

Shiksha

Sanskar

Swavalamban



# Shiksha Sopan

An Initiative of IIT Community for social upliftment

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Newsletter July 2024

**Hello Readers,  
Greetings from Shiksha Sopan!**

The July newsletter contains a brief report on June 2024 activities from all the centers associated with Shiksha Sopan. Highlights include the Teachers Interaction Program, Students' Visit to Sopan Ashram, Pravah Bal Akhabaar, and Shanskar Shala. The brief center-wise reports are as follows.

## Sopan Ashram Activities (SOASHA)

### Educational Excursion trip of Hyderabad student's

SINSME Foundation and Antariksha India, Hyderabad, visited Sopan Ashram with their 30 students and 3 mentors from June 2nd to June 4th. The Shiksha Sopan team arranged their accommodation at the ashram. Mr. Ishant Dubey, founder of Antariksha India, has a longstanding relationship with Shiksha Sopan. Under the Pratibha Poshan Yojana (Junior), Shiksha Sopan supported his education from class 6 through 12 and continued to support his higher education. He has completed his M.Tech and subsequently founded Antariksha India to contribute to education and fulfill the dreams of Shiksha Sopan.



The program began with the ceremonial lighting of the lamp in front of Goddess Saraswati, attended by Dr. H.C. Verma, Mr. Willisson, and Mr. Abhishek Dass. Planned activities included hands-on science experiments to demonstrate principles, and special language skill sessions led by Abhishek Das. Students engaged with Dr. Verma and visited IIT Kanpur for aviation drone demos and sky watching organized by students there. They also visited Opportunity School and observed Vigyanalaya. The entire program garnered positive feedback from students, who expressed happiness and enthusiasm during the session. In concluding remarks, Mr. Ishant Dubey emphasized the visit's informative and beneficial nature for everyone, expressing a desire for future similar programs.

## **First Sunday Club (FSC)**

The FSC was held on June 2nd, 2024, at Sopan Ashram. It is a joint program of SGM-IAPT Anveshika and Shiksha Sopan, typically organized every first Sunday of the month at Sopan Ashram. This program is specifically designed for teachers who attended from Kanpur and nearby districts such as Kanpur Dehat, Unnao, Fatehpur, Auraiya, and Etawah.



This month, approximately 32 teachers attended. They brought their academic Physics-related issues, initiating discussions among all participants. Dr. H.C. Verma provided insightful solutions. The Anveshika team conducted a fascinating and simple experiment. The session lasted from 10 AM to 12 noon, followed by samosas and tea served to all.

## **National Workshop of Utsahi Physics Teachers (NWUPT-2024)**

Every year, Shiksha Sopan collaborates with SGM-IAPT Anveshika to organize a six-day residential workshop under the supervision of Dr. H.C. Verma. This eagerly anticipated annual program was held at Sopan Ashram from June 4th to June 9th, 2024. Approximately 22 teachers from various states were selected through our Anveshika coordinators, with an additional 9 teachers attending locally from Kanpur and nearby districts.

The workshop commenced with a brief inauguration session. The Chief Guest, Prof. J. Ram Kumar from IIT Kanpur, and Dr. Anurag Tripathi, President of Shiksha Sopan, were present. Dr. Tripathi delivered a well-received talk.

Each day, sessions began at 8:30 AM and concluded around 10 PM, with short breaks for lunch, dinner, and snacks. The workshop schedule was intense, yet every teacher enjoyed each session. A variety of sessions were organized for academic and personality development, including pre-tests and discussions, topic-wise demonstration experiments, popular lectures by eminent personalities, hands-on activities, and discussions on research history. Dr. Verma was present throughout, motivating participants to give their best to students and society.







## Yoga Class

On June 21st, Sunita Maurya emphasized the health benefits of regular yoga practice to the students. She explained that consistent yoga practice can help prevent many diseases and maintain overall health. During the session, she taught students several asanas, including Surya Namaskar, Gomukh Asana, Tiryak Asana, Anulom Vilom, and Trikonasana. The students performed these asanas with great enthusiasm. Sunita ji also emphasized that regular practice of these yoga activities would help keep the body agile.



## Sopan Ashram Evening Center(SAEC)

### Yoga Class

On International Yoga Day, a yoga session was organized at Sopan Ashram Evening Centre. Yoga teacher S.L. Yadav from IIT Kanpur conducted the session, teaching children various yoga poses such as Padmasana, Vajrasana, Naukasana, Vakrasana, Tadasana, and Gomukhasana. This session proved highly beneficial for the children, imparting valuable insights into health maintenance.

As a token of appreciation, Mr. S.L. Yadav was presented with a beautiful painting created by the children of Sopan Ashram Centre. He expressed his delight in visiting the Ashram and extended his best wishes for the children's future. This unique one-and-a-half-hour session was an inspirational experience for everyone involved.



### IIT Students Visit

On June 28th, former IIT students visited Sopan Ashram. The visitors included Biplav ji, Ruchi ji, Babita ji, Kaushal Kumar Jha ji, Nagendra ji, and Sandeep Gautam ji. All the volunteers interacted with the students and provided career guidance. Biplav ji encouraged children to dedicate themselves fully to studies during this time and emphasized the importance of honoring their parents.





In addition, Ruchi ji encouraged all the students to focus on their careers and start planning now for their future based on their abilities. Deepak ji expressed gratitude to the IIT alumni. Center coordinator Vinay Mishra welcomed all the volunteers and students.

### **Aurdino Workshop**

That sounds like a fantastic experience for the students! Arduino workshops are an excellent introduction to hands-on learning and practical applications of technology. It's wonderful that they had the opportunity to explore various sensors and build a small car. Such experiences can ignite a lot of interest and curiosity in electronics and programming.

### **STAPPLE Program**

On June 15, 2024, Shiksha Sopan orchestrated a vibrant science event at Nankari with the specific aim of captivating children through interactive, hands-on experiments. The name of the programme is Science Table At Public Places for Learning initiative (STAPPLE). The primary objective of the STAPPLE was to ignite curiosity and foster a deep-seated interest in science among the participants. These engaging experiments served not only to elucidate fundamental scientific principles but also to spark a sense of wonder and exploration in the young minds, encouraging them to delve deeper into understanding the intricacies of the world around them.



Mr. Anchit Saxena, intern, Shiksha Sopan and students of Sopan Ashram Evening Center did the STAPPLE at Nankari, this was fourth programme which conducted in month of June.



## Sopan Library

In June, Sopan Library conducted various programs in addition to its regular activities such as book readings, discussions on specific topics, and sarv dharma prathana. Below are brief details of these additional activities.

- ❖ Mrs. Pushapa Tripathi and Mrs. Shipra visited the homes of two Sopan Library members to strengthen their relationships.
- ❖ On June 6th, Mr. Abhishek Dass conducted a session at the library with the members, which was highly appreciated. The session topic was "Zaban Shambal Ke".
- ❖ During the summer school holidays, Sopan Library members organized craft classes for students, creating beautiful and attractive items with low-cost materials.
- ❖ Pushp Tripathi ji's mother-in-law passed away on June 13th, leading to a pause in some activities for a few days, while regular library activities continued as usual.

अंधकार को क्यों धिक्कारें, अच्छा हैं एक दीप जलायें

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**Web site** : For more details please visit [www.shiksha-sopan.org](http://www.shiksha-sopan.org)

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