



Deepastambha Charitable Trust, Pune.

प्रतिरव

FEB 2026

NAGPUR



Building Citizens,
Not Just
Debaters.



PARBHANI



RATNAGIRI



DISCIPLINE



IMPLEMENTATION
POLICY

Volunteering that transforms
everyone involved.
Good Intentions. Great Systems.



Skool Sansad Winter Session 2025-26

By the team

Pratirav exists as a space for reflection amid action. It is where the everyday work of engagement—often quiet, often unnoticed—is examined for what it truly represents. This edition brings together stories that centre on awareness: of rights, responsibilities, health, and participation in public life.

We begin with the Preliminary Round of Skool Sansad 2026, where young students actively engage with democratic processes. Beyond learning about governance, they are practising dialogue, representation, and accountability. In a rapidly changing social landscape, such early civic engagement is not optional—it is foundational.

Another article focuses on traffic rules awareness, drawing attention to one of the most shared yet overlooked civic spaces: our roads. Public safety is not sustained by regulation alone, but by informed behaviour and collective responsibility. This initiative challenges us to rethink everyday choices and their wider consequences.

Health awareness forms a crucial part of this edition through discussions on menopause and andropause. These are life transitions that affect many, yet remain underrepresented in public discourse. By creating space for informed conversation, these initiatives highlight the importance of dignity, empathy, and access to knowledge in community health.

Civic participation reappears through a voting awareness initiative conducted on FC Road—a deliberate choice that brings democratic dialogue into a public, everyday setting. The message is simple and powerful: democracy thrives when people are informed, engaged, and willing to participate beyond formal spaces.

Together, these stories reflect a shared conviction that meaningful change is grounded in awareness and active participation. Education, health, safety, and civic responsibility are deeply interconnected, shaping how individuals experience society and how communities move forward.

As you read this edition, we invite you to engage not just with the activities described, but with the questions they raise. Awareness, after all, is not an endpoint—it is a beginning.

Warm regards,
Team Pratirav.

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Archive Files

Skool Sansad Preliminary Round

I recently had the opportunity to participate as a judge in a Skool Sansad 2026 mock parliament program, and it was a truly enriching experience. The recent mock parliament event for 8th and 9th-grade students was a resounding success, offering a unique platform for young minds to explore politics, societal issues, and problem-solving. As a first-timer, I was excited to be part of this event and contribute to the development of young leaders.

The event was well-organized, and the participants showed remarkable enthusiasm and dedication. Observing their passion for politics and public speaking was inspiring. The mock parliament proceedings were conducted with great seriousness, and the discussions were engaging and thought-provoking. Some students showcased exceptional thinking, proposing creative solutions to real-world problems. A few students struggled with basic civics knowledge.

As a judge, I gained valuable insights into the evaluation process and learned how to provide constructive feedback. The experience helped me improve my critical thinking and analytical skills.

Overall, it was a fantastic learning experience, and I'm grateful for the opportunity to have been a part of it.

-Sujata,

Member, Deepastambha Charitable Trust.



Glimpses from Skool Sansad's Preliminary Round at Pune



Glimpses from Skool Sansad's Preliminary Round at Pune

In an era where civic engagement and leadership skills are more critical than ever, one organization is quietly revolutionizing the social landscape. Through its flagship event, Skool Sansad- a model parliament designed specifically for school students- Deepastambha is doing more than just teaching kids about democracy; it is building a community of disciplined, enthusiastic, and capable future citizens.

Having volunteered with this organization for the past three years, I have seen the incredible transformation this event brings about. This year, my journey took me to the preliminary rounds at the Ratnagiri and Pune centres, and the experience was nothing short of a masterclass in operational excellence.

When we think of social organizations, we often think of them in terms of "good intentions." However, Deepastambha pairs those intentions with professional-grade execution. At both the Ratnagiri and Pune centres, I witnessed a level of resource management, administration, and time management that would make even the most seasoned professionals take note.

The energy was unmatched. Despite the challenges of managing hundreds of students and volunteers, every session ran like clockwork. This efficiency isn't accidental; it is the fruit of 17 years of hardship, consistency, and unwavering dedication.

The most beautiful aspect of this organization is its "open-door" philosophy. It is a rare space where age, profession, and background become irrelevant. Whether you are a student, a working professional, or a retiree, there is no hierarchy when it comes to volunteering. The management practices here are a true symbol of excellence that many corporate entities struggle to replicate.

What did the DCT teach me? While every volunteer joins the organization with the noble goal of social betterment, the journey doesn't end there. I believe that for a volunteer to truly evolve, introspection is vital. It is not just about what we did for the students, but asking ourselves: "What have I learned after this activity?"

By looking inward, we realise that while we

are helping the next generation, Deepastambha is simultaneously helping us. We all work under the same roof and for the same principles, but our internal takeaways are unique and life-changing. Skool Sansad Preliminary round is one of the symbols of what can be achieved when a group of people remains dedicated to a cause for nearly two decades. It proves that with the right heart and the right systems, you can create an ecosystem where everyone learns, everyone contributes, and everyone belongs. As I look back on my three years of volunteering, I am reminded that the true success of Skool Sansad doesn't just lie in the parliamentary debates on stage, but in the enthusiasm, discipline, and unity of the volunteers who are brave enough to reflect on their own growth.

-Sourabh,

Member, Deepastambha Charitable Trust.



Students appearing for the first step of the preliminary round of Skool Sansad



Team Skool Sansad on the evening of the last preliminary round that was held in Pune



Students appearing for the second step of the Preliminary Round

Pune, 2024 - a city that changed me in just four days. As a student MP, I experienced firsthand the power of collaboration, respect, and precise execution. The politeness and management skills of my peers left me awestruck. Fast forward to September 2025, I'm back, fueled with passion and determination.

With the guidance of Amey Joshi and Saurabh Saravate, we embarked on door-to-door visits to schools in Ratnagiri, spreading the word about Skool Sansad. Those two days (October 3rd and 4th) were a masterclass in leadership.

Our team's synergy was palpable, and our preliminary round on December 13th was a resounding success thanks to Ajay Deshpande, Laxman Sir, Charuhas Bhagwat, and Saurabh Saravate.

What struck me was the warmth with which I, a newcomer, was welcomed. No one made me feel like a "newbie". I was part of something bigger - Skool Sansad's Ratnagiri Team, and it felt incredible.

Working behind the scenes of the preliminary round was a daunting task, but what a great experience! Juggling students' written papers, managing multiple schools, and ensuring they had the best experience possible was a challenge. But seeing the mix of emotions on their faces - nervousness, excitement, anticipation

- made it all worth it. As part of the SS Alumni, we shared our stories, encouraged them, and helped them shake off stress. It was a beautiful feeling, knowing we made a difference.

On December 20th in Pune, we kicked off at 03:45 PM, covering 10 to 15 schools, wrapping up around 08:30 PM. The next day, December 21st, was a massive day - we started at 07:45 AM and ended at 08:00 PM, conducting the preliminary round for over 45 schools, with 4-5 judge panels, 2 exam halls, and 1 classroom as a waiting area. The logistics were crazy, but the energy was electric!

Now, I'm thrilled to be a part of the Secretary Panel for Skool Sansad's Final Round. This is a huge responsibility, and I'm eager to deliver. With the team's support and guidance, I'm confident it will be another success. I'm honoured to be a part of this landmark project under DCT.

-Rutuja,
Member, Deepastambha Charitable Trust.



Team Skool Sansad at Skool Sansad Preliminary round in Ratnagiri



A blessing start to the Preliminary Round at Solapur

“Some days don’t unfold slowly. They sprint.”

Skool Sansad’s Preliminary Round in Solapur was one such day—fast, demanding, exhausting, and deeply memorable. It began before sunrise, with four of us—Khushboo, Chenmay Dada, Aarti Tai, and me—leaving Pune, armed with checklists, schedules, and a quiet hope that everything would go according to plan.

By the time we reached Solapur, the day had already begun testing us. Delays pushed our arrival closer to ten instead of nine, and before we could fully catch our breath, we were stepping into a packed schedule. More than a dozen schools. Back-to-back sessions. Dozens of curious students. Teachers with questions. Timelines to manage. Roles to step into.

For Khushboo and me, this was our first time managing a Preliminary Round. And as firsts often do, it came with nerves. Being responsible for the flow of the day, answering queries, coordinating schools, and ensuring that sessions ran smoothly felt

overwhelming—especially when everything was happening at once. The children were energetic and eager, their questions coming faster than we could anticipate. Teachers needed clarifications. Time kept slipping away.

With an evening train to catch, the worry of running late hovered constantly in the background. So we did what seemed necessary—we skipped the break and kept going.

What made all the difference that day was patience.

Chenmay Dada and Aarti Tai carried an unshakeable calm through the chaos. Even when Khushboo and I stumbled in the first hour—missing cues, double-checking instructions, correcting small mistakes—they stood by us without frustration. They guided, reassured, and gave us the space to learn in real time. Their steadiness anchored the day.

And then there were the students.

Their energy was relentless in the best way possible. Despite the long hours, the structured sessions, and the unfamiliar setting, they showed up with curiosity and enthusiasm that never seemed to run out.

Looking back, the day feels like a blur of movement, questions, and constant decision-making. But it also feels like a turning point. Managing the Preliminary Round for the first time taught me more than any manual could—about responsibility, teamwork, adaptability, and trust. It showed me how learning often happens not in calm moments, but in the middle of rushing days, where you simply keep moving forward.

Solapur gave me a day I will not forget—not because it was easy, but because it demanded everything I had and gave me confidence in return.

-Mahek,
Member, Deepastambha Charitable Trust.



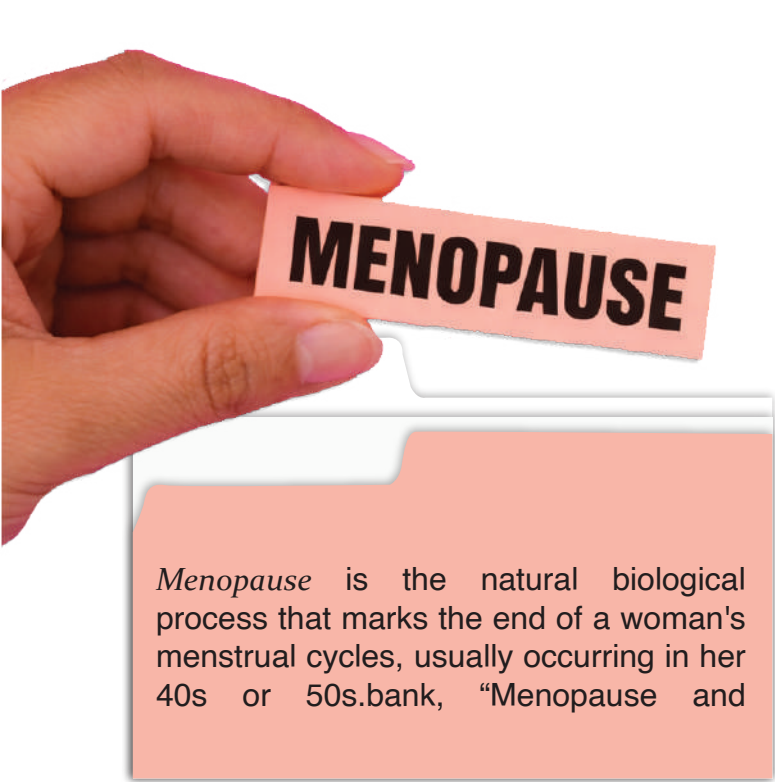
Glimpses from the Solapur Round of Skool Sansad's Preliminary Round



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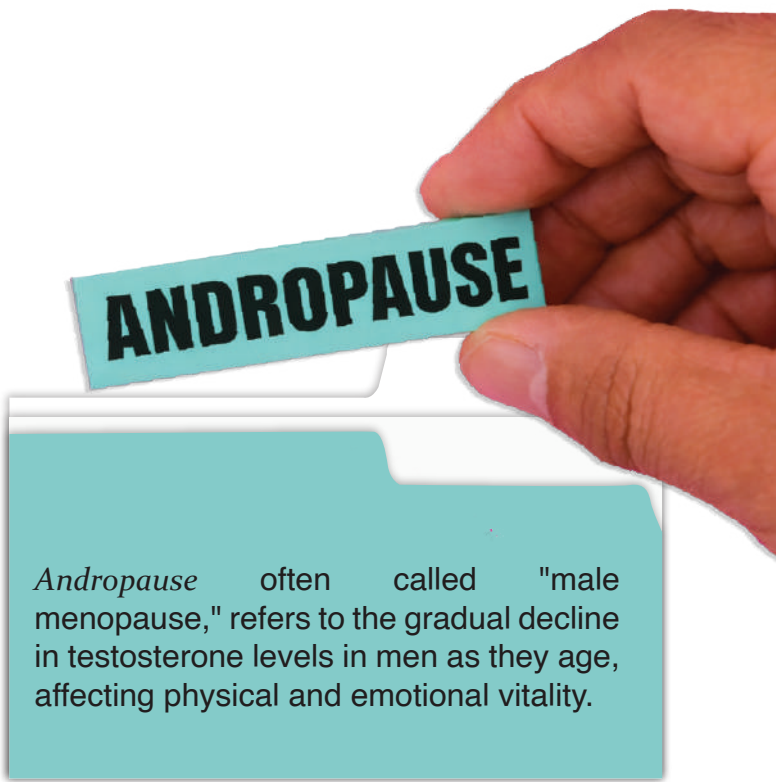
Beyond the Silence

Life Transitions & Continuous Awareness at DCT



MENOPAUSE

Menopause is the natural biological process that marks the end of a woman's menstrual cycles, usually occurring in her 40s or 50s. bank, "Menopause and



ANDROPAUSE

Andropause often called "male menopause," refers to the gradual decline in testosterone levels in men as they age, affecting physical and emotional vitality.

At Deepastambha Charitable Trust (DCT), we believe that professional excellence is incomplete without social consciousness.

Breaking the Silence: Menopause and Andropause

We recently added one more topic to our knowledge bank, "Menopause and Andropause".

Often shrouded in stigma, these are not just health issues—they are profound emotional and social shifts. By demystifying these phases, we move beyond stereotypes to understand the physiological realities like hormonal changes and "Brain Fog." For DCT, this was the first step in building a supportive environment defined by understanding rather than silence.

The Roadmap: From Awareness to Action

A single session is just the start. Our Continuous Awareness Roadmap is designed to dive deeper into these transitions:

1. **The Psychological Landscape:**

Addressing the mind-body connection and the intersection of hormonal shifts with mid-life crises. We aim to learn how to "hold space" for one another.

2. **Biological Vitality:**

Focusing on long-term health, specifically bone density and nutritional pillars essential for well-being during and after these transitions.

3. **The DCT Circle:**

Our goal is to connect to various support groups—safe spaces for sharing experiences—and a network of medical and psychological experts.

By normalizing these conversations, we achieve three goals:

Culture: Making empathy a core competency within our professional life.

Wellness: Ensuring our members feel seen, supported, and confident.

Leadership: Teaching every member of the DCT family to be a better human being.

At DCT, we don't just solve technical problems; we aim to solve the problem of unawareness. By understanding one more topic today, we build a more compassionate society for tomorrow.

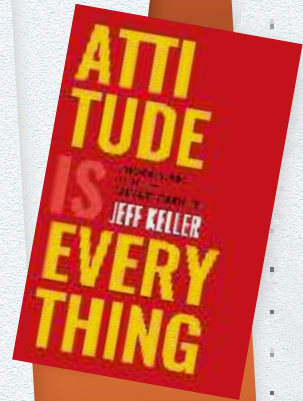
-Anushka,
Member, Deepastambha Charitable Trust.

Focusing on long-term health, specifically bone density and nutritional pillars essential for well-being during and after these transitions.

Feature

'Attitude is everything' by Jeff Keller

You know what happens when life keeps knocking you down, but you decide not to let it win? Jeff Keller tells the story of ordinary people who stop blaming luck and start changing their attitude. Through small choices, failures, and moments of doubt, they learn that how you think shapes what you become. Success doesn't arrive magically—it grows when you stay positive, take responsibility, and keep moving forward. The book quietly reminds you that while you can't control everything that happens, you can always control how you respond.



**Pratirav's Skool Sansad
2025-26 special coming
in April.**

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Niramaya



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