



# THE SUNSHINER

Quarterly e-newsletter of Sunshine Society

## PRAYAAS - CENTRE OF EXCELLENCE (COE) GOING STRONG

The classes at our centre of excellence have started in full swing with all necessary precautions like wearing of masks and sanitization. The team comprises of 6 teachers Arvind Kohli, Seema Chaturvedi, Nitish Kumar, Manju Negi, Sunita Bisla and volunteer Sandeepan Dasgupta. We can see the passionate dedication of all the teachers who are putting in their best efforts to impart knowledge to the students. The enthusiasm, inquisitiveness and focus of these children is worth appreciating. The activities of the centre are supervised and managed by Usha Singh.

We are hopeful that the untiring efforts of this whole team will definitely help our children scale new heights.



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# ADMISSION OF BATCH 2020

STUDENT NAME	COURSE	COLLEGE
<b>Dolly Tewari</b>	B.Com	Munishwar Dutt Post Graduate College, Pratapgarh, UP
<b>Gautam</b>	Diploma in Mechanical Engineering	GB Pant Govt College of Engineering, Guru Gobind Singh Indraprastha University, Delhi
<b>Govind Varma</b>	B.Com	Government PG College, Noida, Chaudhary Charan Singh University
<b>Mahima Pal</b>	B.Sc (Medical Lab Technology)	Galgotia University, Greater Noida, UP
<b>Manish Rathore</b>	B.Com (Hons) & pursuing CMA	Dr. Bhim Rao Ambedkar College, Delhi University
<b>Mohit Varma</b>	IT	HCL Techbee, Noida
<b>Prince Raj</b>	BCA	Sunderdeep Group of Institutions, Greater Noida , UP
<b>Seema</b>	B.Sc (Home Science)	Government Home Science College, Chandigarh, Punjab University
<b>Shagun Shukla</b>	B.Com & pursuing CMA	Government PG College, Noida, Chaudhary Charan Singh University
<b>Sheetal</b>	BA (Sociology, Political Science)	Government PG College, Noida, Chaudhary Charan Singh University

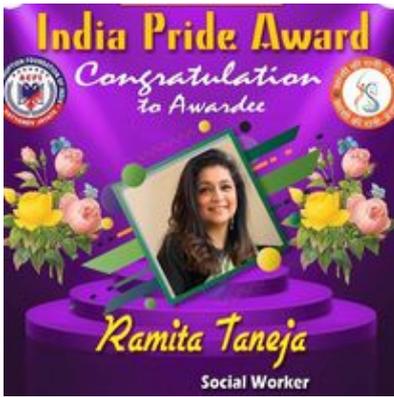
## CYCLE TO SCHOOL

Sunshine Society organized distribution of cycles under "cycle to school" initiative for the students who have to travel long distance to reach their schools. This was desperately needed and came at the right time when the temperature has started soaring.

The cycles were sponsored by Amit Mehra Foundation of Medico Electrodes International Ltd and were given to 13 children.

We express our heartfelt gratitude to them for lending a helping hand to these children by making their commuting easier, faster, economical and independent.





## OUR TORCH-BEARER RAMITA TANEJA

Sunshine Society takes pride in all the achievements and recognitions of our team members. We feel happy to share with all that our Vice President & Lifetime member Ramita Taneja has been appointed as the State Director - UP at Anti Corruption Foundation of India {Registered under I.T.A & Niti Aayog (Govt. of India)}. She has also been honored with the India Pride Award by Anti Corruption Foundation for her extraordinary service to the nation.



Ramita is a very versatile person who is constantly evolving, a go-getter with incredible interpersonal skills. She has many portfolios to her credit. A social worker, counselor, life-coach, motivational speaker, trainer, POSH officer, Editor, TV Anchor and now state director, ACFI.

Sunshine Society takes pride in all your endeavors Ramita!

We feel delighted to have you as our Vice President. Wishing you luck and happiness always!!

## WORKING WITH INDOMITABLE SPIRIT VAISHALI JOSHI MEHTA

Sunshine Society feels happy to share that our Founder and Secretary General, Vaishali Joshi Mehta has been conferred upon with the Mahila Shakti "Udyamita" award presented by Llyod Group of Institutions on the occasion of International Women's Day 2021. She has been honored to appreciate her dedication and contribution to the field of Innovation & Entrepreneurship.

Vaishali was also invited to be part of a panel discussion on the topic "Has the pandemic reinforced the glass ceiling?" under the theme Women in leadership: achieving an equal future in a COVID-19 world.

A charismatic person, Vaishali works with focused vision, exceptional determination and grit with never to say die spirit. Sunshine Society is going strong under her brilliance, guidance and team spirit.



# RESTART OF SUNSHINE'S AFTER SCHOOL STUDY PROGRAM CENTRE, SECTOR 50, NOIDA

The after school study programme centre of Sunshine Society in sector 50 re-started from January 27th, 2021 after a prolonged pause brought in by the pandemic crisis. The children were happy to resume their classes after a long gap.

Mr. Vimal Sharma, President, RWA, sector 50 was instrumental in the re-opening of after school centre and also helped in providing 42 desk chairs for the centre. 21 desk chairs were donated each by Mr. P.K. Agarwal and Mr. Ravi Gupta, a huge respite to children from cold as well as heat. Sh. Shyam, member of RWA also distributed 150 boxes of stationary.

Sunshine children Varsha who is doing physiotherapy and Mohit who is enrolled for HCL's Techbee program, highlighted the support extended by Sunshine and how it is changing their lives while giving a speech at the Republic day function held at the RWA- sector 50 on January 26, 2021.

Sunshine Society expresses it's gratitude to all for this beautiful kind gesture. The re-start of the centre has brought cheer to everyone's faces and it marks the beginning of this new year on an inspirational positive note.



## SUNSHINE'S ANNUAL GENERAL MEET

The 7th Annual General Meeting of Sunshine Society was organized on 27th February 2021 for the financial year 2019-20. Members were present both physically as well as electronically. We feel happy to announce that **Shri V.P.Gupta** has now been appointed unanimously as the Executive Member and Life time member of Sunshine Society.

The AGM started with President's address followed by presentation of audited balanced sheet, statement of affairs, receipts & payments account and annual report. The AGM also witnessed the re-appointment of the auditors and the newly appointed financial consultant who discussed in detail the financial analysis of Sunshine Society for the year 2020-21 apart from the discussion on future prospects and the growth road map for Sunshine.



**Life is a gift, and it offers us the privilege,  
opportunity and responsibility to give something  
back by becoming more  
- Tony Robbins**



**Volunteer Pratiksha Pant, second year student of King George Medical College, Lucknow took session on "Genetics and it's importance" with the children at after school study programme centre, sector 50, Noida**

**On the occasion of International Happiness Day, Young India (Yi) and Childline India show movie to the children of after school programme centre, sector 50, Noida on "Good touch, bad touch"**



**International Women's Day celebrated by distributing chocolates by Srikant sir to our girl students.**

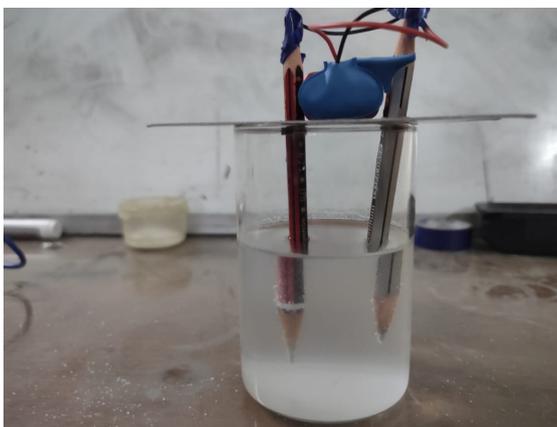
**Look at their smiles & bright happy faces!! Srikant sir teaches english to the children at after school study programme centre, sector 50, Noida**

# BUILDING AND ORGANIZING KNOWLEDGE SCIENCE WORKSHOPS

The workshops conducted by team from Saptrishi Consultancy Services Ltd, a csr initiative of JK Insurance have been really amazing. Currently the workshops are being conducted at our after school study programme centre at sector 50, Noida and at Prayaas-centre of excellence, sector 51, Noida.



The topics which have been covered are magnetism, electrolysis-chemical reaction and it's assessment, concept of flying- special focus on birds and aeroplane and many more. The best part of these workshops is that the children are made to understand the concepts by experimentation and demonstration.



# VOLUNTEERING FOR A CAUSE

MEET SANDEEPAN DASGUPTA

**"Sometimes it is the people, who no one imagines anything of, who do the things that no one can imagine"- Alan Turing**

Sandeepan is an engineering graduate who is trying to influence and shape the world in his own vision, one step at a time. With a passion for writing and photography alongside teaching, the world he portrays through them, is definitely unique.

Having completed B.Tech -mechanical engineering in 2020, Sandeepan has volunteered and is currently teaching maths and science to the students of class 6, 7 and 8 at Prayaas-centre of excellence, sector 51, Noida during weekends. His commitment, grit and determination towards his goals is commendable. Sunshine Society is happy to have Sandeepan as part of our family.



## CREATIVITY @ SUNSHINE



Made by Sapna, class 8th



Made by Sapna, class 8th



Made by Jyoti, class 8th

# Science is a life skill

Pushplata Bhardwaj, Sr. Consultant CSR, Saptarishi Consultancy Services Ltd

"Science is a life skill" is a csr initiative of JK Insurance – Saptrishi Consultancy Services Ltd, both promoted by the Singhania business family who are promoters of the popular JK group now over 135 years old.

The program intends to impart 21st century skills in early adolescents (10-14 yrs) through science experiments, complimented by Inter-generational learning. We arranged training for older adults/senior citizens as csr Program Facilitators through training sessions conducted by NCERT/SCERT faculty. Senior citizens and volunteers are engaged as csr program facilitator because older adult generation is found to be most emotionally intelligent than any other age bracket as found by a number of research studies. This intervention strives to improve science literacy and behavioural outcomes of early adolescents and health outcomes of older adults.

The program is conceptualised and designed to bridge the gap that exists between subjects and value education. Moreover, 21st century is an era of intense transformation in science, health, and economies, which demands development of human resources with new skill sets who can adapt, take initiative and while being flexible also own upto their responsibilities to solve problems and be inventive and remain entrepreneurial. It is a one-month-old intervention. We have plans to associate with 6 ngo partners at 6 different location in Gautam Budh Nagar district, Uttar Pradesh while we presently work in collaboration with 3 ngo partners who are a premier connection in contributing to the development of life skill in 200 early adolescents.

We really appreciate the proactive support of Sunshine Society and are grateful for the Society's open-ness to our ideas in general and specifically for the 'Science is a Life skill' intervention .

**Pushplata Bhardwaj** is working as a senior consultant with JK Insurance and is currently running the csr initiative of JK Insurance, Saptarishi Consultancy Services Ltd. She is a firm believer that science is a life skill and geography is the travelogue of life experience.

Pushplata has held many prestigious positions prior to her current portfolio. She has worked as senior research fellow, CSIR-UGC, Delhi University, as senior coordinator at Eco Root Foundation in Department of science and technology and as Intergenerational learning centre project director at Healthy Aging India.

We welcome Pushplata and her team to Sunshine Society and believe that our children are going to learn and love science.



**An investment in  
knowledge  
always pays the best  
interest  
-Benjamin Franklin**

# Noise Pollution in up coming city Noida

B K Das Chaudhry

While capital is reporting less noisy in some parts of the city as reported by various monitoring stations, Noida, being part of NCR should also do regular check to ensure that in this upcoming city during day and night time the noise level should not go beyond the permissible limit of dB(a).

There are a large number of construction activities going on still in many sectors here. There is a need to declare some silence zones and to ban honking as some roads are close to hospitals, schools and residential areas which are badly affected by these twin problems daily day and night.

One more sad feature is the continued honking / blaring horns by trucks carrying building materials which is also proving more harmful here. Traffic noise adds to incessant vehicular assault on human health. Continued honking by reviving motors, overload vehicles coming and going with high speed and blaring loud music just damage health of commuters and those living close to busy roads.

Should resident sacrifice their much needed peaceful sleep???

Dust mixed with toxic fumes from vehicles badly affect lungs and can lead to any and many chronic diseases. Night traffic is affecting BP of children apart from their concentration in studies. Strict management of traffic and regulating driving behaviour is need of the day here. Some roads should be declared silence zone immediately and the regular offenders be punished with high fines. Local RWAs help can be sought in this regard in the interest of the affected poor residents of concerned areas.

Hope Noida Police and Authority is listening to this humble appeal by a concerned Noidaite in general interest.



The writer of this appeal is a senior resident of Noida. The views expressed in this article are solely that of the writer. He can be contacted on e-mail address [bkdaschaudhry@gmail.com](mailto:bkdaschaudhry@gmail.com)

**Correction does much, but encouragement does more**  
**-Johann Wolfgang von Goethe**

# The Adventure of Kaju & Kishmish- Episode 3

## Vedant Garg, Class 9, Noida

Hey I am Vedant. I am the writer of the series of K and K. If you don't already know, my family and I are parents to 2 cats , Kaju and Kishmish. In the last episode you saw 'the big reveal' where Kishmish turned out to be female and ....pregnant! In this episode you shall see the entire experience of the pregnancy for us as a family. Will we be able to get through it?.. I certainly don't think so.

Yes yes yes, Kishmish turned out to be pregnant, wohoo yay! The whole process was only fun till the part where we could brag about it with our friends and mom could send it to every single whatsapp group possible. The unlimited hours spent in making cool cardboard box houses for Kishmish to give birth in, then trying to convince her to try and go inside, then having to make another one because Kaju Kishmish had massacred it while playing in the night ; all this was tiresome work. The only thing that kept us excited throughout the whole process was the end result of seeing the tiniest little beings that would come out of her.



At one point we even thought of creating a vlog to capture the whole process for the future but naturally that idea didn't work out, half the time it became a diss battle between me and mom and in other half we forgot to keep up the consistency.

Not so surprisingly we saw that Kishmish's diet increased and she started eating more. What was amusing was that Kaju took full advantage of this golden opportunity and ate just as much as she did. It was like he was providing emotional dietary support. But then as the day came closer, we saw her get more settled inside of her small cupboard home. I worked harder on making a sustainable cardboard house comfortable enough to be in than I had worked on any other science project. It had an opening doorway for them to come in and out with warm blankets spread around.

Then finally on 27th April I kissed Kaju and Kishmish good night and dozed off. Then suddenly at around 2 am I was woken up by my mom. I already knew what had happened. I rushed to the room where the card box/ kishmish's home was stationed and slowly peeked inside. What I saw next melted my heart! In the card box was a rather tired Kishmish cuddled around a small teeny tiny being. I saw a hazel-colored kitten cuddling on her mom's stomach. She was half the size of my palm and snuggled inside Kishmish. (I didn't know that the new baby was female until much later, of course.)

Marveled at this beautiful site, I too snuggled inside my bed. As soon as the clock hit the 7 am alarm, I woke up and rushed out of my bed to see if there were any new updates. And I was absolutely shocked after what I saw next. Not only was there one but two tiny little kittens next to Kishmish! One was the exact replica of Kishmish and the other of Kaju. Their eyes were shut and they looked like small mice. Obviously, we didn't touch the kittens until at least a week because it wasn't safe for them and we didn't want to spook Kishmish (the mother).

However much I wish to continue the saga here, I would continue it next time. There are loads of exciting stuff and details to share further, so don't miss the next issue!



## Editor's Note



"Inspiration is one thing and you cannot control it, but hard work is what keeps the ship moving. Good luck means work hard.."— Kevin Eubanks

The key to achieve your goals and be successful!!

Dear Reader

2020 was a difficult year for all of us. We all faced struggles and challenges but have managed to come so far. This current year does not seem to be smooth though, with the current surge in the number of covid cases throughout our country. But as the saying says that all that is needed is hard work to keep the ship sailing until we reach our destination. And so, that is what we all are trying to do at Sunshine Society and are thankful to you for your continuous trust and cooperation. Keep supporting us!

Hope you enjoyed reading the e-newsletter. If you have time and can spare some, then Sunshine Society needs you as a Volunteer. You may write to us at the below mentioned email to understand the various areas where your expertise can be utilized.

Sunshine also invites more participation from our readers in the form of articles, anecdotes, quotes, poems, stories, experiences, creative photography, drawing or painting. Your contribution should focus on issues related with senior citizen, children and environment. In case you have ideas to improvise the e-newsletter or add a section or if you have a query/ feedback/ suggestion, please feel free and write to me at the below mentioned email addresses. Don't forget to like and follow us on

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Keep writing and smiling!

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