
ŚaktiSaṅkhyā (शक्तिसंख्या)

Guru Led Energy Tracking

Sri Gnana Peetam - 25 September 2025



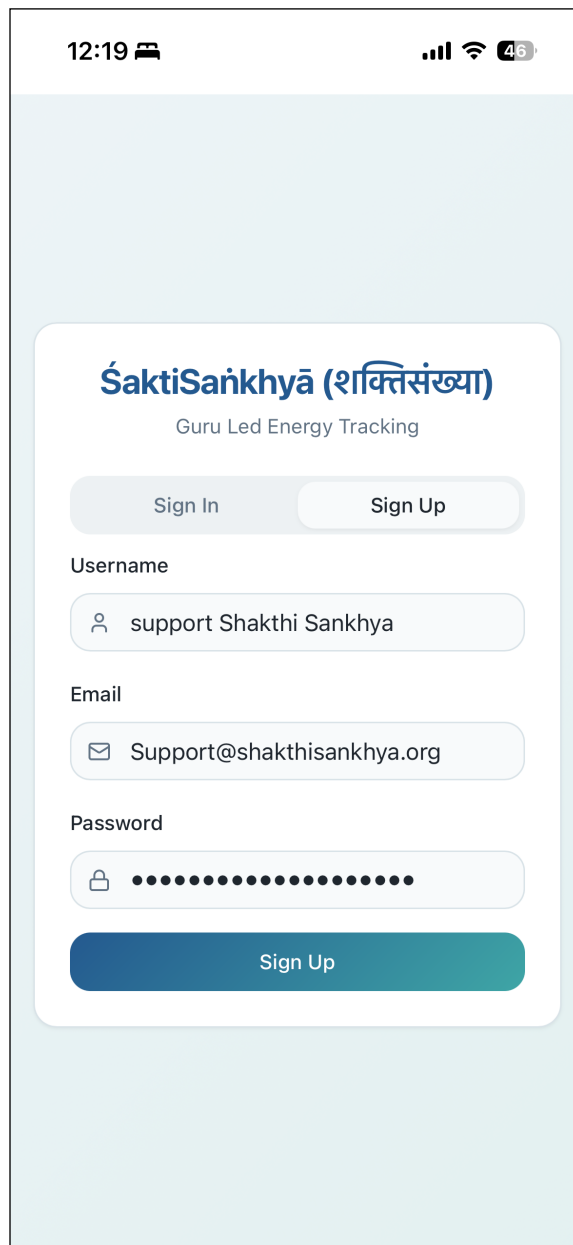
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Quick Reference Guide

Here's a **step-by-step QRG (Quick Reference Guide) article** for the *Shakthi Sankhya* app, designed for both elderly and tech-savvy users, covering all requested features.

1. Sign Up

- **Step 1:** Install the app “ShakhiSankhya” and Open it on your mobile.
- **Step 2:** Tap the “Sign Up” button.
- **Step 3:** Enter your username, email id, and set password. (*Password should be at least 6 chars with at least 1 upper case, 1 lower case letter, 1 digit and 1 special character*)



The screenshot shows the sign-up interface of the ShakthiSankhya app. At the top, the status bar displays the time 12:19, signal strength, Wi-Fi, and 46% battery. The app header includes the title 'ŚaktiSāṅkhyā (शक्तिसंख्या)' and the subtitle 'Guru Led Energy Tracking'. Below the header are two buttons: 'Sign In' and 'Sign Up'. The form fields are labeled 'Username', 'Email', and 'Password'. The 'Username' field contains 'support Shakthi Sankhya', the 'Email' field contains 'Support@shakthisankhya.org', and the 'Password' field is masked with dots. A large blue 'Sign Up' button is at the bottom of the form.

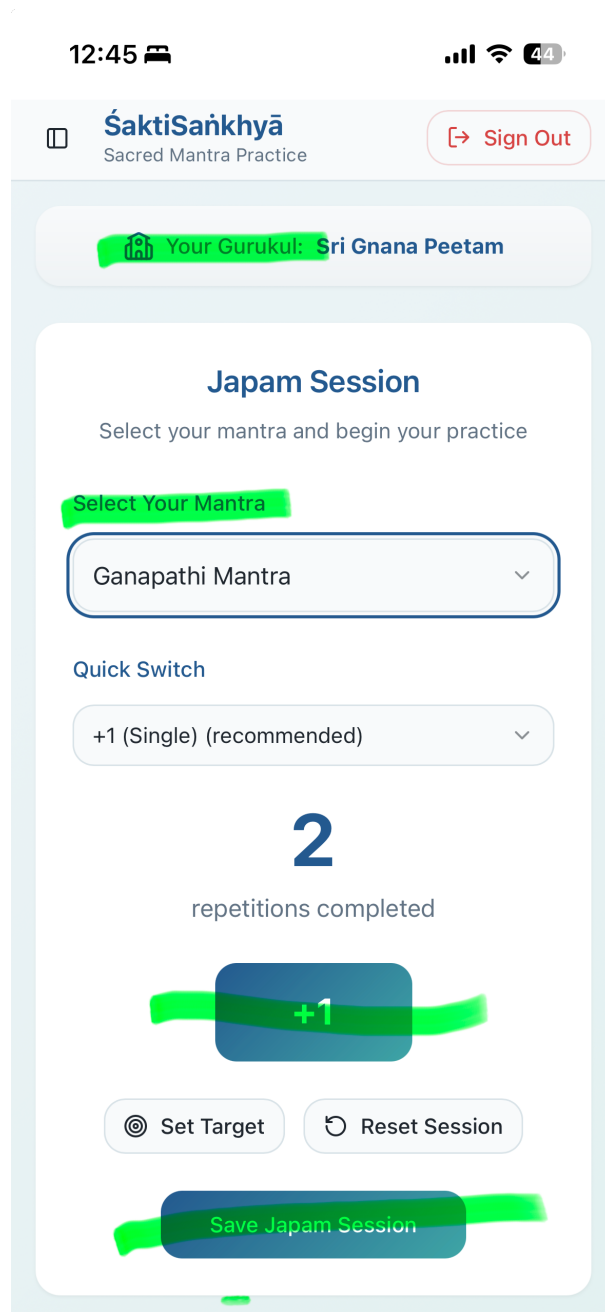
- **Step 4:** Tap Sign Up.
- **Step 5:** You should receive an email to confirm your account
- **Step 6:** Open the confirmation email and tap the Confirm email
- **Tip for Elders:** Use simple, easy-to-remember passwords. Ask family members for help if needed.

2. Request Your Guru to Assign You to a Gurukul

- **Step 1:** After signing up and logging in, notify your Guru (spiritual guide) that you've joined. Guru has to notify the support team for now by emailing to support@shakthisankhya.org
- **Step 2:** The Guru can assign you to their Gurukul (spiritual group) through the app's admin interface.
- **Step 3:** Once assigned, you will see your Gurukul displayed in the "My Gurukul" section. By default all signed up users are assigned to a common Gurukul "General"
- **Tip for Elders:** If you're unsure, ask your Guru to confirm your Gurukul assignment.

3. Start Japam Practice

- **Step 1:** Go to the "Japam Session".
- **Step 2:** Make sure you are assigned to your Gurukul.
- **Step 3:** Select your Mantra, Add repetitions and Tap on Save Japam Session
- **Step 4:** Once session is saved you should get a message Session saved successfully.



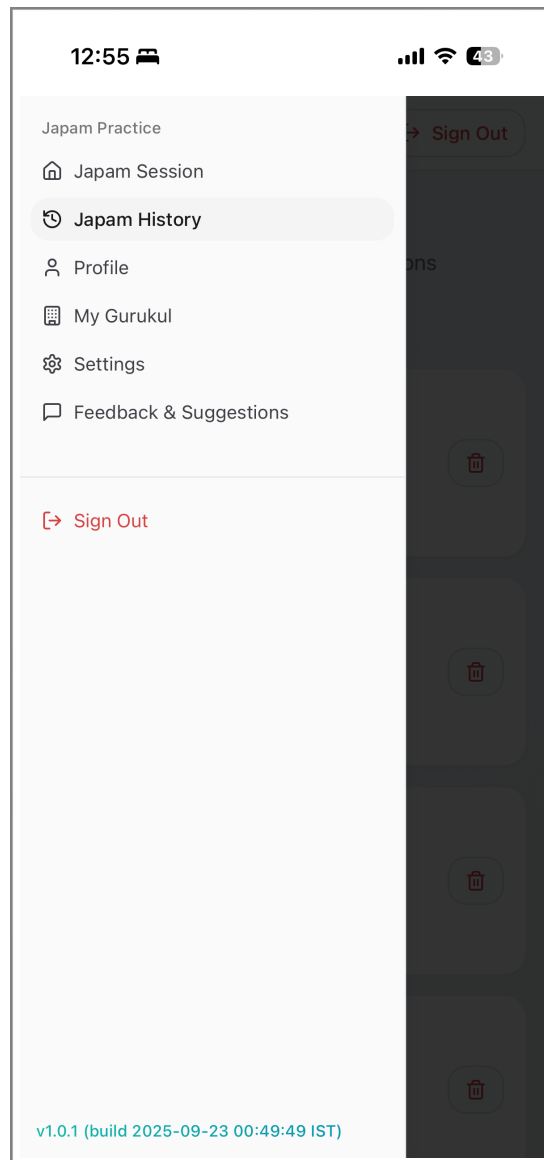
4. Easy Practice and Set Target Practice

- **Step 1:** In the “Japam Session” screen, you can choose between “Easy Practice” (open-ended chanting) or “Set Target.”
- **Step 2:** For Set Target, tap on Set Target enter the number of chants you wish to complete (e.g., 108, 1008).
- **Step 3:** Tap “Start” and begin your session. The quick switch will automatically choose the relevant incremental count, you can use it or change to your preference.

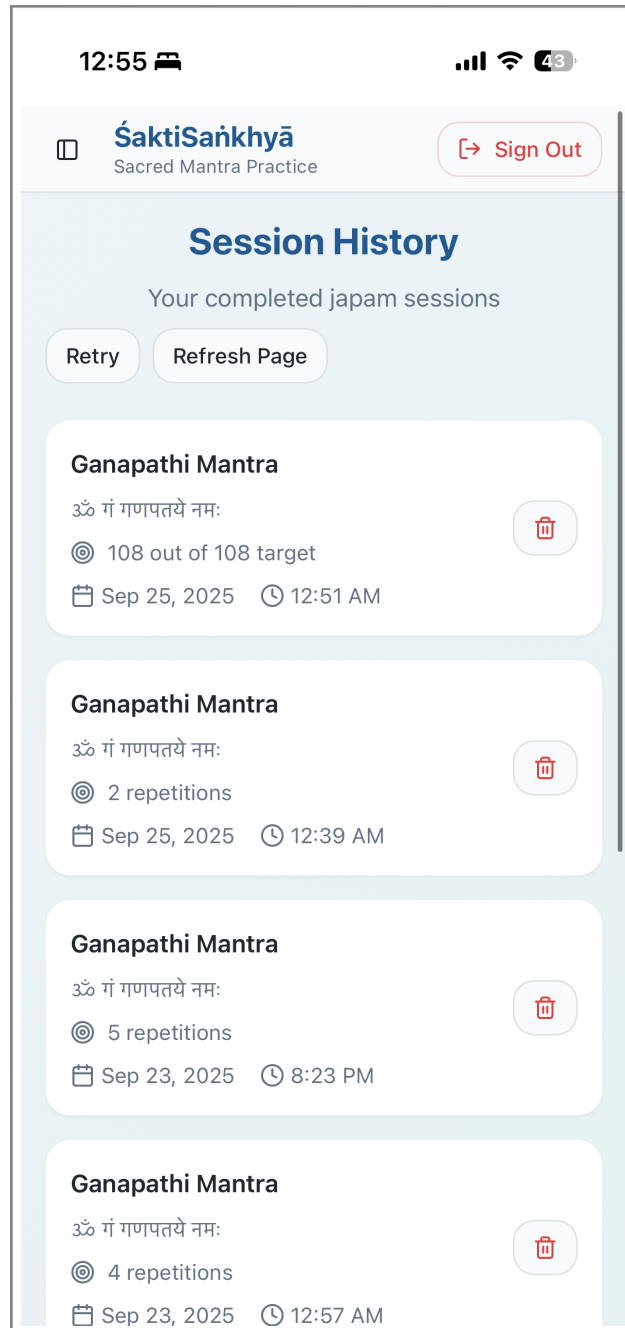
- **Step 4:** When you reach your target count, You will get a toast message Target Reached and session saved automatically. Counter is reset.
- **Tip:** Targets help guide regular practice and motivate progress.

5. View History

- **Step 1:** Tap Burger menu to open the left navigation and tap “Japam History”.

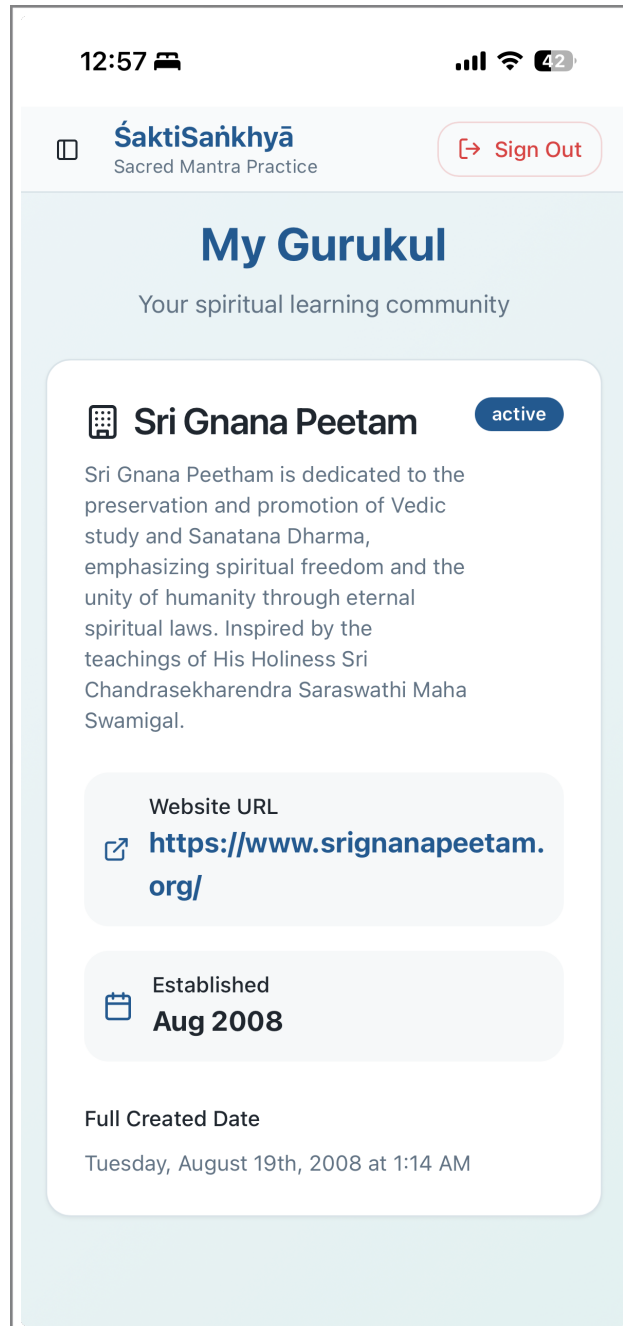


- **Step 2:** Review past sessions, see the number of chants completed, dates, and any badges or milestones earned.
- **Tip for Elders:** You can easily track daily, weekly, and all-time progress here.



6. View Gurukul Details

- **Step 1:** Tap “My Gurukul” sidebar/menu.
- **Step 2:** Here you’ll find information about your Gurukul.



- **Tip:** Contact *your Guru directly if something seems incorrect or missing.*

7. Feedback and Settings

Feedback

- **Step 1:** Open the “Feedback & Suggestions” page.
- **Step 2:** Fill in the form:

- *Category* (choose Suggestion, Bug Report, Feature Request, Compliment, Other)
 - *Title* (short summary)
 - *Description* (details)
 - *Name* (Anonymous or your name)
- **Step 3:** Tap “Send.” You’ll see “Thank you for your feedback!” after submitting.

The screenshot shows a mobile app interface for "ŚaktiSāṅkhyā Sacred Mantra Practice". At the top, the status bar shows the time 12:54, signal strength, Wi-Fi, and 43% battery. The app header includes a home icon, the app name "ŚaktiSāṅkhyā", the subtitle "Sacred Mantra Practice", and a "Sign Out" button. The main content area is titled "Feedback & Suggestions" with a subtext: "Help us improve ŚaktiSāṅkhyā by sharing your thoughts, suggestions, or reporting issues." The form consists of several sections: a "Category" section with a dropdown menu labeled "Select a category"; a "Title" section with a text input field labeled "Brief summary of your feedback"; a "Description" section with a larger text input field labeled "Please provide detailed information about your feedback..."; a "Need direct support?" section with the text "You can also contact us directly at: shakthisankhya@gmail.com"; and a "Name" section with two radio button options: "Submit anonymously" (which is selected) and "Include my name". At the bottom of the form is a large blue button labeled "Send Feedback".

Settings

- **Step 1:** Tap “Settings” in the sidebar.
- **Step 2:** Adjust notification preferences, profile details, and other app options as needed.
- **Step 3:** Delete Account is used to Completely Delete your account and all related data.
- **Tip for Elders:** *If unsure, ask a family member or your Guru before changing settings. Most settings don't affect basic japam counting and group functions.*

General Tips

- Menus are **sidebar-based/hamburger menu** for easy navigation.
- **Feedback** is always visible for suggestions or help.
- **Designed for simplicity and accessibility:** Large buttons, straightforward steps, and support for mobile devices.
- Ask for help from Gurus or family tech-savvy members if ever stuck—no spiritual practice will be lost if the app is closed accidentally.
- To find the app in your phone - just type SS in search bar on your mobile.
- For any queries, email us at support@shakthisankhya.org