



# Ek PAHAL

For A Healthy Environment & Better India

March 1

सार

2014

*Our Journey So Far* ● ● ●



*A Better tomorrow starts today*

# Ek PAHAL

For A Healthy  
Environment & Better  
India

*Journey of  
Couple of Years*

**Ek PAHAL** just completed couple of years of a series of innovations with its belief that Education is not about getting higher marks it is much more than that.

## ABOUT US

**Ek PAHAL** is working with a mission to make a significant impact in the lives of students, enabling them to maximize their potential by reforming education, providing a platform/community for the local youth where they can learn, nurture their creativity, be more and more inquisitive and to see the world in new ways. Ek PAHAL helps them identify their passion, to make them fundamentally stronger and have the courage to follow whatever she/he loves to do.

In the years of initiation Ek PAHAL focused primarily on activity based learning, on means to impart Quality education with moral values. An “ **AFTER SCHOOL LEARNING PROGRAM** ” was our ideal & unique concept to provide after School guidance to high school students.

Apart from this a number of interactive talks with local role models, Sessions on book reading (other than Curriculum), Lifelong learning, Gaming Sessions, Meditation sessions, Summer Camps, Olympiads, Reflection sessions, Tours etc were organized.

## BELIEF

### *Our Belief*

*“ Education is not about getting higher marks or degree, it has a deeper meaning associated ”.*



Students Interacting with Manoranjan in  
"Science in Daily Life" Session



## Sessions to impact <sup>E</sup> perspective

- **Science in Daily Life (July 2012)**

About 50 students from different age groups and classes attended our 1<sup>st</sup> session on Science & its relevance to life.

We demonstrated a large number of Science experiments using very low cost materials with our theme of providing scientific classes with the concept of '*Pahle Dikhao Fir Sikhao*'. We were successful in imparting a **sense of curiosity** among them. Students consequently began questioning of what they used to see around but never bothered at. At the end of the session they unlocked answers to many overlooked questions.

- **RUBIK'S CUBE (Oct 2012)**

Most enthusiastic students of Bihar Sharif (Nalanda) attended one-day workshop on

RUBIK's CUBE – World's Largest selling Puzzle. They learnt to solve 3x3 RUBIK's CUBE.

The motto behind the session was to

- ◆ Bring coordination
- ◆ Improve focus, concentration, patience & perseverance
- ◆ Build confidence and help grow social network
- ◆ Improve

hand-eye coordination



## SESSIONS

Ek PAHAL frequently Organizes interactive talks by eminent persons to spark a sense of sensitivity against environmental & social issues apart from building them academically strong.

## Sparking Curiosity

### • First Talk With Mr. Rahul Kumar (Dec 2012)

We gladly welcomed Mr. Rahul Kumar who is pursuing his interest (M.S. Math) from IISER Mohali. Children got the opportunity to understand more about ways of making study interesting through him. They got an idea on Various scopes, the deep co-relation of people's work and research with things they learn at their school. They realized the actual use of learning Algebra, Trigo, Calculus, Statistics etc.

The children loved sharing their learning experience of the talk with us. Here is an excerpt

- ◆ Never to limit your thinking as it limits your personal development.
- ◆ Self comparison is the best comparison.
- ◆ Do not create in yourself - A complaining attitude.
- ◆ Take interests equally in all subjects. No paper is nonetheless of no use.

### • Second Talk With Mr. Saurabh Kumar (Jul 2013)

We cordially invited Mr. Saurabh Kumar (Founder of *Techbirds*) who is pursuing his interest (Aerospace Engineering) from IIT Kanpur to share his valuable time with us. He shared his story of learning, his inspiring journey from a small village to IIT Kanpur and founding *Techbirds* with the children. Saurabh discussed his knowledge about the





aerodynamics, flight principle and all other details pertaining to airplanes, helicopters, choppers and rockets. We were amazed that the middle school children were much interested in the concept & technical differences behind the aeroplane, rockets and helicopters.

Some of the beautiful questions asked were

Mr. Saurabh Kumar discussing aerodynamics & flight principles of an airplane



- ◆ What will happen when anyone will start walking inside the plane while flying ?
- ◆ How the speed of a plane is controlled in air ? How path of a plane is decided in air ?
- ◆ How an airplane stays stable in the air ?
- ◆ How a plane or a helicopter is stopped ? etc.

Our take-away from the talk was that we were successful in shifting the " YES " attitude of children into " WHY " as after the talk children developed a questioning sense. They kept on questioning for things from day to day life they used to come at, that they have taken for granted till now.

## NATIONAL SCIENCE TALENT SEARCH EXAMINATION(Jan2013)



Ek PAHAL  
Conducted the  
National Science  
Talent Search  
Examination



(NSTSE) – A national level Science Competition, in January 2013 for the first time ever at Bihar Sharif (Nalanda) with 65 Students appearing to write for and 5 of the students from class 12 got under 50 ranks at state level and under 3000 in all over India in the National Science Talent Search Examination (NSTSE) organized by Unified Council.

Ek PAHAL Conducted NSTSE this year again (two times in a row 2013 & 2014) on 2<sup>nd</sup> February 2014 with 75 students registered to write for.



## IISER Bhopal Summer Camp (Apr 2013)

### Snapshots of SUMMER CAMP



“ यहाँ के बहुत सारे भैया और दीदी से बातें की। उनसे उनकी life journey को सुना और काफी कुछ सीखने को मिला। बहुत सारे inspiring लोग थे वहाँ। मैंने यहाँ पर आकर महसूस किया कि पढ़ाई भी रोमांचक हो सकता है। Lab के experiments और lectures बहुत अच्छे थे। ”

..... अंकित

6 of our students of class IX<sup>th</sup> out of 78 students all over

india were selected for *Indian Institute of Science Education & Research (IISER) Bhopal*

*Summer Camp – 2013* from our

### AFTER SCHOOL LEARNING PROGRAM

Children shared their exciting journey about summer camp in Bhopal, resolutions, learning, unlearning etc.

### What They Shared ....



“ वहाँ हमने विज्ञान की दैनिक जीवन में उपयोगिता को जाना। मुझे अपने अन्दर एक नया जोश नजर आ रहा है। जिंदगी में कुछ करने और कुछ बनने का उमंग है। ”

..... सत्यम

“ यह मेरा पहला Summer camp था। मैं इस दौरान कई नए लोगों से मिली। यहाँ से पहले मैं कभी लैब नहीं गयी थी। यहाँ का environment हमारे यहाँ से काफी अलग था। यहाँ के सारे टीचर्स बहुत अच्छे थे। वे ये चाहते थे आखिर मैं ऐसा क्या करूँ कि सारे लोग सारी बात का आसानी से समझ जाएँ। अगर मौका मिला तो मैं यहाँ दुबारा जरूर आना चाहूँगी। ”

..... आशा

“ इस समर कैम्प में मैंने Phy, Che और Bio का कई रोचक experiments सीखा। Summer camp में मैंने english में बात करना सीखा। प्रोफेसरों से काफी कुछ सीखने को मिला। ”

..... आकाशदीप





*" Reading without reflecting is like eating without digesting "*  
- Edmund Burke

## Introspections (2012-2013)

Ek PAHAL regularly organized reflection session on every Sundays to share what everyone is learning new apart from their academics either through reading books, meeting people, television or travelling etc. We encourage everyone (students, teachers, ourselves) to read books other than academics and to share their ecstasy with others.

*" The more you read, the more things you will know. The more that you learn, the more places you'll go "*  
- Dr. Seuss



## MEDIA INTERACTIONS

1. Youth Alliance's special mentioning on their Website under Enterprise section for bringing about change.
2. Hindustan Times Jan22, 2014 National Issue.
3. Sanmarg Jan28, 2013 Bihar Sharif Edition.
4. Qaumi Tanzeem Jan29, 2013 Bihar Sharif Edition.
5. DNA City Dec 28, 2012 Bangalore Issue.

**The spirit of service**  
CHANGEMAKERS India's young visionaries are saying no to conventional careers and working with ragpickers, rural communities and solving environmental problems

**Students take a train journey across a hopeful India**  
The views we get from the participants, the role models that we meet, the ideas that they come up with and their stories of how it worked - all of this

**Ek PAHAL**  
Started by Manoranjan Dev, our alumnus from Gramya Manthan (2012), Ek PAHAL is an enterprise in Bihar Kashi, Bihar with a mission to impact the lives of students, enabling them to maximize their potential by reforming education, creating awareness about the environment for the holistic development of nation. It involves local community youngsters and trains them to teach underprivileged children.

**YOUTH ALLIANCE**  
Your path to shared progress



## A Glimpse of *Artworks* by Students at Ek PAHAL



A Masterpiece from rolling papers



A fine blend of Colors with Imagination



Perfect use of Thermocoal Powder with the message to Recycle things



### What Students say after being with Ek PAHAL

Ek PAHAL made me realize what I am.

The 2 year journey with Ek PAHAL was indeed mindblowing experience for me. Apart from moral and scientific knowledge activities like Aeronautics Workshop, RUBIK's CUBE & IISER Bhopal Summer Camp made me open and explore myself. Talks with role models gave me loads of learning & inspiration. Now I see myself as more planned, practical and responsible

..... says Praveet



Past 2 year with Ek PAHAL proved turning point for me.

My journey had really been awesome. There was plenty of learning that I took. Various interactive sessions, talks and especially tour to IISER Bhopal gave the needed exposure which enabled me to introspect better. The Book reading sessions made me to step outside the world of textbooks. And the most important thing, I feel myself somewhat grown my best feeling to have.

..... says Ajeet



Ek PAHAL was like ice-breaking for me.

Involvement with Ek PAHAL made me know me myself little closely and better .

It was a platform which provided me to explore and develop a better understanding be it values, education or society. The sessions has varied contemporary themes which made me realize existing problems & challenges. The inspiring talks changed and broadened the horizon of my traditional way of thinking. Last but not the least, I learnt to act in the light of knowledge

..... says Satyam







## Library cum Computer Centre (Proposed in 2014)

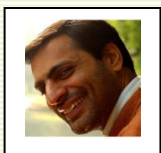


We are planning to start " **Anwesh**a " – A **LIBRARY CUM COMPUTER CENTRE** soon for the community. The idea behind the centre is to create a space where children can learn without any limitations, can discuss/argue freely on any issue they want (very rare to find in small towns or at young age) and be creative. Our focus is to increase the engagement with our idea of *neither age nor financial constraint should restrict anyone from learning*.

Then afterwards in July next year, Ek PAHAL is going to launch an 8 month engagement program for class IX<sup>th</sup> & XI<sup>th</sup> students.

The idea behind this program is to give " **EDUCATION BEYOND SCHOOLING** ", which schools aren't able to provide with its prime focus on, Can children be more responsible, Can they adopt the idea of exploration rather than passiveness, become curious. We aim to develop a rational mind, a scientific mind, and a questioning mind and other important life skills like working in a team, focusing on character ethics like hard-work, discipline, habit of reading skill, lifelong learning etc.

## Heartfelt Thanks (Mentors & Well wishers)



- Ek PAHAL thanks **Ravi Gulati** Sir for regular guidance and nurturing us through our thick and thin. Thanks Ravi Bhaiya for guiding us. You are an inspiration for our entire Team.



- Ek PAHAL also thanks **Prakhar** Bhaiya, **Shefali** Di for being regularly mentoring us and **YOUTH ALLIANCE** for being a medium of our initiation.



- Ek PAHAL thanks **H C Verma** Sir.

Your experiments have helped us a lot in bridging the gap between text book Science and daily life.



*Our heartfelt thanks to everyone ( mentors, wellwishers ) for your continuous support and for having faith on us throughout our journey.*

# Ek PAHAL's Core Team Members



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