

20 OCTOBER 2026

Happiness Chronicles

PAUSE. REFLECT. REALIGN

A more aware you
creates a brighter world !

Happy
Dussehra

May this Dussehra inspire you to conquer
inner battles, embrace truth and lead with
courage, wisdom and compassion

Namaste,

Dussehra reminds us that the force of good and bad exists within all of us. Leadership is the courage to question and conquer the negative energies and use the force of good to make the world a better place. Our greatest battles are not always fought in the world around us. They can lie in our fear of making mistakes, our need to have all the answers, and our hesitation to ask for support. This week, I invite you to reflect on how acknowledging our humanness can become a source of strength, deepen our connections with others, and help us lead with authenticity.

May this Dussehra bring you the courage to overcome inner barriers, the wisdom to keep learning, and the joy of growing together.

Ashu



THE HAPPINESS HOUR



In this episode of *The Happiness Hour*, I sit down with Professor Francis X. Clooney, SJ, Jesuit priest, Harvard professor, and renowned scholar of comparative theology, to explore the relationship between spirituality, religion, and happiness.

Drawing from decades of scholarship and spiritual inquiry, Professor Clooney shares how different religious traditions can deepen our understanding of ourselves and others. Through his work bridging Catholicism and Hinduism, he offers a thoughtful perspective on how faith, reflection, and intellectual curiosity can coexist to nurture inner fulfilment.

We explore:

- Happiness and Sacred Connection: How prayer, ritual, and reflection can help us discover a deeper sense of meaning and fulfilment.
- Religion and Spirituality: Understanding how religious traditions provide structure while spirituality encourages personal connection and awareness.
- The Power of Interfaith Understanding: How engaging with different traditions can foster empathy, respect, and a broader understanding of humanity.
- Faith, Community, and Change: How spiritual traditions evolve with changing times while remaining rooted in timeless values.

This conversation reminds us that happiness can emerge from a deeper connection with ourselves, our beliefs, and the world around us. By remaining open to different perspectives and engaging in meaningful reflection, we can cultivate greater understanding, compassion, and harmony in our lives.



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Spotify



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THE INNER VIEW



During a family vacation, my son found a simple way to help me navigate unfamiliar roads despite my direction dyslexia. His solution reminded me that acknowledging our limitations does not make us less capable. It creates opportunities for connection, trust, and growth. The experience taught me that authentic leadership begins with self-awareness, the courage to ask for support, and the willingness to let others help us when we feel stuck..

[Read The Full Blog](#)



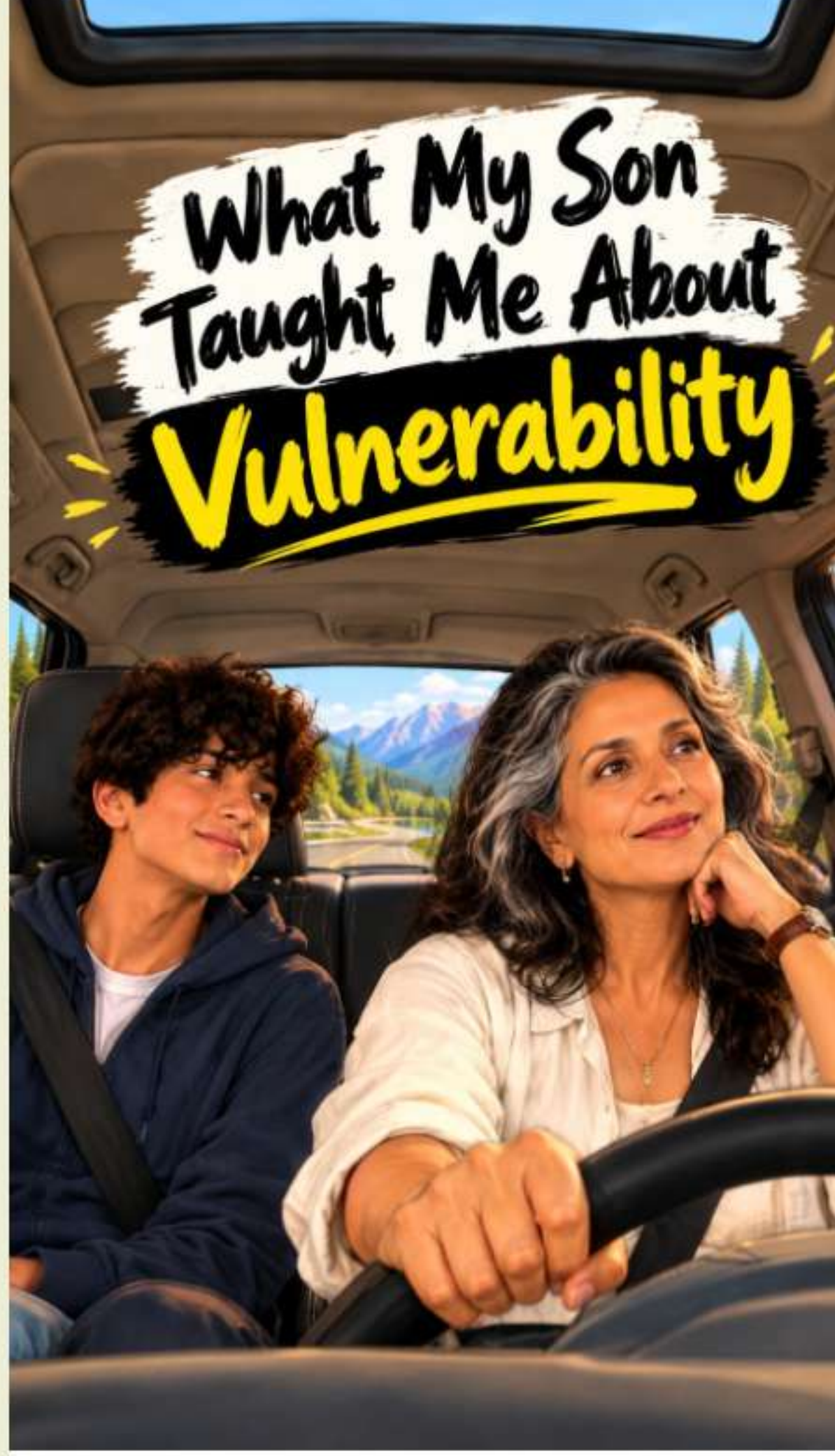
Freedom Is Your Birthright



💡 Insight Corner

Freedom is our birthright, as Bal Gangadhar Tilak famously said. I believe true freedom begins within us, with the choices we make, the thoughts we nurture, and the courage to live in alignment with our values. When we take responsibility for our choices, we discover the freedom to shape our lives with awareness.

[Watch The Video →](#)



📖 Comic Diaries

A personal story from my life, brought to you through a comic-style reel! In this story, I share how my son helped me navigate unfamiliar roads by finding a simple way to work around my direction dyslexia. His thoughtful approach taught me a valuable lesson about hidden gaps in leadership and a way to accept our imperfections and find ways to deal with them.

[Explore This →](#)



A GLIMPSE INTO MY JOURNEY

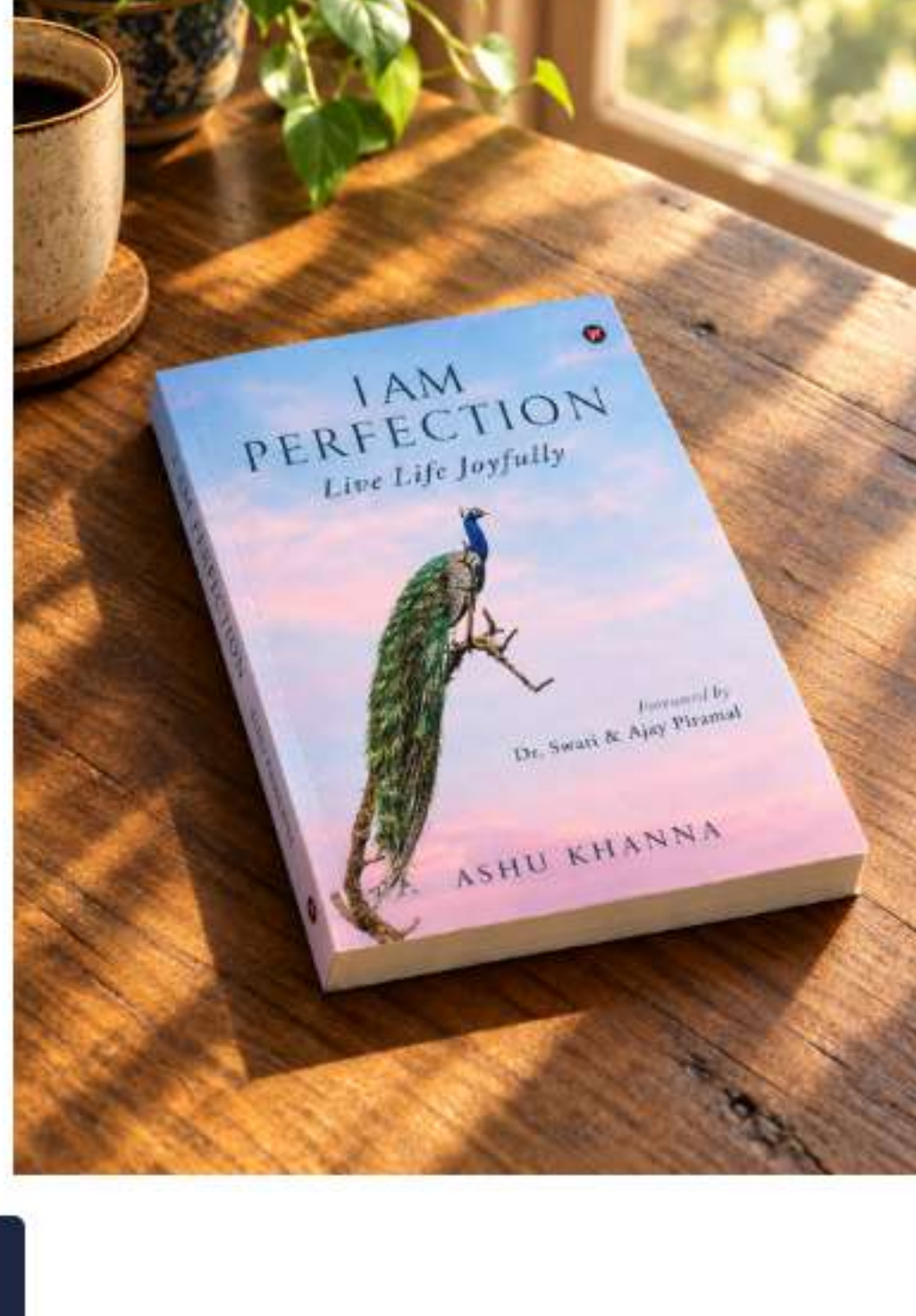
Book Spotlight : I Am Perfection

Chapter 7: Authentic Leadership (Yoga)

One-Minute Book Thought

"When we take leadership of our life, we realise that it is not our sole responsibility to do or know everything. Any leadership journey is collaborative and exploratory."

Authentic leadership begins with understanding ourselves and recognising that we do not have to do everything alone. When we collaborate with others, build relationships of trust, and stay connected to our core values, we create opportunities to grow and contribute meaningfully.



[Buy It Now](#)

May this Dussehra bring you the courage to overcome inner barriers and the wisdom to lead with authenticity and compassion.

Warmly,
Ashu



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