



# Shiksha Sopan

An Initiative of IIT Community for social upliftment

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**Newsletter June 2026**

Dear Readers,  
Namaste!

This newsletter highlights the many activities carried out during the month of May. Some of the major events included the Vigyan Yatra in Uttarakhand, the National Workshop of Utsahi Physics Teachers in Dehradun, the First Sunday Club meeting, an environmental awareness talk, and science experiment demonstrations conducted in schools and the public places. Alongside these, our regular activities also continued successfully. These included SASK, SAEC, BEC, and the Sopan Library, all of which remained active and contributed significantly to our educational and community outreach efforts.

## Vigyan Yatra was organized at various places in Uttarakhand

On the occasion of Verma Sir completing 75 years of his life, *Science in the Service of Society, Uttarakhand*, in collaboration with *Shiksha Sopan*, organized "**Vigyan Yatra – Prayog Yatra (Prayas)**" across various educational institutions in the Kumaon region of Uttarakhand from 12<sup>th</sup> May to 26<sup>th</sup> May, 2026.

This journey was much more than a science outreach program. It reached people living in remote areas and helped connect them with both science and nature. Through demonstrations of simple experiments and meaningful interactions, participants experienced firsthand the vision that Verma Sir has nurtured for decades—making science accessible, enjoyable, and relevant to everyday life while fostering a deep respect for nature.



A special feature of the program was its commitment to environmental responsibility. Efforts were made to avoid the use of plastic during all events, and participants took a pledge to protect Mother Earth by adopting environmentally friendly practices and reducing plastic consumption in their daily lives. The journey witnessed the active participation of nearly **450 teachers** and around **12,00 students**, making it a remarkable collective effort by the dedicated team from Uttarakhand. The enthusiasm and engagement of participants demonstrated the power of science education in inspiring curiosity, creativity, and social responsibility. This initiative was jointly undertaken by *Shiksha Sopan* and *Science in the Service of Society* with the shared vision of bringing science closer to society and promoting sustainable living. Encouraged by its success, both organizations remain committed to continuing such meaningful initiatives in the future. **"Science becomes truly meaningful when it serves society, nurtures curiosity, and inspires us to live in harmony with Nature."**

## National Workshop of Utsahi Physics Teachers -2026

The next phase of the Uttarakhand journey was the **National Workshop of Enthusiastic Physics Teachers (NWUPT)**, which was organized this year at **UPES University, Dehradun from 27<sup>th</sup> May to 1<sup>st</sup> June, 2026**. The beautiful surroundings of the Himalayan foothills, the university provided an ideal setting for learning and reflection. The arrangements for accommodation, meals, and academic sessions were excellent, creating a warm and comfortable atmosphere that made the workshop a truly enriching and memorable experience.

The workshop was organized by **Shiksha Sopan** in collaboration with UPES and brought together around **38 carefully selected physics teachers** from different parts of the country. True to its name, the workshop was attended by highly enthusiastic teachers who participated wholeheartedly in every activity, discussion, and session.

One of the highlights of the workshop was the inspiring presence of **Verma Sir**, who motivated participants throughout the program. He encouraged teachers to approach physics with confidence and emphasized that even challenging examinations such as JEE can be tackled successfully with the right understanding and mindset. He patiently answered participants' questions, addressed their doubts, and inspired them to develop a deeper appreciation of the subject.

Pre-tests and interactive sessions were conducted to identify and address common misconceptions in science. Through simple yet powerful demonstrations, Verma Sir showed how scientific concepts can be taught effectively. Participants particularly enjoyed watching him build an **electroscope** and a **toothpaste pump** with his own hands, demonstrations that brought smiles to everyone's faces while conveying important scientific principles. The workshop also featured insightful sessions by distinguished resource persons including Mr. Mukul Rathi, Dr. Neha Munjal, Ms. Pragya Nopany, and Mr. Rohit Sharma. Their sessions provided valuable perspectives on physics education, pedagogy, and classroom engagement, offering participants many new ideas and approaches to take back to their schools.

The successful organization of the workshop was made possible through the dedicated efforts of the Shiksha Sopan team, including Mr. Amit Kumar Bajpai, Mr. Ritesh Singh, Mr. Ranjit Kumar, Mr. Anubhav Awasthi, and Mr. Hemant Verma.

The workshop concluded on a highly positive note, leaving participants inspired, energized, and better equipped to make physics learning more engaging, meaningful, and enjoyable for their students. Special thanks to Dr. Hemwati Nadan sir and his team that because of him, the uttrakhand and NWUPT successfully



## First Sunday Club (FSC)

The first Sunday Club was organized on **3rd May** at **Children Care HS School, Sharda Nagar, Kanpur** under the aegis of **Shiksha Sopan, Anveshika,** and **IAPT RC-4A.**

The program witnessed the enthusiastic participation of around **70 physics teachers.** The theme of the session was **"Unlocking the Secrets of Simple Circuits Using Three Things: A Battery, a Wire, and a Resistor."** Through a series of engaging demonstrations and thought-provoking questions, **Verma Sir** guided participants in exploring the fundamental principles of electric circuits. His energetic presentation style, combined with hands-on experimentation, transformed seemingly simple components into powerful tools for understanding important scientific concepts.

The session encouraged participants to think deeply about basic electrical phenomena and demonstrated how effective science teaching can emerge from simple materials and curiosity-driven inquiry. Teachers actively engaged in discussions, experiments, and problem-solving activities throughout the program, making the event both educational and enjoyable.

The complete session was recorded, and the videos are available on YouTube for those who could not attend or would like to revisit the discussions. We encourage everyone to watch the session and share it with fellow teachers and students.

**To watch Part 1 of the session, kindly click the link below:**

[[https://youtu.be/6-UY4FJOB\\_I?si=gV4kscC-Sq1bZ7DU](https://youtu.be/6-UY4FJOB_I?si=gV4kscC-Sq1bZ7DU)]



## NAEST: Bridging Science and the Community

The Shiksha Sopan team, along with four student interns—**Akshat Shukla, Krishna Dikshit, Subhi, and Anshika Sharma,** all students of **MMMUT, Gorakhpur**—actively participated in community outreach activities aimed at promoting scientific awareness. The team visited 7 schools and interacted with students and teachers, demonstrating how science can be understood and applied in everyday life. They also reached out to nearby villages, where they conducted simple experiments and engaging demonstrations to showcase the practical relevance of scientific concepts.

They informed in the schools and near by villages of the community of the National Anveshika Experimental Skill Test and they also helped the students in the registration process. NAEST helped as a bridge between science and community.



## **Shiksha Sopan Anaupcharik Shikshan Kendra(SASK)**

### **Academic Activity**

During May, various academic activities were conducted at the SASK. Seema ji explained the difference between living and non-living things. Through practical demonstrations, students learned about the characteristics of living organisms such as growth, movement, nutrition, respiration, excretion, reproduction, and photosynthesis.

Students of Classes 6 to 8 were taught how to represent integers on a number line. Students were taught to identify different tenses. They were also encouraged to read their English textbooks daily to improve reading skills.

Sunita Ji explained the concepts and usage of Karak (cases) and Vibhakti (inflections) in Sanskrit to the students. She apprised students in grades 3 through 5 of the differences between the language spoken at home and the language spoken at school and taught them how to read Hindi with accurate pronunciation, appropriate pace, and fluency.

Rinki ji taught the students of Classes 1 and 2 Hindi reading and dictation skills. The student learned to read Hindi words, write words after listening to them, make sentences by observing pictures, and correct and rewrite words accurately.

In English, the students practiced number names from 1 to 100, word puzzles, matching words, and other vocabulary-building activities.

In Mathematics, the student learned to identify small and large numbers, complete number series, and fill in missing numbers in given sequences. These activities helped strengthen their basic numerical understanding and problem-solving skills.

### **Craft Activity**

During the month of May, craft classes were organized at the centre every Saturday. Students in Grades 1 and 2 learned to create colourful butterflies using paper, under the guidance of Rinki Ji. Students in Grades 5 through 8 learned to make wall hangings using cardboard. Using cardboard, coloured paper, and stickers, the students created a variety of decorative wall hangings that were truly attractive and beautiful.



### **Pravaah Baal Akhbaar**

The May edition of 'Pravaah Baal Akhbaar' was prepared jointly by Raj (Class 6) and Sahil (Class 7). Avantika of Class 8 presented a beautiful drawing on Mother's Day.

Rani of Class 7 contributed a poem dedicated to mothers in the "Bal Kavita" section.

Rimjhim of Class 7 wrote for the "Suvichar" (Thought of the Day) column.

Mansi of Class 5 wrote about the summer season and ways to stay safe from heat.

In the "Hamara Gyan" section, students presented general knowledge questions and answers. Students of Class 7 also shared their thoughts on environmental conservation.



## **Mother's Day Celebration**

'Mother's Day' was celebrated with great enthusiasm at the SASK Center. Ms. Seema Verma Ji welcomed all the mother's. The student presented a welcome song, recited poems, and performed a short skit and songs dedicated to their mother's.

The students handcrafted 'Mother's Day' cards and photo frames, which they presented to their mothers as gifts. The mothers were overjoyed upon receiving these gifts created by their student. At the conclusion of the program, Ms. Seema Verma Ji expressed her gratitude to all the mothers and explained to the student the pivotal role mothers play in their holistic development.



## **Health Awareness Session**

As temperatures rise during the month of May, a health awareness session was organized for the students. Ms. Seema Verma ji provided the students with information regarding the heat.

The importance of drinking an adequate amount of water during the summer season. An average person should drink approximately 15 glasses of water daily. Individuals who work outdoors should drink

approximately 20 glasses of water per day. Preventive measures against heat-related illnesses, Wear white or light-colored cotton clothing when stepping out into the sun.

Eat a meal and drink water before leaving the house. Consume seasonal cooling fruits. Use sunglasses, a hat, or an umbrella while outdoors. Pay special attention to the elderly. Include juicy fruits in your diet.

At the conclusion of the session, Sharbat was distributed to all the student. Ms. Seema Verma advised the student to drink plenty of water during the summer season and to consume ample amount of watermelon and cucumber.



## **Sopan Ashram Evening Center(SAEC)**

### **Mathematics Class**

Mr. Shankhdeep, who has been coming from IIT Kanpur to teach the student, conducted a special Mathematics class for the students of SAEC.

The session focused on strengthening students understanding of lines and angles through theoretical explanations and problem-solving activities. He explained that understanding the basics is essential for learning Mathematics effectively and encouraged students to clear their doubts without hesitation by discussing them with their teachers. The class was highly informative, and the students learned several important mathematical concepts.



## **Environmental Awareness Session**

On the 17th, an environmental awareness session was organized at Sopan Ashram for all the student of the center. Professor Chetan Singh Solanki Sir interacted with the students and discussed various causes of environmental pollution. The student identified factors such as deforestation, industrial waste and emissions, and population growth as major contributors to pollution.



Professor Solanki Sir then explained simple yet effective ways to protect the environment, such as walking or cycling for short distances instead of using motor vehicles and avoiding the unnecessary use of resources. He shared examples from his own life, including minimizing the use of electrical appliances, to demonstrate how individual actions can help reduce environmental impact. He encouraged the student to adopt environmentally responsible habits and contribute towards a cleaner and greener future.

## **Special Session by Mangaleshwari**

Mangaleshwari Ji conducted a special session for the student at the center, during which she engaged them in a variety of interesting activities related to Science and Social Sciences. In this session, she shared the following information with the student: Languages: According to the Anthropological Survey of India, India is home to 22 officially recognized languages. Each state possesses its own distinct language—such as Tamil in Tamil Nadu, Bengali in West Bengal, and Marathi in Maharashtra. Scripts: Various scripts are utilized to write these languages, thereby adding yet another layer to the country's diversity.

### **Religious Diversity**

Major Religions: India is the birthplace of Hinduism, Buddhism, Jainism, and Sikhism. It is also home to communities of Muslims, Christians, Jews, Parsis, and followers of various other faiths. Places of Worship: From the ghats of Varanasi and the Golden Temple of Amritsar to the Jama Masjid of Delhi and the churches of Goa, India's religious architecture is incredibly diverse and steeped in history. In addition to Social Sciences, she also led the student through several science-related activities, during which she posed various questions to the student. This session proved to be both highly informative and engaging.



## **Barasirohi Evening Center (BEC)**

A meeting was held at the center in the presence of Kshama ji, Pushpendra ji, Vijay ji, and Amit Bajpai ji. The main agenda of the meeting was to plan a major competition for the students and review the enrolment structure at the center. During the discussion, it was proposed to organize an Art Competition for students of Classes 6 to 8 and an Essay Writing Competition for students of Classes 9 and 10 in next month.



## Sopan Library

The activities scheduled to take place in the library during May are as follows: The daily activities within the library continue to be conducted regularly, just as in the past. This month, a discussion session was organized among the library members based on the information regarding the Upanishads that had been previously shared by Mrs. Bapat. Subsequently, an online quiz consisting of 12 questions was held, in which all participants submitted their responses in writing. Later, prizes were distributed to all the participants.

At the Sanskar Shala, a competition was organized for the student covering topics such as the lineage of Lord Rama, the Puranas, and the various Kandas (chapters) of the Ramayana. For the role of judges, PhD student Himanshu Vyas and his wife, Mrs. Pragati, were invited. They posed questions to all the student and delivered their verdict. Afterward, sweets were distributed to the student. In the coming days, topics such as the lineage of Lord Krishna, the number and names of the Vedas, the names of the Upanishads, and similar subjects will be taught. During the summer holidays, student will be taught various forms of art and engaged in a variety of activities.



अंधकार को क्यों धिक्कारें,  
अच्छा हैं एक दीप जलायें

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

**How to donate:** [Shiksha Sopan](#)

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