



Shiksha Sopan

An Initiative of IIT Community for social upliftment

Reg. Office: 391, Nankari, IIT, Kanpur 208016, PAN : **AAFTS9743R**

Newsletter July 2025

Dear Readers,

Namaste! The July 2025 newsletter contained June activities of all the centres. Shiksha Sopan conducted teachers workshop, First Sunday Club, Academic activities at SASK and Pravah Baal Akhabar, SAEC and Sopan library were running very well.

Please find the centre wise reports given below

National Workshop of Utsahi Physics Teachers (NWUPT)

National Workshop of Utsahi Physics Teachers is the annual programme of Shiksha Sopan is conducted every year in the summer under supervision of Dr. H. C. Verma. It has been going on since 2003. During the covid it was also conducted online with full of energy. This year it was conducted at Sopan Ashram from 5th June to 10th June. 29 participants from different states participated in this workshop. These participants were selected by Shiksha Sopan team. The whole workshop was funded by National Academy of Sciences India (NASI) Prayagraj. Most of the participants reached Sopan Ashram on 4th June, all the arrangements were done at Sopan Ashram.

Dr. Ajith Chaturvedi, former director, IIT Roorkee, Dr. H. C. Verma, Dr. Anurag Tripathi from IIT Kanpur and Dr. Rakesh Kumar Awasthi from Agra lit the lamp in-front of Maa Saraswati. Lamp lighting was done differently, bulbs of 3 primary colours (Red, Green and Blue) were lit together and light fell on the walls, different colours were visible then these primary colours. Dr. Chaturvedi appreciated the style of lamp lighting. Dr. Anurag Tripathi welcomed the guests and introduce them to the participants. Dr. H. C. Verma gave a brief introduction about the workshop and Dr. R. K Awasthi shared his experience, he attended first workshop which was held in year 2003. Dr. Ajith Chaturvedi gave blessings to everyone especially for this workshop.



We invited local women for Saraswati Vandana, they came to Sopan Ashram and performed the Saraswati Vandana in the inauguration session. Dr. H. C. Verma and other guests honoured them by presenting the shawls.

In all days, session started on 8.30AM and the last session of the day was 9.30PM with some small breaks, all the participants participated with full of energy in all the sessions. A Variety of the sessions were conducted in the workshop and every session was well planned to enrich their academics. Four Demonstration experiments session were conducted by Dr. R. K Awasthi, he showed many simple experiments which they will perform in their classroom during teaching. Four main topics were covered like Mechanics, Optics, Heat and Thermodynamics, Sound and waves. Three pre-tests were conducted which proved to be very useful in academic terms, Verma Sir created such questions which could lead to a good discussion and remove misconception of Physics.



A brief introduction of Shiksha Sopan was given to them by Mr. Atul, SAEC students in coordination with Mr. Vinay gave wonderful presentation on How can we take care of our nature and what experiments are being done in this regard at Sopan Ashram, the vegetables grown at Sopan were also shown to them. Mr. Himanshu made battery using copper, aluminium foil and carbon powder, it was very fantastic session. Team of Shiksha Sopan gave one session on pencil, they made capacitor, resistor, inductor using the pencil, and many other experiments. Teachers also showed experiments in the presentation by participant's session. Dr. Pragya Nopany, coordinator, BVN-IAPT Anveshika also gave a wonderful thought-provoking session on optics using simple videos. Teachers appreciated her style of teaching.

Two popular lectures also conducted, one by Prof. Aditya Kelkar, Physics Department, IIT Kanpur on utilization of mobile as a tool, he introduced many apps which are very useful instruments for doing physics experiments. Another session was on basic introduction of AI conducted by Mr. Ayush Yadav.

In geet-sangeet session participants sung song in their regional language. Verma sir also sang many songs, poetries written by own. In the last feedback session, everyone was happy and shared his/her own experiences of six days. They connected with Sopan Ashram members like a family and showed their gratitude towards them. At last, everyone was given a certificate by Verma sir.



First Sunday Club (FSC)

The FSC was held during the NWUPT, we invited all the FSC members on 8th June at Sopan Ashram from 10AM to 1 PM followed by lunch. Around 30 teachers from FSC including NWUPT participants FSC activities conducted. First Mr. Mohit Singh gave a introduction of Indian Association of Physics Teachers (IAPT) and motivated them to be a member of IAPT.



Mrs Pragya Nopany shared her journey of Anveshika with all and encouraged them to do better work with full enthusiasm. Teachers asked the questions from Verma sir, Verma sir replied to the answers and taught them how to handle questions of the students in the classroom.

Teachers workshop at Bhartiya Shiksha Borard, Haridwar

A Science Teachers Enrichment Camp (STEEC) organized by Bhartiya Shiksha Board (BSB) from 23rd June to 28th June, 2025 at Patanjali Yogpeeth, Haridwar. Total 31 teachers were participated in the camp. Dr. H. C. Verma sir coordinated the whole camp with other resource persons. Mr. N. P. Singh ji inaugurated the camp with Dr. H. C. Verma sir.



Mr. Amit Kumar Bajpai and Mr. Ranjit Kumar gave sessions on Fun with Science daily. They demonstrated eye caching useful experiments which participant teachers will be used in their classroom near by future. Chemistry and Biology session also done by other resource persons. Mrs. Smita Fangariya and Mrs. Pragya Nopany gave sessions of Physics. Swami Ramdev Ji and Shri Bal Krishna ji gave their blessings to everyone.

Sopan Anaupcharik Shikshan Kendra (SASK)

Study Material for Students

In June, Ms Seema ji prepared study material for the subjects of Science, Math, and English for the student. In English, topics such as articles, nouns, prefixes, and suffixes were taught using chart papers to help the students learn and read English more easily.

In Mathematics, counting charts were used to provide a visual understanding of concepts like fractions, percentages, and decimals.

For Science, balanced diet charts were created, through which student could easily understand the importance of nutrients, including vitamins, proteins, and carbohydrates, in a balanced diet.



Yoga Day Celebration

The student at the SASK celebrated International Yoga Day by creating posters dedicated to the theme of yoga. On this occasion, Seema Verma ji explained the importance of yoga and highlighted the various benefits of practicing it regularly. The student were also taught how to perform Surya Namaskar. Seema ji, along with Sunita Maurya ji and Anamika ji, were present during the Yoga Day celebration and encouraged the student to make yoga a part of their daily routine.



Student's Home Visit

In June, the teachers of the SASK conducted Home visits to meet the families of the students. During these visits, they interacted with the parents to discuss the student's daily routines, and the positive changes observed in them as a result of attending Shiksha Sopan. The student were also encouraged to attend the center regularly from 1st July onwards.



Pravaah Baal Akhbaar

The Pravaah Baal Akhbaar for June was jointly prepared by Rani and Anamika of Class 6. In this edition, Khushi of Class 5 writes a poem on the scorching heat of June in the *Bal Kavita* column. Avantika of Class 7 presented a picture on Yoga Day in the *Hamari Kalakari* column. Sanchi of Class 6 presented to the *Suvichar* column. Rani reported the news of the Jagannath Rath Yatra held on 27th June. Space-related news was featured in the *Gyan Badhao* column.



Craft Activity

In the craft activity for June, Suhani taught wooden block printing to both the student and the teachers. She explained an easy method for doing block printing at home and also demonstrated the technique on pillow covers, handkerchiefs, dupatta, and kurta. Inspired by Sunhani, the sopan student and teachers also tried their hands at block printing.



Sopan Ashram Evening Center(SAEC)

Visit by Vivek Ji

Vivek Ji visited Sopan Ashram on 10th June. He is B.Tech graduate from IIT Kanpur, Vivek Ji actively participates in teaching and guiding the student of SAEC. After completing his B.Tech, he started preparing for UPSC exams and recently got selected for the Indian Engineering Services (IES).

Despite his achievements, he remains connected with many student of the center, providing them guidance and support.

During his visit, Vivek Ji interacted with the student, shared his experiences and gave valuable advice. He emphasized the importance of taking time to discuss future goals with family members and understand one's interests and

strengths rather than making hasty decisions. He patiently and clearly answered various questions posed by the student. As a token of gratitude, Mr. Amit Kumar Bajpai, on behalf of Shiksha Sopan, presented Vivek Ji with a painting made by the student of the center. Vivek Ji was deeply moved by this gesture and expressed his happiness to be back at the Ashram. Wherever he goes, he helps deprived student in every possible way through his efforts.



Class by Himanshu Ji

Mr. Himanshu Bhatdwaj a very dedicated volunteer of Shiksha Sopan gave special mathematics class of SAEC students.

The class aimed to solidify the student's grasp of essential geometric principles related to lines and angles through both theoretical explanation and problem-solving exercises. Students learned many mathematical things from this class.



Session by Student's in NWUPT

As mentioned in previous pages SAEC Students Mrityunjay, Aryan, Abhishek and Govind - presented a session on the Solar System and Environment. Mrityunjay spoke about the Sun and our Solar System. Aryan and Abhishek shared information about the Earth and the stars. Mr. Vinay Mishra also shared some

valuable information on environmental issues. Participants surprised to see the communication skills of these students, they gave blessings to them for their future.



Barasirohi Evening Center (BEC)

On 5th June, Environment Day is celebrated across the world to promote the protection and conservation of the environment. On this occasion, Pushpendra Ji explained to all the student at the center how they can contribute to keeping nature green by planting more trees. In addition, Kshama Ji guided all the student in watering the plants at the center. The theme of World Environment Day 2025 was "Eliminating plastic pollution"

Craft Class

Some student at the center also learned to make crafts using paper and plastic spoons. They created items such as pencil stands and photo frames. Former students of the center, Deepika and Priyanka, taught all the student how to paint.

Due to extreme heat, the center observed a short break. However, again center reopened on 27th June.



Sopan Library

Along with the regular library activities, various engaging sessions such as mehndi art, drawing, story creation, dictionary games, songs, and poetry were organized for the student during the summer season.

- ❖ The book *Geeta aur Man Ki Aankhen* is discussed by Meenakshi Ma'am four days a week. On the occasion of Ekadashi, Smita Katiyar Ji distributed cold drinks to the student at the center. The student were very happy and enjoyed the treat.
- ❖ Yoga is also taught to the student once a week. On Yoga Day, both student and adults are informed about the importance of yoga in our lives.
- ❖ This month, Anant Kumari became a member of the library. Members of the Sopan Library visited her home and informed her about the various areas of work carried out by Shiksha Sopan.
- ❖ Along with various other activities, the student at the center are also being taught shlokas and the *Madhurashtakam*. In the future, apart from their regular activities, they will also be encouraged to memorize the names of the Puranas, and additional programs will be organized for them.

अंधकार को क्यों धिक्कारें, अच्छा हैं एक दीप जलायें

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

How to donate: *Shiksha Sopan*

(b) You can write cheque/draft for donations in the name of "Shiksha Sopan" payable at Kanpur and send to the address given below.

(c) Online transfer can be made in State Bank of India, IIT Kanpur branch. Account No. **10426002488**, Account name "Shiksha Sopan", IFSC code **SBIN0001161**

(d). People in US can use the link <http://www.iitk.ac.in/dora/donation/PayPal/> and Choose Shiksha Sopan Charitable Contribution to donate through IIT Kanpur foundation using credit cards. All donations are 100% tax deductible in the United States. IIT Kanpur Foundation (Tax ID: 94-3370645) is Tax Exempt under 501(c)(3) classification of IRS.

(e). All donations are Tax free (up to 50%) under section 80/G.

Email Contacts : hcverma@iitk.ac.in, anurag@shiksha-sopan.org, sopanbajpai@gmail.com
info@shiksha-sopan.org

Postal Contact : *Sopan Ashram, 12/1-3 Chakratanpur Road Nankari, Kanpur 208016*
Dr. H. C. Verma, Dept of Physics, IIT Kanpur, Kanpur 208016

Phone contacts : *Mr. Amit 9506611484, Mr. Ranjan 9235905046*