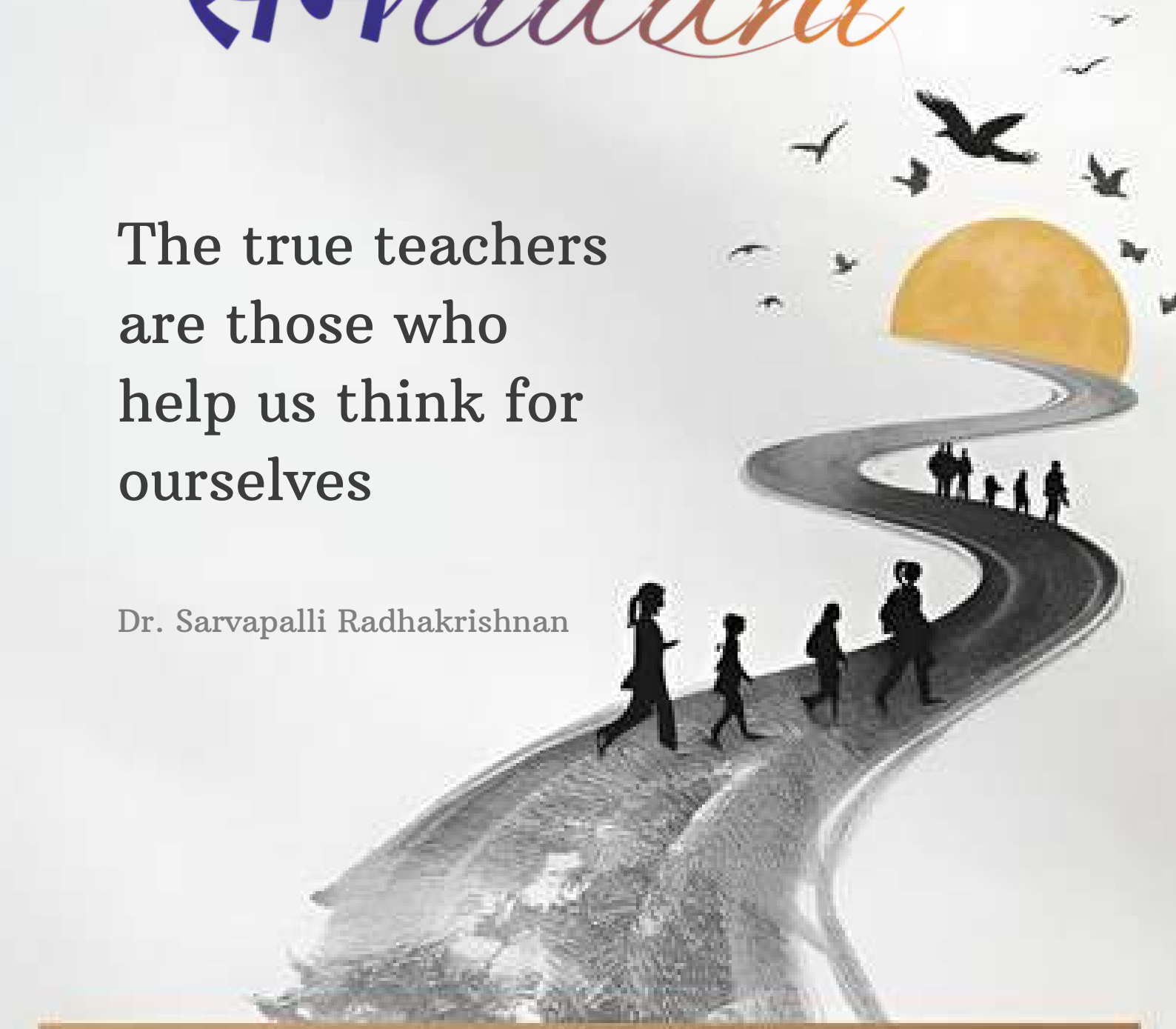
CSRL's Quarterly Newsletter | Issue 5

CSRL
TRANSFORMING LIVES

समriddhi

The true teachers are those who help us think for ourselves

Dr. Sarvapalli Radhakrishnan



BEYOND THE BLACKBOARD

The main objective of teaching is not to give explanations, but to knock at the doors of the mind.

Rabindranath Tagore

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In this newsletter you can expect:

- Director General's Message
- Annual Faculty Meet
- Steps towards success
- Faculty Insights
- Quarterly Highlights
- Award and Recognition
- Wisdom Nugget
- Reader's Compass
- Indulge and Think!
- Connect with Us

From the Desk of DG



गुरुर्ब्रह्मा गुरुर्विष्णुः गुरुर्देवो महेश्वरः।
गुरुः साक्षात् परब्रह्म तस्मै श्री गुरवे नमः।
(Guru is the creator, Guru is the preserver and Guru is the transformer; Guru is the ultimate reality. Our Salutations and Reverence to the divine Guru)

Knowledge is our carrier across the river of life and our **Gurus represent the guiding light.** Without their guidance the river feels uncertain, and the journey – mostly directionless. At CSRL, we see this truth come alive every single day. Our gurus — nearly **100 faculty members** from diverse walks of life — are united by a shared vision – Transforming Lives. Their mission is to mentor, to inspire and to ensure that every student entrusted to us realizes his / her true potential. They are much more than educators; they are role models, motivators and often the strongest anchors in our students' lives.

As we honour their contributions by dedicating this issue to our revered Gurus, we also celebrate the fruits of their labour. This quarter has been a period of pride and fulfilment — with our students earning seats in some of the most prestigious institutions of the country. Dreams that once felt distant have now taken shape, and behind each achievement is the quiet dedication of a teacher who believed, guided, and stayed the course.

The journey of our students reminds us that education is not just about results but about resilience, not only about admissions but about aspirations that ripple into families and communities. And it is our teachers who make this possible.

And today we all take a collective vow to carry forward this spirit of gratitude and commitment. The river of life may be long and unpredictable, but with the boat of knowledge and the guiding hands of our Gurus, no journey will remain incomplete. Together we will continue to guide, to inspire, and ensure that every dream is realised.

Shri NK Bharali
Director General
CSRL









Faculty Meet

Uniting Minds, Shaping Future

Faculty Meet, a collaborative effort to strengthen collaboration between faculty and management to enhance academic excellence and student success.

Finding the X, Understanding the Y

For a student to find the X, a teacher must first understand all the Y. This simple equation captures the essence of what we do at CSRL. True teaching is never just about delivering lessons. It begins with preparation, understanding, and empathy. It requires insight into where a student struggles, patience to guide them through challenges, and a willingness to walk alongside them as they learn.









As we prepare for another year of transforming lives, we reflected on how to make learning richer, more engaging, and more impactful. Education at CSRL is never the responsibility of a single teacher; it is the result of a shared commitment across the organization. From solving doubts to refining curricula and providing resources, every member plays a vital role in creating an environment where students can thrive.

Teaching at CSRL is more than a duty. It is a shared mission, a combined effort, and a commitment to shaping lives. When every member of the team contributes with dedication and heart, students do not just learn they thrive, they grow, and they are empowered to light the path for others.

Steps Toward Success

147

STUDENTS IN

IITs

262

STUDENTS IN

NITs

297

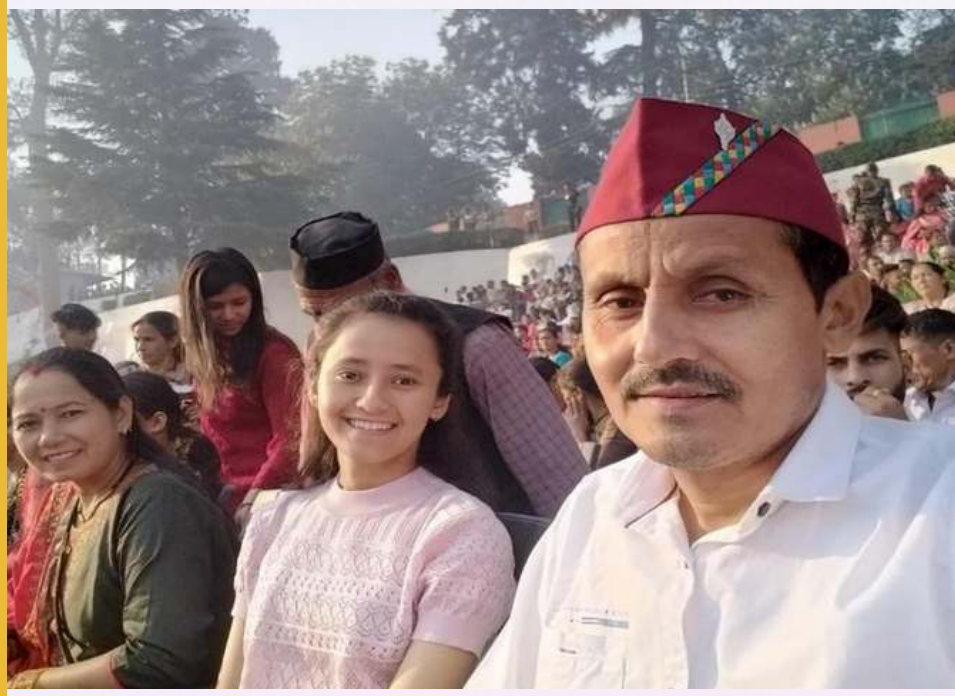
STUDENTS IN

Govt. Engg. Colleges

Ever since childhood, I was drawn to Maths and Science, and in Class 12, I dared to dream of cracking the IIT entrance — one of India's toughest exams. My first attempt ended in failure, but it taught me resilience. Coming from a financially humble background, private coaching wasn't possible — until GAIL Utkarsh Super 50, Haldwani gave me a new chance.

That one year transformed my life. With focus, patience, and belief, I not only cleared IIT but grew stronger as a person. Today, as a Civil Engineering student at IIT BHU, I carry immense gratitude — for Super 50, for my mentors, and for the power of second chances.

Poonam Koranga
Civil Engineering, IIT BHU
GAIL Utkarsh Haldwani
Batch 2024–25









Coming from a humble background in Maharashtra, my dream of getting into IIT often felt out of reach. Joining ONGC Super 30, Jalgaon changed everything. With the guidance of dedicated teachers and constant support from mentors, I overcame my struggles and built confidence step by step.

Today, I feel proud to have secured admission to IIT Patna (Physics Branch) — a dream made possible by the opportunity and guidance I received at ONGC Super 30, Jalgaon.



K***RISHNA MULE***
PHYSICS, IIT PATNA
ONGC Super 30, Jalgaon
Batch 2024–25



There was a time when I wasn't sure if I'd ever be able to crack NEET. Coming from a financially weak background, having lost my father at the age of 10, and with my mother currently battling third-stage cancer, the odds were clearly not in my favor. I had the dream, but not the means. The path ahead looked uncertain.

Everything changed when I got selected for Oil Pragyan Super 30, a free residential coaching program sponsored by OIL and CSRL. That one opportunity became the turning point of my life. It gave me hope, purpose, and the belief that maybe—just maybe—my dream of becoming a doctor could become reality.

Those 11 months at the institute were not just about academics. It was a journey of transformation. The teachers there didn't just teach—they believed in me, even when I doubted myself. Their constant guidance, patience, and faith kept me going through the toughest days. The mental and emotional support I received was beyond words.

The institute provided every facility I could possibly need—books, accommodation, food, a healthy routine, and most importantly, a family-like environment. I felt cared for, supported, and seen. The friendships I built and the memories I made there will stay close to my heart forever.

I am truly and deeply thankful to the sponsors, OIL and CSRL, and to each member of the faculty for giving me the strength to dream and the tools to achieve it. Without this opportunity, I wouldn't be where I am today. I carry forward not just the success of cracking NEET, but the values, discipline, and kindness that this journey has gifted me.

Annesha Paul
MBBS, Jorhat Medical College
OIL Pragyan Super 30, Jorhat
Batch 2024-25

103*

Students got into MBBS

3*

Students got into AIIMS

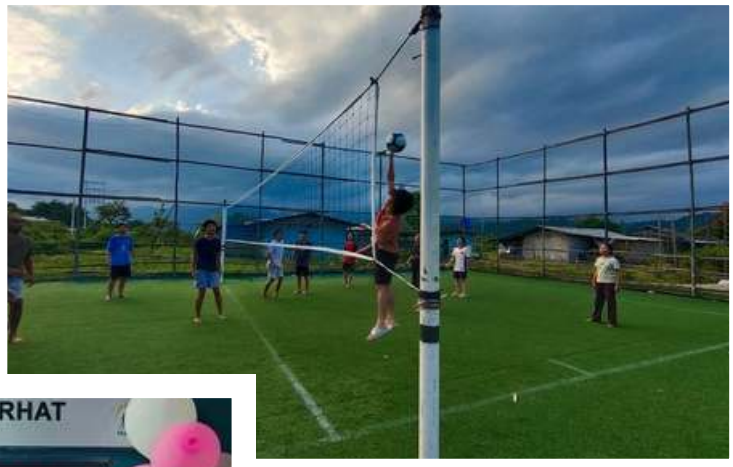
17*

Students got into Govt Medical Colleges

**Admissions till second round of counselling*

Quarterly HIGHLIGHTS













A JOURNEY OF DREAMS AND PURPOSE

Pallab Jyoti Baishya
Trainee Faculty-Mathematics
Oil Pragyan Super 30, Itanagar



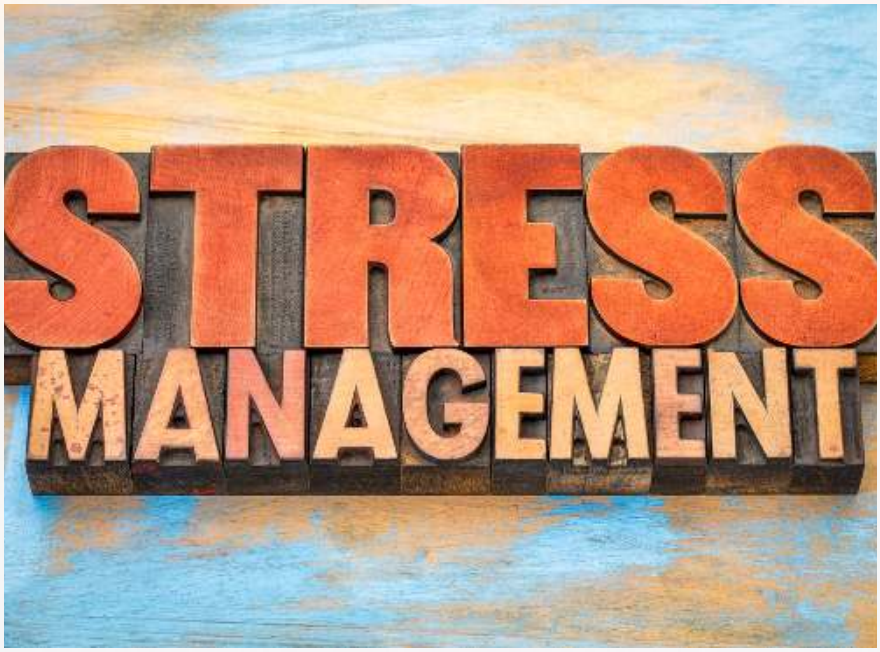
When I look back at my journey, it feels like life has come full circle. **I am an Electrical Engineering graduate from NIT Silchar, and currently, I work as a Trainee Faculty of Mathematics at the Oil Pragyan Super 30 Project in Itanagar.** It has been over a year in this role, and now, as I step into mentoring my second batch of students, I realize that choosing this field over an IT job was perhaps the most exciting and meaningful decision of my life.

During my own student days at Super 30, I had a dream to study at one of the top IITs of India. Despite my best efforts, I could not make it. At that time, it felt like a missed destination. But today, when my first batch of students, whom I mentored and taught with dedication, called me to share their stories of getting into IITs and expressed their gratitude, I feel as though I am fulfilling my dream, just in another way. Their success, their words of thanks, and their achievements give me a sense of accomplishment far greater than I ever imagined.

This experience has made me realize that being an IITian was never the ultimate goal, the journey itself was the teacher. The perseverance, discipline, resilience, and adaptability we cultivate during this process are what truly define us. In these 11 months of rigorous preparation, our students not only sharpen their intellect but also strengthen the foundation of their mental and physical growth. That is what enables them to adapt to entirely new environments and thrive beyond their comfort zones.

It is about new beginnings, life transitions, and the rewriting of futures. While some students step into the institutions of their dreams, fresh faces arrive at our centres with hearts full of hope. Their journeys are just beginning, and they remind us why we do what we do.





नीट तनाव से निपटने के लिए सुझाव

Akansha Choudhary
Botany faculty,
Gail Gas Ranchi Super 30

1. **एक ऐसी अध्ययन योजना बनाएं जो आपके अनुकूल हो**

लंबे समय तक अध्ययन करने पर नहीं, बल्कि निरंतरता पर ध्यान केंद्रित करें। आपने शायद यह कहावत सुनी होगी, "मछली पेड़ पर नहीं चढ़ सकती।" यही बात अध्ययन की दिनचर्या पर भी लागू होती है—जो किसी और के लिए कारगर है, वह आपके लिए कारगर नहीं भी हो सकती।

इसलिए एक सुव्यवस्थित अध्ययन योजना बनाएँ जो आपकी मदद करे, और साथ ही, यह यथार्थवादी भी होनी चाहिए। और नहीं, इसका मतलब यह नहीं है कि आपको सिर्फ़ इसलिए रोज़ाना 12 घंटे पढ़ाई करनी होगी क्योंकि कोई और करता है। असल में जो मायने रखता है वह है निरंतरता।





इसलिए अपने पाठ्यक्रम को छोटे-छोटे, प्रबंधनीय भागों में बाँट लें। ऐसे दैनिक या साप्ताहिक लक्ष्य निर्धारित करें जो आपको असंभव महसूस किए बिना आगे बढ़ने में मदद करें।

और सच कहूँ तो—सिर्फ़ घंटों पाठ्यपुस्तकें पढ़ना उबाऊ हो सकता है। इसके बजाय, सीखने को और ज़्यादा दिलचस्प बनाने की कोशिश करें। माइंड मैप, फ़्लैशकार्ड का इस्तेमाल करें, या किसी दोस्त को कोई अवधारणा सिखाएँ। आप जितनी ज़्यादा सक्रियता से सामग्री के साथ बातचीत करेंगे, उसे उतना ही बेहतर ढंग से याद रख पाएँगे।

नोट: नियमित रूप से दोहराना उतना ही महत्वपूर्ण है जितना कि नए विषय सीखना।

2. यथार्थवादी लक्ष्य निर्धारित करें

पाठ्यक्रम को छोटे, प्रबंधनीय कार्यों में विभाजित करें। अगर मैं फेल हो गया तो क्या होगा?" या "मैं पर्याप्त पढ़ाई नहीं कर रहा हूँ।"

ऊपर बताए गए विचारों में फंसना आसान है। लेकिन इस तरह की सोच आपके लिए मुश्किलें ही खड़ी करती है। इन विचारों में फंसने के बजाय, अपनी प्रगति पर ध्यान केंद्रित करें। छोटी-छोटी उपलब्धियों का जश्न मनाएँ, चाहे वह कोई कठिन अध्याय पूरा करना हो या अपने मॉक टेस्ट स्कोर में कुछ अंकों का सुधार करना हो।

अपनी तुलना दूसरों से करने से बचें। हर किसी की सीखने की अपनी गति होती है, और सिर्फ़ इसलिए कि कोई और आगे दिखता है, इसका मतलब यह नहीं कि आप पीछे हैं। अपनी यात्रा और प्रक्रिया पर विश्वास रखें।



3. सीखने को आकर्षक बनाएं

माइंड मैप, फ्लैशकार्ड का उपयोग करें और दूसरों को अवधारणाएं सिखाएं।

4. नियमित रूप से दोहराएँ

केवल नए विषय ही न सीखें, पुराने विषयों पर भी बार-बार नजर रखें।

5. स्वस्थ आहार का पालन करें

पौष्टिक भोजन खाएं, हाइड्रेटेड रहें और जंक फूड से बचें। अपने दिमाग को सही ऊर्जा दें - जंक फ़ूड और अत्यधिक कैफीन से बचें। बेहतर एकाग्रता और ऊर्जा के लिए प्रोटीन, स्वस्थ वसा, फल, सब्ज़ियाँ और उचित जलयोजन युक्त संतुलित आहार चुनें।



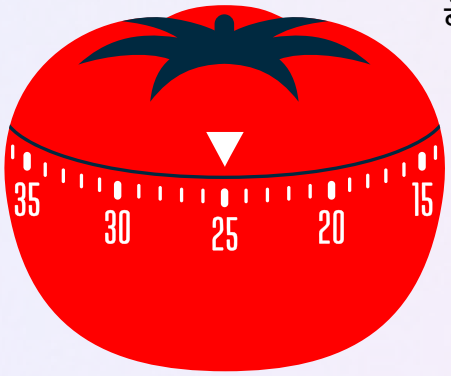
मानसिक स्पष्टता के लिए व्यायाम करें - 20 मिनट की छोटी सैर करने से आपका दिमाग तरोताजा हो सकता है और तनाव कम हो सकता है।

योग और ध्यान का प्रयास करें - ये अभ्यास चिंता को प्रबंधित करने और एकाग्रता में सुधार करने में मदद करते हैं।

नींद को प्राथमिकता दें - अपने मस्तिष्क और शरीर को पुनः ऊर्जावान बनाने के लिए 7-8 घंटे (कम से कम 6 घंटे) सोएं।

6. नींद को प्राथमिकता दें

बेहतर ध्यान के लिए कम से कम 6-8 घंटे आराम करें।

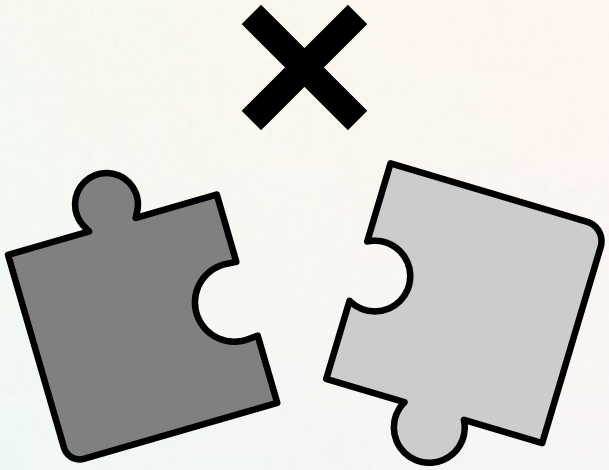


7. पोमोडोरो तकनीक का प्रयोग करें

50 मिनट तक अध्ययन करें, 10 मिनट का ब्रेक लें और दोहराएं।

8. अपनी मानसिकता बदलें

छोटी जीत का जश्न मनाएं और अनावश्यक तुलना से बचें।



9. अध्ययन और ब्रेक में संतुलन बनाएं
छोटे ब्रेक से ध्यान केंद्रित करने में सुधार होता है और थकान से बचाव होता है।

10. परीक्षा की चिंता को प्रबंधित करें
मॉक टेस्ट का अभ्यास करें और परीक्षा के दौरान शांत रहें।



11. ध्यान भटकाने वाली चीजों को सीमित करें
सोशल मीडिया और अन्य अनावश्यक स्क्रीन समय को कम करें।

12. तुलना से बचें
दूसरों के परिणामों पर नहीं, बल्कि अपनी प्रगति पर ध्यान केंद्रित करें। सकारात्मक और प्रेरित रहें - अपने आसपास उत्साहवर्धक लोगों को रखें।

13. जब जरूरत हो तो सहायता लें
मार्गदर्शकों, मित्रों से बात करें या अध्ययन समूहों में शामिल हों।





14. असफलता के साथ स्वस्थ संबंध विकसित करें
गलतियों को असफलता के बजाय सीखने के अवसर के रूप में देखें।

Apple of Learning



Chandan Kumar Chaman (Mathematics faculty)

I am from Patori village in Samastipur district, Bihar. My early schooling began in a government school for two years. Later, from Upper Kindergarten, I joined St. Joseph Private School and studied there until Class 2. Despite attending school, my learning was minimal—I did not even know how to spell "Apple." Most days, I spent my time on the cricket ground or at home, attending school simply to pass the time.

In 2000, a relative noticed my lack of progress, and I was admitted to another school in Bidupur, Vaishali district. During the admission interview, I spelled "Apple" incorrectly, so I was placed back in UKG, even though I had already completed it before. My father's love and gentle insistence motivated me to study seriously. Within a year, I advanced directly to Standard V.

In 2006, during my 10th board exams, I topped my school and even secured a district-level position.

Later, I received a scholarship from the Bihar Government and completed my B.Tech in Computer Science in 2013. From 2013 to 2014, I worked at Cognizant in Bangalore, but my passion for teaching led me to leave my job and enter the field of education in 2015.

For three years, I taught at various institutes in Mumbai and Bhilai. For the past seven years, I have been teaching Mathematics at CSRL. Today, CSRL feels like my home. I take great joy in helping students overcome their fear of Mathematics and guiding them on their academic journey, including preparing for admissions to IITs and NITs.

My journey, from not knowing how to spell "Apple" to mentoring bright young minds, is a testament to perseverance, guidance, and the transformative power of education.

Beyond Ranks: The Joy of Teaching

Over the past eight years at CSRL, I have had the privilege of teaching and mentoring students preparing for JEE and NEET. Teaching has always been more than a profession for me. I take joy in guiding students from the fundamentals of a concept to its advanced applications, helping them build the confidence to tackle even the toughest problems.

During this journey, I have witnessed remarkable achievements. One student secured Rank 1 in NEET Assam, another achieved Rank 1 in Assam CEE, and many others have earned places in top IITs, NITs, and prestigious medical colleges across the country. These milestones are not just their victories —they reflect the dedication, discipline, and determination that education can inspire.



Irshad Raushan (Chemistry faculty)

Through these experiences, I have learned that true teaching goes beyond imparting knowledge. It is about nurturing curiosity, developing problem-solving skills, and guiding students to remain resilient in the face of challenges. When students are encouraged to think independently and build strong foundations, success naturally follows.

For me, the greatest reward lies not only in ranks and results but in seeing students grow into confident, responsible individuals ready to make a difference in society. That is the true power of education.

A Journey of Perseverance and Purpose

Vivek Pratap Singh

Vivek Pratap Singh comes from Samantha village near Ayodhya, growing up in a large joint family where education was valued but opportunities were limited. Early on, he struggled to understand the importance of schooling, yet a growing interest in Mathematics and the guidance of family members set him on a determined path.



His journey was far from easy. Vivek faced academic setbacks, including two years of delay in IIT preparation, and financial pressures after his father's retirement. Yet, through resilience and determination, he qualified GATE eight times and became the first in his family to enter IIT. Instead of following the conventional path, he chose teaching, motivated by a desire to make a difference in the lives of others.

Starting at the age of 33 with a modest salary, Vivek traveled across cities to gain experience, rebuilding his confidence through discipline, hard work, and self-belief. Today, as a faculty member at CSRL, he guides underprivileged students, helping them conquer their fear of Mathematics, build strong foundations, and pursue ambitious goals like IIT and NEET.

Vivek's story teaches us that challenges are not obstacles but opportunities to grow. It reminds students that perseverance, courage, and self-belief can turn setbacks into stepping stones. His journey shows that success is not just about personal achievements—it is about using one's learning and experiences to uplift others and create a meaningful impact on society.



A Journey of Perseverance and Purpose

Circumstances never define the future—choices do.



Hari Kishan Singh
Mathematics Faculty

From Atesar, a small village in Ayodhya, to the halls of IIT Bhubaneswar, Hari Kishan Singh's journey is a lesson in resilience and self-discovery. A bright student and gifted sportsman, he once chased a cricket dream before life steered him toward academics. With quiet determination, he earned a master's degree in Climate Sciences and found a calling he hadn't planned—teaching.

Today, as a Mathematics mentor at CSRL's Prabal Army Super 50 Sukna, Hari believes education is more than formulas and exams.It is about nurturing curiosity, building confidence, and showing students that their circumstances do not define their future. His own path—full of detours, reflection, and courage—reminds them that progress comes from persistence and a willingness to grow.

Beyond the classroom, Hari works on Hariyali Farms, promoting chemical-free food and a healthier way of living. For him, the true measure of success lies not in titles or ranks, but in the lives uplifted and the values carried forward.

Hari's story affirms a powerful truth: when we choose to serve others, every challenge becomes a step toward transformation—both for our students and for ourselves.

Developing the Proper Mindset to Crack Competitive Exams like JEE & NEET

Every year, lakhs of students across India gear up to face two of the most challenging competitive exams — the Joint Entrance Examination (JEE) for engineering and the National Eligibility cum Entrance Test (NEET) for medical sciences. While all the aspirants have similar syllabus and resources, only a fraction make it to the top ranks.

So, what sets the toppers apart? It's not just intelligence. It's the "Mindset That Wins".





Toppers aren't born with superpowers.

They build habits, attitudes, and mental strength that push them forward—even when things get tough. Success in JEE or NEET isn't about being a genius. It's about being relentless, resilient and strategic.

Here's how you can develop the proper mindset that has helped myself & many of my students in this journey:-

It's YOU vs YOU

BY KULDEEP KARWA

01 Clear Vision, Clear Goals

You need to know why you're doing this. Start with a strong "WHY". A strong reason fuels discipline. Anchor your mind in that purpose.

Action Tip: Write down your goal and stick it on your wall. Visual reminders keep the fire alive.

02 Discipline Over Motivation

Motivation comes and goes. Discipline stays. Toppers don't rely on how they feel. They show up every day — tired, bored, or overwhelmed — and put in the work.

Action Tip: Create a study routine and stick to it, no matter what. Even 2 productive hours on a bad day is a victory.

03 Mastering the Inner Game

Stress, self-doubt, procrastination, these are your real enemies. Developing mental toughness means being aware of negative thoughts but choosing not to surrender to them. Stay calm during mock tests.

Action Tip: Practice mindfulness or meditation 5–10 minutes a day. It helps improve focus, reduces anxiety, and boosts memory.

04 Smart Work Beats Hard Work

The best students use techniques like: Active recall, Solving previous year papers, Self-testing.

Action Tip: After every study session, quiz yourself. If you can't teach a concept to someone else, you haven't mastered it yet.

05 Fail Fast, Learn Faster

Failure is not the opposite of success, it's part of the journey. Don't quit after a bad test, study why & where you went wrong and learn from it. Adapt. Improve. That's what champions do.

Action Tip: Maintain an error logbook. Write down mistakes and review them weekly. It's your map to improvement.

06 Eliminate Distractions

Social media, video games, wrong company – they are the silent killers of dreams. Keep your phone away from the self study zone.

Action Tip: Logout of all distractive social media apps & surround yourself with only those people supporting your goal.

07 Consistency is the Game-Changer

Rome wasn't built in a day, and neither is a top ranker. Show up every day. Small efforts, compounded daily, lead to big results.

Action Tip: Track your daily progress. Tick off completed topics. Celebrate small wins. Watching your growth builds momentum.

08 Visualise Success

Mental rehearsal is powerful. Visualize yourself entering the exam hall calm & confident, solving questions with clarity, and walking out knowing you did really well.

Action Tip: Write down the Total Marks, College Name, Rank that you are aiming on your study table. Regularly visualize yourself nailing this target.



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THE BAMBOO PRINCIPLE

Once, in a small village, a farmer planted bamboo seeds. Every day, he carefully watered the soil, ensured it had enough sunlight, and tended to the little patch of earth. He hoped to see the seedlings sprout soon, but days turned into months, and months into years.

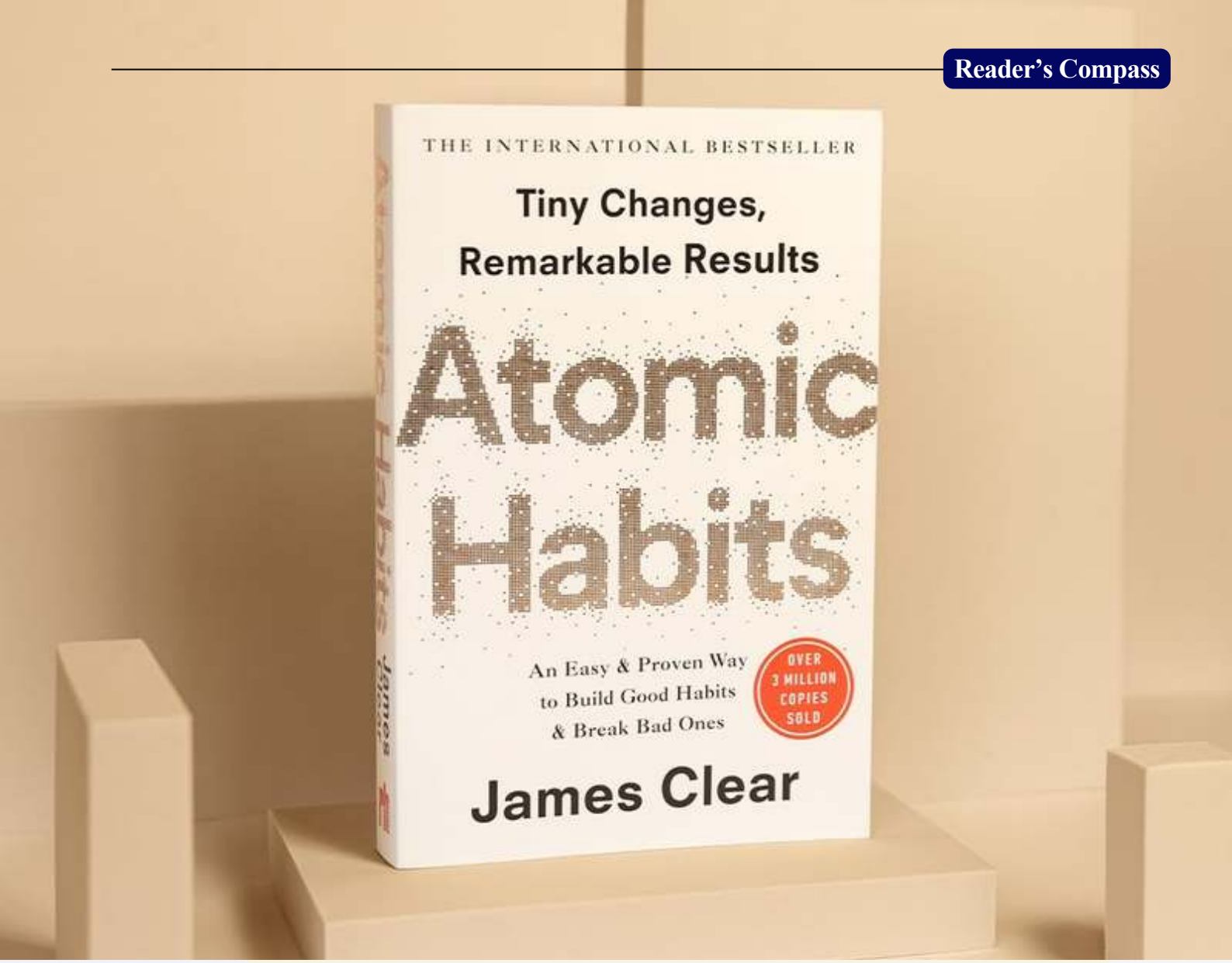
The seeds did not break through the soil. Nothing grew above the ground. People from the village started to notice and began mocking him. "**Why do you waste your time on seeds that will never grow?"** they asked. **"You could be doing something else far more productive."**

But the farmer stayed calm and persistent. He continued to water the seeds, nurture them, and give them all the care he could. He knew that the seeds were quietly growing roots underground—roots that would one day support a mighty bamboo plant.

After five long years, the bamboo suddenly shot up—growing nearly 80 feet in just a few weeks. What seemed like no progress was actually years of silent, unseen work below the surface. The farmer's patience and dedication had created a foundation strong enough to support extraordinary growth.



Sometimes, progress is invisible, but that does not mean growth isn't happening. Keep nurturing your efforts, and when the time is right, your success will rise stronger than you ever imagined.



James Clear's Atomic Habits is more than just a guide to self-improvement, it is a practical blueprint for transforming your life through small, consistent actions. Clear emphasizes that monumental changes do not require drastic efforts; instead, tiny habits, compounded over time, can lead to remarkable results.

The book explores the ***science behind habit formation, offering actionable strategies to build positive routines, break negative cycles, and design an environment that naturally supports your goals.*** What makes it truly impactful is its *simplicity and relatability: anyone, regardless of background or profession, can apply these insights to see tangible improvements.*

For students, professionals, and lifelong learners, Atomic Habits serves as a reminder that progress is often the result of small, intentional steps rather than sudden leaps. This book inspires readers to focus on systems rather than just goals, making it a must-read for anyone striving for personal and professional growth.

Spot the 5 Differences!







The Clockmaker's Secret

A clockmaker gives you three identical-looking clocks.
One shows the correct time, one runs fast by one minute every hour, and one runs slow by one minute every hour.
You can check them only twice a day (24 hours apart).
How will you figure out which one keeps the correct time?

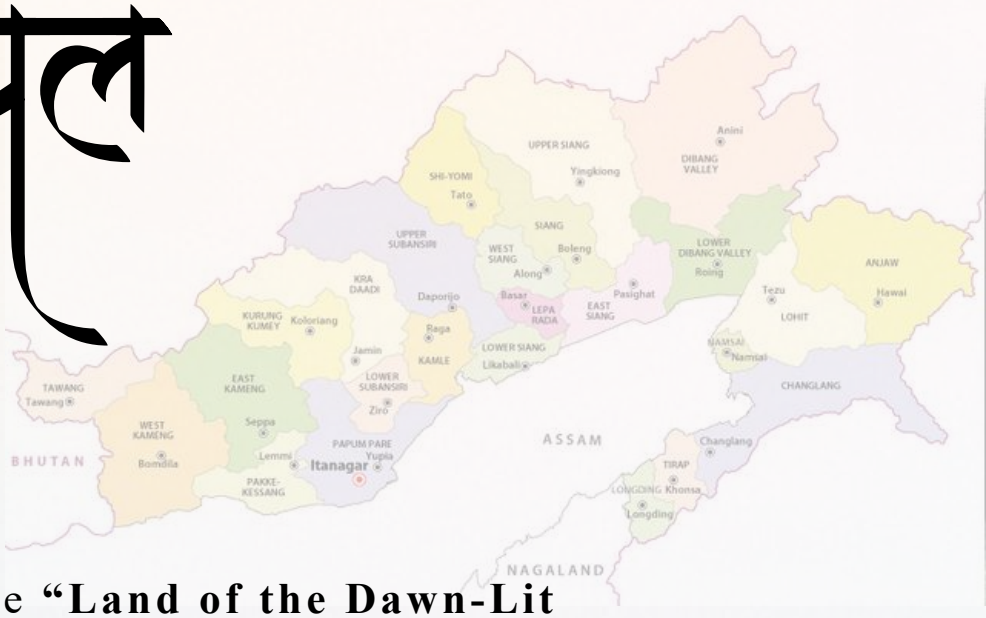


Story Sparks

The train screeched to a halt, and she realized she had left something far more important than her luggage...

Finish the story in 2–3 sentences and send it to us. Selected stories will appear in the next issue!

अरूणाचल प्रदेश





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