



Shiksha Sopan

An Initiative of IIT Community for social upliftment

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Newsletter April 2026

Dear Readers,

Namaste! This newsletter highlights the various activities we undertook in March. One of the major events was the vibrant festival of Holi, which we joyfully celebrated together. Although March was expected to be a busy month for Sopan, several initiatives helped propel our programs forward. Despite the challenges, Sopan achieved a great deal of work collectively.

You will find reports from different centers covering terrace farming, student visits, teacher interactions, Pravah Bal Akhbar, the electronics workshop, Verma Sir's class, and Holi Milan.

After reading this, you will feel a deep connection to Sopan.

Terrace Farming at Sopan Ashram

Terrace farming was initiated at Sopan Ashram just a few months ago in November, in response to rising concerns about food adulteration and quality. Following the suggestion of Dr. H. C. Verma, a plan for this innovative farming method was developed. Mr. Ranjit Kumar, a dedicated and hardworking member of the Shiksha Sopan team, was entrusted with the responsibility of coordinating with the team at Sopan Ashram. He excelled in his role by creating his own fertilizer using kitchen waste and other organic materials. As a result, he has successfully cultivated a variety of vegetables. Visitors to Sopan Ashram are taken to see the terrace farm, where they are encouraged to consider growing similar projects. This experiment has proven to be quite successful.



Many of the vegetables cultivated are being distributed to volunteers and occasionally shared with visitors, depending on product availability. We're closely monitoring essential information such as water usage, application timing, and plant growth resulting from the application of specific minerals. This allows us to collect valuable data to share with everyone involved. It's an impressive research initiative where we're learning and tracking everything. Currently, the following vegetables are available at Sopan Ashram: **broccoli, spinach, coriander, tomato, brinjal, chili, capsicum, cucumber, gourd, ridge gourd, cowpea, and ladyfinger.**

Visits at Sopan Ashram

In March, GHS Gurukulam school from Kanpur brought 19 of its students to visit Sopan Ashram. Their principal accompanied us throughout the tour, expressing her appreciation for the experience. She explored the labs, outdoor areas, and farming initiatives, and promised to return with more students in the future.



On March 24, 2026, Zila Vigyan Club (ZVC) from Auraiya, coordinated by Mr. Mohit Singh, organized a visit to Sopan Ashram. A total of 100 students from various schools in Auraiya arrived by bus, accompanied by their teachers. They reached Sopan Ashram around 10:30 AM and spent a valuable day with the Sopan team. The day began with an engaging demonstration session led by Mr. Yogesh Kumar Jha, who showcased a series of small yet impactful experiments. Mr. Ritesh Singh introduced the NAEST program and presented videos used during the screening round, discussing physics concepts illustrated in the footage. Dr. Anurag Tripathi from IIT Kanpur, also the president of Shiksha Sopan, interacted with the students, answering their questions and fostering an engaging dialogue. Following the demonstrations, students were divided into groups to explore the labs. They enjoyed their lunch at Sopan Ashram before proceeding to participate in outdoor experiments. Overall, the students left feeling delighted and enriched by their experiences.



First Sunday Club (FSC)

FSC of March was held on March 8th. Since the session followed shortly after the Holi festival, it was decided to incorporate demonstrations centered around colors to enhance engagement and relevance. Two captivating experiments related to colors were showcased. In the first activity, each participant received an A4 sheet featuring a distinct secondary color.



They were instructed to focus on the object for a few seconds before turning their attention to a plain white sheet. Instead of seeing the same color, they noticed a different hue, sparking significant curiosity among the group. Verma Sir elaborated on how this visual effect is processed by the eyes, followed by a second experiment related to color. After the activities, Verma Sir addressed the questions posed by the teachers during the FSC.

Throughout the examination period, the student tackled each paper with remarkable enthusiasm and commitment, striving to achieve their goal of advancing to the next grade. A palpable sense of excitement and joy radiated among the students as they eagerly anticipated stepping into their new classes.

Craft Classes

Craft classes are held regularly at the SASK to foster creativity and practical skills among students. In Classes 1 and 2, students learned to create a "blowing frog" and a swing using matchsticks, enhancing their fine motor skills and sparking their imagination.

In Classes 5 to 7, girls actively participated in preparing for Shiksha Sopan's annual program by beautifully decorating costumes. They utilized gota, lace, and various embellishments to elevate the visual appeal of their outfits. The initial costume preparation was done by teachers, after which students added their artistic touches.

In Grade 8, students explored innovative and eco-friendly craft techniques, discovering how to repurpose plastic bottles into practical items like planters and diya stands.

Pravah Baal Akhbaar

March Edition of the Pravah Baal Akhbaar

The March issue of the Pravah Baal Akhbaar was crafted by Rani from Class 6, showcasing the creativity and enthusiasm of the students.

Highlights of This Edition

- **Saanchi from Class 6** shared insightful information about the festival of Holi.
- **Khushi from Class 5** contributed a delightful poem titled "Holi Aayi, Holi Aayi" in the poetry section.
- **Rimjhim from Class 6** presented a stunning illustration of Navdurga to commemorate the auspicious occasion of Navratri.
- **Mansi from Class 7** expressed her reflections on Maryada Purushottam Shri Ram, accompanied by an elegant illustration, in honor of Ram Navami.

Additionally, **Sahil from Class 6** enhanced the "Inspirational Thoughts" column by sharing meaningful quotes from Shri Ram.



Sopan Ashram Evening Center(SAEC)

Science Class By H.C Verma Sir

On March 2nd, Dr. H.C. Verma conducted a special session on the topic of Force at Sopan Ashram. The session proved to be both engaging and informative for the students. During this enlightening session, Dr. Verma elaborated that force is essentially a push or pull acting on an object, capable of altering or attempting to alter its motion, direction, or shape. He emphasized that force is a vector quantity, which means it possesses both magnitude and direction, with the SI unit being Newton. He introduced everything in a simple way so that students understand the topic very well. Additionally, he introduced the concept of frictional force, The two-hour session was highly enriching, as Dr. Verma incorporated various experiments and practical demonstrations to facilitate clear understanding of the concepts.

At the conclusion of the session, the students applied tilak to Dr. Verma in celebration of the upcoming Holi festival. As a gesture of respect and gratitude, the students also presented a handmade painting to Dr. Verma. Sopan Ashram team also present and enjoyed sweet and snacks with verma sir.



Electronics Session by Sayali Ji

An enlightening three-hour session on Electronics took place at the SAEC. The session was expertly coordinated by Sayali Ji from IIT Kanpur, who guided the students with exceptional clarity and enthusiasm. She provided an in-depth explanation of the various types of components and devices used in the field of electronics. A significant highlight of the session was centered around Arduino, where Sayali Ji demonstrated how this versatile tool is widely utilized in electronics projects and can be easily applied in practical scenarios. Additionally, she introduced the concept of robots, explaining their functions and operations. She emphasized that machines like robots are controlled using a specialized language known as coding. During the interactive discussion, she provided fascinating insights into how various living beings perceive their environment. For instance, bats utilize ultrasonic waves to detect objects.

Overall, the session was both enriching and engaging, allowing students to acquire valuable knowledge and hands-on experience in the field of electronics



Barasirohi Evening Center (BEC)

Informative Session about Holi

On March 3, all the students at the center participated in an enriching session led by Kshma Ji, who shared the captivating story behind the festival of Holi. Through this narrative, she emphasized that the festival of Holi represents the triumph of good over evil, inspired by the story of Prahlad and Hiranya Kashyap. During the celebration, all the students participated joyfully by applying gulal to each other and sharing heartfelt Holi wishes.



The students were assigned to write about the Holi festival and recount their personal celebrations. They will share their write-ups in class.

Academic & Games Activity

During March, the student participated in their final school examinations. In preparation, they diligently worked on solving subject-specific problems at the center to enhance their comprehension. Pushpendra Ji and Deepika Ji concentrated on developing the students' skills in Mathematics and English. Meanwhile, Kshma Ji provided guidance in Hindi and fostered consistent reading habits.

On Saturdays, Priyanka Ji arranged captivating games for the students. They eagerly took part in traditional games like Kho-Kho and Kabaddi, adhering to the rules and embracing team spirit. Kshma Ji praised and congratulated the winning teams, which brought immense joy and excitement to all the students.

Sopan Library

The following activities are scheduled to take place in the library during the month of March:

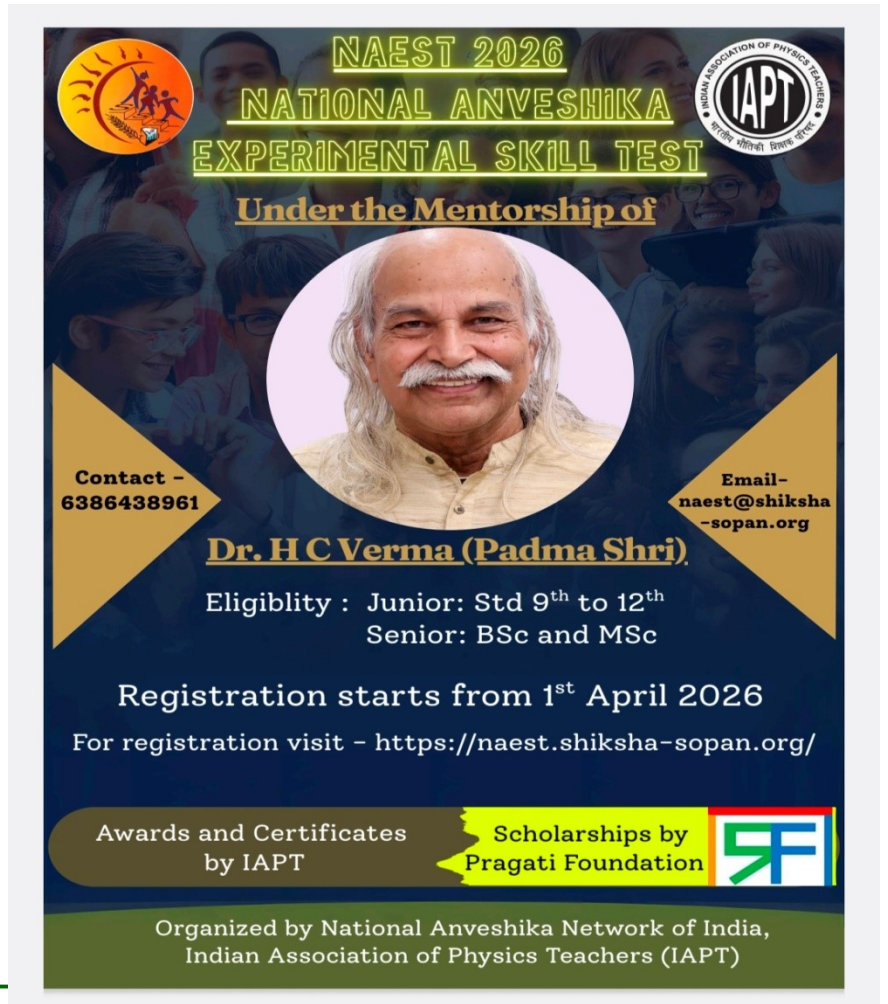
- **Ongoing Daily Activities:** All regular library activities will continue as in previous months, including reading sessions and other routine learning engagements that enhance students' academic and creative skills.
- **Art Competition:** An art competition will be held this month, with enthusiastic participation from students. Medals will be awarded to those who secure the first, second, and third positions as a token of appreciation. After the competition, sweets will be distributed among all students, adding to their joy and excitement.
- **Navratri Celebration:** In honor of Navratri, students will receive detailed insights into the various forms of Goddess Durga, aiding their understanding of the cultural and spiritual significance of the festival.
- **Introduction to the Upanishads:** Bapat Ma'am will introduce students to the Upanishads in highly engaging sessions. She will explain concepts through short stories and character-based narratives, making the subject accessible and interesting, while capturing the students' attention and enthusiasm.
- **Poetry Memorization:** During this period, students will also be guided in memorizing poems in preparation for their presentation at Shiksha Sopan's annual function on April 5.



**National Anveshika
Experimental Skill
Test-2026 (NAEST –
2026)**

A Unique program,
registration started
from April 1st, Poster is
here for your
reference.

अंधकार को क्यों धिक्कारें,
अच्छा हैं एक दीप जलायें



The poster for NAEST 2026 features a central portrait of Dr. H C Verma (Padma Shri) with a white mustache and hair. The background is a collage of students in a laboratory setting. Logos for NAEST 2026, National Anveshika Experimental Skill Test, and IAPT (Indian Association of Physics Teachers) are visible. The text on the poster includes contact information, eligibility criteria, registration details, and sponsors.

NAEST 2026
NATIONAL ANVESHIKA
EXPERIMENTAL SKILL TEST
Under the Mentorship of

Dr. H C Verma (Padma Shri)

Eligibility : Junior: Std 9th to 12th
Senior: BSc and MSc

Registration starts from 1st April 2026
For registration visit – <https://naest.shiksha-sopan.org/>

Awards and Certificates by IAPT | Scholarships by Pragati Foundation

Organized by National Anveshika Network of India,
Indian Association of Physics Teachers (IAPT)

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

How to donate: [Shiksha Sopan](http://www.shiksha-sopan.org)

(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.

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