Shiksha **Sanskar** **Swavalamban**

Shiksha Sopan

An Initiative of IIT Community for social upliftment

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Newsletter January 2026

Dear Readers

Namaste! The January 2026 newsletter contained December activities of all the centres. School student's visits to Sopan Ashram, Uttarkashi visit, Internship, other science shows conducted at different places for students, First Sunday Club for teachers, Academic activities at SASK and Pravah Baal Akhabar, SAEC activities BEC activities, Sopan library were running very well. Please find the centre-wise reports given below

Sopan Ashram Visits

December was very busy with many activities at Shiksha Sopan. Still, we invited a few schools to visit the Sopan Ashram to develop scientific thinking among students. These visits helped students connect what they learn in class with real-life situations. The details of the visits are given below-

SATHI group visit

SATHI is a registered national-level non-governmental organization working in the field of child protection. It mainly focuses on rescuing and restoring runaway and separated children found on railway platforms. SATHI was established in 1992 and registered as a Society in 1997 in Raichur District, Karnataka. The organization received the National Award for Child Welfare from the Hon'ble President of India in November 2015.

Based on its experience, SATHI also supports academically bright students from rural and underprivileged backgrounds. They conducted an examination and selected 100 students from different states. These students are regularly provided online classes. Every year, some selected students visit Sopan Ashram along with their guardians. This year, they visited on 6th December 2025 for a short duration. During the visit, they also explored the Opportunity School laboratory and learned many new things. The students and guardians expressed their gratitude to the Shiksha Sopan team and showed their willingness to visit again next year for a longer duration.

13 PM Shri Basic Schools visited Sopan Ashram

As part of the National Innovation Campaign under PM Shri Schools, and as per the instructions of the Director General of School Education and the State Project Director, under RAA, Uttar Pradesh, an exposure visit was organized. A total of 104 students from Classes 6 to 8 from 13 PM Shri Schools, along with 20 teachers, visited Sopan Ashram on 10th December.

Dr. Alka Gupta coordinated the visit, and Mr. Prabodh Kumar also visited and encouraged the students. Mr. Amit Kumar Bajpai and Mr. Yogesh Kumar Jha demonstrated simple experiments for the students. The students were excited to see the experiments and enjoyed them. They observed experiments related to convection in liquids and gases, conduction, and pressure. After the demonstrations, the students visited the laboratories and outdoor areas in five groups. Mr. Ranjit, Mr. Himanshu, Mr. Vinay, Mr. Yogesh, and Mr. Ajay guided the groups and provided scientific explanations to the students and teachers throughout the visit.

Katyayan School, Kanpur

As part of this series of visits to Sopan Ashram, Class 8 students from the three branchs of Katyayan School visited Sopan on three different days. The visits were scheduled from 18th to 20th December, during which the students observed and learned many science experiments. They came in batches of 40 with their teachers.

Uttarkashi, Uttarkhand Visit by Mr. Amit Kumar Bajpai

Dunda, Uttarkashi is a small place in Uttarakhand where a school situated *Happy by Nature*. As per the name, the work is closely connected to nature. Children learn while being surrounded by nature and appear happy, and teachers teach them with a smile.

Mr. Amit Kumar Bajpai stayed there from 9th to 13th December and conducted several sessions with students and teachers. He discussed classroom practices such as how a class should be arranged, what kind of questions should be asked, how much content should be taught, and how much freedom should be given to children to think on their own. Those days were truly impressive and meaningful.

First Sunday Club (FSC)

FSC was held on 14th December 2025 at Sopan Ashram, 27 teachers participated and interacted with Dr. H. C. Verma sir. Mr. Yogesh Kumar Jha demonstrated the experiment related to surface tension and pressure. Mr Aman also demonstrated one experiments which is written in next heading of the newsletter.

Special workshop on communication skill

A special workshop was organized with the aim of strengthening communication skills and positive dialogue process in the education system. This workshop was conducted by Ms. Jaya Sen Gupta. She is a Compassionate Leadership mentor and senior NVC trainer with 25+ years of experience across journalism, psychotherapy, behavioral transformation, and community building.

Dr. H. C. Verma sir also attended the whole session and participated in every activity conducted by Ms Gupta. large number of students, teachers, and principals participated in the workshop. During the workshop, a special focus was placed on how to conduct conversations so that the dialogue remains positive, effective, and sensitive. On this occasion, Dr. H. C. Verma sir presented a memento to her.

New Experients and carirer counseling sessions

Internship

Mr. Aman is from Jharkhand and has come to Sopan for an internship. He participated in many activities of Shiksha Sopan, he worked for Dr. V. N. Kulakarni examination, contacted schools, developed new experiments and also did career counseling sessions for the students. He "Demonstrated the Twin Track experiment to a gathering of First Sunday Club (FSC) teachers, receiving excellent engagement and appreciation for the model's simplicity and effectiveness. He also interacted with B.Sc students at Chirst Church College, Kanpur on Opportunities beyond textbooks as per his experiences and journey. Options during and After B.Sc. for those who want to pursue research/ physics in India and outside India. The session was appreciated by everyone. Mr. Himanshu from Shiksha Sopan coordinated the session.

Measurement Machine

Mr. Hari On Sharma, a dedicated volunteer of Shiksha Sopan developed a load cell measurement machine capable of accurately measuring loads up to 200 kg. The core components include an HX711 load cell amplifier and an Arduino Nano as the microcontroller. For the display, he used a 16x2 I2C LCD screen, which provides a clear and simple readout of the measurements. This machine offers a least count of 1 kg, ensuring that even small changes in weight are detected. The Arduino Nano processes the data to display the load in real-time.

Dr. VNK Merit Scholarship Examination

Every year, Shiksha Sopan conducts this examination and provides scholarships to deserving and meritorious students. This time this examination was held on 7th December. This examination is held in memory of late Dr. V.N. Kulkarni, a former Professor of Physics at IIT Kanpur and a guiding figure of Shiksha Sopan. Its aim is to enhance the quality of education in society by identifying and rewarding academic talent. The examination was conducted at 32 examination centers.

This year, 2140 forms were collected, approximately 1541 students appeared in the exam, and more than 160 dedicated volunteers were involved in successfully conducting the examination. The results of the first stage will be declared on January 11, 2026. The second written examination for the selected students will be held on January 18 at Opportunity School. Mr. Ritesh Singh coordinated the whole examination with the help of other volunteers.

Shiksha Sopan Anaupcharik Shikshan Kendra(SASK)

Geeta Jayanti

SASK celebrated Gita Jayanti from December 1st to December 6th. student from class 6 to 8 were given miniature copies of the Bhagavad Gita by Shiksha Sopan. The Shrimad Bhagavad Gita provided to the student included verses with their meanings, making it easy for them to understand the verses. Seema ji provided the student with information about the Bhagavad Gita. A quiz on the Bhagavad Gita was also conducted for students in grades 6 to 8, in which the student performed exceptionally well.

Academic Activity

In December, indoor and outdoor games were organized for students in grades one to three, during which student were taught rhyming words, commonly used words, action words, and more. In Hindi, they were taught to complete sentences by arranging words in the correct order based on the lesson, and to read and then write sentences. To improve the student's Hindi skills, Ms. Sunita writes three to five sentences on the blackboard every day, which the student copy, helping them learn grammatically correct Hindi sentences.

Seema Verma ji taught Pythagoras' theorem to students of classes 7 and 8 and gave them practice questions from the textbook. Durgesh made a model related to Pythagoras' theorem. Class 6 students were taught about squares of decimal numbers, rupees and paise, comparison of fractions, etc.

In English, students of classes 6 and 8 were taught about adjectives, prepositions, and the concepts of singular and plural.
Sunita ji prepared students from classes 5 to 8 for their half-yearly exams. Sunita ji also taught the student Hindi, Geography, and Sanskrit.

Half Yearly Exam

The examinations for classes 1 to 8 at SASK began on December 18th. The mid-term exam papers were prepared by Ms. Sunita and Ms. Seema. All the questions in the student's exam papers were based on their textbooks. Despite the biting cold of December, all the student regularly attended SASK to take their mid-term exams. For students in classes 1 to 3, both written and oral examinations were conducted, allowing for a comprehensive assessment of their writing and speaking skills.

Ganit Diwas

Mathematics Day was celebrated on December 22nd at the SASK. Seema ji informed the student about when and why National Mathematics Day is celebrated. Sahil from class 6 presented information to everyone using the Ramanujan Magic Square model.
During the celebration, student participated in various math-related activities. They engaged in activities such as Jump on Digits, understanding the importance of zero, shape activities, and math puzzles. All these math activities were conducted by Durgesh from class 8. Durgesh explained the concepts to the student in a very simple way before conducting the activities. Deepika from class 4 recited a beautiful poem on Mathematics Day titled "Mathematics is Fun."

Pravah Baal Akhbaar

December month Pravah Baal Akhbaar was prepared by Durgesh of Class 8 and Ritik of Class 5. Avantika of Class 7 contributed to the "Thought for the Day" column with teachings from the Bhagavad Gita, while Rani of Class 6 contributed a poem titled "My Morning is Like Arithmetic" to the "student's Poetry" column. Shivmohan of Class 8 presented a math-related puzzle in the "Expand Your Knowledge" column, and Mansi of Class 7 shared her thoughts on the biting cold of December. Sakshi of Class 5 published teachings of Lord Krishna and Arjuna in the "Essence of the Gita" column. Sanchi of Class 6 presented a beautiful drawing of Lord Krishna and Arjuna in the "Artistic Creations" column, and Rimjhim of Class 6 contributed questions and answers about the Mahabharata war to the "Quiz" column.

Sopan Ashram Evening Center(SAEC)

Motivational Talk by Mr. Arindam Sarkar

Bapi Ji's friend, Mr. Arindam Sarkar (PhD, IIT Mandi), visited Sopan Ashram and conducted an excellent motivational session for the student. He shared his own life story, explaining how he pursued his education despite coming from a poor family and how he overcame difficult circumstances. He told the student that while many students are currently focusing on IIT JEE and NEET exams, there are many other options and platforms they can explore to shape their future, such as careers in agriculture, UPSC, and teaching. He encouraged the student to always strive for their best and to study diligently. He emphasized that those who work hard will always find people willing to support them.

Vivek Ji Visit Sopan

Former center volunteer Vivek Ji visited Sopan and interacted with the student. He explained to them how to understand subjects easily and emphasized the importance of understanding the basics of everything. He also guided them on how to prepare for the UPSC exam, including how to balance their graduation studies with exam preparation and which subjects to choose during graduation, depending on whether they are from a science background or another field. Vivek Ji was a very dedicated volunteer at the center during his time there, and he continues to guide the student even today.

Craft Model Making

The student at the center are also creating some new craft models. Currently, we are focusing on two main things: one is for the people who visit us, and the other is a new design we are developing—a pen stand. Work on this is ongoing we have already created two designs. Each month, we will meet with Sopan's donors and new people who want to get involved with Sopan, to tell them about the organization and give them small gifts as tokens of appreciation. This work is in progress, and the designs are almost ready. We are just looking into the right packaging. This will require some decorative crafts, which the student will make.

Barasirohi Evening Center (BEC)

This month, all classes at the center ran smoothly. The month began with preparing the student for the VNK exam. All the student practiced solving questions from previous exam papers under guidance of Mr. Pushpendra. Due to winter, BEC also organized games classes in which students played well with others. They celebrated Chirshmas as well as Guru Nank Jayanti with full of joy and happiness.

Sopan Library

The library activities for the month of December are as follows:

Daily activities in the library, storytelling, book reading, verse recitation, and art. These activities helped the student engage creatively and develop various skills every day.

- This month, Bapat is giving lectures on the Upanishads every Tuesday through Thursday. Everyone visiting the library is enjoying learning about this subject.
- This month's discussion topic at the library was "Excess should be avoided everywhere," a principle emphasized repeatedly by our ancient scriptures and moralists, who stressed that we should not go to extremes in anything. Everyone shared their thoughts on this topic.
- In the library, along with storytelling, student are currently being taught various things such as the lineage of Rama, the names of the Upanishads and Puranas, and the systematic names of the chapters of the Ramayana. This month, they have also started memorizing the Hanuman Chalisa.
- At the center, both student and adults were taught how to protect themselves from the cold and stay safe. They were also advised not to wander around unnecessarily and to pay special attention to their diet. The student made New Year's cards, which they gave to all the library members and their parents.

अंधकार को क्यों धिक्कारें, अच्छा हैं एक दीप जलायें

Web site : *For more details, please visit* **www.shiksha-sopan.org**

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