



Newsletter December 2025

Dear Readers

Namaste! This newsletter brings you highlights from November across all Sopan centres. From School visits of Sopan Ashram, Fun with Science Show in Kanpur University, First Sunday Club sessions, activities at SASK, Pravah Baal Akhabar, SAEC, BEC, and the Sopan Library — every centre was active and vibrant. Centre wise reports are shared below.

A Wonderful “Fun With Science” session in Kanpur University

The Basic Science department of Kanpur University invited Shiksha Sopan for a ‘Fun with Science’ session on 3rd November 2025. The 1.5-hour program brought simple, everyday science to life through engaging demonstrations by Mr. Amit Kumar Bajpai, Mr. Yogesh Kumar Jha, Mr. Vinay Kumar Mishra and Mr. Himanshu Bhardwaj. Their small experiments sparked curiosity and excitement among the students.



Students discussed the situations presented to them. Kanpur University welcomed both school students and university students to the session. The event was enjoyed and appreciated by everyone. Dr. Anju Dixit, deputy director of the basic science department, extended her thanks to the team.

School visits at Sopan Ashram

In November 2025, two schools made memorable visits. The first was PM Shri School Jawahar Navodaya Vidyalaya (JNV) in Kanpur Dehat on the 18th of November. Fifty students from grades 9 to 12 came along with their teachers. Dr. H. C. Verma engaged with the students, discussing topics such as directions, shadows, and inspiring them to protect our environment. They explored labs and participated in outdoor experiments that captivated all visitors. The second school, Government Inter College (GIC) Hamirpur, traveled a long distance to visit Sopan Ashram on the 27th of November. Arriving by two buses, it was their first encounter with such experiments. The students were curious and energetic, enjoying every moment and absorbing the information with utmost seriousness.



Innovation and Outreach development at Nanital

Dr. H. C. Verma, together with the Vice Chancellor of Kumaon University, envisioned a new laboratory in Nainital for UG-PG students and local schools. A room in the DSB campus became the base for this innovation outreach lab. A seven-member team from Shiksha Sopan and Anveshika stayed in Nainital from 5 to 14 November, creating everything step by step. Guided by Verma Sir, the team designed nine experiments with help from students and professors. The DSB campus now has a fully functional lab ready for exploration. The new lab quickly became a hub of excitement and curiosity. Students from across the region flocked to the facility, eager to engage with the hands-on experiments. The lab's design emphasized interactive learning, allowing students to explore scientific concepts in a tangible and meaningful way.



आउटरीच और नवाचार प्रयोगशाला
की पद्मश्री प्रो. वर्मा ने की स्थापना
कुमाऊँ विवि के शैक्षणिक कार्यक्रम में पहुंचे प्रसिद्ध भौतिक विज्ञानी
संसद न्यून एवं



विवाचिता को संलग्न करते प्रसिद्ध भौतिक विज्ञानी पद्मश्री प्रो. एवं विज्ञानी प्रयोगशाला मजबूत शैक्षणिक सेवा का कार्य करती - कल्पना

Each of the nine experiments covered a different aspect of physics, from optics to mechanics, encouraging students to think critically and creatively. The collaborative efforts of the team ensured that the experiments were both educational and engaging, sparking a renewed interest in the sciences among the participants.

Shiksha Sopan Anaupcharik Shikshan Kendra(SASK)

Vande Mataram

As Vande Mataram completed 150 years, students and teachers of SASK joined voices to sing the anthem written by Shri Bankim Chandra Chattopadhyay. The day was celebrated with deep respect for our National pride.



Children Day Celebration

November 14th was filled with excitement for the students. The SASK organized fun games and competitions to celebrate Children's Day. Students honored Chacha Nehru by garlanding and offering flowers to his portrait, and Rani from Class 6 presented a heartfelt poem.



Following that, Seema ji and Sunita ji organized a variety of enjoyable games and competitions. A storytelling contest took place for students in Classes 1, 2, and 3, where Mehak from Class 1 claimed first place, Himanshu from Class 3 secured second, and Radhika from Class 2 achieved third. The younger students also delighted in games such as musical chairs and tug of war.



Furthermore, students from Classes 4 to 6 and Class 8 engaged in activities like musical chairs, the lemon-and-spoon race, and the sacred thread game, all of which they thoroughly enjoyed. On this occasion, Seema Verma ji also taught the students physical exercises to help them maintain a healthy and fit lifestyle.

Unmute Open Mic Program

Team Nancy Bhatia hosted a lively Unmute Open Mic at the SASK. Twenty-five students from Classes 1 to 8 shared songs, stories, and poems. The event encouraged children to express themselves freely and build confidence. Mrs. Vandana Bhatia served as the judge, praising their energy and urging them to keep growing. Rani was declared the winner for her captivating performance.



Team Unmute Dil Khol Ke wished students a bright future and pledged to organize more inspiring programs.

Academic Activity

During November, lessons focused on factorization, algebraic expression division, divisibility rules, and solving simple simultaneous equations. Science classes introduced refraction, lens-based image formation, and prism refraction through engaging experiments and videos.

Through various experiments, the student gained insights into the origins of electric current, potential difference, conductivity, the effects of electric current, and the detrimental impacts of electricity misuse.

Students in grades 5 and 6 were instructed on how to calculate the area and perimeter of triangles, rectangles, and squares, and they also practiced multiplication and factorization.



Sunita Ji inspired the student to cultivate strong values by sharing the life stories of notable figures such as Mahavir Swami, Bal Gangadhar Tilak, and Sant Ravidas. In history lessons, she detailed the establishment of the Mughal Empire and the Maurya Empire in India. Meanwhile, Suhani Verma taught students in classes 1 and 2 about ascending and descending missing numbers, along with the concepts of "can" and "can't" in English, using engaging images.



Visit

On November 20th, Pragya Khandekar Madam and Rucha Ji, a PhD student linked with the Maharashtra Mandal at IIT Kanpur, visited SASK with their team. Pragya Khandekar Madam shared numerous educational insights and offered valuable guidance to the students, who were thrilled to have the opportunity to meet her. On the same day, under the guidance of Dr. Kaustubh Kulkarni, Faculty Advisor of Maharashtra Mandal IIT Kanpur, Pragya Khandekar Madam and Rucha Ji distributed T-shirts featuring the Shiksha Sopan logo to all the students. The students were thrilled to receive them.



Pravah Baal Akhbaar

The November edition of "Pravah," our student newspaper, was crafted by Rani from Class 6 and Avantika from Class 7. In the Drawing section, Gauri from Class 4 illustrated a portrait of Pandit Jawaharlal Nehru in honor of Student's Day.

Mansi from Class 3 shared her reflections on Chacha Nehru in a ten-line piece. Meanwhile, Mansi from Class 7 published a lovely poem in the newspaper to celebrate Student's Day. Shivani from Class 5 provided insights into the unique features of the flag that is raised at the Ayodhya Temple. The students of Class 5 contributed Chacha Nehru's inspiring thoughts to the Good Thoughts column. In the Read to Know section, Ritik from Class 5 expressed his feelings about the Student's Day program, while Avantika from Class 7 shared her own reflections on the event in the My Thoughts column.



Sopan Ashram Evening Center(SAEC)

Pragya Khandekar Mam Visit SAEC Center

On the 13th, Pragya Khandekar Madam held a special one-and-a-half-hour session for all the students at the center. She elaborated on the distinctions between various words and provided detailed demonstrations of their correct pronunciation. The students practiced repeating the words multiple times to ensure precision. Additionally, she directed Center Coordinator Vinay Mishra to have all the students thoroughly read the lines "Ya Kundendu Tushar Haar Dhavala..." and grasp their meaning.

Pragya Madam then clarified the distinction between "s" and "sh," pointing out pronunciation mistakes and stressing the importance of careful word selection. Throughout her discussion, she highlighted the value of comprehending details—because when we understand the finer points, we accurately grasp concepts and enhance our ability to understand others. She also tasked the students with discussing word differences in their upcoming class and practicing proper pronunciation. The session proved to be highly informative, providing students with the opportunity to grasp words and grammar in a fresh and meaningful manner.



Climate Change Session by Bhuvan Bhatia Ji Team

Bhuvan Bhatia Ji and his team led a powerful session on climate change. It opened with the team singing meaningful dohas of Kabir. With musical instruments adding charm, the dohas sounded soothing, and many students quickly learned them. The session offered new insights for everyone.



They then shared an engaging skit to explain climate change. In the skit, they showed how people often mistake the worsening state of nature as an illness and try to fix it the wrong way. The message was clear: the environment is not sick — it is humans who harm nature for comfort and ease.

They reminded everyone that real change begins with changing our own habits. Through the characters in the skit, they highlighted the value of protecting our planet.

Following the skit, the dohas were recited once more, inspiring all students to take action in their own ways to safeguard nature, regardless of whether those actions are small or large.

At the conclusion of the session, Bhuvan Bhatia Sir's team presented each student in attendance with three different books authored by Acharya Prashant Ji. The entire session was incredibly informative, allowing students to grasp the significance of the environment and learn how to utilize it responsibly.

Special Counselling Session by Aman

Aman Kumar, a intern, at Sopan Ashram, led an engaging counseling session at Sopan titled "Beyond the Boundaries," which emphasized the opportunities available beyond traditional textbooks. This session was specifically designed for students in Classes 8 to 12.

He recounted his personal journey as a physics student and highlighted various individuals who have attained extraordinary success in the realms of science and research. By sharing their stories, he illustrated how these individuals explored and seized opportunities beyond their academic curriculum and examinations, ultimately becoming celebrated figures recognized worldwide.



The students were informed that merely following the syllabus is insufficient for those who aspire to achieve greatness in life. While research is vital for societal growth, many students remain oblivious to its importance. Mr. Aman elaborated on the significance of research and demonstrated how students, even at the secondary and higher-secondary levels, can start their exploration in this field.

It is anticipated that the insights gained during the session will inspire students to become more curious, motivated, and eager to pursue new opportunities.

Barasirohi Evening Center (BEC)

Throughout November, all students attended regular classes at the center. Besides their schoolwork, they also learned lessons prepared here. Pushpendra Ji taught them about the states, their capitals, and the languages spoken across the country. The children were given clear and patient explanations on this topic.

Children Day Celebration

On November 14th, Kshama Ji, the center head, informed all the students that Children's Day is celebrated on the birthday of India's first Prime Minister, Pandit Jawaharlal Nehru. This day is dedicated to safeguarding students' rights and emphasizing their significance in society. Nehru Ji was fondly regarded by children as Chacha Nehru, a figure who truly believed in their potential as the future of the nation.

To mark this special occasion, a variety of sports, dance, and cultural programs were organized at the BEC. At the center, all the students engaged in games such as Ludo, Kho-Kho, Kabaddi, and more. Kshama Ji and Pushpendra Ji also distributed biscuits and toffees to all the students. Additionally, the students were encouraged to write about Children's Day and discuss their thoughts the following day.

Regular Classes

On November 17th, former students Deepika and Priyanka returned to the center as teachers, imparting valuable knowledge to the students. They covered various General Knowledge topics, including the current roles of the Prime Minister, Chief Minister, and other key ministers. Additionally, Deepika instructed students in grades 1 to 5 on how to read and write Roman numerals.

On November 20th, Abhishek Sharma, a former student of our center, has been attending classes regularly. He helps all the students learn to read and speak clearly. Whenever a child struggles with their school subjects, they seek guidance from Abhishek Ji, who previously taught at the center for two consecutive months. Currently, he is preparing for the bank examination.

Every Saturday, Pushpendra Ji holds a Bal Sabha for all the students, where each child is encouraged to either narrate a story or recite a poem. The students eagerly share stories and poems from their books during this engaging activity.

As the temperatures drop in November, Kshama Ji has advised all students to come to the center dressed in sweaters, socks, caps, and other warm clothing.

Sopan Library

November in the library offered dance, prayer, storytelling, book reading, verse recitation, and art every day. These activities encouraged students to be creative and build confidence in a warm, joyful space.

Program

On November 13th, the library hosted a Saraswati Vandana competition. Participants were divided into three groups, with Abhilasha Ji serving as the esteemed judge. Trophies and medals were awarded to the students, who were thrilled to receive their prizes. The event wrapped up with a delightful distribution of sweets.

This occasion was organized to celebrate Children's Day. On this special day, students recited poems, stories, and shlokas, filling the atmosphere with joy. The library members also experienced great happiness in being part of this festive celebration.

Other Program

At the request of library members, the following topics will be taught to students of Sanskar Shala:

- The names of the Kands of the Ramayana in sequential order, including their verses and couplets.

- The names of the Vedas.
- The names of the Puranas, along with their respective verse counts.
- The genealogy of King Dasharatha, detailing the names within the lineage.
- Regular revision of all memorized verses to ensure retention.
- In addition to these activities, a brief discussion session is held every month. On Saturday, the 15th, Pragya Madam visited the library, where the month's discussion topic was Sanatan and Spirituality. Pragya Madam and Pragati Raj Vyas took the lead in guiding the session. Throughout the discussion, Madam shared numerous positive and enlightening insights on the topic. She highlighted the significance of practicing meditation for at least five minutes daily and encouraged everyone to prioritize contemplation and self-reflection as vital components of spiritual growth.



अंधकार को क्यों धिकारें, अच्छा हैं एक दीप जलायें

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

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