

ISSUE I, November 2019- January 2020

THE MARSHMALLOW

of, for and by the children

A Research -Based Children's Magazine formulated from United Nations

Sustainable Development Goal 4.7

THEME - KINDNESS & EMPATHY

Published By

Research & Innovation In Education
RIEDU

In Collaboration with

Storee Ki Boree

For
8-15
Years

Research & Innovation In Education, RIEDU
Delhi & Gurugram, India

<https://riedu-sdg.com/marshmallow/>
contact@riedu-sdg.com
+91 85870 71481

Research & Innovation In Education



RIEDU

RIEDU is a research-based organization formulated from the fundamentals of Inclusive Education (United Nations Sustainable Development Goal 4: Quality Education). At RIEDU we believe in 'Education for All'; 'Education that believes in Equity & Equality be it gender, racial, caste or ability based, 'Education that nurtures curiosity & creativity', 'Education that inculcates the moral and humane values'.

Education is a Human Right. It is the most powerful force to stimulate growth, development, harmony and peace so as to build a more resilient and sustainable society in the twenty first century. Twenty first Century is the century of change. Education must as well encompass this change. It must be no longer restricted to formal Education. RIEDU is an initiative to help build an Inclusive Society using Research & Innovation in Education to achieve the true potential of education.

Storee Ki Boree



Storee ki Boree comprises a team of passionate professional theatre artists. The team conceptualizes, designs & directs concepts that help children learn life skills, strengthen their cognitive thinking skills using storytelling, music, theatre and activity-based learning. Ram Lila, Ali Baba and forty thieves, the Grinch, Story Holi Ki are very popular amongst parents and children alike. Their expertise lies in performing traditional stories, folktales and myths for the children and by the children. Thanks to the positive testimonials from the parents who have seen their children's personality transform through the events, and children who swear by the content and activities they go through, Storee Ki Boree enjoys earning a soft spot in their heart.

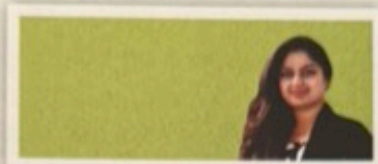
RIEDU & Storee ki Boree have collaborated to publish quarterly a world's first research-based children's magazine, The Marshmallow. It is a theme based children's magazine. Every issue shall have a carefully crafted theme based upon The United Nations Sustainable Development Goal 4.7, so as to nurture humanistic and moral values among children. The first issue of 'The Marshmallow' has Kindness & Empathy as theme. Next issue is planned to have creativity & problem solving as theme and so on. The Marshmallow is a multi-graded magazine, based upon the principles of Inclusive Education and carefully designed for young readers in the age group of eight to fifteen years. The comprehension level ascends through the magazine as initial stories are based upon the learning outcomes of nine-year-old which advance as we read further. The Marshmallow plans to provide children a platform to showcase their perception of the world through stories, poems & paintings. We believe in nurturing the original, creative thought more than the perfect thought of the child. Thus, 'The Marshmallow' is a children's magazine of, for and by the children.

THE MARSHMALLOW EDITORIAL BOARD

Read about our editors at <https://riedu-sdg.com/marshmallow/>

Gopika Karol

The Editor in Chief



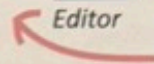
Shraddha Gupta

*Editor, Founder
Storee ki Boree*



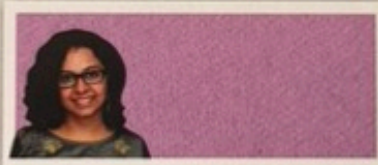
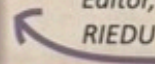
Radhika Khosla Walia

Editor



Dr. Shruti Shankar Gaur

*Editor, Founder
RIEDU*



Anuvrata Gaur

Contributor



**The Marshmallow's
Little Reviewers**



INTRODUCING OUR ILLUSTRATORS:

Wing Commander Hitender Vats

Mr. Ashok Kumar

Ms. Merlyn Mali

Ms. Prisha Gaur

Ms. Mansawani Saini

Ms. Serah Gaur

SPECIAL THANKS TO:

Ms. June Gaur

Prof. vandana saxena

Dr. Shobhit Wadhwa

Ms. Mamta Gupta

d

Introducing Eyra: The Marshmallow's Mascot

Helloo to all The Marshmallow Readers. I am Eyra. I am eleven years old. Like all eleven yearies, I am learning and absorbing the world around. Exploring new places and people fascinate me. Let me share a secret with you, I love to travel. Whenever I visit a place with my family; I research all about it beforehand and often drag them to the least visited shores. Ya, ya they initially crib that I always hijack their travelling plans but in the end, they are happy that I did 😊. You know what I believe: 'Parents are babies from another timeline'. It's surreal, right?

Through The Marshmallow, together we shall embark upon a remarkable journey of stories; learn about fascinating great souls that graced this planet, the places to visit (my most favourite thing!!!!) and interview extraordinary among the ordinary.

So when Gopz (that's how I love to refer our Editor Gopika), told me all about Kindness and Empathy as well as its significance in today's world. I was like WOW!!! I didn't know all that. My explorer mind set to task. I was so curious to learn all about Kindness that I even ended up attending World Youth Conference organized by UNESCO in New Delhi, India. In my wildest dreams I had no idea of the brain's remarkable capacity to behave in a kind manner. I learned so much about Gandhi in last few months and the conference stamped my belief that there's no better time to emulate the Mahatma's ideals than NOW!!!!

So there's a Mascot story and a surprise interview all by me, Yippi!!! Bye!!! Gotta go, catch you later. I am off to interview our celebrity for the next issue. Shshsh (Don't tell anyone)... Enjoy, Happy Reading!!!! 😊



CONTENT

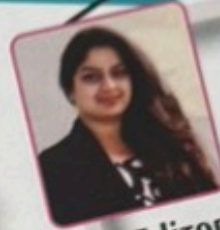


LOOKING FOREWORD

Page
2

Prof. vandana saxena, CIE
University of Delhi.

Professor saxena is an advocator of Diversity and Inclusion in Education. She has been diligently promoting the case of equal opportunities for all. Even while spelling her name, she believes that all the alphabets are equally significant and the thought is more important than the person, so a conscious use of lowercasing the name.



Gopika Karol

EDITOR-IN-CHIEF'S PLATTER

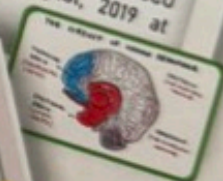
Page
1

Research Article

THE KIND BRAIN: NEURONS THAT FIRE TOGETHER WIRE TOGETHER

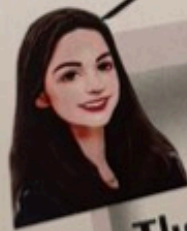
Page
4

Do you know how does our brain manifest kindness? Read the research article extracted from The World Youth Conference on Kindness organized by MGIEP, UNESCO and MHRD, Govt. of India on 23rd August, 2019 at Vigyan Bhavan, New Delhi, India.



Story: It's all in our hands

Page
6



Eyra Reports

THE MASCOT STORY

Page
8

Critical Article

Page
7

IN A WORLD WHERE YOU CAN BE ANYTHING-BE KIND*

Why kindness & empathy
must be encouraged among kids?

Page
20

THE LUMINARY SECTION

THE EMPATHETIC ART: INTERVIEW

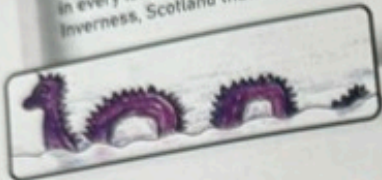
Ms. Merlyn Moli is a renowned Visual Artist, Painter, Sculptor and Ceramist. Her work has been showcased and recognised around the world. Ms. Moli discusses the relationship between 'empathy & art' as well as its importance for children.

Fable on the Table

Page 10

SCOTTISH FABLE: SPOTTING NESSIE

The Marshmallow presents a fable from far and near in every issue. Our Kindness Fable is from Loch Ness, Inverness, Scotland that every Scott believes in.



Celebrating 150th Anniversary Of Gandhi

Why KINDNESS MATTERS: THE MAHATMA WAY

The current article is extracted from The World Youth Conference on Kindness organised by MGIEP, UNESCO and MHRD, Govt. of India on 23rd August, 2019 at Vigyan Bhavan, New Delhi, India.

Page 12

Cover Story

The Benevolent Statue



THE NEW COLOURS
BY SHIVA LAZARUS

Page 14

Story Token of Love

Page 18



The Marshmallow Poetryfied

Page 16

The Marshmallow Painting Contest of, for AND by the children

Page 22





From the Editor-in-Chief's Platter

However old we may grow, we all love stories. Stories are magic, stories are fun, stories have power, if we just unleash them. Just like everyone else, I had forgotten this magic amidst the hustle & bustle of life, until lately, when I started reading bedtime stories to my three year old. Today, stories are our solace.

It was these story sessions that made me ponder the flip side of the technological revolution, with the world's shrinking (everything's just a click away), our hearts have shrunk too. As a parent, I wondered the ways to nurture these little beings into human beings of strong character & values. I realized, the only way out was by weaving the social, humane and moral values through a story. A good story has the power to touch hearts, to move souls and to build characters. Today's Generation Z must be nurtured as global citizens, for, they shouldn't remain a frog of the pond instead let them be a turtle or a whale diving across the oceans of culture & diversity.

It gives me immense pleasure to introduce 'The Marshmallow', a research based Children's Magazine formulated from The United Nations Sustainable Development Goal (SDG) 4.7. SDG 4.7 emphasizes upon the development of sustainable and peaceful society for the future generation by imbibing the social, humanistic and moral purpose of education.

The Marshmallow is an attempt to use 'The Story Power' to create a beautiful Inclusive World of equity and equality. The magazine caters to readers of all age group. Young mothers like me can read it to their little ones, children eight onwards can enjoy reading the carefully curated stories, and even adolescents can enjoy research articles, poetry (especially crafted for them) and our interview section. The icing on the top is celebrating Mahatma Gandhi's 150th birth anniversary in a kind way!!!!

I hope you enjoy reading The Marshmallow as much we enjoyed creating it.

Love & Light
Gopika Karol

The Marshmallow is a multi-graded magazine, based upon the principles of Inclusive Education and carefully designed for young readers in the age group of eight to fifteen years. The comprehension level ascends through the magazine as initial stories are based upon the learning outcomes of nine year old which advance as we read further.

looking
FOREWORD



The most typical feature of any society is its intergenerational spaces. The fact is; one may belong anywhere in the world, it's the older who decide for the younger. At home, it's the grandparents or the parents or the guardians or the older sibling choosing for the younger ones. At school, it is the administrator or the academic head or the teacher or the senior class students performing the same duty. Although this hierarchy of age and position is comparative, yet the processes are rigid. There is rarely a space available for participation of all in the process of decision

making. This may appear acceptable since there are little diversions available. However, the biggest challenge continues to be missing the ability to predict the future based on the yesteryear's experience. Today's children start from a point where the elders have brought this world to. The early years of one's life are pre-designed based on the previous generation's achievement. The case of mobile phone is one such example. For people in their forties and fifties, the experience of moving from single landline phone apparatus available to the whole neighbourhood to having a landline in each home, to having first mobile

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phone at home, to having one mobile to each of the family, is a lived experience. The same is true for television which has moved from one black & white, Doordarshan channel to multiple channels in color, to internet service providers like Netflix

We often miss the point that the life of kids in this era is situated in today's reality. They are starting from here. Thus, it is required that their vision of the world is captured in a wholesome manner without judging their perception. It may appear unrealistic at this moment if it is assessed on the past experience of the elders. Giving our children wings to fly and a strong foundation to soar upon is our responsibility

Does that mean the past experience does not hold any relevance for the future? of course, it does. The process of generating new knowledge or new gadgets and services based on that knowledge is worth sharing and recording. The root cause of conflict between older and younger people thus can be located in the fact that most adults are either the practitioners of an idea or consumer of a service. They have lived the experience of practicing or consuming and not generating or creating. The diversity of vision and imagination among the young, thus, often find little or no takers. All those who have been engaged in the process of creating, do value the innocence of idea and look forward to collating out of the box interpretations of the naïve observants.

I see 'The Marshmallow' as one such effort by Research & Innovation In education, RIEDU!!!

Great fans of diversity, I, in my life, have learned from my elders as well as the youngsters. While the learnings from elders have kept me grounded, the learning from youngsters has helped develop foresight. When lifelong learning is designated as the purpose of life, the mind gets liberated from the burden of inflexibility and thoughtless repetitions. In such a space uninhibited laughter creates a cheerful living.

Stories and poems have the power of empowering minds. By recording children's voices, 'The Marshmallow' will facilitate the process of including them in the process of planning and organizing this world as per their imagination. I visualize the magazine as a forum for sharing without any control and take this opportunity to congratulate the team of RIEDU and Storee ki Boree for creating such a democratic space of the children, by the children and for the children. I am convinced; 'The Marshmallow' will help elder peep into the world of children. Even when some older person is writing for this magazine, they will have to keep children in mind. So, this piece of literary collection called 'The Marshmallow' is grounded in the ideas of diversity & inclusivity for the creation of future world while building on the critique of present, is surely a promising venture.



Best Wishes

vandana saxena
Professor, CIE,
Department Of Education
University Of Delhi

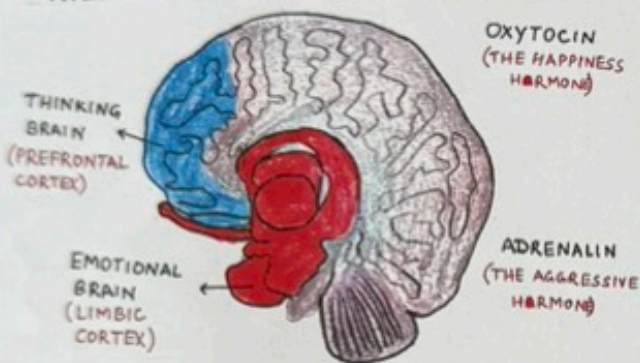
Professor vandana saxena is an advocator of Diversity and Inclusion in Education. She has been diligently promoting the case of equal opportunities for all. Even while spelling her name, she believes that all the alphabets are equally significant and the thought is more important than the person, so a conscious use of lowercasing the name. A name as renowned as herself, she has been associated with MHRD, UGC, NCTE, NCERT, NIEPA, IIT-BHU, JBNSTS, Kendriya Vidyalya, Kurukshetra University from time to time and has created a niche for herself in Education.

The Kind Brain:

NEURONS THAT FIRE TOGETHER WIRE TOGETHER

*The current article is extracted from the Lecture of Dr. Nandini Chatterjee Singh, Cognitive Neuroscientist, National Project Officer, MGIEP, UNESCO delivered at The World Youth Conference on Kindness organized by MGIEP, UNESCO and MHRD, Govt. of India on 23 rd August, 2019 at Vigyan Bhavan, New Delhi, India.

THE CIRCUIT OF HUMAN BEHAVIOUR



Source : The Marshmallow Illustration

Using the Thinking Mind we have the power to choose our circuit. Use the power to choose the happy circuit, the kind circuit. Brain circuits are just like muscles; The more we use, the better we are at it.

Hello Everyone

Do you know our brain consists of a thinking brain and an emotional brain? Isn't it cool? Do you have any idea that for every action or behavior of ours both parts of the brain are involved? How do these brain parts work? Let's simplify by saying that Blue Brain (in the figure) is the Thinking Brain (Prefrontal Cortex) and the Red Brain is the Emotional Brain (Limbic Cortex). Blue Brain

and Red Brain are densely connected with Neurons. Thus, even if we are not aware, for every decision we make, the Emotional Brain is sending message to the Thinking Brain which are manifested in the form of feelings based upon which we act.

You might ask: Do all the animals have both these brains? Yes. Emotional Brain is the oldest circuit and all mammals have it. However, the Thinking Brain is most developed and largest only in humans. Thus, we can think complex issues and take high-level decisions way beyond any other species on the planet.

Have you ever felt, meeting a person for just few seconds and not liking him/her or vice-versa? How did we decide? We barely knew him/her? So when we meet anyone, our brain gauges that person. If the person threatens us, a signal goes to Thalamus which is connected to Amygdala (part of the emotional brain) thus, secreting Adrenalin or the Aggression Hormone. We can take one of the actions: we freeze, are frightened or we fight, thus, acting violently. If we choose this circuit, within seconds we can

Train the Brain

act violently. However, if we choose to use the Thinking Brain which is the longer circuit, it will bring rationality to our decision. Using our thinking brain we might logically decide: if we need to avoid the person, say hello or fight.

Does love at first sight happen? of course!!!!

You just met someone (a beautiful girl or a handsome boy) and your brain gauges the person as a friend. With immediate effect, Hypothalamus (part of the emotional brain) secretes Oxytocin or the happiness hormone which is responsible for trust, friendship, and loyalty. This brain wiring shall lead to a friendly behavior although there is no specific reason behind it. You just met the person and you don't know him/ her. Haven't we heard love is blind? Now we know, even hate can be blind?

So, what we learn from Neuroscience is that 'We all have inherent circuits and we have the power to choose love or hate, to be kind or cruel'. Dr. Nandini Chatterjee, the Neuroscientist from MGIEP, UNESCO, reaffirms that we are wired to create Oxytocin and Serotonin because human being is a social being. We love connecting to one other. It gives us happiness. She also reinstated that Neuroscience has concluded that an 'act of kindness' activates reward, happy or pleasure circuits same as a bar of chocolate or a good meal. Thus, to 'Be Kind is a Choice!!!' Activate your Pro- socio circuit and be happy!!!!



"A brain is a society of very small simple modules that cannot be said to be thinking. That are not smart in themselves. But when you have a network of them working together, out of that arises a kind of smartness."

Kevin Kelly



I Think Probably Kindness Is My Number One Attribute In A Human Being. I'll Put It Before Any Of The Things Like Courage Or Bravery Or Generosity Or Anything Else... Kindness - That Simple Word. To Be Kind - It Covers. everything, To My Mind. If You're Kind That's It."
- Roald Dahl

IT'S ALL IN Our Hands



*"It is our choices.....
that show what we truly are,
far more than our abilities" - J K Rowling.*

A long time ago there lived a wise old man in a village. He was famous for his wisdom. People from all walks of life and far off places visited him for solutions. They would return happy and satisfied not only with his response but also with his **hospitality***. Thus, people **adored*** him.

In the same village lived a young man who had gathered all the wisdom that books had to offer on life's problems and the ways to solve them. Yet no one visited him for advice. He was proud of the knowledge he had acquired. One day, as usual, he was complaining out loud that the world was blind to his knowledge and although the wise old man was not as educated as he was, everyone respected him.

His mother overheard and responded, "My dear son, the world respects the one who deserves it. The wise old man might have less knowledge than you have, but he is far humbler than you are. Knowledge should lead to **humility***, not pride. I would suggest that you go and meet him to learn a few things". The young man agreed to pay the wise old man a visit. His mother was very happy and hoped that the old man would bring **sanity*** to her proud son. However, the son had other plans. He came up with an idea to **humiliate*** and **embarrass*** the wise old man in front of everyone.

He went to meet the elderly gentleman on the designated day. When the old man asked him what he would like to discuss, he announced, "There is a bird in my hand. Do you think it's dead or alive?" The young man had thought that if the old man said it was dead, he would set the bird free, and if he said that it was alive, he would crush it. The old man took his time and said, 'Whether it's dead or alive son, it's in your hand and it's your choice'.

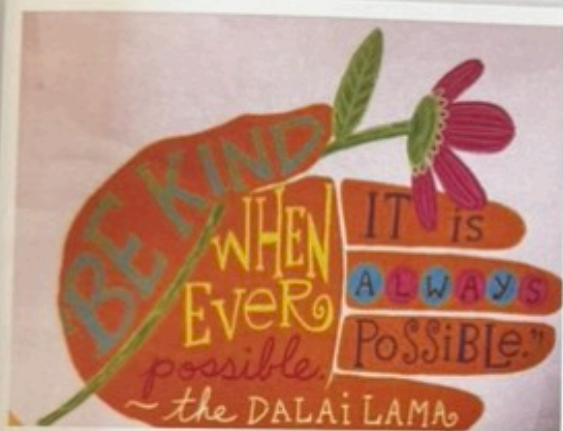
Whether we decide to be kind or cruel, it's our choice. Why not choose to be kind, to be empathetic, loving and caring? Why not choose to better ourselves as human beings? Why not spread happiness and kindness around? Why not make our planet a beautiful place to live? The choice is in our hands. Kindness begins with us.

Vocabulary

Hospitality: the friendly and generous reception and entertainment of guests, visitors, or strangers
Adored: love and respect (someone) deeply
Humility: the quality of being modest
Sanity: reasonable and rational behavior
Humiliate: make (someone) feel ashamed and foolish by injuring their dignity and pride.
Embarrass: cause (someone) to feel awkward, self-conscious, or ashamed.

IN A WORLD WHERE YOU CAN BE ANYTHING-BE KIND*

* Quote of Jennifer Dubes Lee



Do You Know?

Myanmar is the Kindest Country in the World. Indonesia and Kenya are the second and third kindest countries in the world. The reason for Burma (Myanmar) to become the kindest place on Earth is because of Buddhism (Theravada) being practiced by the majority of the population.

"There is no need for temples; no need for complicated philosophy. Our own brain, our own heart is our temple; the philosophy is kindness." 'His Holiness The Dalai Lama, Spiritual Head of Tibetan Buddhism.

The sky is kind, to support us with an umbrella,
The grass is kind, to cushion our feet,
The cotton is kind, to thread our dress of Cinderella,
The tree is kind, to help us make table and seat,
The sheep is kind to give us wool,
The Lion is kind for it kills only when hungry as a rule.
Nature depicts kindness in so many incredible ways.
The question is: If nature is kind, animals are kind,
Plants are kind, Are we kind? To depict kindness,
let our little young mind understand:

What is Kindness?

If we are gentle, we are Kind.
If we are helpful, we are Kind.
If we are generous, we are Kind.

If we are friendly, we are Kind.
If we are caring, we are Kind.
If we are considerate, we are Kind.
If we are affectionate, we are Kind.

When can we be kind?

Kindness is a state of being;
Kindness is a part of us,
Kindness is the bliss in us, Kindness is contagious.
Haven't we heard: Sharing is Caring
When we share, When we care: It is Kindness.
When we are Kind, The world smiles with us
We may have many apprehensions and hiccups on
the way Yet be kind every day
Thus, we can be kind right now, today or tomorrow,
Every moment and in every way.



THE MASCOT OF KINDNESS



Hey People!!!!

I was wondering, if I am the Mascot of The Marshmallow, who will be crowned the Mascot of 'Kindness & Empathy'? I researched all I could. Do you have any idea?

It's none other than 'Florence Nightingale' also known as 'Lady with the Lamp'. Mark Twain once said, "Kindness is the language which the deaf can hear and the blind can see", such was the spirit of Florence Nightingale: kind & compassionate. Curious to know about her, here it is:

Florence Nightingale was the younger child, born at Florence (thus, she was named after the place she was born!!!) in Italy to a wealthy British Family. She was a shy and compassionate girl. Instead of playing with other children she preferred playing with animals and taking care of any sick, in and around her home.

Did you know that Florence didn't like to attend parties? Can you believe that!!!! 😱 Yes, she was an unusual young woman for her time who didn't

Do You Know?

Florence Nightingale was one of the prominent figures behind creation of the Red Cross Society.

like parties. She wanted to help those times prefer affluent men that looked down upon family, in 1851, Florence learned all about but she loved it wanted to do. 😊

In 1854, lots of in the Crimean War with injured men many men died. Florence went to help. Florence to make the army place. She brought cleaned the hospital bandages on the became their confidante. She and helped the families. At night hospital. She the soldiers ca



Source: The Marshmallow illustration

like parties. She was an empathetic soul who wanted to help people. The elite families of those times preferred marrying their girls to affluent men than to make them nurse. It was looked down upon. Against the wishes of her family, in 1851, Florence went to Germany and learned all about nursing. It was hard work, but she loved it. After all, this was what she wanted to do. 😊

In 1854, lots of British soldiers went to fight in the Crimean War. Army hospitals were filled with injured men, but there were no nurses and many men died. Florence and a team of nurses went to help. Florence worked 20 hours a day to make the army hospital a cleaner and safer place. She brought the men fresh food, cleaned the hospital beds and used clean bandages on the wounded soldiers. Florence became their mother, sister, friend, and confidante. She talked to the injured soldiers and helped the men write letters to their families. At night, Florence walked around the hospital. She carried a lamp and that's why the soldiers called her 'The lady with the lamp'.

Isn't it interesting to know that a kind and empathetic girl saved so many lives? She is a hero, a legend, an epitome of kindness. She received Order of Merit from the British Crown. Also known as 'The Angel of Crimea', Florence Nightingale is a revolutionary figure of the nineteenth century.

"You ask me why I do not write something.. I think one's feelings waste themselves in words, they ought all to be distilled into actions and into actions which bring results"
Florence Nightingale.

References:

1. <https://www.biography.com/scientist/florence-nightingale>
2. <https://www.history.com/topics/womens-history/florence-nightingale-1>
3. <https://www.florence-nightingale.co.uk>

Spotting Nessie

Scotland is the land of myths & legends. The stories of Scotland have inspired artists, writers and poets since time immemorial. In their writings, both the poet Robert Burns and the novelist Robert Louis Stevenson have recalled the Scottish tales of ghosts, magic and witches they had heard as children. Contemporary Scottish writer, J K Rowling, best known for creating the Harry Potter fantasy books revealed, "We do not need magic to change the world, we carry all the power we need inside ourselves."



Source: The Marshmallow illustration

It was story-time that windy evening in Inverness*, Scotland when four excited children snuggled up to their grandmother. Max, Evan, Elsie, and Flora had always enjoyed Granny's stories on their visits to her home in the Scottish Highlands. Granny enjoyed the look of wonder on their faces as they listened stories. Today, her kind eyes were full of mischief. She was about to share her favorite story of a most dangerous monster that lurked around Inverness. 'Granny' said little Flora, the youngest of all. "Yes, my Darling", smiled Granny Olivia. "Is the story too scary? I don't like scary stories". Dinna Fash* lass*!! for your granny's near?", she winked. "Should I begin?", "Yes, please," they all said together. Olivia cleared her throat, looked at the little anxious faces and began narrating the story. Once, an Irish Saint named Columbia was traveling through the Scottish Highlands. He came across the most breathtaking Loch (Lake in Gaelic*). "Oh look at that," said he. "I haven't seen anything so magnificent* in my

entire life". Indeed, the lake was so vast and deep that it seemed magical to Saint Columbia. He asked his companions and fellow-monks to join him on a boat ride across the lake. They had barely started to row their boat when it began to rock fiercely. It felt as if something huge was moving below the boat in the water. Granny Olivia paused wide-eyed and looked at the little faces around her. She bent forward and whispered audible enough to hear. "Everyone was terrified, except for St. Columbia". Just then a gigantic black figure emerged from water. In a flash, picked up one of the monks and dived back into the lake. Olivia rolled her eyes and in a dramatic tone and screamed like the monks, "O Good Lord, have mercy!!!!".

The monks shrieked as fear gripped them. All four children hugged Olivia tightly. This is what the old granny wanted. She held them close and shouted at the top of her voice, as St. Columbia had done, "Go no further, do not touch the man! Go back!", he roared. In an instant, the monster stopped. It looked back. The gigantic black mass revealed kind and gentle

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The Monster
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The children's
Only little Flo
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Vocabulary

Inverness

Dinna fash
lass-
Magnific
Loped-
Headlan

Gaelic

eyes. St. Columbia in an instant knew who he was, fell on his knees and prayed to the great soul. The Monster **loped*** away, never to return.

"Who was the monster?" asked Max. Evan said, "What did he want?" Olivia was about to answer that when Elsie quizzed, "Why on earth did St. Columbia pray falling on his knees?" The children's minds were streaming with questions. Only little Flora was quiet. Olivia looked at Flora "You don't seem to be worried, Flora darling?" "Because I know who the monster was Granny", she revealed. "That's lovely, Children let's hear Flora's view". The room fell silent and everybody turned to Flora. She felt like a star and said, "The monster was a big dog. Granny, you know our dog Archie does the same thing back home all the time". Everyone laughed.

It was granny's turn to grow serious. She said, "St. Columbia saw the spirit of Scottish Highland's protector in that monster". "Why did St. Columbia pray Granny?" Elsie asked again. "St. Columbia thanked the protector in allowing him and his monks to travel across. He called him Ness which means a **Headland*** or a cliff.

In time, Ness came to be affectionately called Nessie. Nessie is now a symbol of kindness and empathy in the Scottish Highlands - a revered monster who has never harmed anyone." Olivia remarked. "So who is interested in spotting Nessie now?" she asked "All of us" the children beamed and off they went boating upon the great Loch Ness of Inverness, Scotland, hoping for a glimpse of Nessie, the kind monster of legend.

Vocabulary

Inverness-	the largest city of Scottish Highlands, Scotland
Dinna fash-lass-	Don't worry in Gaelic a girl in Gaelic
Magnificent-	extremely beautiful, impressive
Loped-	ran away quickly
Headland-	a narrow piece of land that projects from coastline to the sea
Gaelic -	a local language spoken mainly in the highlands and islands of western Scotland.



Source: Wall Graffiti, Inverness, United Kingdom

Do You Know?

The Great Glenn of the Scottish Highlands is a rift valley, 60 miles long and famous for its great Lochs (Lakes) namely: Lochy, Ness and Oich. The most famous among them is 'Loch Ness' because of the monster as legend has it, 'lurks' in its deep water. Loch Ness is deeper than the North Sea and is very long and narrow and is never frozen in winter unlike the other lakes of the area. There have been numerous sightings of the monster, affectionately known as 'Nessie'. Although till date no authentic evidence of Ness the lake monster has been found, the story of the Loch Ness monster is the most famous fable that every Scott believes in.



References:

- Wilson Philip (2013). Scottish Fairy Tales published by Lamond Books Ltd, Broxburn, Scotland. ISBN: 978-1-84204-092-8
- Scottish myths, folklore and legends retrieved from <https://www.scotland.org/features/scottish-myths-folklore-and-legends>
- History of Scotland/ UK retrieved from <https://www.historicuk.com/HistoryUK/HistoryofScotland/The-Loch-Ness-Monster/>

Celebrating 150 years of Mahatma



WHY KINDNESS MATTERS: THE MAHATMA WAY

THE CURRENT ARTICLE IS EXTRACTED FROM THE WORLD YOUTH CONFERENCE ON KINDNESS ORGANISED BY UNESCO AND MHRD, GOVT. OF INDIA ON 23 RD AUGUST, 2019 AT VIGYAN BHAVAN, NEW DELHI, INDIA.

Kindness the



MAHATMA way
SOURCE: THE MARSHMALLOW ILLUSTRATION

VOKE GANDHI
WITHIN
THAT'S THE WAY
TO PEACEFUL
SUSTAINABLE
SOCIETIES
THE WORLD NEEDS
**GANDHI &
HIS TEACHINGS**
ALL THE MORE
IN TODAY'S
PRESSING TIME

Who is Gandhi? I am sure, everyone reading must be aware of this great man who once walked this planet 150 years ago. The question is: Do we know him? For, had we known him the world would have been much more peaceful and kind. According to the Global Peace Index Report (2018) published by The Institute for Economics & Peace (IEP), after surveying 160 countries found that Peace further deteriorated for the fourth consecutive year. The report states that 'Despite living in the most peaceful century in human history, the world has become less peaceful over the last decade'.

12

We all are worried about climate change at the environmental/physical level? Are we worried about climate change at the emotional level? One and a half Century post Mahatma's birth, the world needs him more than ever. We need to evoke Gandhi again. Before we evoke Gandhi within us, let's first know Gandhi.

Often referred as 'Mahatma' meaning 'The Saint', he was the simplest among all. He led the freedom struggle of a country as large and as diverse as India with peaceful and non-violent means. That doesn't sound a big deal!!!! Think about it: Millions of Indians from a number of caste, language, culture region as well as religion all willingly and happily participating, following Civil Disobedience Satyagraha (The Truth Force) for freedom of their homeland so and so that the mighty British Imperial Power had to kneel and leave, without a single bloodshed during the freedom struggle (the irony is bloodshed was post freedom due to partition). India is the only country in the world to have achieved freedom with peaceful means. That's the power of truth & non-violence. The weapons used by Mahatma. Amazing isn't it!!!! 😊

Now, that you know
let's learn why

If you want to be Self
If you want to be Logic
If you want to be Rati
If you want to be your
If you want to be your
If you want peace in t
If you want Love in th
If you want Kindness
If you want Empathy
If you want Brotherh
For Gandhi stands fo
Gandhi resonates wit
Gandhi is the only W
In today's world of h
his teachings and lif
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where all are kind, h

If this article an
want to read mor
few books to fo
responsibility is
understand Gand

For Young

1. I am Gandhi by B
2. Gandhi for Kids:
Ellen Mahoney
3. Who was Gandhi
4. The Story of my
5. Be the Change b

For Re

1. The Life of Mah
2. Mahatma Gandh
Charles F. Andr
3. Gandhi: The Ye
Ram Chandra G
4. Gandhi Before
5. The Story of M
An Autobiograp

Now, that you know Gandhi, let's learn why we need to be One:

If you want to be Self - Sufficient, Be Gandhi,
If you want to be Logical, Be Gandhi,
If you want to be Rational, Be Gandhi,
If you want to be your own Teacher, Be Gandhi,
If you want to be your own Student, Be Gandhi,
If you want peace in the world, Be Gandhi,
If you want Love in the world, Be Gandhi,
If you want Kindness in the world, Be Gandhi,
If you want Empathy in the world, Be Gandhi,
If you want Brotherhood in the world, Be Gandhi,
For Gandhi stands for Love, Truth, and Peace,
Gandhi resonates with every Being,
Gandhi is the only Way,
In today's world of hatred, intolerance, and violence
his teachings and life can lead us away,
towards a beautiful world of love & compassion,
where all are kind, happy & gay.

If this article aroused your interest in Gandhi, and you want to read more about him, The Marshmallow suggests few books to fan your flame. The time is ours and responsibility is ours, read Gandhi, question Gandhi, understand Gandhi and then if you believe follow Gandhi.

For Young Readers (Age 8-13 years):

1. I am Gandhi by Brad Meltzer and Christopher Eliopoulos
2. Gandhi for Kids: His Life and ideas, with 21 Activities by Ellen Mahoney
3. Who was Gandhi By Dana Meachen and Who HQ
4. The Story of my life by MK Gandhi, Publisher. Scholastic
5. Be the Change by Arun Gandhi

For Readers (Age 13 onwards):

1. The Life of Mahatma Gandhi by Louis Fischer
2. Mahatma Gandhi: His Life & Ideas by Charles F. Andrews & Arun Gandhi
3. Gandhi: The Years that Changed the World: Ram Chandra Guha
4. Gandhi Before India: Ramchandra Guha
5. The Story of My Experiments with Truth: An Autobiography by M.K. Gandhi

How Can We Be Gandhi? Gandhi advocated that we must encounter the God and the Demon within. His mode was 'Experimenting with self'. His words held power as whatever he preached; he first experimented on himself and shared the results with the world. Are we ready to experience & experiment the battle within? Are we courageous to beat hatred? Are we open to loving every being? Are we willing to sacrifice for the sake of our values? Are we ready to take our responsibility as world citizens? Are we raring to do our bit? Gandhi is a way of life. Value Gandhi and you shall value each & every life. For Mahatma loved one & all, lived for one & all, fought for one & all and died for one all'.

Share your thoughts on:
'What Gandhi means to you?'
You can write to us at
themarshmallow@riedu-sdg.com
or contact@riedu-sdg.com.
The selected entries shall be
published in our subsequent issues.
Write your name, age,
hobbies, and country.

Reference:

Global Peace Index Report (2018) published by
The Institute for Economics & Peace (IEP)
retrieved from <http://visionofhumanity.org/app/uploads/2018/06/Global-Peace-Index-2018-2.pdf> on 27.7.2019

The Benevolent Statue

This Story Has Been Inspired
By A Real-life Incident



Source:
The Marshmallow Illustration

This is the story of Mahira, my ten-year-old daughter. We were enjoying a holiday in New York City. We were about to visit the famous Statue of Liberty that towers the New York Harbour. On my way, I told Mahira that The Statue of Liberty was France's gift to America to commemorate* their friendship. "But Mom", she piped in her usual inquisitive* tone, "What else is special about The Statue of Liberty?" "Well, apart from being a UNESCO World Heritage Site, it is a symbol of Friendship, Kindness, and Empathy".

Reaching the Statue of Liberty, we stood there spellbound* by the gigantic* figure. Mahira ran to read 'The New Colossus' by Emma Lazarus, engraved at its base. "Give me your tired, your poor, your huddled masses yearning to breathe free, the wretched refuse of your teeming shore. Send these the homeless, tempest-tossed to me; I lift my lamp beside the golden door!" Trying hard to understand the meaning of these noble words, she asked, "What does that mean?" "The statue

welcomes
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Land of
the 1800
thronged
Liberty
embrace
freedom
"Yes inde

Later, we
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welcomes anyone and everyone who reaches its shores. For, America was 'The New land', 'The Land of Opportunities', 'The Free Land' during the 1800s and early 1900s when millions thronged its shores", I replied. "Mama, Lady Liberty is definitely kind and empathetic to embrace all under her roof thus, symbolizing the freedom and democracy, America stands for". "Yes indeed", I smiled.

Later, we went to the Liberty State Parks for a short nap before heading home. Both of us loved **lazing*** underneath the shady trees and parks always topped our list of must-see places. As we sat in the park, we were still in awe of the wonder we had witnessed. The soft breeze kissed our cheeks and filled our senses. We both **revelled*** in the silence, broken only by the occasional chirping of birds and rustling of leaves. Suddenly, our state of bliss was disturbed by a group of youngsters. They were loud-mouthed and rough. I saw the group of five or six, ganging up against a boy and beginning to bully him up.

The poor lad didn't stand a chance. But, before I could react, Mahira had run towards them. As a mother, I was frightened that she would be harmed. I too ran after her. She yelled at the boys that she was calling the cops. The boys dispersed and ran away. I saw my girl talking to the badly bruised boy, and before I knew it, she had brought him to our place. She opened her bag and offered him water, which he reluctantly drank. Then she shared the cupcake, burger, and apple that I had packed in her bag, just in case she felt hungry. Phew!!!

The boy's name was **Osher***. He told us that he was frequently bullied for belonging to a particular religion. 'But before your religious faith, you are a human. Isn't it Ma?' Mahira looked at me. Without expecting an answer, she turned again towards him and reassuringly said, 'My Ma has taught me that the only religion we humans need to follow is Humanity. All the Gods will be pleased if we become Humane Beings'.

I sighed; the world would have been a better place if we hadn't labelled each other on the basis of our ethnicity, race, language, religion,

gender et al. Instead if we inhabited the universal values of love, brotherhood, peace, truth, kindness, and empathy. While I was lost in my thoughts, the children chatted, exchanging hobbies and enjoying each other's company. I smiled, as I overheard Mahira brag all she had learned about The Statue of Liberty. The three of us, sat there, enjoying the breeze, laughing and witnessing the beautiful sunset.

It was my daughter who taught me the most prized lesson that day, 'Courage can be depicted in the most ordinary situations thus, making them extraordinary. On my way back, I asked Mahira what **intuitively*** had led her to the boy. "I was being the Lady Liberty, who is kind and empathetic towards all that crowd her shores", her eyes shone. A day well spent, I thought.



THE NEW COLOSSUS

BY EMMA LAZARUS

source: the marshmallow illustration



Vocabulary:

- Lazing: spend time in a relaxed lazing manner
- Commemorate: recall and show respect for
- Inquisitive: curious
- Spellbound: hold complete attention as though by magic
- Gigantic: huge
- Revelled: enjoying oneself
- Osher: Osher is a Jewish name meaning 'The Happy One'
- Intuitively: without conscience reasoning, instinctively

The Marshmallow Poetryfied



Source: Old Man of Storr, Isle of Skye, Scotland

Forged by Kindness & Bathed in Empathy

She is so ugly, one of them remarked,
"A complete misfit for our class" scorned the other,
"Ever noticed, how people stare at her in disbelief" whispered one to the other,
"If I was her, I would have shamefully hidden myself to death" smirked the loud one,
The peer meeting was abuzz with thoughts that labeled her well.

But as soon as they noticed her around,
A staggering silence took the centre stage,
Amidst the exclusion her poise shone in abundance,
Her simplicity was too austere to be comprehended,
By minds that defined beauty physically or fiscally.

Then suddenly the youngest peer member stood up,
Went close and hugged her,
Holding her friend tight,
She stood silently gathering the right words,
As the raised eyebrows disapprovingly stared back.

"Forged by destiny and bathed in fire,
Her battles are no different than ours,
Guided by valour she defied the odds much more powerful,
By unravelling determination that she never knew she had,

Token of Love



Inspirational Source: Radio 94.3 FM

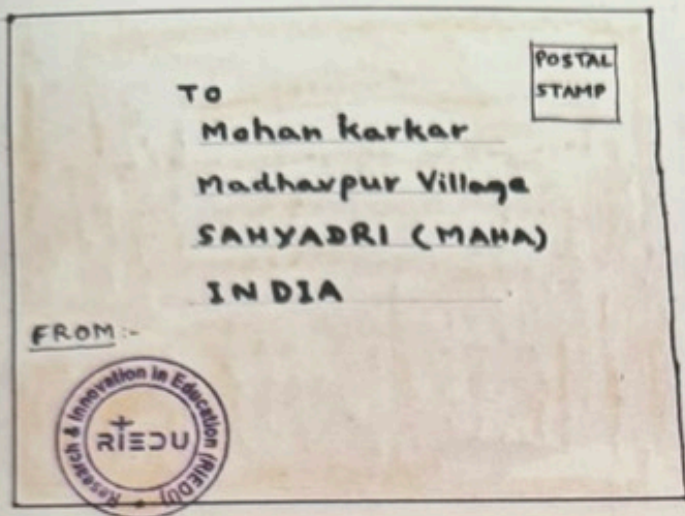
It was a normal working day for Mohan Karkar, the lone Postman in Madhavpur, a small village nestled at the foothills of the mighty Sahyadri* on the western coast of the Indian peninsula. A gentle breeze was blowing as Mohan set off on foot along the narrow dirt roads lined by tall coconut trees. It was the shade that protected him from the sun as his khaki postman's uniform made him feel hot at times. He hummed a catchy tune from the latest Hindi movie he'd seen on his trip to town the previous week. The village was a largish one and the middle-aged Mohan had to cover a lot of ground to deliver his letters and parcels. The singing kept him in high spirits.

Among the letters Mohan was tasked, there was a registered post to an addressee in the neighboring village. "Oh!" Mohan thought, "The sorting man must have given me this one by mistake". After distributing all the letters in his own village, he went to look for the unfamiliar address. It turned out to be a modest house at the margins of the two villages. Mohan Karkar rang the bell. A sweet voice answered, "Who is it?" "Postman", he replied. "Slide the post beneath the door, please." Mohan Karkar was just a tad* impatient, "It's registered post. I require a signature. You need to come," he said. "I have come all the way to deliver the letter and she can't even receive it", he murmured.



It took unusually long for the door to open. When it did, Mohan Karkar was aghast*. An angelic little girl around twelve years of age appeared in the doorway. The dazed postman noticed at once that she had no legs. She must have dragged herself to the door, he realized. "I am sorry, I kept you waiting, Kaka*", she said with a smile. Mohan Karkar could not trust himself to speak. He left without saying a word, a very sad man.

Twenty days later, there was another letter for the same address. Mohan Karkar rang the bell this time and said, "There is a letter for you. I am sliding it under the door". "Wait, I am coming", was the reply. The girl opened the door and received the letter. As Mohan Karkar was about to leave, she gave him a packet "Take this Kaka and open it



Source: The Marshmallow illustration

when you get home". The postman was puzzled. "I don't receive gifts", he muttered. "It's not a gift; it's a token of love. You tour the whole village to deliver everyone's letters." **Perplexed**, Mohan Karkar took the package and went his way.

On reaching home, he opened the packet and was astonished to find a pair of slippers. Tears rolled down his cheeks. He had been delivering letters barefoot, for the last twenty years and it was a little girl with no legs who took notice of it.

Kindness doesn't have any name, caste, religion, language or race. Kindness can be manifested in the simplest of ways, every moment of every day. You may be big or small, rich or poor.

As the song reminds us, "In the end, **ONLY KINDNESS MATTERS.**"

*Learning to stand in
somebody else's shoes,
to see through their eyes,
that's how peace begins.
And it's up to you to make
that happen. Empathy is a
quality of character that
can change the world.*

— Barack Obama —

Vocabulary:

- Sahyadri: Benevolent Mountains or Mountain of Kindness in the local language (Maharashtra, India)
- Tad: A bit
- Aghast: filled with horror or shock
- Kaka: Name used referred to any elder or uncle in India
- Perplexed: puzzled

The Empathetic Art: AN INTERVIEW

If I speak in the tongues [a] of men or of angels, but do not have love, I am only a resounding gong or a clanging cymbal. 2 If I have the gift of prophecy and can fathom all mysteries and all knowledge, and if I have a faith that can move mountains, but do not have love, I am nothing. 3 If I give all I possess to the poor and give over my body to hardship that I may boast, [b] but do not have love, I gain nothing. 7:13 Corinthian. The Bible

Eyra Reports



Source: Praying Hand Sculptors by Artist Marilyn Moll

Eyra: Ma'am, how do artists perceive kindness & empathy?

Ms. Moll: Artists have to be sensitive; they must resonate with nature. Kindness & empathy are the ability to understand life and commune with nature. Feeling for the other is an important aspect of empathy because we all connected and encapsulated in nature's immense designs and discipline.

Acting, painting, sculpting, music, and literature are reflections of nature's designs and we learn the lines, shapes, light, shade and the perspectives of dimensions and design from nature. When we talk about colors or music or raga or poems, or dance, we talk about the emotions navigating these elements. "Raga" is a mood or the reflections of the emotion expressed with scales. Being sensitive helps one to understand these emotions deeply, that makes one a good artist and a good human.

Raga or emotion or mood when visually explained with colors and lines leads to the splashing of colors on the canvas. It is a way of expression that showcases one's deeper perception. Music renders with words and sounds communicate the soul's understanding of being humane. When the soul expresses with one's whole body, one uses theatre or dance as the medium. It is also known as "Rang Manch" where one becomes the "other" to communicate and explore the socially

relevant issues. Through such catharsis of emotions, the artist loses a part of the self to understand the other and eventually becomes the other. Raaga or raga is explanation and communication of emotions that stand for the betterment of humanity, and that's why the artist has to be deeply sensitive and work hard to sustain the pulse of life.

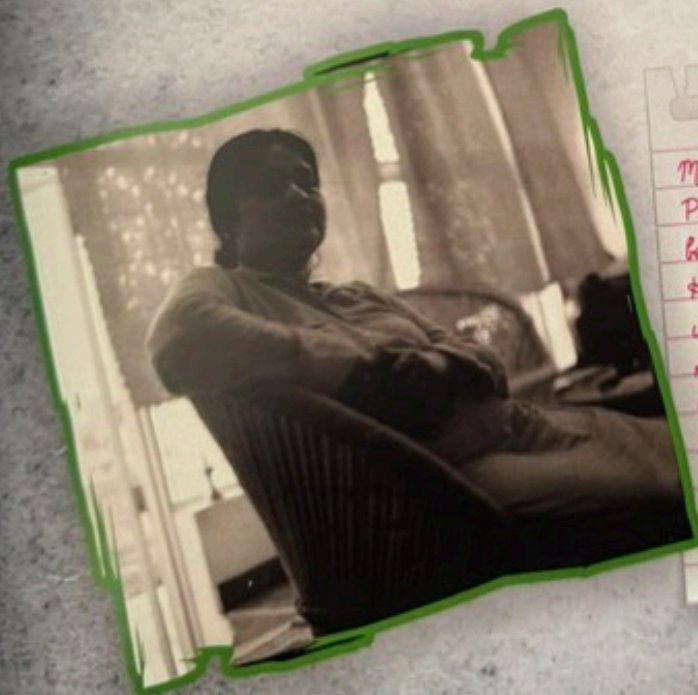
Eyra: What is the role of art in spreading kindness?

Ms. Moli: Artists revolutionize ideas and concepts with their sensitive minds. Our emotions have to be inculcated with self and society, which is the key point of becoming kind and responsible so that the tragedies of history are not repeated but reflected and remembered. The wars and invasions have to be evaluated as human errors than looked at as moments of celebrations or achievements. Artists from the past and present have always questioned injustice & inhuman acts of society. They may create emotionally charged verses or paintings or sculptures, thus, vehemently leading the human mind thumping for goodness, love & peace. One can say that art has a great role in arousing the collective conscious of kindness among masses since eternity.

Eyra: Please elaborate your work the 'Praying Hands of Kindness'.

Ms. Moli: Praying hands represent transparency, plea for mercy and gratitude. It also instils love and compassion that disarms, and allows kindness as well as humanity to prevail and sustain the world. Transparency is talking about purity. All great humans worked with encompassing pure energy that could transform the whole world. In the picture, the big and the small hand sculptors are together, being inside, outside or overlapping, yet merging with the surroundings, sky, and nature. The 'Praying hands of Kindness' sculptures created are my homage to the great master Albrecht Dürer.

Praying hands also stand for gratitude as Solomon said, "Because he rescues the poor at the first sign of need, the destitute who have run out of luck. He opens a place in his heart for the down-and-out; he restores the wretched of earth. He frees them from tyranny and torture- when they bleed, he bleeds; when they die, he dies."



Ms. Marilyn Moli is a renowned Visual Artist, Painter, Sculptor and Ceramist. Her work has been showcased and recognized around the world. Her exhibition in Madrid Spain, September 2019 was well received so and so that she has been nominated for 'Margdarshak Award' by Queensland University, Australia. She is founder of 'Indus Art Collective' a group of artists from different creative platforms to help & promote artists and their art.

The Marshmallow Painting Contest

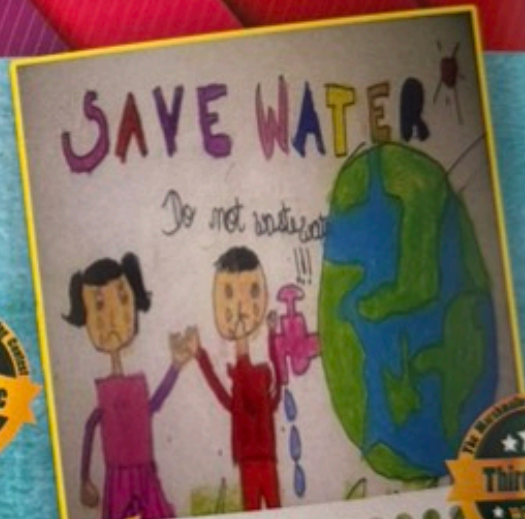
of, for and by the children

Showcasing the top ten entries of
Our Little Picassos

Congratulations!!!!



Paridhi Goel, 7th grade, 12 years
Hobbies - Swimming & Painting
Title-Gandhi: Peace & Kindness



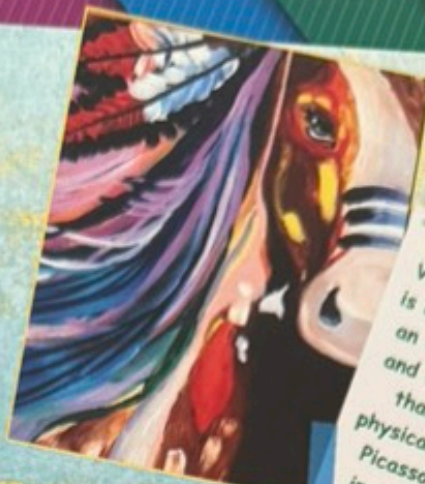
Kindness can't be restricted to a person. Let's be kind to our Mother Earth. Let's preserve our natural water resources. That's what little Jagriti of 8 yrs is conveying through her painting. Jagriti Bharati 8 yrs. Hobbies- dancing drawing & playing



Kindness is holding each other's hand. We all are one of a kind. Daksh Pershad, 12 years



Dancing in unison because we all are one. Kindness begins with us and flows to others.
Vania Karna 11 yrs



Varuni Aggarwal, 14 years is an animal lover. For her, an animal depicts kindness and empathy in more ways than humans. It is not physical but emotional. Our Picasso reflects kindness in the eyes of the horse she painted.



Let's fly high and be one kind as we are humankind. Kindness and empathy can break barriers for us all to be one of a kind.
Kavya Sharma 12 years



Little Twisha is just 10, yet she is an artist in the making. She aims for the stars and has a kind heart. In her own words she declares: "I love painting. Art is everything for me.. I also like dancing also.. but I want to be a great artis"



Swara Gogia is just 9 years. She studies in class IV and loves to paint and draw.



Peace.....Aditya Dwivedi
Class 4th, 9 years
Hobbies Music and Drawing India

*Are you a Poet at heart and below sixteen years!!!!!!
Express your poetic self by Participating in
The Marshmallow Poetry Contest*

CONTEST I

Age: 8-15 years (both inclusive)

Themes:

- (I) Creativity
- (II) Problem Solving

Selected entries will be published in the subsequent issue of 'The Marshmallow'

Winners will win free e-copy of their favourite magazine!!!!

Kindly Note:

- i) Like & Follow RIEDU Facebook Page for contest details, updates & results.
- ii) Mail entries to themarshmallow@riedu-sdg.com & write subject as: The Marshmallow Poetry Contest
- iii) Submit name, age, class, state/country, hobbies & a photo of the little poet along with poem.
- iv) Reference or inspired from source should be mentioned if applicable.
- v) Plagiarism Test shall be conducted.
- vi) All the entries will be property of RIEDU once submitted & RIEDU holds the copyright, to be used as & when required. The participant will be intimated and however, the poem shall always bear the name of poet.
- vii) Please read RIEDU's Privacy Policy mentioned at our website www.riedu-sdg.com



*Every child is a Story Teller, if we let them be.
If you are below sixteen, participate in the
The Marshmallow Story Writing Contest*

CONTEST II

Write the most brilliant story, you can create!!!!

Age: 8-15 years (both inclusive)

Themes:

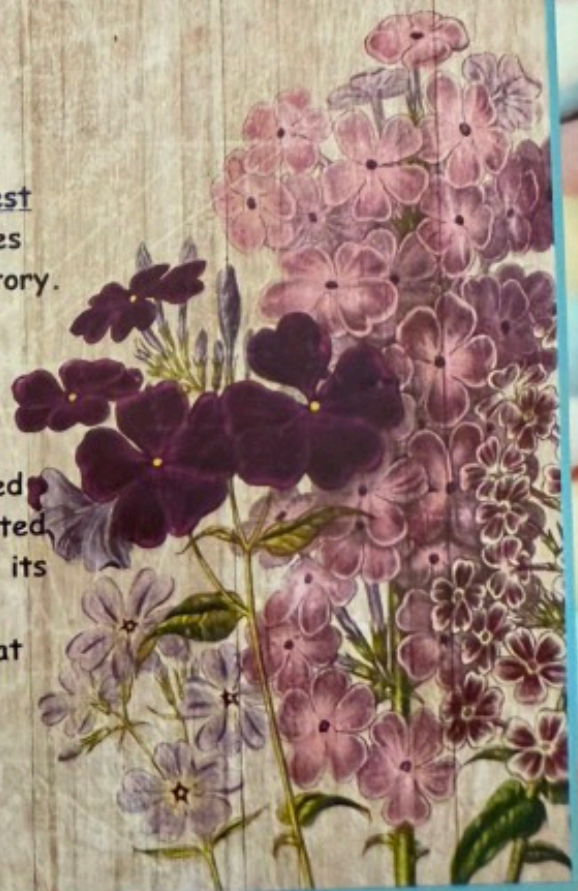
- (I) Creativity
- (II) Problem Solving

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- ii) Mail entries to themarshmallow@riedu-sdg.com & write subject as: **The Marshmallow Poetry Contest**
- iii) Submit name, age, class, state/country, hobbies & a photo of the little story writer along with story.
- iv) Reference or inspired from source should be mentioned if applicable.
- v) Plagiarism Test shall be conducted.
- vi) All the entries will be property of RIEDU once submitted & RIEDU holds the copyright, to be used as & when required. The participant will be intimated, and however, the story shall always bear name of its story writer.
- vii) Please read RIEDU's Privacy Policy mentioned at our website www.riedu-sdg.com





The Little Picasso Painting Contest Returns!!!!

CONTEST III

It was overwhelming to receive entries from enthusiastic kids who participated in "The Marshmallow Painting Contest". The response has motivated us to announce:

'The Marshmallow Painting Contest' again 😊

Let our young Picassos' paint the world!!!!

Age: 8-15 yrs (both inclusive)

Themes:

(I) Creativity

(II) Problem Solving

Selected entries will be published in the subsequent issue of 'The Marshmallow'

Winners will win free copy of their favourite magazine!!!!

Kindly Note:

- i) Like & Follow RIEDU Facebook Page for details & contest results
- ii) Mail entries to themarshmallow@riedu-sdg.com, write The Marshmallow Poetry Contest as subject
- iii) Submit name, age, class, state/country, hobbies & a photo of the little Picasso along with the painting
- iv) All the entries will be property of RIEDU once submitted & RIEDU holds the copyright, to be used as & when required. The participant will be intimated and the painting shall always bear name of the painter.
- v) Please read RIEDU's Privacy Policy mentioned at our website www.riedu-sdg.com



Research & Innovation In Education RIEDU

RIEDU is a research-based organisation based upon the fundamentals of Inclusive education (United Nations Sustainable Development Goal 4: Quality Education).
RIEDU is an Educational Quest to:

- Redefine, rediscover & reinvent the purpose of education
- Recreate society based upon compassion, inclusiveness & peace using education
- Create global sustainable societies that respect and celebrate diversity & humanity.

We work in three broad areas:

- Through the various research projects we undertake, RIEDU works towards social & cultural inclusion for the development of peaceful sustainable societies using inclusive education as a tool.
RIEDU has been working with the disadvantaged section of the society be it children with special needs, children belonging to economic weaker sections, girl child and children belonging to backward classes and marginalized sections.
- Moral Compass is RIEDU's newsletter. We intend to create a 'Platform' so as to brainstorm the current educational scenario for rediscovering the purpose of education and create a link between the policymakers, parents, teachers, and students.
- RIEDU believes in nurturing the young impressionable minds to develop into humane beings. Hence, we have introduced world's first research based children's magazine: The Marshmallow based upon The United Nations Sustainable Development Goals 4.7: which caters to the moral and humane purpose of education.

You want to contribute an article/ story, work with us,
suggest or share feedback. Most welcome.

Mail us: contact@riedu-sdg.com, themarshmallow@riedu-sdg.com

