



Tapasya



**Happy
Birthday**

Ajit Sir Guruji



**Transition from Information to
Knowledge to Experience to Wisdom (IKEW)**

A Devrukh Spiritual Prowess Pvt Ltd (DSPPL) initiative

This newsletter is specially for all students, teachers and parents.

As Ajit Telang Sir used to say that the education of a student is a social triangle. Unless, teachers and parents do not form "perfect" angle, the educational triangle can never achieve the ideal "equilateral triangle" combination.



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Ajit Telang Sir
Our Inspiration
Happy Birthday Sir!



Our Attitude decides our Altitude ***Our Guruji – A Man of Substance*** ***- Krupa Choksi***

2nd December is our Guruji's birthday. This is very special to all of us as a great personality was born on this day. Guruji was an epitome of success and has proved in his life time that our attitude decides our Altitude. Unfortunately, Guruji is not there in his physical body but his presence is there through-out the world. He was a representation of Master Principle i.e. Gurutattava. And master principle is eternal. I was honoured and blessed to be with him for quite a long time.

I have observed him a lot. His every action was teaching me something. His attitude towards people, his way of communication, his kindness and humbleness touched me a lot. Few of my learnings I would like to share with you. The first one is Guruji would always keep his bag packed. His things would never lie here and there. In spite of long stay at any place, he would keep things in his bag. He always used to say that anytime your bag should be packed so that you are ready to go.

I got two lessons from this. One is that we should keep our room neat and tidy and should not keep our room messy in which we are living. He used to say messy room means messy mind. One cannot think clearly if one's room is untidy. The energy in our room/ house has direct impact on our mind. Besides this, If we keep everything in our bag nothing is lost. We will get everything at one place. There is no chance that we will forget anything.

The second learning from his this particular activity is that we should also be prepared for any unforeseen emergency. It could be death also. A great saint has told that we should live life as if we are going to die tomorrow. If we live like that we will not hurt anyone. We will help everyone and we will not accumulate the things.




 DSPPL

Our Attitude decides our Altitude

Our Guruji – A Man of Substance

Continued...

Guruji was an enlightened being. He knew everything in advance but he would never show it. Even if he wanted anything, we would never order to any one of us. He would request. He always used to say do not live life as your right. Take it as a blessing. He walked the talk, He showed gratitude for everyone. In spite of being such a great personality, he would not demand comfort of a 5-star hotel. If asked he would sit on the floor and even wipe it. He never showed the attitude that he is master and we are his disciple. He was so friendly with everyone that everyone enjoyed his company and always looked forward to meet him again and again.

Our learning from him, this behaviour is that we should imitate him. We should be humble to everyone as God resides in everyone. Everyone in our life has come to help us. We also should be full of love and compassion only then we can touch people's heart. He always use to tell us i.e. all Reiki teachers that touch the heart, reach the mind and teach the intellect. If you want to teach anything to anyone, you need to have heart to heart connection. He would prepare tea for everyone and pour his cup at the last just to see that everyone gets it. This is a sign of a true leader. He used to think about everyone.

Many times he used to say do not judge anyone with his/ her outer behaviour. Try to know why that person is behaving like that. What has happened in his/ her life and you will understand the reason of his/ her behaviour. He gave us a broader view of life.

He never expected anything from anyone and never even reprimanded anyone. His way of communication was so pleasing and convincing that we longed to be with him. He made everyone feel special. This is what we have to imbibe in our life. If we can make some people smile, some people comfortable in life, then I think we have already made an impact on this world.

If we can implement all these things in our life, I am sure we can resonate to the pure consciousness which leads to success, which leads to happiness, peace, health and harmony. Follow the guide and reach the destination.



Nine Steps Reaching to Seven Guardian Angels

Step 03 - The Revelation and Threat

- Dip. SAC Ashwini Telang, Clinical Psychologist & Director, DSPPL

Summary

In a realm where shadows loom and hope flickers faint, seven children, chosen by fate and divine grace, uncover gemstones of mystical might. Serendipity binds their hearts, and ancient guardians whisper secrets of the sacred steps. Through trials and tribulations, they tread the spiritual paths, each step a beacon guiding them towards paradise. Their unity, a tapestry of courage and light, weaves a tale of resilience against the encroaching dark. Will their celestial journey and newfound wisdom suffice to banish the shadows and restore the world's delicate balance?

Continued from previous edition:

Step 03 - The Revelation and Threat

Five days passed, and Tolyphap and the others decided to go to the temple as it was Saturday again. But this time, they were determined to uncover its mysteries. As they reached the temple and explored deeper, they found ancient inscriptions that spoke of a prophecy about seven chosen ones who would protect and maintain the balance of the world. The stones were keys to unlocking their true potential. At that very moment, there seemed to be a sudden change in the air that made the children uncomfortable. They spontaneously hid the script and sat down as if they had just come to visit the temple as usual. After that uncomfortable feeling dissipated, they continued to read further.

Amnar whispered, "What was that?"





Nine Steps Reaching to Seven Guardian Angels

Episode 3

Continued....

Preal cuddled Amnar in his arms and softly muttered into his ears, “Sur-proh, don’t worry. It was nothing more than some kind of evil force. I’ll be protecting all of us with the stone’s power.” It seemed as if none of the others heard what they whispered to each other. Both heaved a sigh of relief.

As they further dug into the scrolls, they understood that these were gemstones, each with unique properties. Preal, as the name suggests, meant spiritual protection, higher consciousness, and stress relief, and so he was given an Amethyst stone. Sarlanha meant love, compassion, and emotional healing and was given Rose Quartz. Similarly, Santep received an Aquamarine stone representing centeredness and balance.

Amnar suddenly remembered what Guanyin had mentioned about his orangish-yellow stone. He suddenly stood up and uttered loudly, “I remember now what Guanyin had said—that this will bring my name to reality, which means...” Before he could complete, Tolyphap and Santep both said together, “Your stone must be citrine stone! As mentioned in this scripture.” Both pointed at a particular scripture in front of them. Everyone was excited for a moment to understand what their stones did. The children marveled at the unique properties of their gemstones. As they pondered the significance of their stones, they realized that the remaining stones held mysteries yet to be unveiled.

However, they could not relate to others that way because probably the time had not come for them to reveal their strengths. At this moment, they were not sure what exactly all the stones did. Yet, all they knew was that each stone had a purpose and would play a crucial role in their journey. Kheul spoke abruptly, “Guys, we need more time to study these scrolls.”

Preal replied calmly, “Yes, we do. But as of now, we need to go home to complete our daily chores and resume our mission tonight. In that manner, we might get more time to study while easily avoiding detection.”

Sarlanha and Kaunosrei immediately agreed with this idea. Tolyphap added, “That’s an excellent idea, Preal! Not only will we avoid detection easily, but we’ll also be appreciated by our parents for completing our routine chores on time.”

A few hours later, after dusk, as they entered the temple under the cover of darkness, the stones began to glow more intensely, as if responding to their determination. They gathered in the central chamber, where the inscriptions had hinted at the prophecy.



Holding their stones, they stood in a circle, and a powerful energy began to flow between them. The air crackled with electricity, and the temple walls seemed to hum with ancient power. Suddenly, a beam of light shot up from the center of their circle, illuminating the entire temple. The children felt a surge of energy coursing through their bodies, connecting them to each other and to the universe itself. They realized that when united, they had the power of the universe at their fingertips.

Just then, the fake scientists burst into the temple, drawn by the light. “There they are! Get the stones!” one of them shouted. But the children, now fully aware of their power, stood their ground. Kheul subconsciously held his Black Tourmaline stone tightly in his fist close to his heart. While Santep stepped forward, holding his Aquamarine stone, “We won’t let you harm this temple or even the world. We are meant to protect the world.” The scientists laughed, but their confidence quickly turned to fear as the children began to harness their powers.

Preal’s Amethyst stone connected him to the highest frequency of the universe, creating a protective barrier around them, shielding them from the scientists’ attacks. Suddenly, Sarlanha’s Rose Quartz stone emitted waves of love and compassion, weakening the scientists’ resolve by harnessing compassion within them. Tolyphap’s golden-brown stone, which was in fact the Tiger’s Eye stone, created illusions by balancing yin-yang frequencies, confusing the scientists and making it difficult for them to see. Kaunosrei’s rainbow-colored gemstone, indeed the Moonstone, was at its best since it was night and the full moon above made it unstoppable, emitting beams of light that blinded their enemies. Kheul’s Tourmaline absorbed negative energy, rendering the scientists’ weapons useless. Amnar’s Citrine stone created positive energy, pushing the scientists back.

The scientists, now terrified and disoriented, tried to flee, but the children’s combined powers were too strong. With a final surge of energy, the children sent a powerful blast that expelled the scientists from the temple, ensuring they would never return. Breathing heavily, the children looked at each other, realizing the magnitude of what they had just accomplished. They felt that by protecting the temple and stones, they had fulfilled their destiny. But they soon understood while looking at the glowing temple that their journey was far from over. It had just begun. They had a responsibility to use their powers wisely, to protect and maintain the balance of the world.

As they grew, their sense of unity and purpose rooted stronger within them. They faced various challenges fearlessly, knowing fully well that being chosen ones meant they were mere channels who were destined to protect the world from dark forces.



Science of Learning Part 12

S pranjali Joshi

Everyone knows the importance of Attention span. It is the amount of time that a person or a group can concentrate or stay interested in something. How much in the attention span of the students, has been the topic of debate or discussions or even the subject of many research papers. As per our own research, average attention span of the students was about 40 minutes for generations born before 1980's. That was the reason why our one class used to be of 45 minutes when we were in the schools. However our recent research of the new generation, millennial generation reveals that the average attention span of the students is hardly 15 minutes. Yes, it has got reduced by about 66% over last 40 years, and this the greatest challenge that the teachers and school or college administration is facing now a days.

During our conversation with the Supervisor of Sr. College of Commerce and Arts at Chiplun, near Ratnagiri in Maharashtra about this topic, a point was made by the supervisor that she also agrees to this finding. But then there is practical difficulty of the college that the class duration cannot be shrink to the tune of 15 minutes only to make best use of student's average attention span. We too agree to this. The point is not to reduce the class time to 15 minutes but to acknowledge this fact as a teacher and then adjust our teaching methodology by making a change in the proceedings of the class after every 15 minutes. It can be done by way of change in an activity, starting a small question and answer session or a quiz or even telling a joke or a story to allow students to settle again and as a teacher one may be able to catch their next round of attention span. This is crucial so as to achieve the effective teaching and learning process. But if we fail to recognize this aspect then our entire efforts as a teacher will go wasted, and even these new generation students can't help us in spite of their willingness to do so due to change in their DNA design as few DNA scientist argue. So the onus for bringing this change in teaching-learning process lies with the earlier generation i.e. with the teachers at school or college and parents at home.

Many a times, parents and teachers argue with us that it is not the case. In their opinion, the new generation has a great or even extended attention span when it comes of watching favorite series on an OTT platform or playing games on mobile phone. They argue that while doing so they can concentrate without bothering about how much time they are spending on mobile. The parents and teachers continue to argue that "the students even do not feel hungry or thirsty during such time." Honestly such parents and teachers have not understood the concept of "concentration" with context to "attention span" required for academic learning. To concentrate literally means to meditate. Meditation is an elevated state and at that level the



Science of Learning Part 12

..continued

requirement for the external object gets dropped. As against this, while playing a mobile phone game actually it is the continuous change in graphics or positions of the players in mobile or the objects in the game is the main attraction or driving force for the player student. The change happening in the game is very dynamic and is occurring on a continuous basis. This actually leads to distraction of mind, taking the one away from the realms of meditation towards exactly in the opposite direction. The new generation though highly intellectual by nature blessed with the powerful “Adnya Chakra” is weak in mental strength and hence struggles to hold that intellect with a proper thought of mind. The one prone to volatility in the mind is sure to select the mobile phone game, which is also offering same excitement suitable to his or her mental state. So this cannot be compared with the “ability to concentrate” which is a crucial ability for academic studies or achieving excellence in a chosen field.

So what are the options available for the students to manage this limited attention span? Based on our research, following steps and options may be useful. First, acknowledge and accept this fact. Denying this natural aspect will further harm our performance.

Second, try to break your assignment or studies or activities in manageable small tasks that can be handled with the attention span of 15 minutes at a stretch. Take a break after every 15 minutes and then come back with the next task to make use of next round of attention span. By practicing it one can improve the performance in a natural way.

Third, take efforts to reduce the gap between two attention spans. One study suggests that, gap between one attention span to another can be as high as over 30 to 45 minutes. This is very costly as students move from school to college studies. For doing this, the easiest and healthiest option is doing “breathing exercises”. Breathing helps us to remain in present, to manage our emotions and regulate our ideas and excitements. It reduces the possibilities of distractions and brings in natural tendency to focus or to concentrate.

Fourth, While doing study at home, try to change the learning methodology after every 15 minutes. This can be done by writing notes, preparing flow chart or coloring certain charts or pretending to be a teacher and then teaching the topic to imaginary students, preparing wall notes, playing the football in your room while uttering certain definitions of the topic you are studying or any other such way. Instead of fighting with the nature and burdening us with the studies so as to invite frustration, why not make best use of our natural attention span to bring wonders in our life.

Our research shows that “marginal change” in the way of doing activities brings in “maximum results”.



Be Healthful

= *Viivek A Pandey*

Dear students of DSPPL
And my young friends,

Be Healthful

People believe in being helpful. Parents and teachers teach us to be nice. There is nothing wrong with having a helpful nature. However, the individual who is offering help is of utmost importance. A person who does not have the blessing of a fit body cannot offer physical help. An ignorant person cannot be an information provider. An emotionally sick person cannot heal anyone. So before offering any help, one must check his/her stature holistically. The term healing applies to all as it becomes a rare occurrence to see a person who is complete within himself.

Many terms can be synonymous with the term health. Fitness, healthiness, soundness, and well-being. The state of being free from illness or injury is also referred to as health. Health is also understood in terms of a person's mental or physical condition. The term health can be split into two; heal+th. All the words of the English language ending with 'th' take us inwards. All the words ending with 'ch' take us outwards. So the secret to health lies inwards. Usually, a person falling sick in a milder or major manner creates his/her reality. Somehow, they do not enjoy life on earth and their body immediately responds in the name of a small or a large diagnosis. The degree to which a person falls sick depends on the mental messages sent to the body. If the frequency of rejecting life and such thoughts is high the resultant pain and agony may even lead to a dreadful syndrome called cancer. In all the situations that make a person upset, one has the option of not allowing things to go deeper in our existence. A lively person will even take an untoward situation in a positive stride resulting in the prevention of disease. It all is up to your mind and emotions.

School-going kids become obese and the reason is mostly assigned to junk food. The fundamental tendency to digest food varies from person to person. Some think of strength (subconsciously) and convert the food into energy. Others may have a program that converts the food into sugar or fat. Please understand it's all up to one's inner intelligence. In the teens,



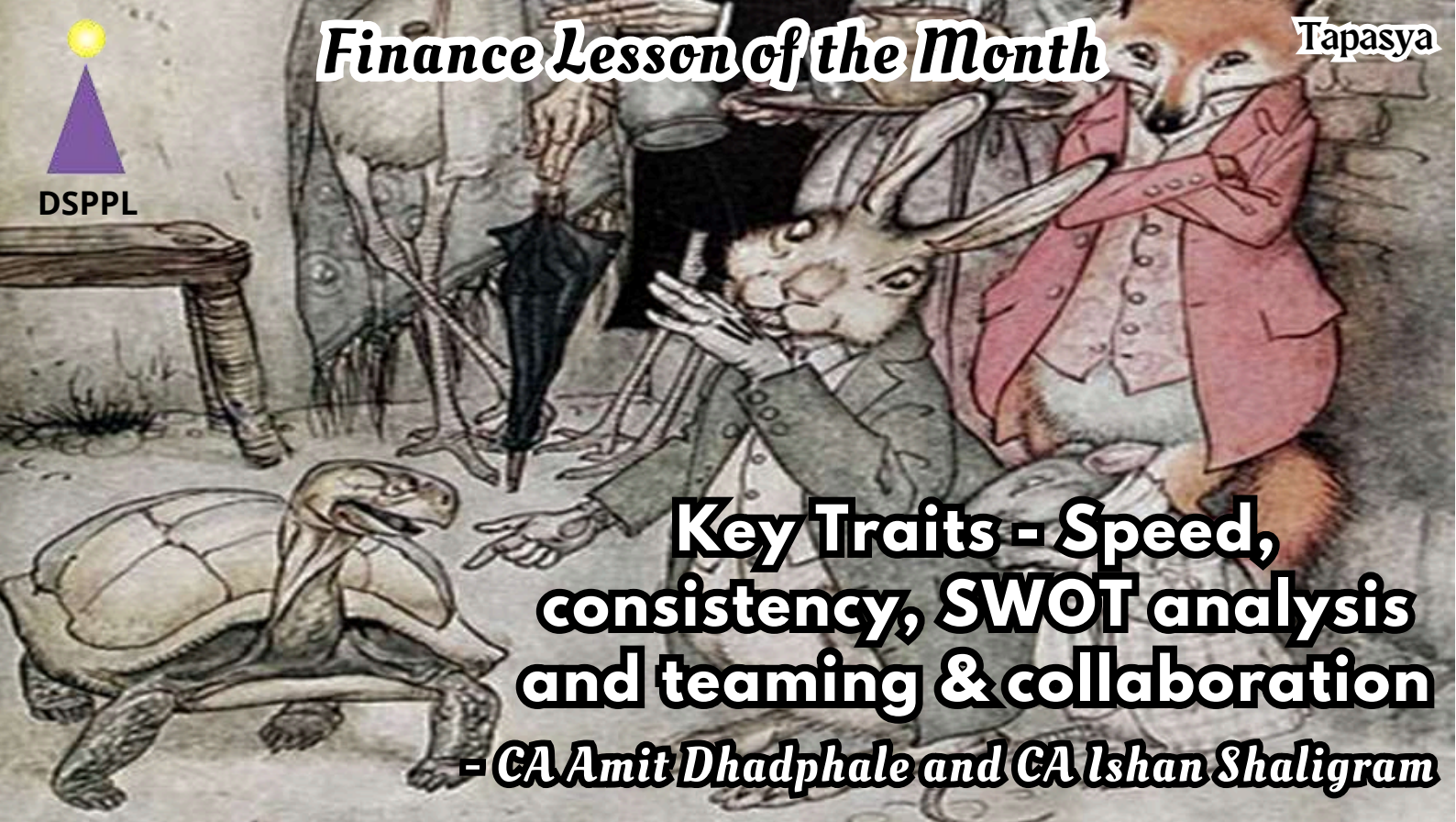
Be Healthful *continued...*

one enjoys physical fitness, while in old age, the body cannot function with agility. The primary reason is that we don't move from strength to strength. Come ugly situations and the mind and intellect start working against your health. Please remember this is done by you to you.

While you are enjoying your fitness at a young age, kindly check the thoughts that are offered to you from the outside world. One may also keep a check on their own belief systems. If you feel you can run fast with a 90 kg body, you may just end up achieving that. Believing that a burger will result in good health and only good health will end up giving you a great result. Trusting your body's intelligence and listening to the body's demands also assumes a whole lot of significance. Having said all this one must not entertain one's tongue by consuming a burger now and then. The body needs to be aligned with the rhythm of the nature as well. Eat when hungry and believe that the food will break down into all that is needed by the body. The mind is more powerful than the chemical composition of the food. Wrestlers eat non-vegetarian food mostly. For them, it is a must as their body goes through a lot of exertion. However, many Indian wrestlers eat vegetarian food and are still able to compete at the highest level. The point worthwhile is the fact that they get what they believe.

One must offer physical help when one is young. If you have clarity you must render mental help to the one needing it. If you are emotionally healthy, you should socialize and help all who are derelict or addicts. Remember these people can only be healed by more and more connections. Neglect for such people is the last option in terms of restoring health. Finally, once you become whole as a person, your very existence becomes helpful. A salubrious being is what we refer to as a health-giving presence. The final goal of an individual's fitness regime may begin in a gym. Nonetheless, if one has evolved brilliantly, one will end up giving health and healing to all around. Hence, before becoming helpful, be healthful.





Key Traits - Speed, consistency, SWOT analysis and teaming & collaboration

- CA Amit Dhadphale and CA Ishan Shaligram

Speed, consistency, SWOT analysis and teaming and collaboration are the key traits of a sound financial investor

Dear Readers,

Continuing with our series to convey financial literacy series for children, covering the childhood bedtime stories with a financial angle / twist to these, we are back with the third article in this issue. We continue to thrive to introduce the financial aspects to children through simple language and practical examples. Hope that you enjoy reading this section.

Story: The Tortoise and the Hare

We have heard of this story of the tortoise and the hare from Aesop Fables, which is summarised below:

Basically, a tortoise and a hare decide to have a running race. The hare was filled with much confidence the thinking of its running speed and the tortoise's running speed. Therefore, without thinking for a split second, the hare it agreed for the race. Once the race started, the hare started very fast and was out of the sight of the tortoise within short time. However, the tortoise didn't lose hope and kept on trying. Considering that the hare was way ahead in the race, he felt that he would easily win the race and therefore he thought of taking a nap. This overconfidence took a hit on the hare since while the hare was taking a nap, the tortoise kept moving slowly and steadily towards its goal and ultimately winning the race.

The moral of the story is "Slow but steady wins the race".

Now, moving on, let's give a management cum financial twist to this traditional story, which basically would bring out newer perspectives in following progressive parts:





Part I: The hare realises his mistake and asks for a re-run, and now runs without stopping to win the race.

Moral with management twist: Speed and consistency are the qualities required in modern world to win the race.

Moral with a financial twist: Speed is important to know when to invest and when to exit, but consistency of study of the market is equally important to stay relevant and stay profitable.

Part II: Moved by the loss, the tortoise decides to re-run the race, albeit with its designed route, which the hare agrees happily. While the hare runs with all its might, it reaches the banks of a river, through which the race route designed by the tortoise was going. Now, the hare gets stuck up at the banks of river, whereas the tortoise swims through the river to win.

Moral with management twist: Know your strengths and also the weaknesses of your competitors.

Moral with a financial twist: Know the strengths and weaknesses of the investments and investment modes before investing: you already know that speed of decision and consistency of study is anyways required.

Now, the climax:

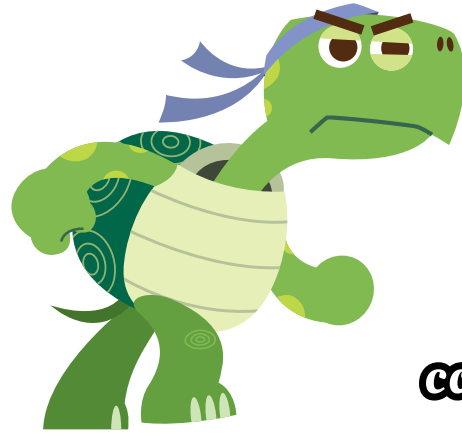
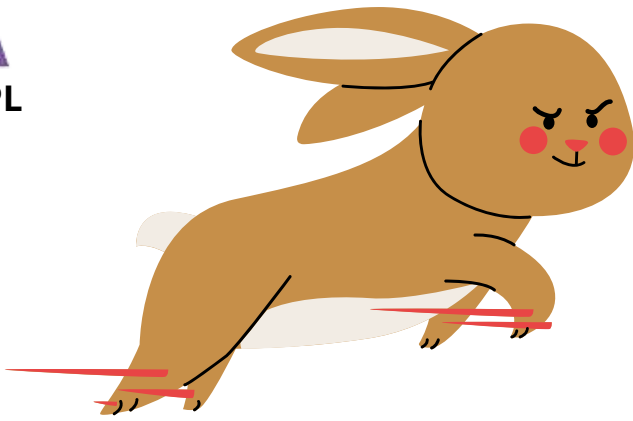
The hare and tortoise become friends instead of competitors and decide now to beat the time taken to run the race for which the tortoise had designed the route. So now, on the road, the hare takes the tortoise on his back and runs with his full might and once they reach the banks of the river, they switch their positions, i.e. the hare is now on the back of the tortoise. With this, they complete the race within less than half the time taken for the race in Part II.

Moral with management twist: However excellent you are individually, these are days of teaming and collaboration.

Moral with a financial twist: Speed, consistency, SWOT[1] analysis is important but teaming and collaborating with a right guide / agent / consultant is equally important in the field of investments.

[1] Strengths, Weaknesses, Opportunities and Threats





continued...

Thus, friends, such practical examples in simple words would help the children have decent insights not only regarding the key management fundas, but also the financial literacy concepts and keep the take-aways well registered with them.

Would you mind trying your luck in developing one such story with a financial twist? Do write to us: we will again come up with one more such story with financial twist in the next edition. Until then.. goodbye and happy investing!!

Financial takeaway of the month: Speed, consistency, SWOT analysis and teaming and collaboration are the key traits of a sound financial investor.

CA Amit Dhadphale and CA Ishan Shaligram

PS: Views and personal.

Credits: Original Story from Aesop's Fables. Modern story by Unknown, Picture by Arthur Rackham, 1912. Inspired by LinkedIn post by Vikas S M.

Note: CA Amit Dhadphale is Partner and CA Ishan Shaligram is Manager in a Big 4 CA Firm





अथर्वशीर्ष भाग १०

- *Mrunal & Yamini Kutumbale*

नमो ब्रातपतये । नमो गणपतये । नमः प्रमथपतये । नमस्तेऽस्तु लंबोदरायैकदंताय । विघ्ननाशिने शिवसुताय । श्रीवरदमूर्तये नमो नमः ॥ १०॥

(ब्रातपति, गणपति, प्रमथपति, लम्बोदर, एकदन्त, विघ्ननाशक, शिवतनय तथा वरदमूर्ति को नमस्कार है।)

इस श्लोक में गणपतिजी के आठ नाम हैं। ब्रातपति, गणपति, प्रमथपति, लम्बोदर, एकदन्त, विघ्ननाशक, शिवतनय तथा वरदमूर्ति। गणपति के इस आठ रूप के नाम लेकर ऋषि इन्हे प्रणाम करते हैं। यहाँ अथर्वशीर्ष पूर्ण होता है। सुमुख दादी से कहता है, " दादी , आपने अथर्वशीर्ष का अर्थ बहुत ही सरल तरीके से समझाया। मेरी छुट्टियां भी समाप्त होनेवाली हैं अब मैं हॉस्टल जाकर अपने दोस्तों को भी इसका अर्थ बताऊंगा। "

दादी ने कहा , " सुमुख , अर्थ जानने से अब अथर्वशीर्ष का पठन और अच्छे से तुम कर पाओगे। " सुमुख अपने हॉस्टल लौटने की तैयारी में लग गया।

जय गुरुदेव! स्वामी, गुरुजी के आशीर्वाद से अथर्वशीर्ष का अर्थ पूर्ण हुआ। DSPPL का हृदय से धन्यवाद।



CONSTITUTION OF INDIA

▫ **Kalpita Rakesh**

Understanding Constitution Part 2 (Article 5 to 11)

Dear Little Explorers,

We explored about Articles 1 to 4 in previous part. Let's explore Part 2 (Article 5 to article 11) of Indian constitution which deals with citizenship and how people become Indian citizens with a help of a story.

Introduction

Reema and **Soham**, excited and curious, were at the wedding of their cousin sister, **Ananya**, who was marrying **Hans**, a German citizen. The wedding was held in the charming town of Heidelberg, Germany, and the event brought together a vibrant mix of guests from around the world.

As they mingled with the guests, Reema and Soham encountered a diverse group of people and began discussing the concept of nationality and citizenship. Their curiosity led them to ask important questions about how people become citizens of different countries, especially India.

The wedding was a grand affair, and Reema and Soham were fascinated by the diverse attendees. They noticed people from many countries, each with unique stories and national identities. During the reception, they met **Mia** from Brazil, **Akira** from Japan, and **Emma** from South Africa.

Later that evening, Reema and Soham chatted with their cousin Ananya and expressed their desire to understand and know about nationality and citizenship.

Ananya: "I'm glad you're interested to know how citizenship works. Meet Mr. Gupta, my colleague from India, who is the best person to guide you in this matter.

Mr. Gupta: That's wonderful. I love to quench the thirst for knowledge, especially of young enthusiast minds. In India, there are several ways to become a citizen, according to Part II of the Indian Constitution which comprises of articles from 5 to 11.

Reema: "Great! We're eager to learn more."

Mr. Gupta: "Alright, here's a breakdown:"



THE CONSTITUTION OF INDIA

Understanding Constitution Part 2

(Articles 5 to 11)

Continued...

Mr. Gupta: Articles 5, 6, and 7 were crucial in the early years of the Indian Republic for defining and managing citizenship. They were important during the partition and post partition period as they dealt with the migration of people from India to Pakistan and vice versa. They have largely been superseded by updated laws and regulations. You can be an Indian citizen by Birth. That does not mean being born in the country make someone an Indian citizen. To be an Indian citizen by birth, at least one parent must be an Indian citizen."

Soham: "So, if a baby is born in India, they can be an Indian citizen only if one of their parents is Indian?"

Mr. Gupta: "Exactly. If neither parent is Indian, the child would not automatically be granted Indian citizenship. If your parents are Indian citizens, you can become an Indian citizen, even if you are born outside India."

Reema: "So, if Ananya and Hans have children, those children can be Indian citizens through Ananya?"

Mr. Gupta: If Ananya's children are born in India, they will automatically be Indian citizens if Ananya is holding her Indian citizenship at the time of their birth. If they are born in Germany they can become Indian citizens by descent under Article 5(1)(c) of the Indian Citizenship Act, 1955 provided Ananya is an Indian citizen at the time of their birth and she should register the child's birth at the nearest Indian embassy.

Reema : Oh Ok! But how can Ananya retain her citizenship if he is staying permanently in Germany?

Mr. Gupta: Its through Article 8: Citizenship of Persons of Indian Origin Residing Outside India. This is for Indian citizens who live outside India but have Indian heritage. Such a person can still be an Indian citizen if they register with an Indian embassy or consulate and meet certain conditions. But she will lose her Indian citizenship if she opts to become the citizen of Germany through the "Article no 9 - Persons Voluntarily Acquiring Citizenship of Another Country"





THE CONSTITUTION OF
INDIA
PREAMBLE

Understanding Constitution Part 2 (Articles 5 to 11)

Continued...

Soham : What if Hans wants to be an Indian citizen?

Mr. Gupta: Hans is eligible for Indian citizenship by registration under Article 5 of the Indian Citizenship Act, 1955, due to his marriage to an Indian citizen, Ananya. He must have resided in India for a specific period, typically a minimum of 7 years before applying for registration. There is one more way to acquire Indian citizenship and that is through "Citizenship by Naturalization". Hans must have resided in India for a continuous period of at least 14 years, before applying. He must demonstrate good character and knowledge of the Indian constitution and languages.

Reema: That's a tedious task to complete. We are so fortunate to have Indian citizenship just based on our birth. We must admit that we were ignorant and never valued it. Thanks for throwing light on such an important topic.

Reema: "Now I get it! There are many ways to become an Indian citizen, and it's about being part of the country and contributing to it."

Soham: "Yes, and it's cool to see how people from different backgrounds can become a part of India's story!"

Reema and Soham's adventure into Indian citizenship helped them understand how people from all over the world can become a part of India and what it means to be a citizen.



आखिरी प्रयास

- Saurabh Malpani

एक समय की बात है। एक राज्य में एक प्रतापी राजा राज करते थे। एक दिन उनके दरबार में एक विदेशी आगंतुक आया और उसने राजा को एक सुंदर पत्थर उपहार में दिया। राजा वह पत्थर देख बहुत प्रसन्न हुए। उन्होंने कहा कि उस पत्थर से भगवान विष्णु की प्रतिमा का निर्माण कर उसे राज्य के मंदिर में स्थापित करने का निर्णय लिया और प्रतिमा निर्माण का कार्य राज्य के महामंत्री को सौंप दिया।

महामंत्री गाँव के सर्वश्रेष्ठ मूर्तिकार के पास गए और उसे वह पत्थर देते हुए बोले, “महाराज मंदिर में भगवान विष्णु की प्रतिमा स्थापित करना चाहते हैं। सात दिवस के भीतर इस पत्थर से भगवान विष्णु की प्रतिमा तैयार कर राजमहल पहुँचा देना। इसके लिए तुम्हें 50 स्वर्ण मुद्राएं दी जाएंगी।” 50 स्वर्ण मुद्राओं की बात सुनकर मूर्तिकार खुश हो गया और महामंत्री के जाने के उपरांत प्रतिमा का निर्माण कार्य प्रारंभ करने के उद्देश्य से अपने औज़ार निकाल लिए। अपने औज़ारों में से उसने एक हथौड़ा लिया और पत्थर तोड़ने के लिए उस पर हथौड़े से वार करने लगा। किंतु पत्थर जस का तस रहा। मूर्तिकार ने हथौड़े के कई वार पत्थर पर किए, किंतु पत्थर नहीं टूटा। सौ बार प्रयास करने के उपरांत मूर्तिकार ने अंतिम बार प्रयास करने के उद्देश्य से हथौड़ा उठाया, किंतु यह सोचकर हथौड़े पर प्रहार करने के पूर्व ही उसने हाथ खींच लिया कि जब सौ बार वार करने से पत्थर नहीं टूटा, तो अब क्या टूटेगा?

वह पत्थर लेकर वापस महामंत्री के पास गया और उसे यह कह वापस कर आया कि इस पत्थर को तोड़ना नामुमकिन है। इसलिए इससे भगवान विष्णु की प्रतिमा नहीं बन सकती। महामंत्री को राजा का आदेश हर स्थिति में पूर्ण करना था। इसलिए उन्होंने भगवान विष्णु की प्रतिमा निर्मित करने का कार्य गाँव के एक साधारण से मूर्तिकार को सौंप दिया। पत्थर लेकर मूर्तिकार ने महामंत्री के सामने ही उस पर हथौड़े से प्रहार किया और वह पत्थर एक बार में ही टूट गया। पत्थर टूटने के बाद मूर्तिकार प्रतिमा बनाने में जुट गया।



आखिरी प्रयास *continued...*

इधर महामंत्री सोचने लगे कि काश, पहले मूर्तिकार ने एक अंतिम प्रयास और किया होता, तो सफल हो गया होता और 50 स्वर्ण मुद्राओं का हकदार बनता।

कई बार हम एक-दो प्रयास में असफलता मिलने पर आगे प्रयास करना छोड़ देते हैं। जबकि हो सकता है कि कुछ प्रयास और करने पर कार्य पूर्ण हो जाता या समस्या का समाधान हो जाता। यदि जीवन में सफलता प्राप्त करनी है, तो बार-बार असफल होने पर भी तब तक प्रयास करना नहीं छोड़ना चाहिए, जब तक सफलता नहीं मिल जाती जैसा हरिवंश राय बच्चन जी ने लिखा है....

"असफलता एक चुनौती है, इसे स्वीकार करो,
क्या कमी रह गई, देखो और सुधार करो।
जब तक न सफल हो, नींद चैन को त्यागो तुम,
संघर्ष का मैदान छोड़ कर मत भागो तुम।
कुछ किए बिना ही जय जय कार नहीं होती,
कोशिश करने वालों की कभी हार नहीं होती।"



एहसास

- जयंती काटदरे

आज फिर से वह बूढ़े आदमी पीपल के पेड़ के पास आकर मन ही मन में रोने लगे। वह बहुत दुखी थे। चिंतित थे। बहुत ही अकेलापन महसूस कर रहे थे। उनकी पत्नी के देहांत के बाद वह बिल्कुल अकेले पड़ गए थे। उनके ही परिवार वालों से उनके विचार जुड़ नहीं पा रहे थे। और यही कारण से वह बार-बार दुखी होते थे। वह सोचते थे कि कोई भी उन्हें चाहता ही नहीं। उनका जीना अब केवल एक बोझ बन चुका है।

वहीं पर थोड़े बाजू में एक जवान लड़का सब्जियां और फल बेचता था। पीछे एक कंपाउंड का सहारा लेकर उसने अपनी छोटी सी दुकान रास्ते के बाजू में ही बनाई थी। दादाजी ने देखा तो किसी ने उसकी पूरी दुकान गिरा दी थी। दादा जी को वह देखकर बहुत बुरा लगा। उन्हें लगा यह लड़का भी अब मेरी तरह दुख में होगा। तो चलो थोड़ी बात करते हैं दुख बांटने से हल्का होता है ना।

वह बूढ़े आदमी उस लड़के के पास जाकर बोले, "बहुत बुरा हुआ तुम्हारी दुकान किसी ने गिरा दी ना! लड़का बोला, हां वो तो है।" और फिर से वह काम करने लगा। फिर एक बार कंपाउंड के सहारे लड़कियां खडी करके उसकी दुकान को बनाने लगा। दादाजी को थोड़ा अचरज हुआ। 'अरे यह तो बिल्कुल ठीक है, पर कैसे?' बूढ़े आदमी ने पूछा, "अरे तुम्हें दुख नहीं हुआ यह सब देखकर?" तो लड़का थोड़ी नाराजी से बोला, "दादाजी हमें तो आदत होती है ऐसी चीजों की और दुख करने के लिए उतना वक्त मेरे पास है भी नहीं। अगर आज काम ना करू तो कल खाना नहीं मिलेगा। "हां वो तो है, पर दुख तो होता है ना? जो अच्छा बर्ताव करते हैं, उसी को लोग तंग करते हैं। तुम्हारी छोटी सी दुकान यहां होती है तो किसी का क्या जाता है?" लड़के ने कहा, "दादाजी यह घर बहुत बड़े और अच्छे हैं। इन लोगों को उनके कंपाउंड के बाहर भी कोई ऐसा कुछ करें तो पसंद नहीं आता। गंदा- बुरा दिखता है ना! शो चला जाता है।"



एहसास

- जायंती काटदरे

"पर तुम्हारी दुकान का क्या? दादाजी ने थोड़े गुस्से से ही पूछा | तुम्हें बुरा कैसे नहीं लगता गुस्सा क्यों नहीं आता? तुम्हारा तो इस पर पेट है।"

"हां पर मैं गुस्सा करूंगा या फिर निराशा रहूंगा तो नुकसान मेरा ही होगा ना! हम तो रास्ते पर काम करने वाले लोग हैं | अगर इतना सब कचरा अंदर डालेंगे ना तो ना ठीक से जी सकेंगे ना काम कर पाएंगे | जो हुआ वह कल हुआ | आज नया दिन नई शुरुआत | हम सब्जियां- फल बेचने वाले ऐसे ही करते हैं | दुकान बंद करने से पहले ही जो खराब होने वाला है या ज्यादा टिकने वाला नहीं है वह दुकान बंद करने से पहले ही कम दाम में या तो बेंच देते हैं, या फिर गाय को खिला देते हैं | क्योंकि वह सब रख देने से अंदर जो अच्छा है वह भी खराब हो सकता है |

वह बूढ़े आदमी तो अचरज से देखते रहे | जो सिख वह जिंदगी भर नहीं समझ पाए वह एक रास्ते पर सब्जी बेचने वाला लड़का उन्हें समझा रहा था |

तब उन्हें भी एहसास हुआ की, मुझे भी तो छोड़ने को - फेंकने को सीखना चाहिए | मेरी तो प्रॉब्लम्स बहुत छोटी-छोटी है | तभी उनका फोन बज गया, उन्होंने देखा तो उनके बेटे का था | वह पूछ रहा था, "कहां हो बहुत देर हो गई है | घर आ जाओ |" तो उस बूढ़े आदमी ने कहा, "आ रहा हूं बेटे, तुम्हारी पसंदीदार सब्जी ला रहा हूं |"

जाते हुए वह खुद को ही समझा रहे थे, जो हुआ वो हुआ | मुझे छोड़ देने को सिखाना चाहिये |



देवरुख हमारा घर अविस्मरणीय अनुभव - नम्रता नार्वेकर

जय गुरुदेव! मठामधे जशी मी जायला लागले तेव्हापासून आठवड्यातून एक दिवसतरी जायला मिळाल ना तरी खूप बर वाटत। गुरुजींनी दर गुरुवारी पालखी प्रदक्षिणा सुरु केली त्याला १२ ते १३ वर्ष झाली असतील। दर गुरुवारी आरती नंतर होणारी पालखी प्रदक्षिणा हि खूप चांगली पर्वणीच साधकांसाठी आहे। देवरुखचे साधक संध्याकाळी मठात येऊन खूप सुंदर पालखी सजवतात। फुले झाडांची पाने गजरे हार आणि गोंडायच्या फुलांनी स्वामींसाठी पालखी सजवली जाते।

त्या पालखी मध्ये स्वामी आणि पादुका विराजमान होऊन मठाला तीन प्रदक्षिणा करतात। मठात येणारे साधक या प्रदक्षिणेचे मानकरी ठरतात। प्रत्येक साधकाला एक एक सेवा दिली जाते। पालखी घेणारे भोई मशाल धरण्याची सेवा निशाण घेण्याची सेवा स्वामींना चावरी ढाळण्याची सेवा स्वामी व पादुकांवर फुलांची वर्षाव करण्यासाठी चा ठिकाणी सेवेकरी ठेवले जातात। चार ठिकाणी पालखी समोर भजन अभंग म्हणण्यासाठी सेवेकरी उभे असतात। अशा तीन प्रदक्षिणा करण्यात येतात। पुढे प्रमुख सेवेकरी त्यामागे शंख वाजवणारे मग मशालवाले पालखीच्या पुढे मागे असतात। त्या मागे पालखीचे निशाण अस्ते।

मठात आरती आणि पालखीसाठी जायला नाही मिळाले तर मनाला खूप दुःख वाटते। महिन्याच्या शेवटच्या गुरुवारी महिला पालखी सेवा असते। पालखीचे भोई म्हणून सेवा मिळते। तेव्हा आतून मनात भीती निर्माण व्हाची कारण तीन प्रदक्षिणा पालखी घेऊन करायची म्हणजे हातात मुंग्या येणार नाहीत का? मी एखादी जड वस्तू हातात जास्त वेळ ठेवली तर माझ्या हात मुंग्या येऊन हात सुन्न होतो। वर खाली करता येत नाही पण स्वामीच म्हणतात 'भिऊ नकोस मी तुझ्या पाठीशी आहे' आणि तसेच व्यहायचे। मी स्वामींना सांगून पालखी घेऊन तीन प्रदक्षिणा पूर्ण व्हाच्या। स्वामींनवर विश्वास ठेवल्यावर स्वामी आपली सर्व कामे सुरळीत पूर्ण करून घेतात। भक्तांना , सेवेकरींना आपली कामे कशी आणि कधी पूर्ण झाली समजयच्या आधी स्वामी ती कामे , सेवा करवून घेतात। स्वामी आपल्या अडचणी वर मात करून आपल्या अडचणी स्वामी सोडवतात।

'अशक्य हि शक्य करतील स्वामी' जय गुरुदेव!





DSPPL Events

One Day “Swadhyay Shibir” at Devrukh Math 10th November, 2024

Sri Swami Samarth Chaitanya Trust had organized one day “Swadhyay Shibir” for Devrukh Reiki Sadhaks on 10th November, 2024. The concept of shibir was to do Swadhyay (self study) based on teachings of our beloved Ajit Sir. The true homage can be paid to our Guruji only through sadhana. Considering this, one day shibir was organized.

The theme selected for the shibir was “Karma Puja – Manas Puja – Chaitanya Puja” spread over 3 sessions. The shibir started at 7.00 in the morning with lighting of the lamp, prayers and inauguration. Then 25 Shri Satyanarayan Pooja were performed simultaneously in front of Swami. Kanta Guruji guided all Sadhaks in performing the Pooja. Actual puja was followed by session on “Science behind Shodash upachar Pooja”.

Afternoon session comprised of “Memories of Guruji” sharing of experiences, Quiz on Reiki 1st Degree seminar, Games and puzzles. It was then followed by “Manas Puja and science behind it”. Shiv Manas Puja by Adi Shakaracharya was taken as theme. Similarities of Shiv Manas Puja with shodopachar puja, and uses of Manas Puja were discussed in the session.

Evening sessions comprised of Bhajans, Uttar Puja of Shri Satyanarayan and closing meditation.

All Sadhaks who participated also lighted lamps on Deep Stambh and the event ended at 9.00 pm by taking Prasad.



DSPPL Events

Guru Gita Chanting online session 18 November to 2 December 2024

To celebrate Gururji's birthday online Guru Gita Chanting classes were organised. Ms Vinaya Deo, M.A., M(Phil), Sanskrit acted as faculty. Vinaya Tai is basically a Visiting Faculty for M.A. Sanskrit Literature at prestigious Tilak Maharashtra Vidyapith since 1987. Her fluent and student centric easy teaching style was appreciated by all.



DSPPL invites you to join classes on chanting of Guru Gita in a correct grammatical manner and in soothing rhythm. Let's join to listen, understand & chant the glory of Guru, Guru Tatva and its unlimited and unending blessings when Mata Parvati approaches Lord Shiva with the fundamental question

"केनमार्गेणभोस्वामिन्, देहीब्रह्मयोभवेत्। त्वांकृपांकुरुमेस्वामिन्, नमामिचरणौतव"

(Please tell me one such path that we are all in search of. How can we take this body to a Brahmamaya (spiritual) world? Please oblige us Swami, I bow to your feet.)

Lord Shiva starts explaining it to Mata Parvati for the benefit of the entire mankind



18th November 2024 to
2nd December 2024 (Gururji's Birthday)



Daily at 7.00 am
to 7.40 am



Faculty - Mrs Vinaya Deo, M.A., M(Phil), Sanskrit
Visiting Faculty for M.A. Sanskrit Literature at
Tilak Maharashtra Vidyapith since 1987

₹ Fees - INR 200/-

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ONE SUNDAY MORNING, SAHIL WHILE HAVING HIS BREAKFAST ASKS:

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