Shiksha

Sanskar

Swavalamban



Shiksha Sopan

An Initiative of IIT Community for social upliftment

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Newsletter April 2020

The month of March started with full of energy. The residential camp of selected BSc students continued up to March 6, day and night sky watching event was arranged for all the centers. Due to Covid-19, all the field activities were curtailed in the later part of March. But this opened up opportunity for newer kind of contacting and serving people. Awareness programme for Covid-19, New online course for the lockdown period are some of such activities. The brief repot of March is as follows.

Corona Related Activities

E-Pamphlet

Due to Covid -19, all the centers and field activities were closed in the later part of the month. The COVID infection is totally new and our local people and children are not very aware about this infection. We called an emergency meeting of the senior workers on 20th March at Sopan Ashram and prepared a pamphlet containing information to save ourselves from infection of COVID-19. We prepared point wise instructions in form of "Do and Donts". It was especially designed keeping in view the local practices and lifestyle of people around, E-Pamphlet was sent through WhatsApp among the students, volunteers, and local youths in our working place.

शिक्षा सोपान

स्वावल

त्रिक्षा संपापन जिपता १७ वागों से शिक्षा एवं विद्यान के केत्र में प्रकार की तो जावूत करते आ दहत है, सम्बन्ध में विद्यान एवं त्रिक्षा से असी के अरूक करनाने के दिन्हें क्षित्र संपाप में के दूर कर की गोडिकीयों सम्म सम्प पर सुमार रूप से साती आ दही हैं। जैसा कि आपको विदित्त है कि वर्तमान में कोरोना सावरत (covid-19) संदूर्ण विश्व में एक वैश्विक महामारी के रूप में कैदर रहा है, जिसे सेकने का प्रसास जाती है पहुंत अभी तक हम्स सादस्त की कोई दया नहीं बन माई है। लेकिन विश्व रहा पर वैद्यानिक क्षारी केव्याम को दिन्हें मां त्रारंत को स्वर्थ में त्रारंत को स्वर्थ हैं।

रिक्षा सोपान इस महामारी के दौरान वर्द प्रकार की आवश्यक पत्रक का निर्माण किया गया है।

 यदि आप दुकान से कोई सामान/चस्तु तेने जा रहें हो तो, आपको चाहिए कि आपके पास एक कपढ़े का चैता अवर हो। विशेष बात का ध्यान रखें कि जब आप सामान से रहें हो तो जस व्यक्ति द्वारा सामान सीचे मेरे में ही स्थानांतरि

- ालया जांदू ज्यापार ऐसा हान पर बाद वह व्यापक काराना बायरत से साकारत होना ता यह वस्तु ना साकारत है। जायेंगी। और हम मी संकारीम हो सकते हैं। 2. यदि आपने कोई मी सामान बाहर से मंगवाया है अथवा स्वंय त्लप् हैं तो जसे कहीं किसी एक कोने में त्सामग 24 घंट
- तक रखें। तारक्षत उसे प्रयोग में लाएं क्वोंकि ऐसा करने से गर्दि उस सामान पर यह ग्रायरस उपस्थित रहा होगा हं यह मी 24 घंटे में मृत हो जाएगा। 3. गर्दि आप अपने घर/अधांताय/विद्यालय/मोहस्ला/अपने किसी रिस्तेदार के गर्दी अथवा कहीं पर भी जा रहे हों तो
- यदि वातने वाले व्यक्ति को वायरस होता भी है तो, वह आपको प्रश्तित नहीं कर पाएगा।

 स्वयं के हित तथा देशहित के लिये कुछ समय के लिये आपको अपने सपे-संपिधी अध्यक अपने मेहल्लों में नहीं जान प्रश्लित क्या देशहित के लिये कुछ समय के लिये आपको अपने सपे-संपिधी अध्यक्त अपने मेहल्लों में नहीं जान प्रश्लित की लियों को भी अपने यहाँ बुलालकर, तारम्बात पर में प्रयेक्त करवाना माहिए। इसी प्रकार, कुछ स्वात तो संपिधाम पर के बाहर जनके हाम मुँह पुलालकर, तारम्बात पर में प्रयेक्त करवाना माहिए। इसी प्रकार, कुछ स्वात
- तो सर्वप्रमान घर के बाहर उनके हाथ मुँह पुरस्कार, तरारमात्रा घर ने प्रवेश करवान माहिए। इसी प्रकार, कुछ जाना के हिए आधाने कर्षीं बाहर पूर्वम ने मही जाना माहिए, को मिर्टर दाए और मा है सेहने हेवू सक्तर, जाए। 5. एक विशेष बात और धान देने योग्य है कि यदि आपकों कोई भी भी। एकड़ने हैं ऐसे कि गोबाइ अपने प्रमान (निरास) निर्वाणी भी प्रकार का कोई भी पैकेट आदि, ऐसा सुध भी उपकों प्रयोग में तराना हो। अपने मात्र पंतर-टिशू एवंत सकते हैं, पिसती कोई भी सहसु आपके सीचे संपर्क में मही आ पाएगी। और बाद में टिशू व
- 8. वैज्ञानिक गणना के अनुसार, एक व्यक्ति एक घंटे में लगभग 23 बार अपने घंड़रे को स्पर्श करता है, लेकिन इन कियाकलापों से हमें अब बावकर एला है और कम से कम अपने घंड़रे को स्पर्श करना है। क्योंकि इससे भी यह वायरस फैटने का खतरा कराता है।
- 7. यदि आज काड़ी भी सादर जाते हो तो अपने आज को मीड-माद साले हत्तकों से तूर रखी हत सावरत से कवान है समय-तम्म प्रताप (तमान में इंग्लेड) के स्वाप-तम्म प्रताप के सावन है जिस होता है कि तमान है की आज हात है तमान है की आज हात हो तमान 20 से 25 सेकेंड तक अपने से धोते है हताने समय में धो सामून/हैंडवीम/केनीटाइव्यर कोतीना वायरस हैत को तमान हैं की हता है। और वायरस एम हता देवाता है।
- एक अच्छे सरकारी अस्पताल / किसी सरकारी ऑक्टर से ही जाकर जाँच करवाएं। 9. पान-मसाला, गुटका आदि खाने वाले व्यक्ति को स्वच्छता का अस्पत ही ध्यान रखना चाहिए। यदि मसाले का सेवन
- भा रहे हैं हो जर्स किसी एस स्थान पर धूक जो बहु-भक्षा या मानव के सम्पक्त में ने आता है। 10. अपने हांच एवं पैरों के नाखून को समय-समय पर काटते रहें, जिससे कि किसी भी प्रकार के कीटायु उनमें प्रवेश कर गाए।
- कर पाए। 11. मारत के प्रधानमंत्री भी नरेन्द्र मोदी जी के निर्देशानुसार दिनोंक 22/03/2020 को समूर्ण राष्ट्र में जनता कर्यंयु कर का आग्रह देशान्त्रीसित्ते हैं किया गया है। अतः कृपसा 22 मार्च को प्रातः 7 वने से स्टेकर राष्ट्रि 9 वने तक क्रम अर घरों में ही रिदेश और इस पुड़िन को सकत बनाने में सहायक बनिये। जिससो सायरत की बन रही संक्रमण शृंद्धारत । शृंद्धारा को रोह्या जा सके।

रिक्षा सोपान परिवार

Video to encourage Staying Home

Dr. H. C. Verma prepared a video of Sopan Ashram to motivate the public Nation wide to do productive work during lockdown while strictly following the safety norms. He described his own life style during lockdown and compared the Sopan Ashram few weeks ago with the one during lockdown. The video showed that the main gate of Sopan Ashram is physically locked and if any person is admitted to come into the premises, he/she is made to first wash the hands with soap. The video was uploaded on YouTube on his channel and is watched by Two Lacs Thirty Six Thousand Nine Hunded and Twenty Five people at the time of writing. You can also watch the video by clicking on the link https://www.youtube.com/watch?v=PKeSRYbA1R0&t=358s

Stay Home And Revise Physics

A large number of students, teachers, science communicators and others who love Physics are supposed to confine at home. Shiksha Sopan converted this into an opportunity to strengthen their Physics by launching an online course "Stay Home And Revise Physics (SHARP)". IIT Kanpur hosted the course at phy.hcverma.in. A poster was made and advertised through digital contacts.

It was greatly welcomed by the Physics community and a huge response was received. The course was started on 2nd April 2020 and a total of Forty three thousand five hundred and twenty one students were registered for the course. These registered students were from all over the world. In this 2-month course Dr. Verma explains Physics through simple experiments from all the fields which are useful up to class 12. The videos were pre shot and are uploaded on website one by one. A notification is sent to the registered participants on email that a new video is uploaded. Students discuss their problems on the website. Dr. Verma also replies selected questions and encourage the students to discuss a lot of Physics on the website.



POSTER FOR SHARP

This is really a great initiative by Shiksha Sopan during lockdown as so many students are making their Physics base strong at their home on their mobile/laptops.

11 - Day Residential Camp of selected BSc students

An Eleven-day residential camp was organized from **26th February to 6th March 2020** by Shiksha Sopan for BSc students. The participants were selected from the online course "Basics of Quantum Mechanics", conducted by Dr. H C Verma in August-November 2019. A total of 15 participants from



different states across the Nation came to attend this camp. The camp was totally free of cost for the students. A brief report of the camp will be separately sent to you. The highlights are as follows.

- * A galaxy of Resource persons. 3 Professors and a research scientist from IITK, 2 BSc students who performed extremely well in the previous year's similar Camp, Three senior educators from Chennai, Ahmedabad and Kolkata, a science entrepreneur and Sopan's own resource persons.
- * 6 Warm up experiments to be done on the first day and 8 higher level experiments to be done one per day. Sessions for discussion of the experiments performed. All experiments designed and assembled by Shiksha Sopan Team.
- * Light Entertaining Science Shows. Several sessions by Shri Debmalya Sen of Kolkata and Shri Amit K Bajpai of Shiksha Sopan.
- * A research level programable furnace fabricated from scratch under guidance of Shri Somnath Danayak of IITK.
- * 5 sessions on Arduino by Dr Shikhar Jha of IITK and Shri Vijay Kushwaha of Shiksha Sopan.

- * 8 sessions on Laplace Equation by Shri Ravishankar C S of Chennai.
- * 4 sessions on Quantum Entanglement by Dr Anand Jha of IITK. Each session was scheduled for 1.5 hours but was extended due to massive interactions by students to 2.5 to 3 hours.
- * Session of Electrochemistry by Shri Anuj Awashti, Trends in Physics Research by Dr Anjan Gupta of IITK, Shiksha Sopan Introduction by Shri Atul Kumar and more.
- * Session on Sky watching by Shri Dhananjay Rawal of Ahmedabad. This was a program for BSc camp participants, Shiksha Sopan students, People living in the vicinity of Sopan Ashram and Physics teachers of First Sunday Club of Anveshika. We describe this event in more detail below.

Sky Watching Program

A Sky Watching program was organized at Sopan Ashram on 1st March 2020. This program was conducted in two sessions. The children of SASK, BEC and Library were invited in the 1st session where day time sky watch was arrange. Physics Teachers of First Sunday Club (Anveshika) were also called to join this session. Mr. Dhanjay Rawal from Ahmedabad together with an associate was the main resource person of the sky watching program. Mr. Rawal first showed a video related to the Origin of the Universe, Planets, Satellites etc. The video was very informative and audience learnt so many things related to astronomy. with this, Mr. Rawal also gave a lot of information related to the universe. After the video, the children asked a lot of questions and cleared their doubts. After this the main program of sky watching through telescope started with an attempt to see sunspots.

The second session was conducted in late evening starting at 7 PM and ending at 10 PM. studying at Sopan Ashram Evening Centre who reside around Ashram and Participants of BSc camp attended the second session of sky watching in the night. Dhanjay Sir gave lots of information about the stars. He also told the children about the patterns of stars making constellations and trained them on how to recognize the stars. The telescope was fitted on the terrace and focused on the planet Mercury. participants watched this planet through the telescope. The night sky watching session was very enjoyable as well as informative.







Sopan Anaupcharik Shikshan Kendra (SASK)

In the month of March only two activities could be done because of Pandemic of COVID 19. One was Holi celebration and another was sky watching at Sopan Ashram (already described above). After Holi holidays, lockdown was announced so that our center was closed.

Holi Celebration

SASK celebrated Holi on 6th March in a very special manner. Children celebrated this festival with IITK students Vivek ji, Shashank ji and others. All played Holi with flowers to give the message about the harmful effects of Chemical colors. Vivek ji and Shashank ji played Holi of flowers with Radha ji and Krishna ji and gave the knowledge that why should we avoid chemical colors. Seema Verma ji told all the children about the festival of Holi and its historical impact. She also wished a happy Holi to everyone present on behalf of SASK.



Barasirohi Evening Center (BEC)

Barasirohi Evening Center celebrated Holi celebration and also did the career counselling of students. Due to Pandemic of COVID 19 BEC was also closed after Holi.

Holi Celebration

On 6th March, the festival of Holi was celebrated at the evening learning center. On this day, all the volunteers of the center, IITK students Abhishek ji, Rahul ji and Anuj ji, together with all the children, played Holi with natural colours (Gulal). Everyone wished each other a happy Holi. Seniors advised the children to stay away from chemical dyes. Children enjoyed a lot with the students and listen their childhood stories of Holi.



Career counseling

As we know choosing a career is very important for everyone because it helps the person for growing up. Five IITK students conducted a career counseling session on 7th March. Rahul ji, Rohit ji, Kavita ji, Prakash Saini ji, Aakib Shameen ji, belonging from different fields were present to counsel the children about their aim and career. They gave information about various courses to the children from class 6 to class 12. They also told the children to fix their goals and do hard work for achieving these. The whole session went on for around 2 hours.



Sopan Ashram Evening Center

SAEC brings out its own news Magazine named "SAMVAD" written by children of the center. But this time "SAMVAD" is written by our volunteers because the center is closed due to pandemic of COVID 19. SAMVAD of April 2020 is also attached. The main highlights are given below.

- Sahil, Piyush and Sagar studying in class 10 filled polytechnic forms. Mr. Aman Prasad Ji, student volunteer of Shiksha Sopan and M Tech from IITK helped them during filling the form. He is also giving guidance to them to prepare for entrance examination.
- •Avni Sharma, a student studying in class 12, has been selected in the first phase of NIFT (National Institute of Fashion Technology).
- •Deeksha ji, volunteer of SAEC, arranged Sopan library so that children can use their time in summer vacation after the exams more effectively.
- •Om ji, volunteer, SAEC helped the children in making clay models to utilize their time in effective manner and also enhance their creative skills.

अंधकार को क्यों धिक्कारे, अच्छा हैं एक दीप जलायें

Other Informations

Web site: For more details please visit www.shiksha-sopan.org How to donate: Shiksha Sopan

- (b) You can write cheques/draft for donations in the name of "Shiksha Sopan" payble at Kanpur and send to the address given below.
- (c) Online transfer can be made in State Bank of India, IITKanpur 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.

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