

# ŚaktiSaṅkhyā (शक्तिसंख्या)

## Guru Led Energy Tracking

Sri Gnana Peetam - 25 September 2025



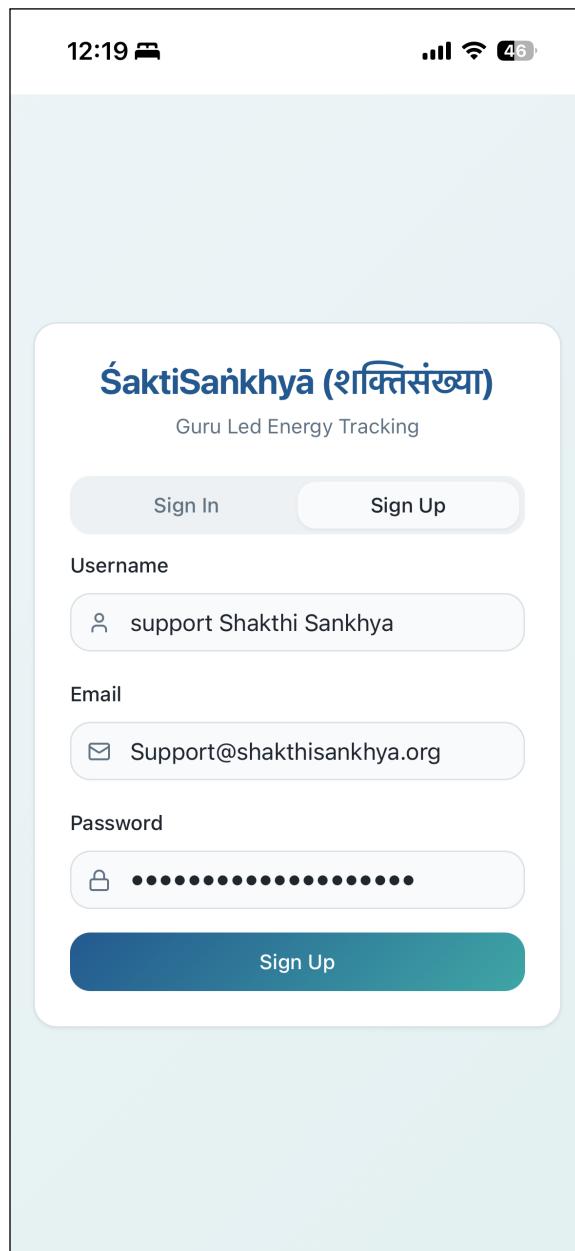
Quick Reference Guide	3
1. Sign Up	3
2. Request Your Guru to Assign You to a Gurukul	4
3. Start Japam Practice	4
4. Easy Practice and Set Target Practice	5
5. View History	6
6. View Gurukul Details	7
7. Feedback and Settings	8
Feedback	8
Settings	10

# 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*)



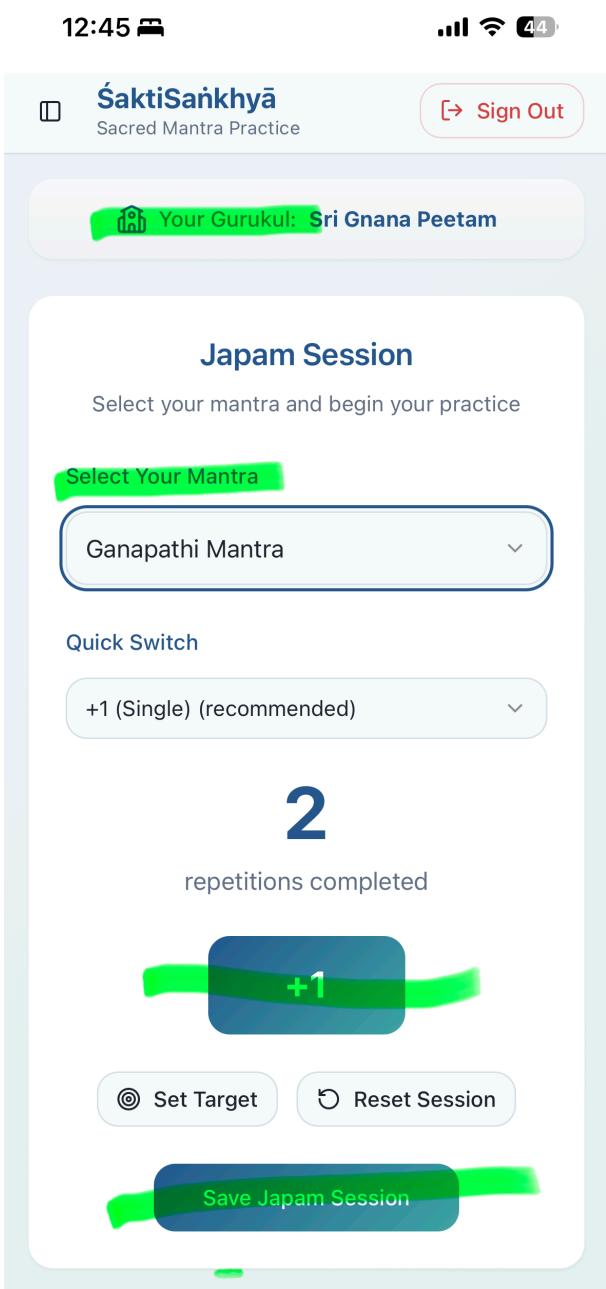
- **Step 4:** Tap Sign Up.
- **Step 5:** You should receive an email to confirm your account
- **Step 6:** Open the confirmation email and tap the Confirm email
- ***Tip for Elders:*** Use simple, easy-to-remember passwords. Ask family members for help if needed.

## 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](mailto: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.



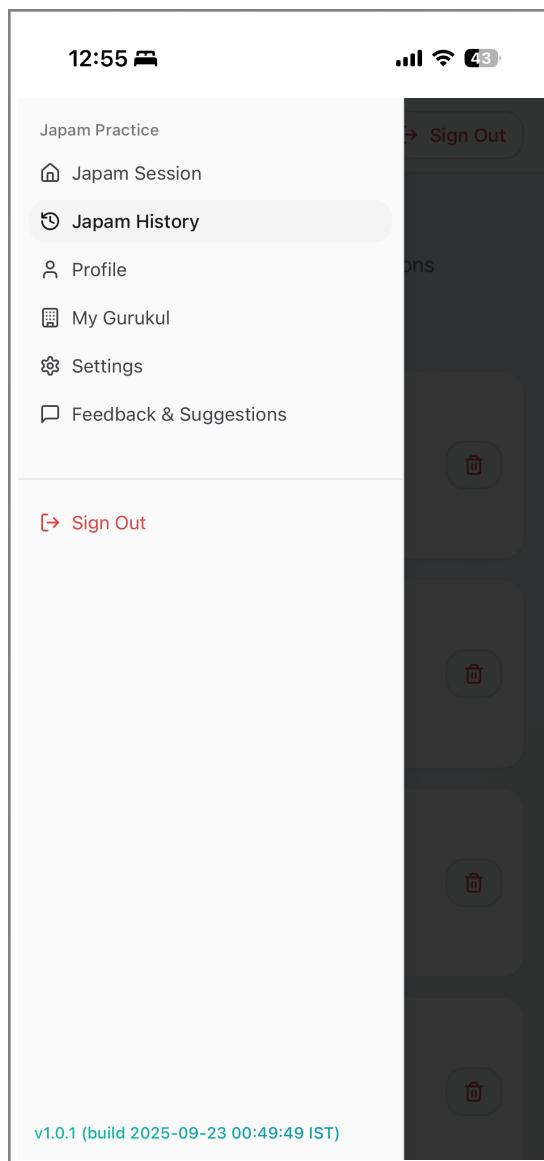
## 4. Easy Practice and Set Target Practice

- **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.

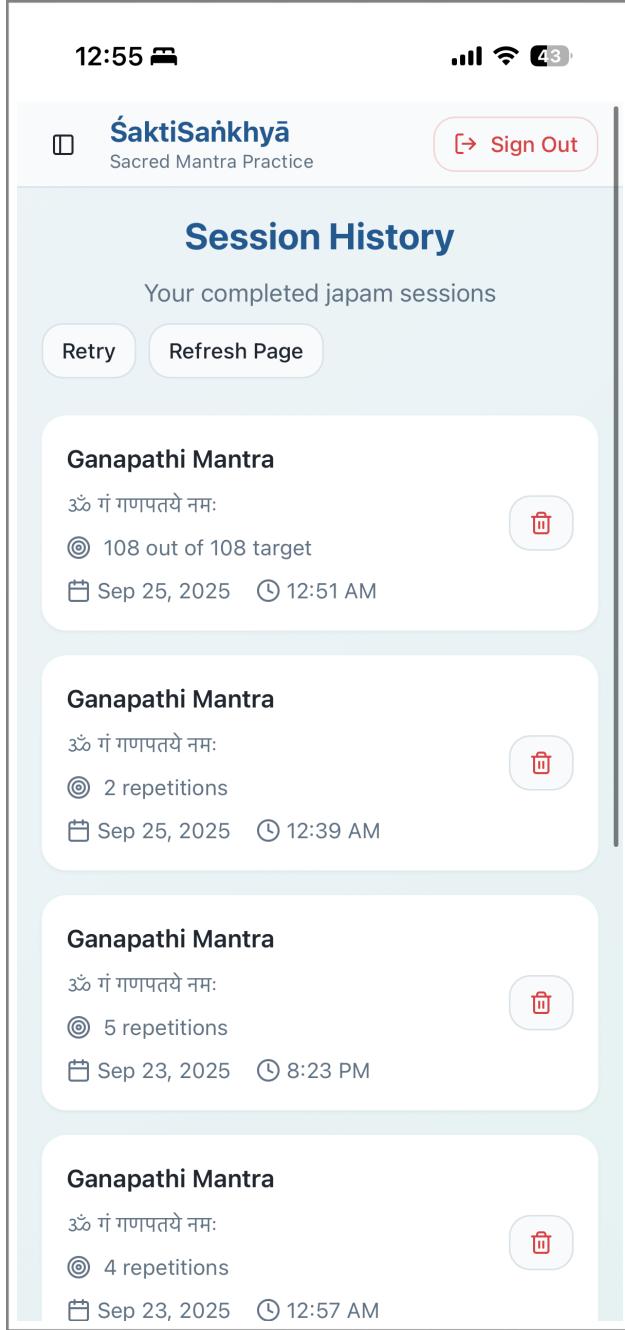
- **Step 4:** When you reach your target count, You will get a toast message Target Reached and session saved automatically. Counter is reset.
- **Tip:** Targets help guide regular practice and motivate progress.

## 5. View History

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

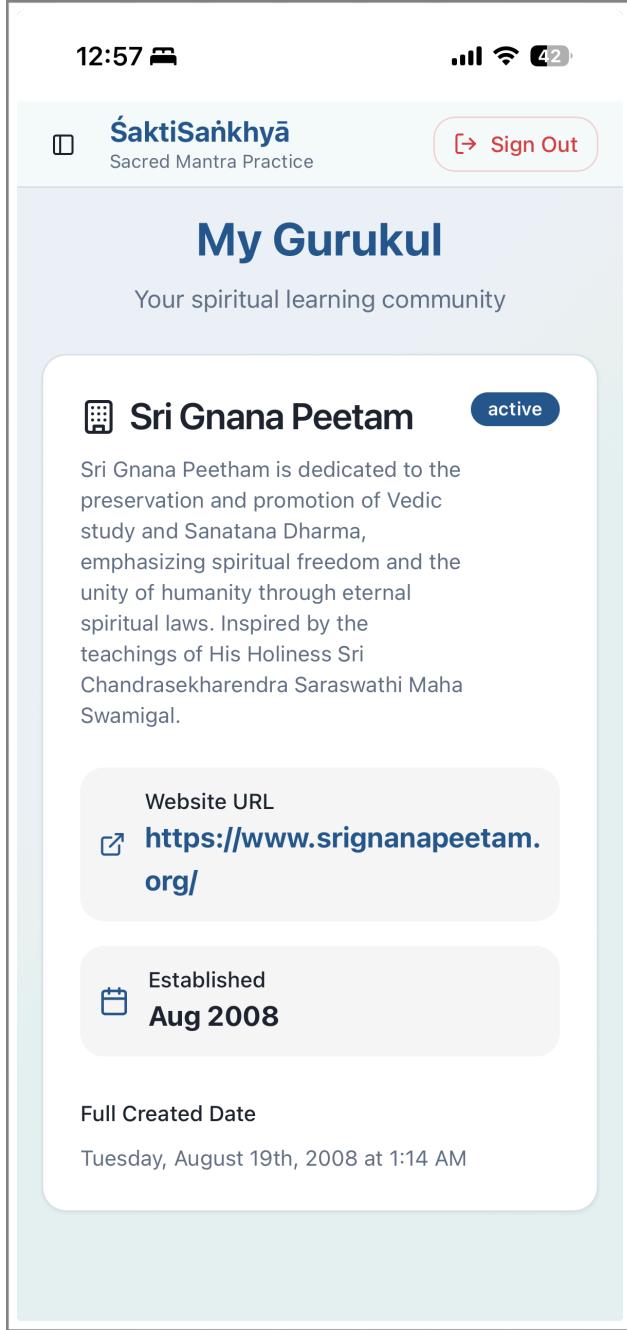


- **Step 2:** Review past sessions, see the number of chants completed, dates, and any badges or milestones earned.
- **Tip for Elders:** You can easily track daily, weekly, and all-time progress here.



## 6. View Gurukul Details

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



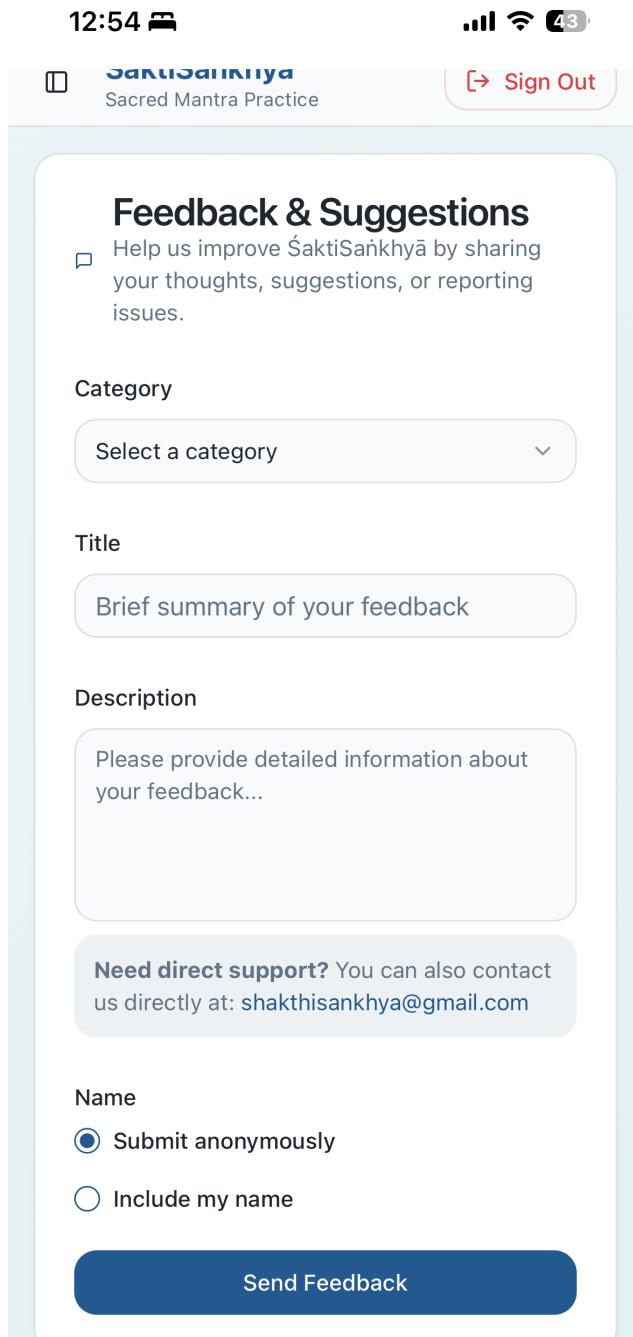
- **Tip:** Contact your Guru directly if something seems incorrect or missing.

## 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.



## 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](mailto:support@shakthisankhya.org)