PRARTHANA

Grade 4
Lakshmi School
Madurai

- They're not nuts! Coconuts are Stone Fruits (Drupes) !
- Coconut trees live up to 80-90 years!
- The coconut tree (*Cocos Nucifera*) is also known as the **Tree Of Life**, because humans use all parts of the coconut tree - from bottom to top!
- The name "Coconut" is taken from the Portuguese word - "Coco", which means Monkey Face, or Grinning Face!
- Sindbad the Sailor sold coconuts on his 5th Voyage, as told in the Tale of the Arabian Nights!
- It is believed that the coconut fruit can travel up to 100 days in the ocean and still germinate!
- The Orange coconut species can take over 5 years to flower!
- The coconut tree is the National Tree of Maldives!

Don't worry, drink a coconut!



Leaves : Woven into roofs or walls; used in cooking and handicrafts. Dried leaves produce good-quality paper pulp. The sturdy ribs are used to make brooms etc.

Coconut : The hard husk becomes coir used to make commercial products like brushes, carpets etc.

The shell can be burned to make fuel or charcoal or used to make lamps, pots etc.

The meat is used for coconut milk, cooking and also animal feeds. It also produces coconut oil. Coconut water helps balance the electrolytes in the body.

Trunk : made into charcoal and lumber for building construction and making furniture, jewelry, ornaments, and shampoo. The bark is also used in making paper pulp.

Roots : The roots are made into rope or twine and can be used for making beverages, dyes, medicines, etc.

BEAUTIFUL BAMBOO!



DAYA PATKI
Bamboo Tantra
Raigad

"The bamboo that bends is stronger than the oak that resists." - Japanese Proverb.

While raw strength is important, the ability to bend and adapt is far more valuable. And surprisingly enough, it's true that the wood from a flexible bamboo cane is stronger than the wood from a rigid oak tree!

Let's hear from **Ms. Daya Patki**, who along with her father **Mr. Anand Patki** maintains a bamboo farm at Raigad. She also runs **Bamboo Tantra** (@bambootantrapune), where unique bamboo jewelry from artisans are showcased for sales. She offers some cool insights about this wonderful grass - No it's not a tree!

Bamboo is the most sustainable natural material! When a tree is chopped, it may not regrow. But bamboo once harvested (first harvest is after 6 years), it fetches new bamboo poles every year!

The **fibrous root spread** of bamboo is very good, and it helps **controlling soil erosion!** Some species have stronger roots that can also hold on to boulders thereby **avoiding landslides!**

There are around **140** species recorded in **India**, and around **1800** gazetted **uses** of bamboo! Food, jewelry, furniture, flooring and roofing, cutlery, vessels, toothbrushes, fabric are just a few of them!

Lets learn some cool tongue twisting bamboo names!

Schizostachyum Dulloa Bamboo is peeled until we get very thin jewelry grade thread, which is soaked in water to become flexible and then woven. Once dry, varnish is applied and it becomes shiny and water resistant and ready to wear!

Dendrocalamus Longispathus is used in furniture, handicrafts, bamboo biriyani, and edible bamboo shoots!

Dendrocalamus Brandisi and **Dendrocalamus Giganteus** are have a diameter of 8 to 10 inches (They're right behind Ms. Patki in the picture!). They're used for making bamboo furniture and houses!

Do you know? Bamboo is the fastest growing "**woody**" grass!

While other grasses flower every year, **bamboo flowers only once in its lifetime!**

Bamboos can last from 30 to 90 years!

The name bamboo was first used in the Indonesia archipelago. **The word comes from the onomatopoeia for the sound of hollow canes knocking together.**

Bamboo also has strong carbon-absorbing properties that purify the air!





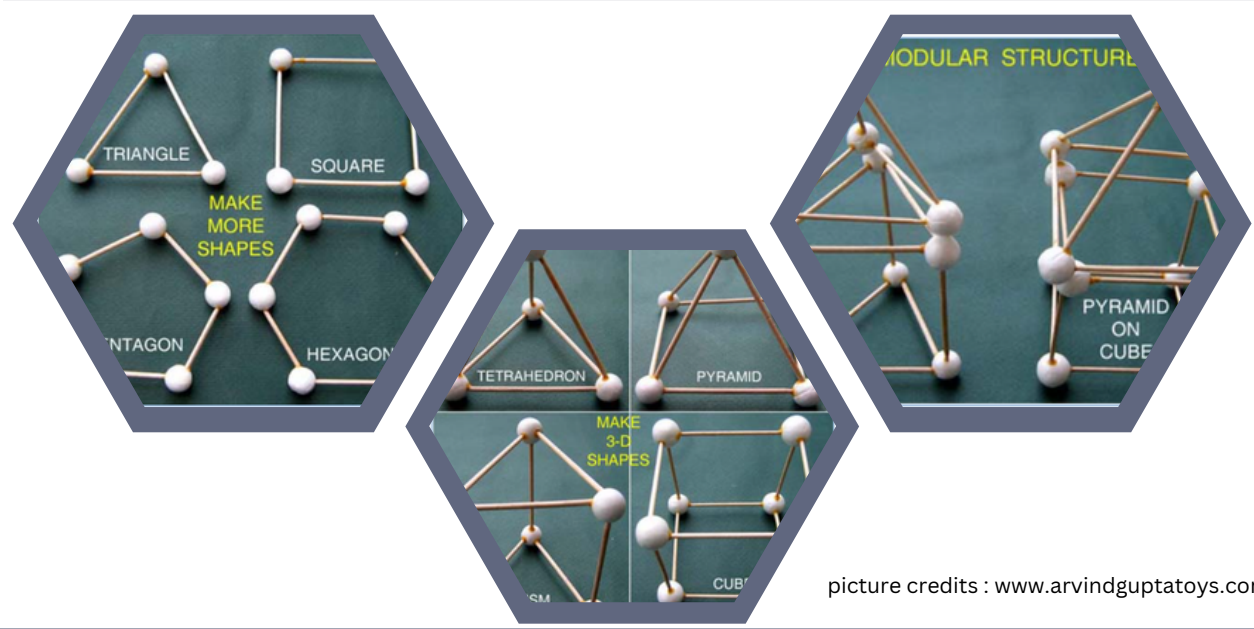
STEM challenge

CONSTRUCTION CHALLENGE: TOOTHPICK STRUCTURES!



An architect is someone who figures out how to design and construct a building!

Try planning, designing and constructing these famous buildings with small play dough balls/jelly beans and toothpicks/skewers! Your structure must be able to stand freely. Test and modify your design after constructing!



Work Well, Earn Well, Live Well



The birth anniversary of Bharat Ratna Sir Mokshagundam Visvesvaraya is celebrated as **Engineer's Day** on September 15 every year not only in India, but even in Sri Lanka and Tanzania.

He was a prolific civil engineer, educationist, economist and scholar of the 20th century. The noble statesman who passed away at age 100, continued working even in his 90s! He was always dressed in Indian attire and has done a lot to support Kannada language.

He was the chief engineer responsible for the construction of the Krishna Raja Sagara Dam in Mysore as well as as the chief designer of the flood protection system for the city of Hyderabad.

Among many of his achievements, some are listed here, can you answer these questions correctly?

1. Two metro stations in India are named after M.V. Name the stations and the cities they are located in.
2. Along with the KRS Dam, MV also designed the Khadakvasla Reservoir near Pune. He designed and constructed a particular type of gate which was installed at Khadakvasla Reservoir, Tigra Dam and KRS Dam. What are these gates called?
3. What was the Diwan title given to Mokshagundam Visvesvaraya?
4. What was the theme of World Engineers Day 2022?
5. M. Visvesvaraya is credited with inventing the block system, automated doors that close when the water overflows. He designed and patented the floodgates. Where was its first installation?

**KRS Dam,
Mysore**

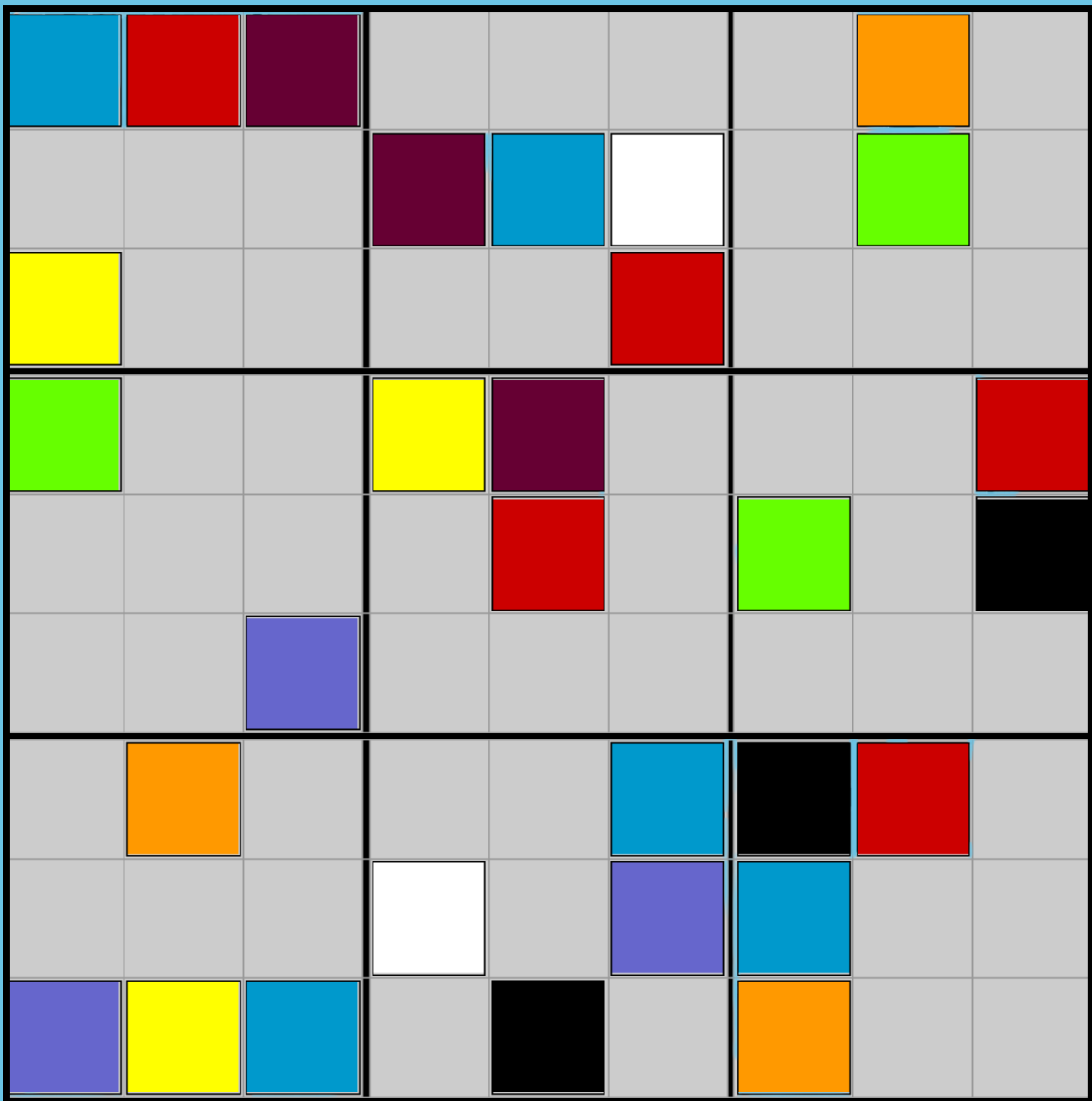


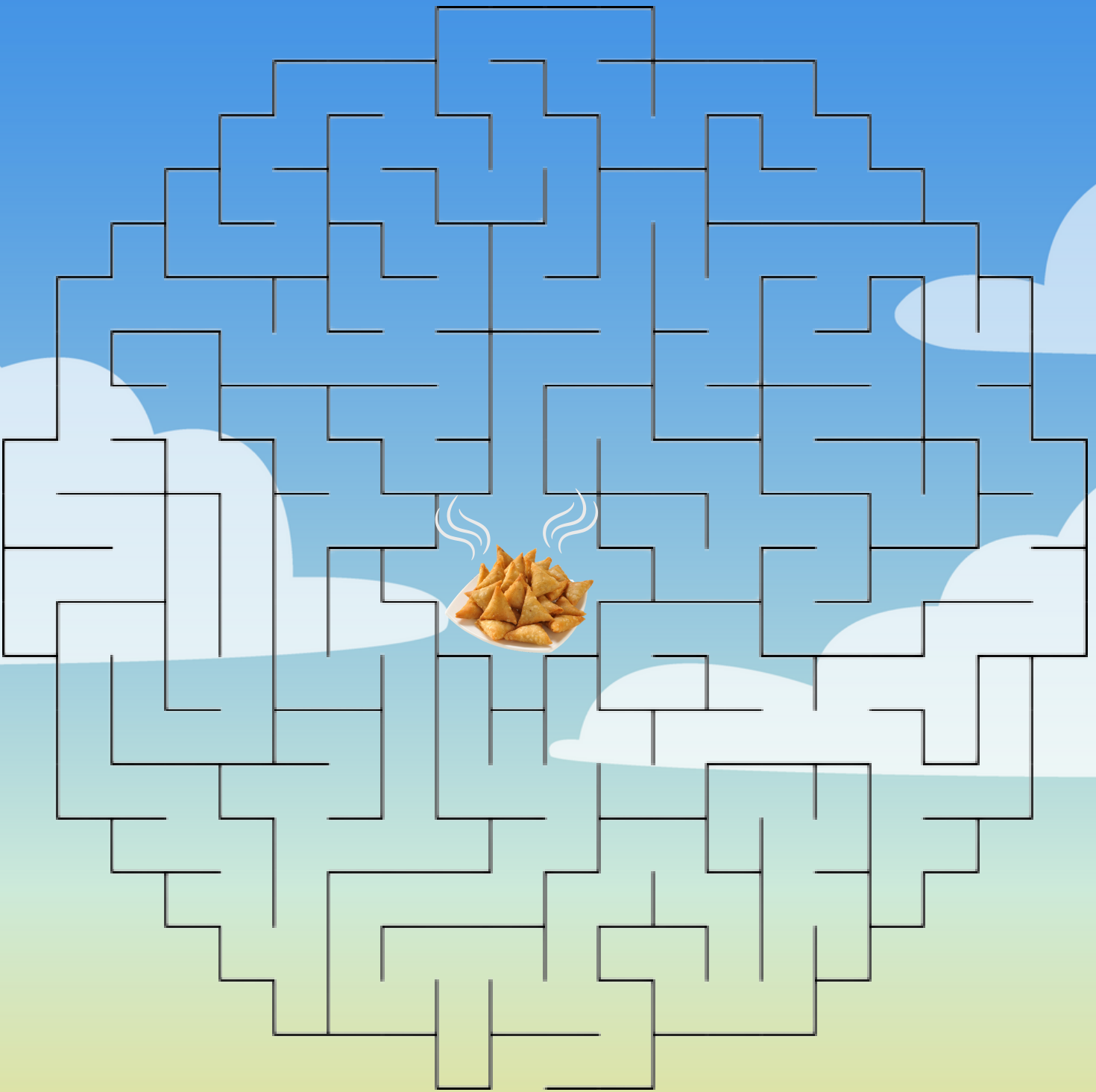
USE YOUR GREY CELLS!

"All things are difficult...before they're easy" - Thomas Fuller

The same goes for sudoku! The squares look confusing, but do give it a try! Here's a fancy grid with colours instead of the usual numbers!

Use your grey cells, to fill up these grey cells!





Who doesn't love Samosas!

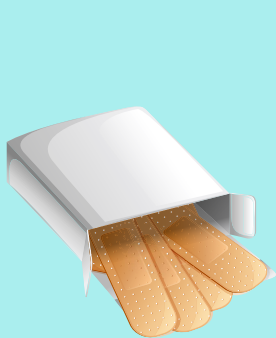
Originating during the 10th century in the Middle East region, these delicious snacks are now loved all over the world!

We all know that Motu is mad about Samosas, so help him fly and reach them!



WORLD FIRST AID DAY

The need for a first aid box in practically every environment, whether schools, homes or offices is understated. Although items as simple as band-aids are useful, they alone aren't enough. A proper first aid box must contain an array of items. Which of the given items do you think are must haves in a first aid box?



Band-aids



Toilet Paper



Perfume



Medicines



Injection



Antiseptic Lotion

FIRST AID FOR MINOR CUTS

What would you do, if you happen to get a minor cut? Take these basic steps to make sure your wound is taken care of!



STOP THE BLEEDING



RINSE THE WOUND



APPLY ANTISEPTIC



COVER WITH BANDAGE



CHANGE EVERYDAY

OCTOBER EDITION!

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

Make **charkhas** out of paper, wire or thread....and pay homage to Mahatma Gandhi! Best entries will receive a prize!

Send us your pictures wearing your favorite cotton dress to celebrate World Cotton Day!

On World Student's Day, pay your respects to our respected Dr. A.P.J. Abdul Kalam with artwork, articles or poems!

On Intl. Day of the Girl Child, send us pictures of yourself with your favorite girl (Mom, aunt, friend, sister...) Tell us why you love them!!

Do you love science and math? Send us any experiments or puzzles you love to do at home! Most interesting article will win a prize!

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 : 12th October 2022

Nanhaagyan's Kid's Galaxy Magazine

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