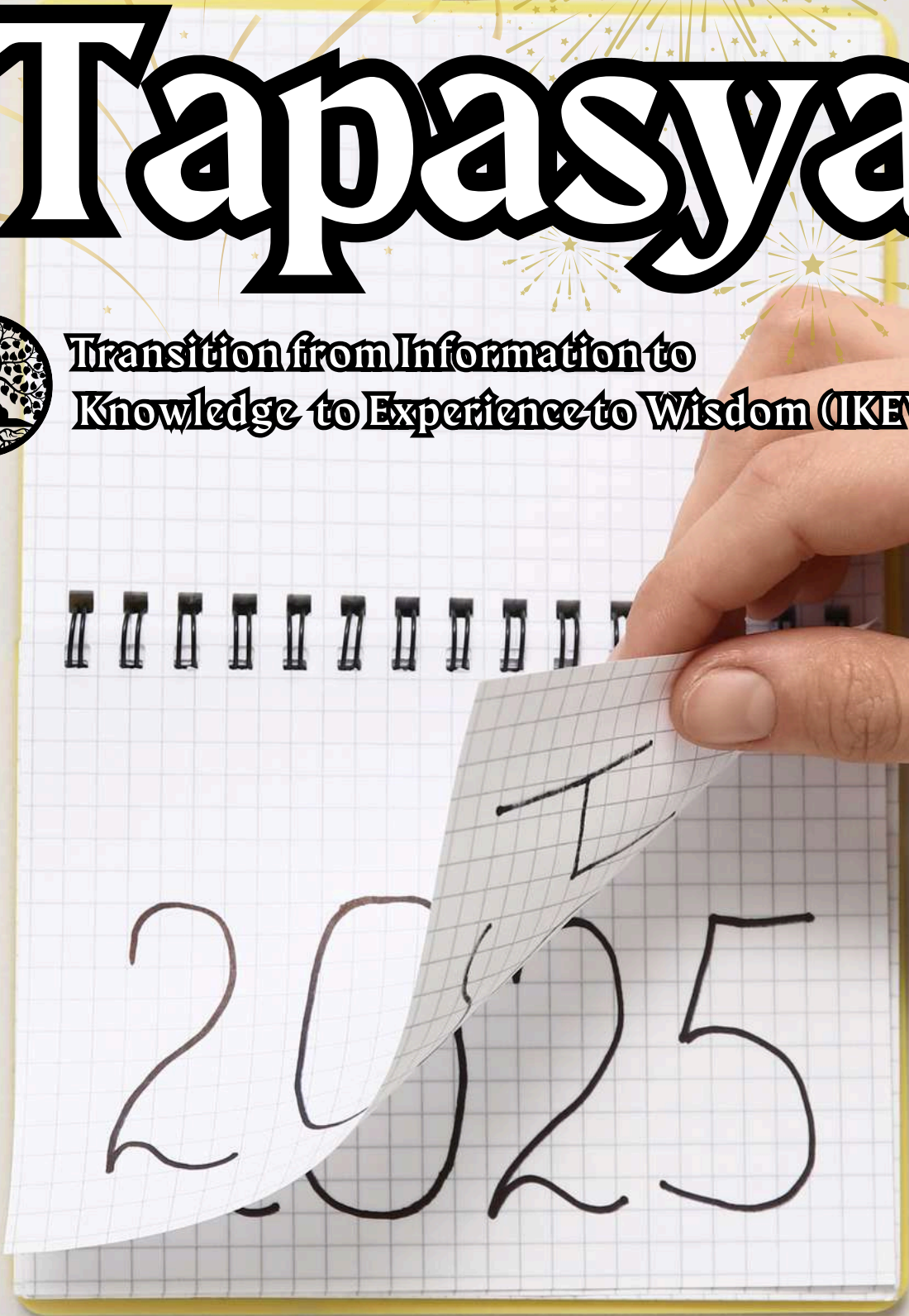




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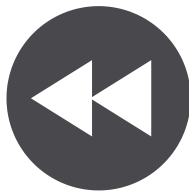
**Transition from Information to
Knowledge to Experience to Wisdom (IKEW)**



A Devrukh Spiritual Prowess Pvt Ltd (DSPPL) initiative

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

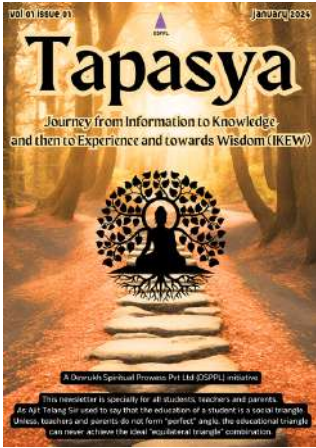
As Ajit Telang Sir used to say that the education of a student is a social triangle. Unless, teachers and parents do not form "perfect" angle, the educational triangle can never achieve the ideal "equilateral triangle" combination.



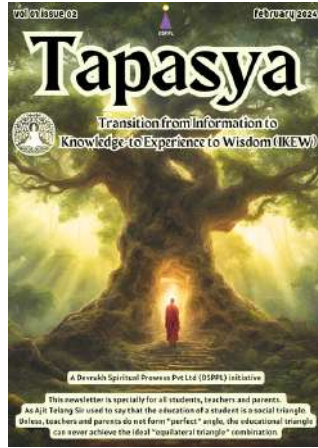
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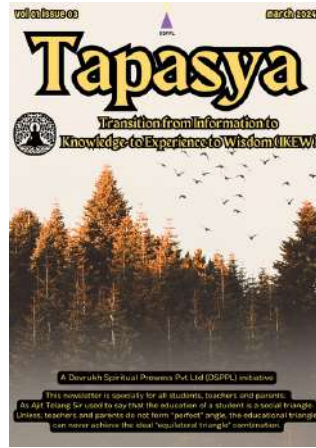
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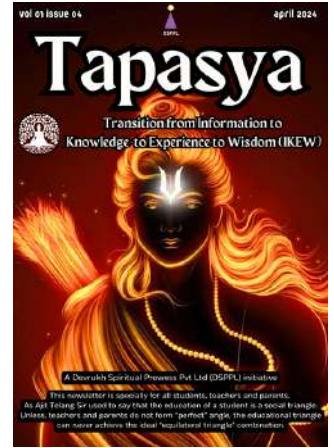
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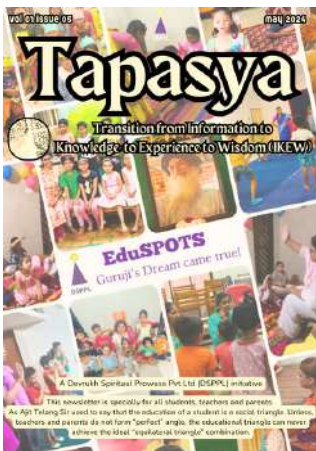
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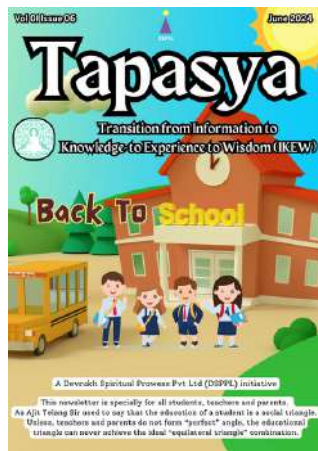
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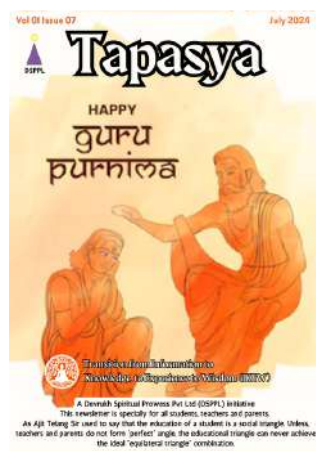
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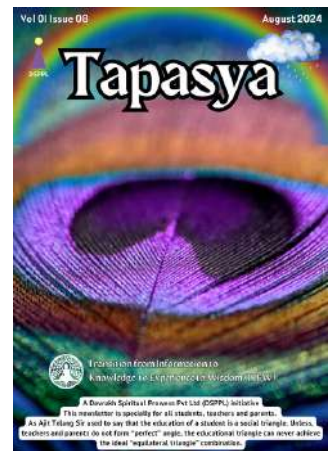
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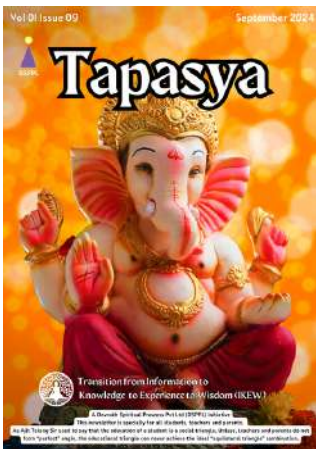
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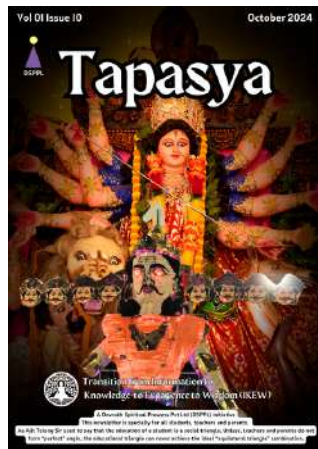
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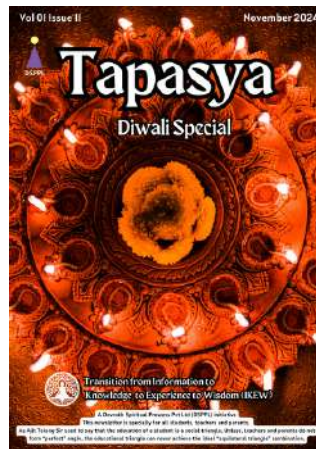
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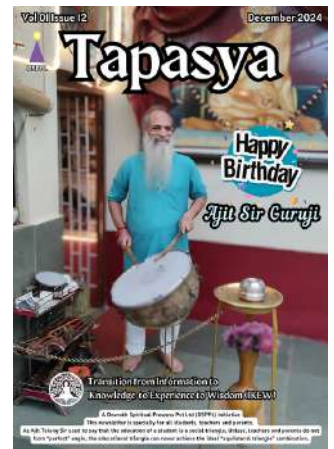
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Ajit Telang Sir
Our Inspiration!

WELCOMING NEW YEAR 2025

A YEAR OF MILESTONES AND DEEPER UNDERSTANDING

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

As the clock strikes midnight on December 31, 2024, we usher in a brand new year—2025. This New Year, brimming with potential and possibility, invites us to reflect, rejuvenate, and look forward to the exciting opportunities that lie ahead.

This year is unique and, in fact, marks the first milestone of this century—representing a quarter of a century, a moment to reflect on the past and plan for the future. The number 25 is a combination of the energies of 2 and 5. The number 2 signifies balance, partnership, and harmony, while the number 5 resonates with freedom, adventure, and change. Together, these energies suggest a year where balance meets transformation—a perfect blend for new beginnings and growth.

This can be seen coming into reality with the rapid progress in artificial intelligence in almost every field of work. However, there is also a need to unleash natural intelligence. This will equip us to blend both intelligences—Natural and Artificial—to achieve our ultimate goals of health, happiness, and harmony.

Hence, we at DSPPL have introduced a remarkable initiative called Unleashing the Natural Intelligence (UNI). This program represents the ultimate level of achievement for STRONG 4 Students and includes the inscriptions of the Vedas and other ancient literatures, corresponding to our modern science of human physiology. By integrating these profound teachings, the UNI program aims to cultivate a deeper understanding and appreciation of both our spiritual heritage and scientific advancements. This unique fusion of knowledge helps students develop a holistic perspective, equipping them with the wisdom to navigate the complexities of the modern world while staying grounded in timeless principles.





Nine Steps Reaching to Seven Guardian Angels

Step 04 - The Awakening

- 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 04 - The Awakening

Ten years passed, and the children, now young adults, had honed their powers and deepened their bond. However, they always wondered who had sent these evil people after them. But somewhere deep within, they knew that someone powerful and malevolent must be behind this sinister plot. So, they began to explore the truth and eventually found that back in the larger town named Siem Reap, a shadowy figure sat in a dimly lit room, surrounded by ancient texts and mystical artifacts. This figure, known only as “**Temny Iskatel**” (The Dark Seeker), had been searching for the seven gemstones for years.



Hence, they decided to go to Siem Reap on Monday and confront one of the townsmen there to understand who Temnyy Iskatel is and all about him. They knew that Siem Reap gets busiest on Mondays and getting hold of a few townsmen would be easier. That's the reason they deliberately chose Monday. As they reached Siem Reap, Kheul, Preal, and Amnar were bold enough to catch hold of one of the townsmen.

As the man smiled, Kheul (aged 22) immediately asked him, "By any chance, do you know Temnyy Iskatel?"

As soon as the man heard the name, "Temnyy Iskatel," his eyes were full of fear, his hands trembled, and he was unable to even stand or speak. It was as if hearing this name would cause him death. He was unable to make sense of anything. Sarlanha took a breath and then soothed him with her compassionate touch. Once he recovered from the shock, he then told them, "Temnyy Iskatel is the name no one would even want to hear in the whole of Siem Reap. He is the most malicious one of all the evil sorcerers in the world. Why and how do you know this name?" he asked, looking at Sarlanha.

Preal answered, "Well, he had sent his men to our town a few years back. So, we're just curious to know why he preferred our small town when Siem Reap is large enough?"

The man then mentioned, "Well, that's because Temnyy Iskatel believed that possessing the seven gemstones would grant him unimaginable power, enough to conquer the world and bend it to his will, and these gemstones were where you belong." The man also added further, "I'm not sure whether I should say this... uhm... I also know that Temnyy Iskatel had learned of the prophecy and the chosen ones through forbidden knowledge and dark magic. He was incredibly determined to prevent those children from fulfilling their destiny. So, he had sent the fake scientists to retrieve the stones and eliminate any witnesses even before those seven kids even knew about those stones."

What the man was totally unaware of was that these were the children Temnyy Iskatel was referring to. The man continued speaking, "However, I think he and his team of evil sorcerers underestimated the children's unity and the power of the stones. But I hope that as the children grow stronger, their abilities will grow too with their self-awareness, and they will become a formidable force against the darkness. Or else the world will soon be in chaos."



Nine Steps Reaching to Seven Guardian Angels

Episode 04 Continued....

Kheul thanked the man for letting them know all that he knew about Temnyy Iskatel. Still, it was not sufficient to encounter him. They then started searching for more clues or information about Temnyy Iskatel.

They eventually met an old sorcerer named “Ab-thmob” who was revered in the whole of Siem Reap not only for his magical powers but also for his kind and compassionate nature. Ab-thmob was at first reluctant to speak anything about dark forces or even forbidden knowledge that Temnyy Iskatel used as he considered that everyone who asks for this kind of knowledge will misuse it.

“Go away, you little brats! I don’t want to tell you anything about these,” Ab-thmob spoke, trying to drive the seven away.

Kaunosrei disappointedly spoke to the others, “I don’t think it would be great to talk to him if he’s not willing to cooperate with us.”

Preal agreed, “That’s right. He might have his reasons for doing so.”

While talking to each other, they stood up, bowed to the sorcerer, and were about to leave when suddenly Ab-thmob sensed the divinity within them and called them back in, “Hey anakreaknea! Come here.” The word anakreaknea meant “you guys” in their language. All seven of them, with surprise and delight mixed in their feelings, went back inside upon hearing his call.

Once they stepped in, Amnar instantly bowed before him and politely said, “Oh Great One! We’re not here to harm anyone with that knowledge. We assure you.”

Ab-thmob spoke, “I’ve seen your energy field glowing while you were walking away. So, I trust you. But, why do you need to know about it?”

The minute he asked, Santep and Tolyphap bowed before him and courteously spoke, “Sir, a few years ago, in Angkor, some evil people disguised as scientists had come up with some malicious plans. When we inquired about it, we came to know that those were Temnyy Iskatel’s people.”



Nine Steps Reaching to Seven Guardian Angels

Episode 04 Continued....

Before they could say anything further, Sarlanha bowed down and mentioned in her calm, soothing voice, “Sir, since Temnyy Iskatel uses dark forbidden magic, we need to know about those forces so that we know what we are dealing with.”

Ab-thmob smiled and mentioned, “Uhm! So, the prophecy must be right. You must be the chosen ones that the prophecy talks about. Well then... Listen carefully. But before I tell you about Temnyy Iskatel, you should know what the dark forces are capable of doing. They are merely using him as their host, and once his body is destroyed, the dark force shall choose another body just like Temnyy Iskatel or probably even more powerful than him.” Saying so, Ab-thmob mentioned to them all he knew about Temnyy Iskatel and his dark forbidden magical forces. He additionally provided them with a few inputs that could help them deal with the dark forces. After mentioning everything in detail, he said, “Lastly, just remember his powers are at their peak during the new moon.”

Listening to him, the children knew that their journey was far from over. They had to uncover the identity of Temnyy Iskatel and stop him from carrying out his evil plans.





DSPPL

Science of Learning Part 13

by **pranjal Joshi**

We already know that the learning process happens through “Chitta”. It comprises of Intellect (Idea), Mind (Thought) and Heart (Emotions) as a system, not an organ. But the most important element in it is the “Mind” or “Mann”. In human, man or woman one thing is common i.e. “Mann”. The one who has a Mind (Mann) and Body (Ushya) is “Manushya” (Human). Mann separates humans from all other animals. Out of 7 components of human existence, it is the mind which is missing in all other animals, while humans are blessed with it. Mind is the one which presides over the Emotions and Intellect to create expressions required for a game of life. It is the regulatory mechanism of Humans.

Concentration of human mind or its distraction depends upon 3 main forces called as “Tri-Gunas” or three qualities – Rajas, Tamas and Sattva. The life is nothing but the ratio. These tri-gunas are constantly changing its proportion to each other impacting mind attention faculty of each human being thereby leading to impact in the learning process.

The Three Gunas



SATTVA

Balance
Harmony
Positive
Peace
Clarity
Light
Creativity
Openness
Intelligence



RAJAS

Movement
Activity
Energy
Excitement
Passion
Desire
Agitation
Anxiety
Egotism



TAMAS

Inertia
Inactivity
Negative
Apathy
Dullness
Dark
Delusion
Depression
Ignorance

Sattva is the force characterized by Light, illumination, upward movement, clarity, purity, warmth and inspiration.

Rajas is the force of activity, movement, instability, agitation and pulsation.

Tamas is the force of darkness, heaviness, inertia, downward movement, confusion, sloth, dullness and lack of enthusiasm.

The interplay between these forces affects the mind. Let's see how it affects the mind and thereby learning process –

1. When Sattva is the dominant force and both Rajas and Tamas are minimal, mind acquires a state of Well Controlled mind.
2. When Rajas and Tamas increase proportionately and the dominance of Sattva decreases slightly, mind is said to be in a state of one-pointedness.
3. When Sattva is slightly higher than rajas and tamas, mind is Disturbed.



Science of Learning Part 13

4. When Tamas dominates over Sattva and Rajas, the mind is stupefied.
5. When Rajas dominates, the mind is distracted.

States of mind in 1 and 2 life situations as stated above are supporting the process of effective learning. These situations are capable of providing high quality of results even in short span of time. State of mind in life situations 3 leads to difficulty in understanding, extending the time required to finish small academic tasks, difficulties in assimilation of facts and affects the ultimate learning output. States of Mind under life situations 4 and 5 are absolutely not conducive of making any studies and are sure to lead to failures.

The modern science believes that that external circumstances causes our adrenaline levels to rise leading to agitation or depression. However the ancient Indian practices suggests that the truth is opposite. According to ancient wisdom, the external situation can never cause disequilibrium. In the same kind of external environment, people with Sattvic energy can still remain composed, those with Rajasic energy for sure will get agitated while those with the Tamasic energy are more likely to get depressed.

As such, managing the mind is of utmost important for the students. We strongly believe that the time has come to stop feeding our students with more and more intellectual dosages of so called contemporary information under the disguise of knowledge. We need to promote “mind building” which will help them over their entire life span instead of body building or unnecessary knowledge building which will shed away over the period of time. Confused, stupefied and distracted mind can never help students to learn, progress and achieve excellence in life.

At times, our modern education system trains only the conscious mind, while now it is the proven fact that 95% of our time, we are governed through our subconscious mind. The three forces as stated above being subtle in nature operate mainly in subconscious mode. While the shift from Satvik to Tamasic happens naturally as the day progresses, for effective studies we need to master this shift at our will. Unless we cleanse our subconscious mind or transcends through it, the efforts required will be far higher, rigorous and stressful for achieving meagre academic rewards.

Spiritual practices basically work effectively in managing the subconscious mind helping students in using “tri-gunas” to his benefit as per his will. It guides the student to lead the Sattva in proportion to Rajas and Tamas to achieve focus or “one pointedness” leading to better results with comparatively much lesser efforts. We need to remember that the road to academic excellence travels through the corridors of spirituality.





Our Attitude decides our Altitude ***The power of Resilience***

- Krupa Choksi

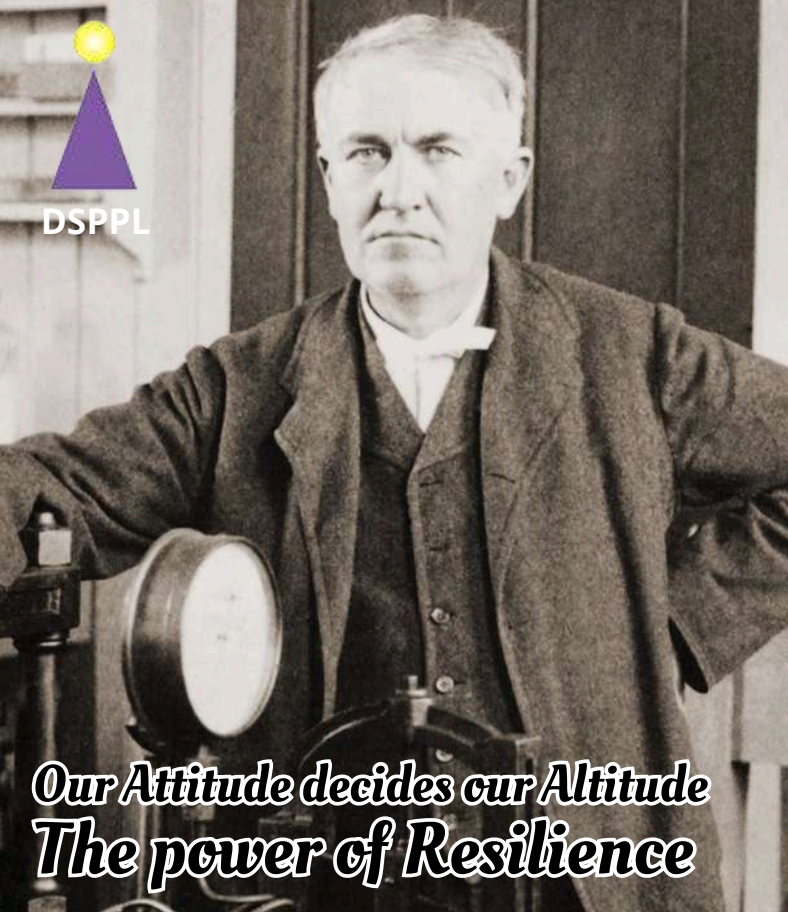
Recently Resilience management is very important in the corporate world. Resilience refers to the ability to successfully adapt to stressors, maintaining psychological well-being in the face of adversity. It's the ability to "bounce back" from difficult experiences. Resilience is not a trait that people either have or don't have. This is one of the biggest quality which one should have to succeed in life.

Why is it so? Because we plan to achieve so many things in the life. We make our efforts to achieve success. We make number of attempts but at one time we give up. We feel this is not my cup of tea. We get dejected, disappointed and we keep that thing aside. We start feeling that we are no good. This is because we are not prepared for the disasters in life. We are not prepared for failures in life. Many times we do not anticipate the roadblocks coming into our way and then we get dejected. We should be optimistic but at the same time we should also be ready with our plan B if plan A does not work.

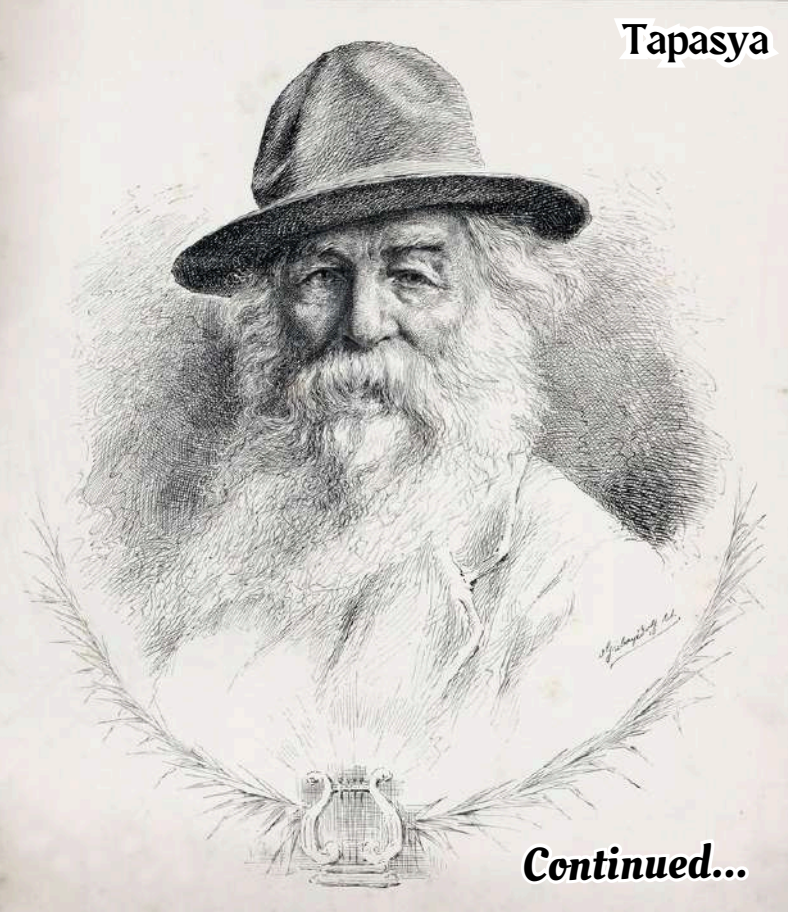
All the great personalities in this world had this ability to bounce back from any of the adverse situations. Take the example of Abraham Lincoln, the 16th President of United States. His failures list is as follows:

- Lost job in 1832.
- Defeated for state legislature in 1832.
- Failed in business in 1833.
- Elected to state legislature in 1834.
- Sweetheart died in 1835.
- Had nervous breakdown in 1836.
- Defeated for Speaker in 1838.
- Defeated for nomination for Congress in 1843.
- Elected to Congress in 1846.
- Lost re-nomination in 1848.
- Rejected for land officer in 1849.
- Defeated for U.S. Senate in 1854.
- Defeated for nomination for Vice President in 1856.
- Again defeated for U.S. Senate in 1858.
- Elected President in 1860.





Our Attitude decides our Altitude
The power of Resilience



Continued...

Another example could be Thomas Edison who Deemed too stupid to learn anything. He had wonderful ability to bounce back. Thomas Edison was expelled from school for being “unteachable.” Fortunately, his mother believed in him and encouraged him to continue his education, even teaching him herself at one point. Unfortunately, things didn’t get any better for Edison when he entered the workforce. He was unceremoniously fired from several of his first jobs because he was not productive enough.

Even his first thousand or more attempts at getting the light bulb to work were failures. Yet, despite all of his defeats, Edison was a prolific inventor who amassed 1,093 patents during his lifetime, including the light bulb and the movie projector.

If you focus on Walt Disney’s failures, it’s amazing that The Walt Disney Company ever reached the level of success it enjoys today. Disney was, at one point, living on dog food and unable to pay his rent. Then, during a contract dispute with Universal Pictures, he lost creative control of his first character, Oswald the Rabbit. Next, MGM rejected his Mickey Mouse character because the studio believed women were afraid of mice.

Before the screening of “Pinocchio,” Disney hired several little people to stand on top of the marquee, dressed as puppets, to wave at the families coming into the theatre. He provided them with wine and food for the day. By the time the screening began, the little people were drunk, naked and swearing at the crowd. Disney overcame these failures and turned Disney into a global empire.

Despite the numerous struggles and setbacks that he experienced in his early career, Disney never let his failures dull his imagination. He went on to pioneer several new animation and filmmaking techniques that revolutionized the industry.





RESILIENCE

Our Attitude decides our Altitude

Continued...

All these examples teaches us that we need to have patience and perseverance in our life. We should believe in ourselves and always keep trying. The success will follow. We should learn from our past mistakes and never give up. Do not lose faith in God and keep making efforts. The grace will descend if you are sincere enough. Let us digest our past failures, learn from it and bounce back with a new force in the New Year. May this New Year be full of hope, success, peace, growth and prosperity.

At this moment I am reminded of one poem which I learnt in school "Try Again" by William Hickson:

TRY AGAIN by William Hickson

'Tis a lesson you should heed—

Try again;

If at first you don't succeed,

Try again.

Then your courage should appear;

For if you will persevere,

You will conquer, never fear.

Try again.

Once or twice though you should fail,

If you would at last prevail,

Try again.

If we strive, 'tis no disgrace

Though we did not win the race—

What should you do in that case?

Try again.

If you find your task is hard.

Try again:

Time will bring you your reward,

Try again:

All that other folk can do,

Why with patience should not you?

Only keep this rule in view,

Try again.



Thought for the Month

Aakruti-A national awardee's journey

- Viivek A Pandey

Dear students of DSPPL

And my young friends,

Aakruti-A national awardee's journey

Somewhere in the year 2000, Prakash and Prasuti were blessed with a girl child. They named the child Aakruti. Since Aakruti was their only child, they both raised the girl with great tenderness and care. In the initial year, she was taught the basics of using her fingers and limbs. Later on, she was consciously trained to use them efficiently. Her parents never quarreled and made it a point to never set a bad example in front of their child. She was also taught to speak with politeness and never react with frustration. Aakruti's parents had humble beginnings and taught her to survive with the minimum. They believed in creating things that helped humanity and the habit of consumption never helps to become a creator. Her mother ate less and painted more to develop patience and calmness in her attitude. The girl spent a major part of her childhood with her mother who was monumental in building her persona.

Soon Aakruti turned 15 and both Prakash and Prasuti decided to send her to the boarding school a year later. Prasuti and Prakash decided to equip her with all the appropriate knowledge to survive alone. The most important being organizing her mind and emotions. They made it a point not to overstuff her with their teachings. It was just simple statements that would be conveyed politely and made to digest well. Soon it was revealed to her that she would have to leave for her boarding school and stay alone in a room within the school premises. Aakruti became emotional and took time to digest the fact that she would be staying away from her parents. Father told her to be emotionally tough and mother guided her to focus on creating things that would help people. Her boarding school life was initially difficult, but with her parent's guidance, she started coping well and became independent. She soon realized that her classmates needed help surviving alone. Aakruti helped them all and displayed exceptional leadership skills. Aakruti led by example and disciplined everyone by the way she lived. Every task she completed had her personal touch. Be it arranging the bed, organizing the books or simply keeping the washed



Aakruti-A national awardee's journey *continued...*

plates and cups. Aakruti was allowed to make one phone call every week and her parents came to meet her thrice in a year. Her father told her to use this opportunity to become more and more strong with every passing day.

After a couple of years in the boarding school, this girl's journey turned to the arts college in Pune. She was assigned many projects and even started taking lectures on the subject of "Organizing mind and emotions for a smooth life." Her lectures were well received even by her seniors and professors. At the young age of 21, she designed an umbrella that was attached to the shoulder and covered any individual more than a traditional umbrella. Her design was picked up by a rich philanthropist who decided to invest in this girl's talent. The girl was abundant and financially secure in a few months. She invited her parents to live with her in Pune and leave their ancestral home in Satara. Parents happily shifted with their daughter. Upon noticing her early riches and success, her father told her not to take it in her head. He insisted on becoming more humble and focusing on creating products that would help ease the daily struggles of the common man. She quietly digested every word of her father and absorbed the essence of what he meant. Her mother even suggested that she find a quiet place and ponder over one word every day.

Soon, her creativity was combined with ethical values. She roughly kept an idea of the business part. Her firm resolve was to help humanity with their daily chores. By the time she was 30, Aakruti along with her team had developed 23 successful products sold all over the world. The government of India took note of her invaluable contribution and started documenting all her efforts for the nation. Her final contribution (before becoming a national awardee) was something that shook the whole world. Aakruti developed a pair of shoes that stretched up to the knees and would help the elderly walk with ease. The shoes were made of a light alloy and the technology helped people to walk with only 5% effort. The shoes also had a small battery that could be charged with solar power. The elderly people across the cities were walking like young adults. She shared all the technical know-how with the world for free. Noticing her big contribution, the government decided to give her the Padmashree award. Aakruti's success story continued and her name traveled far and wide.

PS: This story is a work of fiction and images are AI generated.





Finance Lesson of the Month

Reaching Your Goals: Lessons from the Thirsty Crow!

- **CA Amit Dhadphale and
CA Ishan Shaligram**

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 fourth 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.

This time, we have also brought in a twist, we will now narrate the story as if you are telling the story to the children and will also include an action point towards the end. Hope you like this change!

The Story of the Thirsty Crow:

Once upon a time, a thirsty crow was searching for water on a scorching summer day. He spotted a pitcher but was disappointed to find the water level too low to reach. What would you do?

The clever crow did not give up! He started dropping small pebbles into the pitcher, one by one. Slowly but surely, the water level rose higher and higher until he could finally quench his thirst.

Financial Lessons from the Crow:

This story teaches us some valuable lessons about saving money:

- **Never Give Up:** Just like the crow kept trying, we should keep saving even when it feels hard. Small steps can lead to big rewards.



***continued...***

- **Be Creative:** The crow thought creatively to solve his problem. We can also be creative with our saving strategies. Maybe we can sell old toys or earn extra money to help at home or to buy new toys instead of demanding new toys every time.
- **Start Small and be Patient:** The crow did not get discouraged by the slow progress. He knew that each pebble would bring him closer to his goal. Similarly, our small savings will add up over time.

Let's Apply These Lessons!

This week, try to find a creative way to save money for something you want. Maybe you can set aside a portion of your allowance / pocket money or earn extra money by completing chores. Remember, every little bit counts!

Until next time, happy reading, happy saving!

Financial takeaway of the month: Persistence Pays Off: Never give up on your saving goals!

CA Amit Dhadphale and CA Ishan Shaligram

PS: Views and personal.





अथर्वशीर्ष - फलश्रुति

- Mrunal & Yamini Kutumbale

॥ फलश्रुति ॥

एतदथर्वशीर्षं योऽधीते ॥ स ब्रह्मभूयाय कल्पते ॥ स सर्वं विघ्नैर्नबाध्यते ॥ स सर्वतः सुखमेधते ॥ स पंचमहापापात्प्रमुच्यते ॥ सायमधीयानो दिवसकृतं पापं नाशयति ॥ प्रातरधीयानो रात्रिकृतं पापं नाशयति ॥ सायंप्रातः प्रयुंजानो अपापो भवति ॥ सर्वत्राधीयानोऽपविघ्नो भवति ॥ धर्मार्थकाममोक्षं च विंदति ॥ इदमथर्वशीर्षमशिष्याय न देयम् ॥ यो यदि मोहाद्दास्यति स पापीयान् भवति | सहस्रावर्तनाद यं यं काममधीते तं तमनेन साधयेत् ॥ ११ ॥

इस अथर्वशीर्ष का जो पाठ करता है, वह ब्रह्मीभूत होता है, वह किसी प्रकार के विघ्नों से बाधित नहीं होता, वह सर्वतोभावेन सुखी होता है, वह पंच महापापों से मुक्त हो जाता है। सायंकाल इसका अध्ययन करनेवाला दिन में किये हुए पापों का नाश करता है, प्रातःकाल पाठ करनेवाला रात्रि में किये हुए पापों का नाश करता है। सायं और प्रातःकाल पाठ करने वाला निष्पाप हो जाता है। (सदा) सर्वत्र पाठ करनेवाले सभी विघ्नों से मुक्त हो जाता है एवं धर्म, अर्थ, काम और मोक्ष- इन चारों पुरुषार्थों को प्राप्त करता है। यह अथर्वशीर्ष इसको नहीं देना चाहिये, जो शिष्य न हो। जो मोहवश अशिष्य को उपदेश देगा, वह महापापी होगा। इसकी १००० आवृत्ति करने से उपासक जो कामना करेगा, इसके द्वारा उसे सिद्ध कर लेगा।

अनेन गणपतिमभिषिंचति स वाग्मी भवति ॥ चतुर्थ्यामनश्नन् जपति स विद्यावान् भवति ।

॥ इत्यथर्वणवाक्यम् ॥ ब्रह्माद्याचरणं विद्यात् न बिभेति कदाचनेति ॥ १२ ॥

जो इस मन्त्र के द्वारा श्रीगणपति का अभिषेक करता है, वह वाग्मी हो जाता है। जो चतुर्थी तिथि में उपवास कर जप करता है, वह विद्यावान् हो जाता है। यह अथर्वण-वाक्य है। जो ब्रह्मादि आवरण को जानता है, वह कभी भयभीत नहीं होता।





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यो दूर्वाकुरैर्यजति स वैश्रवणोपमो भवति ॥ यो लाजैर्यजति स यशोवान् भवति ॥ स मेधावान् भवति ॥ यो मोदकसहस्रेण यजति स वाञ्छितफलमवाप्नोति ॥ यः साज्यसमिद्धिर्यजति स सर्वं लभते स सर्वं लभते ॥ १३ ॥

जो दुर्वाकुरों द्वारा यजन करता है, वह कुबेर के समान हो जाता है। जो लाजा के द्वारा यजन करता है, वह यशस्वी होता है, वह मेधावान् होता है। जो सहस्र मोदकों के द्वारा यजन करता है, वह मनोवाञ्छित फल प्राप्त करता है। जो घृताक्त समिधा के द्वारा हवन करता है, वह सब कुछ प्राप्त करता है, वह सब कुछ प्राप्त करता है।

अष्टौ ब्राह्मणान् सम्यग्ग्राहयित्वा सूर्यवर्चस्वी भवति ॥ सूर्यगृहे महानद्यां प्रतिमासंनिधौ वा जप्त्वा सिद्धमंत्रो भवति ॥ महाविघ्नात्प्रमुच्यते ॥ ॥ महापापात् प्रमुच्यते ॥ महादोषात्प्रमुच्यते ॥ स सर्वविद् भवति सर्वविद् भवति ॥ य एवं वेद इत्युपनिषत् ॥ १४ ॥

जो आठ ब्राह्मणों को इस उपनिषद् का सम्यक ग्रहण करा देता है, वह सूर्य के समान तेज-सम्पन्न होता है। सूर्यग्रहण के समय महानदी में अथवा प्रतिमा के निकट इस उपनिषद् का जप करके साधक सिद्धमन्त्र हो जाता है। सम्पूर्ण महाविघ्नों से मुक्त हो जाता है। महापापों से मुक्त हो जाता है। महादोषों से मुक्त हो जाता है। वह सर्वविद् हो जाता है। जो इस प्रकार जानता है-वह सर्वविद् हो जाता है।

इस स्तोत्र के नित्य पठन से क्या फल मिलता है उसको फलश्रुति में बताया गया है। इसका उद्देश्य सामान्य लोगों को साधना के मार्ग पर लाना है। जो साधक हैं, साधना पथ पर ही है, उनके लिए फलश्रुति बहुत महत्त्वपूर्ण नहीं है। साधना का कोई भी मार्ग अपनाइये और उस मार्ग पर आगे बढ़े। मार्ग से ढले नहीं। और ना ही मार्ग को बदले। मोक्ष का सरल अर्थ यही है की जीवन है पर कोई भी इच्छा, आकांक्षा नहीं। श्री गणपति अथर्वशीर्ष की साधना से आत्मसाक्षात्कार तक पहुँचा जा सकता है।





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हमने गणपति अथर्वशीर्ष समझने का प्रयास किया इसके दो कारण है। खुद में सुधार और जन जागरण। हर एक व्यक्ति खुद में बदलाव करेगा तब समाज में भी परिवर्तन आ सकता है। अथर्वशीर्ष की व्यापकता हमने समझी। इस स्तोत्र के माध्यम से हमें शांति का , स्थिरता का मार्ग मिले यही श्री गणपति से प्रार्थना। ये वाङ्मय यज्ञ अब पूर्ण होने जा रहा है। ये कार्य आदरणीय गुरुजी श्री अजित तेलंग के चरणों में समर्पित।। एक बार फिर ओमकार रूप श्री गणपति का चिंतन करके उनको अपने हृदय में धारण करते हुए अपने शब्दों को विराम देती हूँ।

धन्यवाद, जय गुरुदेव

॥ शान्ति मंत्र ॥

ॐ सहनाववतु ॥ सहनौभुनक्तु ॥ सह वीर्यं करवावहै ॥ तेजस्विनावधीतमस्तु मा विद्विषावहै ॥ ॐ शांतिः ।
शांतिः ॥ शांतिः ॥।

(अथर्वशीर्ष स्रोत - गीता प्रेस गोरखपुर)



Mrunal Kutumbale - A Commerce Graduate and Reiki healer from Reiki Vidya Niketan, Mrunal has contributed insightful articles to ReikiBrahma magazine and translated them into Gujarati and Hindi. A nature lover who enjoys reading and music, she also co-authored the *Ganpati Atharvashirsh* series featured in last year's editions of Tapasya Newsletter.

Yamini Kutumbale - Younger one of the Mother - Daughter duo who wrote the *Ganpati Atharvashirsh* article series last year, she is a Senior Test Analyst at Civica with 6 years of experience, She specializes in software testing and quality assurance. A Computer Engineering graduate, she is passionate about delivering product excellence. Beyond work, she volunteers with DSPPL and Chitpavnan Yuva Manch, supporting social causes. Yamini's love for reading, writing, and traveling reflects her vibrant personality and dedication to growth.



CONSTITUTION OF INDIA

▫ **Kalpita Rakesh**

Understanding Constitution - Article 12

Article 12 defines what a “state” is, and who is responsible for making sure that everyone in India is treated fairly. Let’s first understand what the word state means as per the constitution. The word “State” in the Constitution doesn’t mean a state like Maharashtra or Karnataka. It’s more like a group of people and organizations that run the country and are responsible for making and enforcing the rules. The state includes

- Government (Central & State):** makes important decisions and rules that apply to everyone in the country
- Parliament (Central) and Legislatures (States) :** Makes laws
- Courts :** If someone breaks the rules and takes away someone’s rights, the courts make sure the person gets justice
- Public Authorities:** This is anyone else who works for the government, like the people who run the buses, hospitals, or schools.

We will attempt to understand article 12 with a help of a story:

Characters:

- Arya:** A curious student in the School of Rights.
- Rohan:** Arya’s brother, who loves solving problems.
- Principal Kumar:** The head of the school, representing the government.
- Teacher Meena:** A strict but fair teacher, representing public authorities.
- Coach Raj:** The sports coach, representing state enterprises.
- Ms. Justice:** The school counselor, representing the courts.

At the School every student is supposed to be treated equally. One day, the principal announces a new rule: "Every student has the right to choose any sport they like, and no one can be denied that right."



Understanding Constitution Part 3 (Articles 12)

Arya: "Wow, that sounds great! I want to join the football team!"

Rohan: "Me too! It's good that we can now pick any sport we like."

Arya and Rohan head to the football field to join the team, but Coach Raj stops them at the gate.

Coach Raj: "Sorry, only boys can play football. Girls can try volleyball instead."

Arya is shocked: "But that's not fair! The principal said we all have the right to choose any sport!"

Rohan frowns, "This doesn't seem right. Who's supposed to make sure we follow the rules?"

Feeling upset, Arya and Rohan go to see Ms. Justice, the school counselor, to explain what happened.

Ms. Justice: "Hmm, it sounds like Coach Raj didn't follow the rule set by Principal Kumar. We will definitely take action and report this to the principle and ensure that the rules set by the principle are followed by everyone. It is the duty of everyone (who helps run the school) to follow the rules set for the smooth functioning of the school.

We all have a responsibility to protect the rights of the students.

(Similarly Article 12 says that all these parts together make up the 'State,' and they must all respect the rights of every citizen of the country

Arya: "So, when Coach Raj didn't let me join football, even though the rule says I can, he broke the rule?"

Ms. Justice: "Yes, and as part of the school administration,' Coach Raj must follow the rules that ensure everyone is treated equally. That's why you came to me.

(Like if someone in the State breaks the rules, the courts help fix it.)

Ms. Justice takes Arya and Rohan to Principal Kumar and explains the situation. Principal Kumar talks to Coach Raj, reminding him that everyone, whether boy or girl, has the right to choose any sport.

Principal Kumar: "Coach Raj, it's important that we follow the school rules. Arya and Rohan have the right to join the football team, just like any other student."

Coach Raj nods, understanding his mistake.

Coach Raj: "I'm sorry, Arya. You can join the football team starting tomorrow."

Arya smiles. "Thanks, Principal Kumar! Now I understand how everyone in the school must work together to protect our rights."

(In the same manner each one of us should protect and safeguard our own right as well as the right of every citizen which the constitution has given us)





यह समय भी बीत जाएगा

- Saurabh Malpani



एक साधु देश में यात्रा के लिए पैदल निकला हुआ था। एक बार रात हो जाने पर वह एक गाँव में आनंद नाम के व्यक्ति के दरवाज़े पर रुका। आनंद ने साधु की ख़ूब सेवा की। दूसरे दिन आनंद ने बहुत सारे उपहार देकर साधु को विदा किया। साधु ने आनंद के लिए प्रार्थना की – “भगवान करें तू दिनों दिन बढ़ता ही रहे।” साधु की बात सुनकर आनंद हँस पड़ा और बोला – “अरे, महात्मा जी! जो है यह भी नहीं रहने वाला।” साधु आनंद की ओर देखता रह गया और वहाँ से चला गया। दो वर्ष बाद साधु फिर आनंद के घर गया और देखा कि सारा वैभव समाप्त हो गया है। पता चला कि आनंद अब बगल के गाँव में एक जमींदार के यहाँ नौकरी करता है। साधु आनंद से मिलने गया। आनंद ने अभाव में भी साधु का स्वागत किया। झोंपड़ी में फटी चटाई पर बिठाया। खाने के लिए सूखी रोटी दी। दूसरे दिन जाते समय साधु की आँखों में आँसू थे। साधु कहने लगा – “हे भगवान् ! ये तूने क्या किया?” आनंद पुनः हँस पड़ा और बोला – “महाराज आप क्यों दुःखी हो रहे हैं? महापुरुषों ने कहा है कि भगवान इन्सान को जिस हाल में रखे, इन्सान को उसका धन्यवाद करके खुश रहना चाहिए। समय सदा बदलता रहता है, और सुनो! यह भी नहीं रहने वाला।” साधु मन ही मन सोचने लगा – “मैं तो केवल भेष से साधु हूँ लेकिन सच्चा साधु तो तू ही है, आनंद।” कुछ वर्ष बाद साधु फिर यात्रा पर निकला और आनंद से मिला तो देखकर हैरान रह गया कि आनंद तो अब ज़मींदारों का जमींदार बन गया है। मालूम हुआ कि जिस जमींदार के यहाँ आनंद नौकरी करता था वह सन्तान विहीन था, मरते समय अपनी सारी जायदाद आनंद को दे गया। साधु ने आनंद से कहा – “अच्छा हुआ, वो ज़माना गुजर गया। भगवान करे अब तू ऐसा ही बना रहे।” यह सुनकर आनंद फिर हँस पड़ा और कहने लगा – “महाराज! अभी भी आपकी नादानी बनी हुई है।” साधु ने पूछा – “क्या यह भी नहीं रहने वाला?” आनंद उत्तर दिया – “हाँ! या तो यह चला जाएगा या फिर इसको अपना मानने वाला ही चला जाएगा। कुछ भी रहने वाला नहीं है और अगर शाश्वत कुछ है तो वह है परमात्मा और उस परमात्मा की वंश आत्मा।” यहाँ कुछ भी टिकने वाला नहीं है, न दुःख न सुख न अमीरी न गरीबी न मौज रहेगी और न ही मुसीबत कुछ भी सदा नहीं रहता। सदा तो उसको जानने वाला ही रहेगा। सच्चे साधक वे हैं, जो हर हाल में खुश रहते हैं। मिल गया माल तो उस माल में खुश रहते हैं, और हो गए बेहाल तो उस हाल में खुश रहते हैं।” उसी तरह जिस तरह श्रीमद् भगवद् गीता में भगवान श्री कृष्ण ने अर्जुन से कहा था

" दुःखेष्वनुद्विग्नमनाः सुखेषु विगतस्पृहः। वीतरागभयक्रोधः स्तितधीर्मुनिरुच्यते॥"





विज्ञापन = जयंती काटदरे

एक धनिक था। उसे अच्छे काम करना बहुत पसंद था। उसका पूरा परिवार भी उसे इस कार्य में सहायता करता था। मंदिर या आश्रम में दान देना, उनके निर्माण में सहायता करना, गरीबों के लिए कुछ सुविधाएं उपलब्ध कर देना ऐसे बहुत अच्छे काम वो दिल से करता था। पर उसके स्वभाव में एक बहुत बड़ा दोष था। वो ये की काम करने के बदले में उसे सबसे हमेशा प्रशंसा की अपेक्षा रहती थी। वह हमेशा ही मिलने आने वाले लोगों को, सहायता मांगने वाले लोगों को उसने अभी तक कितना कुछ किया है यह बताता था। सामाजिक कार्य में दिए गए दान-धन के बदले वहां आए लोगों को उसके नाम और दानत के बारे में जानकारी हो ऐसी चाह रखता था। और अगर उसकी अपेक्षा पूरी ना हो तो या तो वो दुखी होता था या फिर उसे गुस्सा आ जाता था।

एक दिन उसे एक गांव में हुए आश्रम के बारे में पता चला। वह धनिक आदमी वहां दर्शन के लिए चला गया। वहां के साधु जी को देखकर तो वह बहुत प्रभावित हो गया। उस धनिक आदमी ने उस महात्मा को भी उसने आज तक कितने अच्छे काम किए हैं यह विस्तार पूर्वक बताया। महात्मा ने सुन तो लिया पर इस आदमी को जितनी प्रशंसा चाहिए थी उतनी तो उसे नहीं मिली। इसलिए वह धनिक आदमी बातों बातों में यह दिखाने की कोशिश करता रहा कि वह कितना अच्छा है।

आश्रम में आरती हो जाने के बाद वह महात्मा अपने शिष्यों के साथ बैठकर उनसे वार्तालाप कर रहे थे। वह सुनकर धनिक को यह बात पता चली कि इस आश्रम में जो भी कोई आता है वह सेवा की तौर पर ही आता है। सिर्फ वृद्ध ही नहीं पर सभी उम्र के साधक आकर सेवा करते हैं। यह बात उसके लिए चौकाने वाली थी। उसने सोचा क्या महिलाओं के लिए उनके घर परिवार नहीं है? ऐसे कैसे वह यहां आकर रहती है? उनके घर वाले भी यह बात कैसे स्वीकारते हैं?

बाद में धनिक को एक और बात पता चली कि वह महात्मा भी स्वयं खुद अच्छे पढ़े लिखे थे। उनका भी अच्छा खासा करियर था। पर अब वह पूरे समय भगवान की सेवा और साधकोंकी शिक्षा में लगे हुए हैं।



विज्ञापन

continued...

कई सालों से ऐसे ही आश्रम चला आ रहा है। पर इस कार्य - त्याग के बारे में बताने वाला ना तो एक बोर्ड वहां लगाया गया था या ना कोई विज्ञापन! आखिर उस आदमी ने उस महात्मा से पूछा ही कि, "आपने और आपके परिवार ने समाज के लिए, लोगों के लिए इतना कुछ किया है फिर भी यहां आपने जानकारी देने वाला एक फलक भी क्यों नहीं लगवाया?" "ऐसी बात तो सब लोगों को समझनी चाहिए अगर आपको इसका विज्ञापन करना है तो मुझे बताना मैं आपको मदद कर सकता हूं।"

तो पहले महात्मा हसे और फिर उन्होंने पूछा, "यह सब किस लिए करना है?" "ताकि लोग इसके बारे में समझे वह जाने की आप कितना कुछ करते हो।" आदमीने कहाँ | महात्मा ने फिर से पूछा "उससे क्या होगा?" तो धनिक आदमी ने थोड़े से चौक कर बताया कि "लोगों को यह बात पता चलेगी कि आप कितने महान हो।" तो महात्मा से फिर से वही सवाल आया "उससे क्या होगा?" अब तो धनिक आदमी रुक गए। कुछ मन में तो था पर बोल नहीं पाए फिर सोच कर बोले "अगर काम करने के बावजूद भी हम चुप रहे तो लोगों को पता नहीं चलेगा और कोई और इसका गलत फायदा उठा सकता है। इसलिए बोलना जरूरी है।" तो महात्मा ने कहा "हां आपने महत्वपूर्ण बात कही है पर मैं कहां चुप रहता हूं?"

अब तो उस धनिक आदमी की पूरी तरह से गड़बड़ हो गई। उसे समझ में ही नहीं आ रहा था कि यह क्या है! तो महात्मा उन्हें समझाते हुए बोले "हमारा कार्य ही हमारी पहचान बननी चाहिए ना कि हमने दिए हुए विज्ञापन या हमने ही बनवाए हुए फलक। उन्हें तो बितते समय में लोग भूल जाएंगे। पर अगर हमारे कार्य से किसी व्यक्ति में अच्छा परिवर्तन हो रहा है तो वह व्यक्ति ही लोगों के लिए एक चलता फिरता विज्ञापन बन जायेगा।"

"एक और बात, हम भी तो इस समाज का ही एक हिस्सा है हमने भी इस समाज से बहुत कुछ लिया होता है | तो सोचना हैं की हमने कितना याद रखाहैं?मैंने तुम्हे पूछा था की उससे क्या होगा? तो उसका अंतिम उत्तर ये भी हो सकता हैं की हमारा अहंकार बढेगा। हम अपने ध्येय से भटक जाएंगे। मैंने लोगोंके लिये इतना किया हैं यह सोच भी हमारा नुकसान कर सकती हैं |

तुम्हारे मन में प्रश्न था कि यह साधक खासकर के महिलाएं यहां आकर कैसे रहती है। क्योंकि उनके परिवार वालों को इस आश्रम पर और उन पर विश्वास है। इस साधकों को यह बात अच्छी तरह से मालूम है कि यहां की सेवा भी उनकी इन्वेस्टमेंट ही है। एक उच्च स्तरीय इन्वेस्टमेंट। अगर इतने सारे लोग और इतने सारे घर इस बात के बारे में अनुभव करें, जाने और उनके जीवन में आए, खुद में आए परिवर्तन को समझे, या अनुभव करें तो वही मेरा विज्ञापन बन जाते हैं।



DSPPL

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- KINAL PANDYA

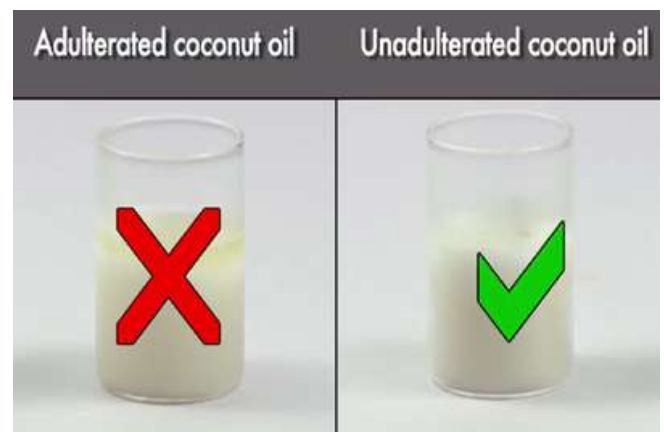
In today's time we are eating many things without knowing its purity and authenticity. The ever increasing population has placed an extensive stress on the resources and hence most of the food products are adulterated. Let's perform an experiment to understand what adulteration is!!!

**Food: Milk****Adulterant: Water**

Method for detection: Take a clean glass slide or plate. Slowly pour 2-5 ml of milk sample vertically on the glass plate. If it moves slowly leaving a white trail it means that milk is pure whereas if it moves quickly without any trail it means milk has been adulterated with water.

Food: Coconut oil.**Adulterant: Any other oil.**

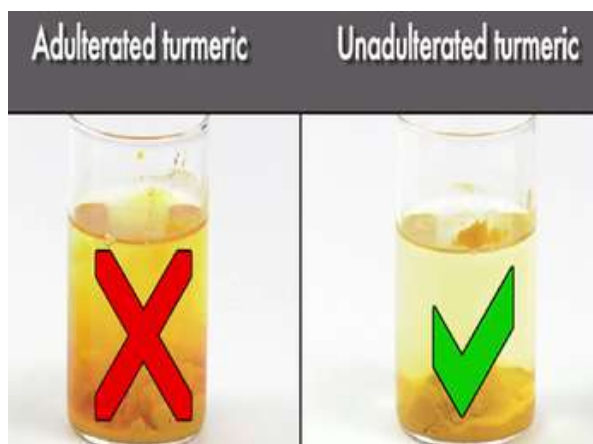
Method for detection: Take a beaker/bowl half filled with coconut oil. Keep it inside the freezer for about 1-1.5 hours. Pure coconut oil gets solidified whereas adulterated one has a separate layer on top after solidification of coconut oil due to difference in their freezing points.





DSPPL

KNOW YOUR FOOD CONTINUED . . .



Food: Turmeric Powder

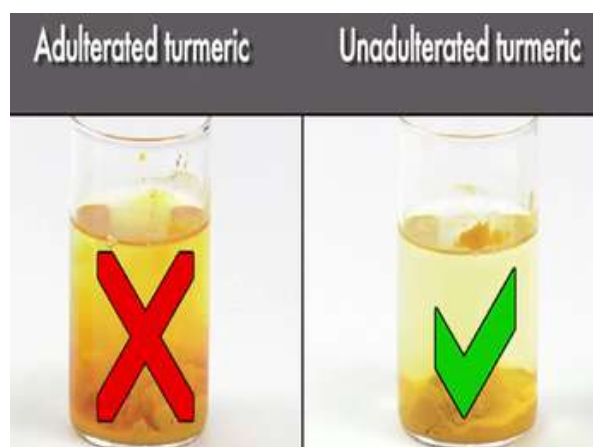
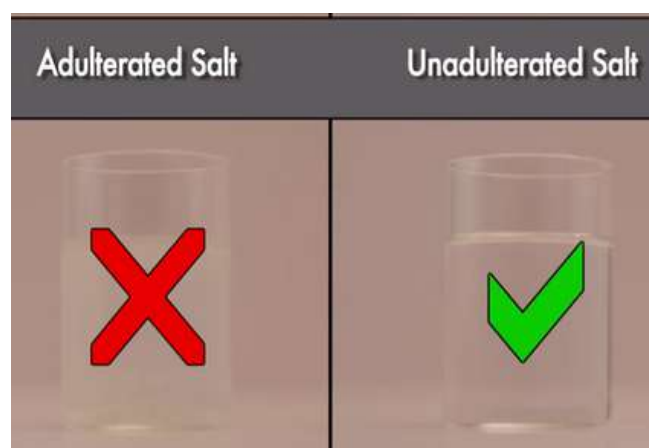
Adulterant: Artificial colour

Method for detection: Take a glass of water and add a small quantity of turmeric powder to it. The unadulterated sample turns light yellow and turmeric powder settles at the bottom whereas the adulterated one becomes strong yellow.

Food: Salt

Adulterant: Chalk Powder

Method for detection: Take a glass of water and add some amount of salt into it and stir well. Unadulterated salt dissolves completely in the water with no sediments at the bottom whereas the adulterated one turns the water slightly white and some impurities are seen at the bottom of the glass.



Food: Honey

Adulterant: Sugar

Method for detection: Take some water in a glass. Add a few drops of honey to it. Pure honey settles at the bottom with no dispersion whereas adulterated honey disperses in water.

Adulteration is the process of mixing, substituting, concealing the quality, putting up decomposed food for sale, modifying different properties of food products (colour, taste, texture etc) for economic advantages.



Physics

Lightning & Thunder

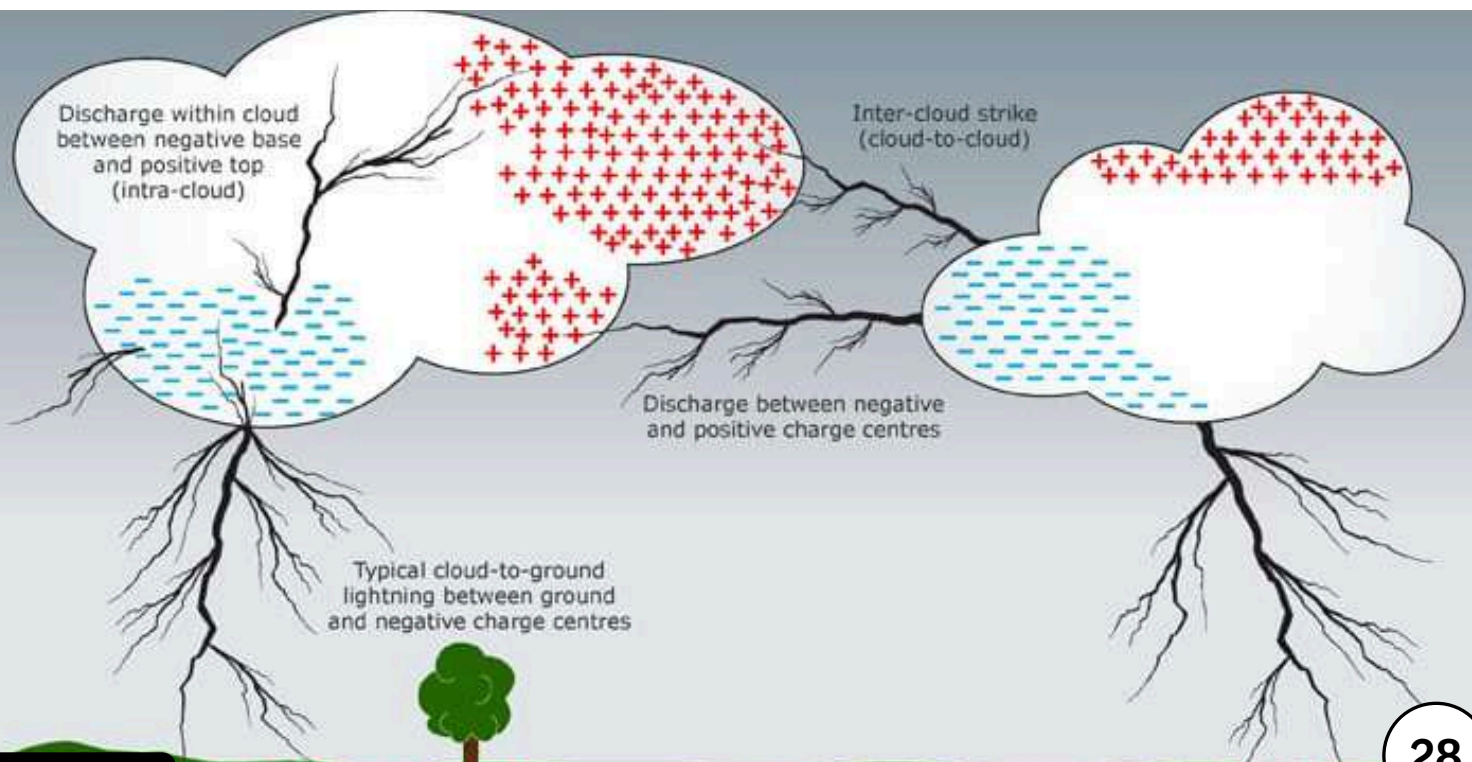
Dr. Duhita Lakhatriya & Dr. Pankaj Sharma
Lecturer Physics, Government Polytechnic Ahmedabad

Subject: Lightning And Thunder

Thunderstorms are exciting natural events that show us the power of nature. During a storm, we often see a bright flash of lightning followed by the rumbling sound of thunder. But have you ever wondered why we see lightning first and hear thunder later? The answer lies in the way light and sound travel. Let's explore this fascinating concept in detail!

What is Lightning and Thunder?

Lightning is a bright flash of electricity that occurs in the sky during a storm. It happens when clouds become electrically charged, and this charge jumps through the air, creating a sudden flash. Thunder is the loud sound we hear after a lightning strike. It is caused by the rapid heating and expansion of air around the lightning bolt, which creates sound waves. So, lightning and thunder happen at the same time, but we experience them differently.





ARTICLE ON *Physics*

CONTINUED

The Speed of Light and Sound:

The reason we see lightning before the thunder lies in the speed at which light and sound travel.

Speed of Light:

Light travels extremely fast—about 300,000 kilometres per second. This speed is so fast that light from a lightning bolt reaches our eyes almost instantly, even if the storm is far away.

Speed of Sound:

Sound travels much slower than light. The speed of sound in air is about 343 meters per second. This means sound takes longer to reach our ears, especially when the lightning strike is far away.

Why Does This Happen?

Imagine throwing a stone into a pond. The splash (like lightning) happens immediately, but the ripples (like sound waves) take time to move across the water. In the same way, the flash of lightning reaches you quickly because light travels faster, while the sound of thunder lags behind.

How to Calculate the Distance of a Storm:

Did you know you can figure out how far away a storm is just by counting? Here's how:

- Step 1: When you see a lightning flash, start counting the seconds until you hear the thunder.
- Step 2: Divide the number of seconds by 3 to estimate the distance in kilometres.

Example:

If you count 6 seconds between the lightning and the thunder:

$$6 \div 3 = 2 \text{ kilometres.}$$

So, the storm is about 2 kilometres away from you.

The longer the gap between the flash and the sound, the farther away the storm is.

Fun Fact:

In space, lightning would not make any thunder because sound cannot travel through a vacuum! Sound needs air or another medium to travel, but light can travel through space.

Steps for Safety During a Thunderstorm

Seek Shelter Indoors:

1. Go inside a house, building, or car immediately.
- Avoid staying in open areas like fields or near water.

Stay Away from Windows and Doors:

2. Do not stand near windows, doors, or outside walls to avoid injuries from broken glass or lightning strikes.



ARTICLE ON *Physics*

CONTINUED

3. Avoid Using Electrical Devices.

4. Do not use wired phones, computers, or other electrical appliances, as lightning can travel through electrical systems.

5. Disconnect electronics like TVs and computers to protect them from power surges.

6. Do not use taps, sinks, or showers since lightning can travel through water pipes.

7. Stay Away from Tall Objects Outdoors. Avoid trees, poles, or towers as lightning is more likely to strike tall structures.

8. Don't Lie Flat on the Ground. Instead, crouch down with your feet together and hands on your knees. This minimizes contact with the ground.

9. If in a Vehicle, stay inside the car with the windows closed. Cars act as a shield if they are not convertible or made of metal.

10. Stay Indoors for 30 Minutes After the Last Thunder.

Lightning can still strike after the storm appears to have passed, so wait until it is completely clear. By following these steps, you can stay safe and protect yourself during thunderstorms.

Conclusion

Lightning and thunder are beautiful examples of science in action. Although they happen at the same time, the flash of lightning reaches us before the sound of thunder because light travels faster than sound. You can even use this difference to estimate how far away a storm is! Next time you hear thunder, you'll know why it always follows the lightning flash—and you can amaze your friends with your new knowledge.

Nature is full of mysteries, and science helps us understand them better!

From: Dr. Duhita Lakhatariya & Dr. Pankaj Sharma
Lecturer Physics, Government Polytechnic Ahmedabad

SCIENCE

EXPERIMENT-01

- **Saurabh Malpani**

Have you wondered why salt is sprinkled over ice laden roads in winters?
Well, let's try understanding the science behind it with a simple experiment....



APPARATUS:

2 bowls, Ice cubes and salt (normal or rock).

PROCEDURE:

Take 4-5 ice cubes each in two different bowls. Mark them as A & B. To bowl A add 3 tbsp of normal salt (rock salt is also allowed) and keep bowl B as it is. Note which one melts faster.

SCIENCE:

Now, adding salt to ice lowers water's freezing point thereby making the ice melt faster than under normal conditions. Thus, the ice on the road gets cleared in the form of water (liquid). Icy roads become risky to drive on due to its slippery nature and almost no friction which makes the vehicle skid thereby risking the safety of driver and passengers.

PRINCIPLE:

Freezing Point: The temperature at which a liquid substance gets converted into its solid form is called as freezing point.

For example, water freezes at 0°C (32°F).



DSPPL Events

Shreemad Bhagwad Geeta Adhyay-15 Chanting Classes 7th-11th December 2024

Online Classes
Shreemad Bhagwad Geeta
Adhyay- 15

Bhagavad Gita

"I am seated in the hearts of all living beings, and from Me come memory, knowledge, as well as forgetfulness. I alone am to be known by all the Vedas, am the author of the Vedant, and the knower of the meaning of the Vedas. Chapter 15:15

We cordially invite all the students (Age group 9 to 14 years) to join Online training program on Shreemad Bhagwad Geeta chanting – Adhyay 15

Dates: 7th to 11th December, 2024

The lessons that Shreemad Bhagwad Geeta teaches are beyond time and space. Hence, they are so relevant even today, in almost every area of life.

DSPPL had organized an online training program on chanting of Adhyay-15 of BG for age group of 9-14 years. It started on 7th Dec and got completed on 11th Dec'24, i.e., on Geeta Jayanti. Students from different cities participated in it. A very learned and experienced faculty Mrs Meenakshi Baljekar took the wonderful task of teaching 20 shlokas to the students. The whole session was coordinated by Madhavi Saptarshi.

Session on Ram Raksha at Chaitanya Upasana Centre Sinhagad Road Pune - 22nd December 2024

Shri Brahmchaitanya Gondavalekar Maharaj Punyatithi Utsav was celebrated at Chaitanya Upasana Centre Anand Nagar Sinhagad Road Pune from 16th December to 25th December 2024. As a part of this function, session on Ram Raksha was conducted on 22nd December, 2024 from 4.30 pm to 6.00 pm. Sadhaks from Gondavlekar Maharaj Math Chaitanya Upasana Centre attended this session. The pious environment of the Math, enthusiasm and devotion of spirited Sadhaks and divine Ram Raksha made this event a wonderful experience for all. Shri Avinash Gulavani ji, Math Pramukh expressed his satisfaction for the event and invited us for participation in Math activities in future. CA Amit Dhadphale, devotee of Shri Brahmchaitanya Gondavalekar Maharaj and Sadhak from this centre, who is also a regular contributor to our Tapasya Magazine acted as a co-ordinator for this event. Thanks to all these Sadhaks for this event.



DSPPL Events

2nd "Swadhyay Shibir" at Devrukh Math – 29th Dec. 2024



One day "Swadhyay Shibir" was organised at Devrukh Math on 29th December, 2024. Reiki Sadhaks from Devrukh, Ratnagiri and Chiplunk participated in this shibir. The concept of shibir was to do Swadhyay (self study) based on teachings of our beloved Ajit Sir. Guruji always wanted all of his Sadhaks to march ahead on their journey of Sadhana. This shibir was one such opportunity to imbibe the principles of our Guruji's teachings in day to day life.

The theme selected for the shibir was "Karma Puja – Manas Puja – Chaitanya Puja" spread over different sessions. The shibir started at 7.30 am with lighting of the lamp, prayers and inauguration. Everyone was very happy in chanting daily prayers of our Math. Then 16 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".





DSPPL Events

2nd “Swadhyay Shibir” at Devrukh Math – 29th Dec. 2024



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

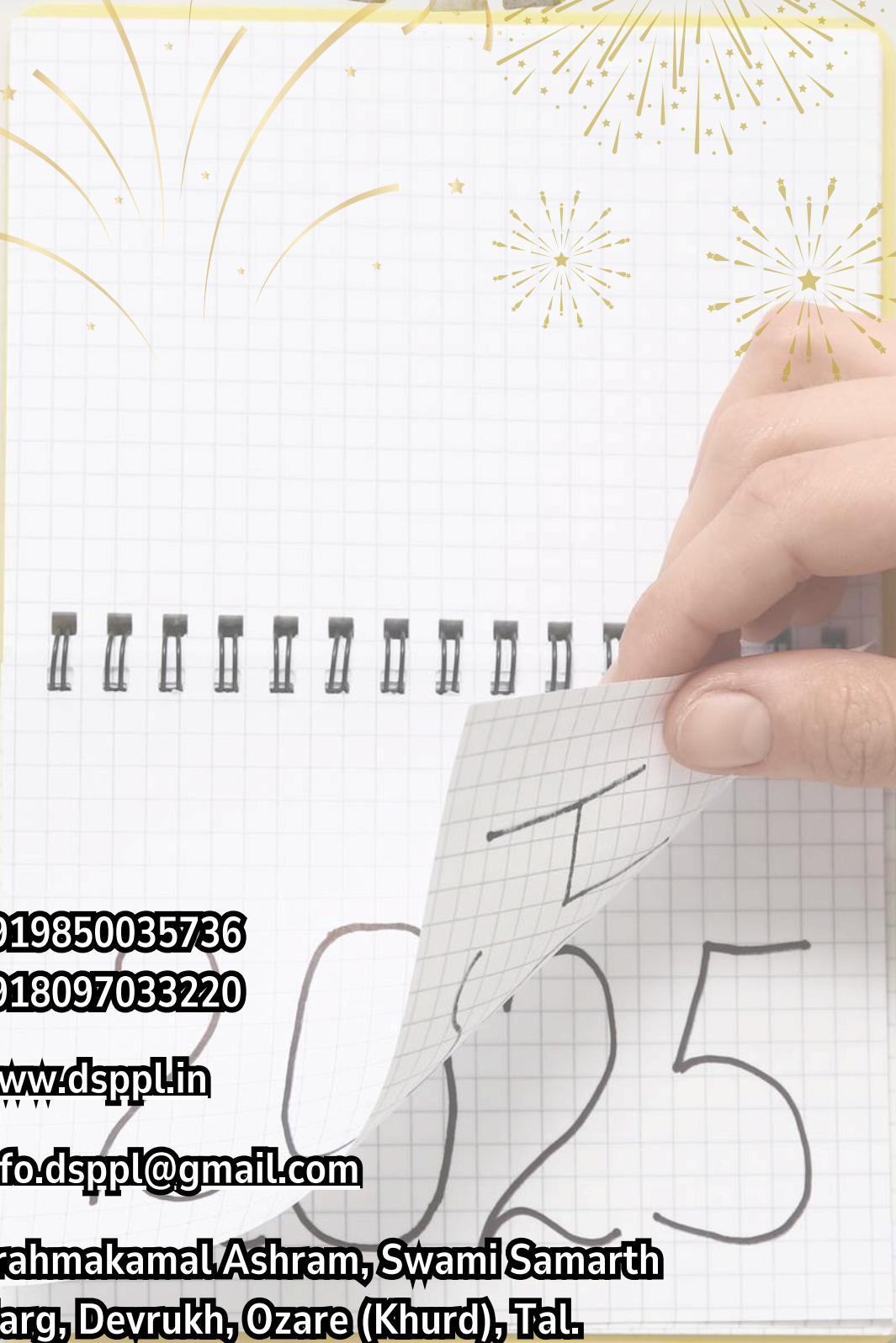
All Sadhaks participated in Afternoon and Evening Swami Aarti performing different sevas. Uttar Puja of Shri Satyanarayan was performed thereafter. Each Sadhak and assistant then participated in lighting the lamps on Deep Stambh. The event ended at 9.30 pm by taking Prasad.





DSPPL

HAPPY
NEW YEAR



+919850035736

+918097033220



www.dsppl.in



info.dsppl@gmail.com



**Brahmakamal Ashram, Swami Samarth
Marg, Devrukh, Ozare (Khurd), Tal.
Sangameshwar, Dist. Ratnagiri,
Maharashtra- 415804**

www.dsppl.in