



To The Reader

In my life I was going through a transition phase and situations were very challenging for me. My coping power fell extremely short to face the financial issues, relationship management (with my parents, brothers, colleagues as well as my spouse) particularly when COVID lock down was imposed in Mar. 2020. My dichotomy approach (द्वेध दृष्टिकोण) to resolve the various issues made my situation more miserable. And, fragmented treatment to resolve the problems always provided temporary relief to me rather their permanent solution. It was only then, it was a breather for me to associate with 'Making You Powerful'. Since then gradually, I have been learning different aspects of life.

Associating with 'Making You Powerful' made me able to perceive the issues in a complete way rather than having a segmented/ fragmented perception. The process of having a 'continuum' approach of observing persons/issues was developed into me by continuous hand holding by Mr. Chandramani at MYP sessions over a period of months. This enabled me to visualize, opt and move towards permanent solution of persisting problems and to understand the inter relation between these issues and situations. The self concept of mine has changed after going through the systematic process at MYP.

At MYP my problems were listened with acute attention and basics of life were again curated at one to one sessions with no hurry. Tailor made/ much customized solution/ no general solution were provided. He tried to cover/ touch the whole some aspect my personality/ requirements. He helped in understanding life in a manner free of strings/ untying of existing knots. Ways to handle adverse situation in a humble and very strong manner has been made to exercise by me in my real life. This is where hand holding and practical is very much important and MYP has an edge over other similar enterprises. You can discuss your issues at your comfort and real time options are provided without any hypothesis.

As a result of it, I started to visit my parents' home and communicating with them at regular intervals. Behaviour with my spouse and colleague at work space became cordial. At MYP, many little things which I already knew and was not in practice were re-discovered. These little things play vital roles in our day to day life. This is where hand holding means a lot and lot. Very professional & systematic approach was observed to 'being powerful' in an overall manner. If someone is perplexed in life or unable to sort out his issues or wishes to have self augmentation in life, then do consult with MYP at least once. Best of luck to all!

Regards

Rajesh Kumar Vishwakarma
Senior Teacher
Sr. Secondary School, Bokaro, Jharkhand