

DSPPL

Tapasya

Visualizing the Process

Visualizing Success



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!



॥ सुभाषित बोध ॥

- Vinaya Deo, Pune

DSPPL



**सहसा विदधीत न क्रियामविवेकः परमापदां पदम् ।
वृणते हि विमृश्यकारिणं गुणलुब्धाः स्वयमेव संपदः ॥**

अन्वय - सहसा क्रियां न विदधीत । अविवेकः आपदां परं पदम् । हि विमृश्यकारिणं गुणलुब्धाः सम्पदः स्वयमेव वृणते ।

भावार्थ - अविचारसे कौनसी भी कृति नहीं करनी चाहिए । अविवेक सभी आपत्तियोंका मूल स्थान है। विचार करके कृति करने वाले को हर तरहकी संपत्ति स्वयमेव (खुद ही) पसंद करती है ।

प्रस्तुत सुभाषित मैं विवेक का महत्व बतलाया गया है । मानवने उत्कर्षका ख्वाब जरूर देखना चाहिए । मगर किसी भी कार्य का प्रारम्भ बिना सोचे समझे नहीं करना चाहिए । तथैव किसी भी प्रतिक्रिया को जल्दबाजीमें अमलमें नहीं लाना चाहिए । अविचारसे कार्य नाश होता है, और बादमें पछतानेसे कुछ लाभ नहीं होता । सोचसमझकर न केवल कार्यसम्पन्न होता है, बल्कि यश, कीर्ति और संपत्ति, स्वयं विवेक से विचार करके कार्य करनेवाले के गले में वरमाला डालती है ।

बोधकथा - एक राजा ने शिकार करते समय किसी कवि को देखा । उसने दो पंक्तियां लिखी थी । राजा ने वह कविता, सुन्दर अक्षरोंमें लिखवाकर अपने महल के शयन कक्षमें एक लकड़ी के पत्रिका रूप में लगवा दी। राजा को वह कविता बहोत पसंद आई थी । राजा को शिकार करने का शौक था । कुछ दिनों बाद वह फिर एक बार शिकार के कारण गया और तीन-चार दिन के बाद वापस अपने महल आया । आधी रात हुई थी । वह जब खुद के शयनकक्ष में गया, तो उसने देखा की रानी के पास कोई पुरुष सोया है । वह आग बबूला हो गया । उसने अपनी तलवार निकाली और उसे व्यक्ति का वध करने को प्रयुक्त हुआ । इतने में उसकी तलवार शयनकक्ष की दीवार पर लकड़ी में जो कविता की पत्रिका थी, उस पर अटक गई । उसने वह पत्रिका पढ़ी - सहसा विदधीत न क्रियाम





॥ सुभाषित बोध ॥



Continued...

राजा वह पढ़कर शांत हुआ। उसने सोचा रात बहुत हुई है, सुबह देखेंगे और वह अन्य कक्ष में जाकर सो गया सुबह देर से उसकी आंखें खुली। उसने देखा तो पूरा प्रसाद फुल, मोती और शोभिवंत वस्तुओं से सजाया गया था। सुगन्धि द्रव्य की खुशबू महलमें आ रही थी। बहोत जगह पे फूलों की टोकरी लटकी थी।

नगर में ढोल बजा रहे थे। वह फिर एक बार अचंभित होकर अपने शयन कक्ष में पहुंचा, तो उसने देखा कि उसका 16 साल का बेटा बरसों बाद अपनी शिक्षा पूरी करके रात को घर आया था। वही उसके पिता के जगह में लेटा था। राजा एकदम शांत हुआ। रात को अपनी कृति का (वध करने का) विचार याद आते ही उसे खुद की ही शर्म आने लगी। उस कविता की पत्रिका ने उसे बड़े संकट से, अपनी जिंदगीकी सबसे बड़ी भूल से बचाया था, जिस पर लिखा था "बिना सोचे समझे कुछ मत करना और विवेक संकटों का मूल कारण है। विचार करके कार्य करने से विजय प्राप्त होता है"

उसने पंक्तियों के लेखक को वन से बुलाया और उसका सत्कार किया। क्योंकि उन पंक्तियों के कारण आज उसका खुद का बेटा जिंदा रहा, नहीं तो खुद के ही हाथों अपने खुद के बेटे की मृत्यु हो जाती। वह आनंद से पुत्र भेंट के समारोह में शामिल हुआ।

Vinaya Deo, Pune

Senior Visiting Faculty for M.A. Sanskrit Literature at prestigious Tilak Maharashtra Vidyapith, Pune since 1987



Uncanny Nexus - A journey beyond

DSPPL

Volume 2: Echoes of the Unknown

A Cosmic Revelation in Karuizawa - Part 1 of 2

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

THE PURSUIT OF WISDOM HAS LED THE SEEKERS TO UNRAVELLING TRUTHS ONCE BURIED IN TIME, BUT WITH EACH REVELATION, THE MYSTERY GROWS DEEPER. WHAT WAS ONCE AN ACADEMIC ENDEAVOUR HAS BECOME SOMETHING FAR GREATER—A FORCE FAR OLDER THAN THEIR UNDERSTANDING, SHAPING EVENTS BEYOND THEIR CONTROL.

HIDDEN MANUSCRIPTS SURFACE, WHISPERS FROM LOST AGES STIR, AND COSMIC FORCES BEGIN TO SHIFT THE BOUNDARIES BETWEEN PAST AND PRESENT. KNOWLEDGE HAS ALWAYS BEEN THEIR GOAL, BUT NOW, AN UNSETTLING REALIZATION SETS IN:

NOT ALL KNOWLEDGE IS MEANT TO BE FOUND. SOME TRUTHS CHANGE EVERYTHING.

THE SECOND VOLUME OF UNCANNY NEXUS PLUNGES THE SEEKERS INTO THE HEART OF FORGOTTEN WISDOM, COSMIC REVELATIONS, AND THE MYSTERIES THAT LIE BEYOND HUMAN PERCEPTION. BUT WHAT THEY UNCOVER NOW WILL ALTER THEIR PATHS FOREVER.

PREVIOUSLY, AT SHOKA UNIVERSITY, JAPAN—

Students from across the world converged through serendipity. Some arrived as friends, others as foes, and many stood at the threshold of self-discovery.

Each approached the assignment through a different lens: some guided by mystery, others by the quiet force of free will shaping destiny.

The mystery whispered its own logic—one not of answers, but of pathways.

Exploration became the first rite.

Experience, the second. And elevation, the silent promise that followed.



Uncanny Nexus - A Journey beyond Volume 2: Echoes of the Unknown

Contd...

Finally, Karunashankar, Yug, and Rutva looked at each other and decided to voice their opinion. Rutva steps forward and says, "In my opinion, I think it would be better if we celebrated our success together."

Karunashankar nods, mentioning, "Yes, I agree with what Rutva said. We can enjoy together and at the same time explore some location nearby instead of going back to our comfort zones."

After weeks of hard work and long nights of research, the idea of stepping away from their comfort zones and embracing nature's beauty felt rejuvenating and so, to celebrate their success and take a well-deserved break, the team decided to go on a vacation.

Haruka with excitement mentioned, "Guys! I think I know a place perfect for our little vacation."

Ved intrigued, "which place are you referring to Haruka?"

Haruka smiled "**Karuizawa**. It's a place located in eastern Nagano Prefecture."

Karunashankar, "Oh, so this place is here in Japan?"

Before Haruka could say anything, Hiroshi added, "Yes KS. This place is known for its beautiful mountainous views, serene nature, and elegant summer houses."

Aniya, eager to finalize the plan, exclaimed, "Then that's settled! Karuizawa is the perfect getaway for us."

With excitement buzzing in the air, everyone agreed and set off to unwind, embrace the unknown, and create new memories together.

The days were filled with laughter, scenic hikes, and bonding over campfires. They explored the charming town, visited art galleries, and enjoyed the local cuisine. The cool climate and tranquil environment provided the perfect setting for relaxation and rejuvenation.

Jigyasa, sitting by the campfire one evening, said, "This break was exactly what we needed. It's so refreshing to be away from all the academic pressure."



Uncanny Nexus - A journey beyond Volume 2: Echoes of the Unknown

Haruka agreed, "Absolutely. It's been wonderful to just unwind and enjoy each other's company without any deadlines looming over us."

Aniya, looking at the stars, added, "And it's given us a chance to reflect on our journey so far. We've achieved so much together."

Dhairya smiled, "And there's so much more to explore. I'm excited about what's next for us."

One evening, as they strolled through the woods near their lodge, they stumbled upon an old shrine, seemingly forgotten by time. The shrine was covered in moss and ivy, with stone carvings and inscriptions in ancient Sanskrit.

Ved, fascinated, said, "This looks like something out of our research! These inscriptions might tell us something important."

Rutva, examining the carvings, added, "It seems like a mix of Japanese and Indian architectural styles. There's something mystical about this place."

They decided to clean up the shrine, hoping to uncover more details. As they worked, they found a hidden compartment in one of the stone pillars. Inside, there was an ancient scroll, delicately preserved.

Jigyasa carefully unrolled the scroll. The text was in Sanskrit, with a faint glow emanating from the ink. She read aloud, "This is a verse from the Atharva Veda. ॐ असतो मा सद्गमय । तमसो मा ज्योतिर्गमय । मृत्योर मा अमृतं गमय । (om asato maa sadgamaya, tamaso maa jyotir gamaya, mrutyor maa amrutam gamaya)"

Hyeon spontaneously utters, "Doesn't it mean, Lead us from untruth to truth, from darkness to light, and from mortality to immortality?"

Yuki, excited, said, "Yes. This is incredible! It's like we've discovered a piece of ancient wisdom right here in Japan."

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Dhairya's voice was barely above a whisper, "It's as if this message was waiting for us." While Rutva wondered, "But why here? Why now?" Jigyasa now equally curious to know looks around for the answer.

At the exact time, Yug runs his fingers across the scroll, a sudden thought strikes him—is this more than ancient wisdom? Could it be a hidden directive, guiding them toward something greater? His pulse quickened as he noticed a faintly sketched diagram at the bottom—a map.

"It's as if the verse is guiding us to uncover the truth behind the light," Yug murmured, tracing the map's intricate patterns with his finger. He then approaches Ved and shows him the map, "Ved, I think, the verse must've some relation with this map."

Ved's eyes widened as he studied the map, tracing its faded markings. His voice was steady but laced with excitement, "If this leads where I think it does... we might be standing at the threshold of something far greater than we ever imagined."

Hiroshi took a closer look at the map, his eyes scanning its markings. "It looks like this leads to a cave nearby," he observed, his voice tinged with curiosity.

The team exchanged eager glances, their excitement palpable. Tomorrow, they would follow the map and uncover whatever secrets lay ahead.

The following morning, they set out early, hiking through the dense forest, following the directions on the map. After few hours, they reached the entrance of the cave, partially hidden by overgrown vegetation.

Dhairya, shining his flashlight inside, said, "Looks like we're in for an adventure. Let's see what secrets this cave holds."

Ved paving the way between the overgrown vegetation leads the team inside the cave. As they enter, they observe more carvings and inscriptions, similar to those at the shrine. Yuki fascinated to see the similar carvings and inscriptions, "Wow! This is like we're in different world altogether."



॥तत्त्वमसि॥

Uncanny Nexus - A journey beyond Volume 2: Echoes of the Unknown

Contd...

Dhairya patiently, gestures Yuki to keep quiet and keep moving deeper inside the cave. As they ventured inward, they discovered a small chamber with a stone pedestal in the centre. On the pedestal was an elongated crystal orb like structure, pulsating with a soft light.

Aniya, mesmerized, said, "This orb looks like it's alive. What could it be?"

Jigyasa, recalling their research, said, "It looks like a Spatik Shiva ling (स्पटिक शिवलिंग) to me – an object of great spiritual and cosmic significance in our culture. We need to be careful with it."

As they carefully approached the orb, it began to vibrate, sending a faint pulse through the chamber. The sound was low but resonant, almost as if it were speaking a language none of them could understand. Slowly, stillness settled over the chamber, so profound it seemed to pulse in sync with the orb's energy. And then, suddenly, the temperature plummeted... The faint pulse grew stronger, the air humming with unseen energy. Then, it started projecting an image of the cosmos... with stars, planets, and constellations swirling around them. The low hum became clearer, "एतत्त्वमसि" (etat tvamasi)

Jigyasa, translating the Sanskrit, said, "It means 'This is what you are!'"

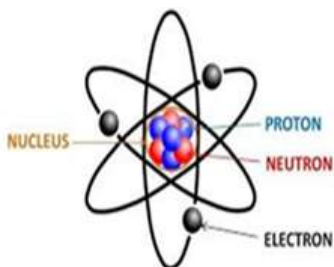
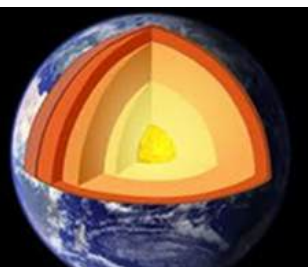


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Technical Content Head , Faculty & Monthly magazine chief editor
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In search of the Power

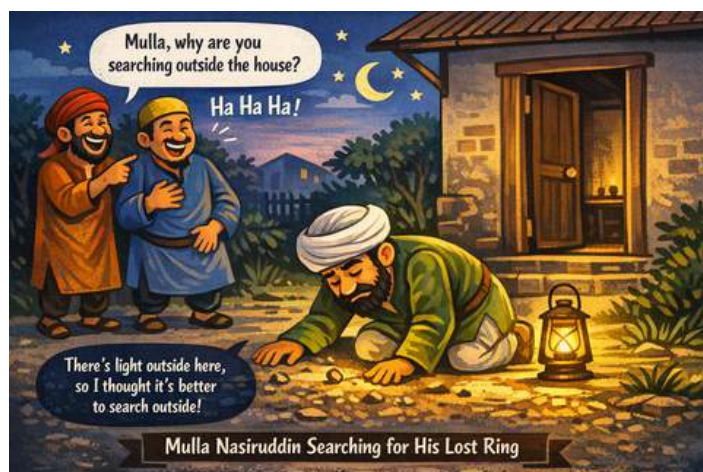


Everyone is striving for Power. Some are trying to get it through wealth, few others through knowledge, and still others through position. But all these efforts seem to be futile, as many of us are ignorant about the correct understanding of “What and where is the Power?”

We are not big as the Earth and as small as an Atom. Where is the power on the Earth? Answer is “within its core, inside”. How? Take the examples of water, petrochemicals, coal and rare earth minerals. Where do we find it? Inside the earth. We need to dig it deep to get this. Similarly where is the power in an atom? Within its core, inside the nucleus. Though electron is moving around the nucleus, the power comes from within, from the neutron located in the nucleus. The logical derivation here is that if we are not as big as the Earth and as small as an Atom, as a human entity, where we can find our own power? The answer is obvious. Our Source of Power (and the personality) has to be within. It lies within ourselves. We need to search it inside, get it from within. Our outward efforts, possessions and positions can not bring that inside power.

There was a small anecdote which Rajnish Osho used to narrate. One day, Mulla Nasiruddin was searching something outside his house. His friend came to him and inquired “Mulla, what are you searching?” Mulla said “I have lost my finger ring somewhere, so I am searching that.” His friend also started searching it. After a while, another friend came. He was intelligent. He also asked, “Mulla, what are you searching?” Mulla said the same thing, I have lost my finger ring

somewhere, so I am searching that.” But now the friend asked another question, “Mulla, where do you think, you have dropped it?” Mulla replied without looking at him “Inside the house”. Both the friends now started laughing. One asked “Mulla, then why you are searching it outside the house?” Mulla continued his search without looking at the friends and responded “There is light outside here, so I thought it is better to search outside”.



CA Pranjal Joshi, Pune

Founder Director of DSPPL, Managing partner of CA firm with 22+ Years of experience. Corporate trainer & visiting Faculty for various Management Institutes. Trustee & Financial Advisor to various domestic and International Trusts/NGOs working in the field of sports, medical, employment and Spiritual activities.



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| Dates | Program | Eligibility (Birth Dates) | | Fees |
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| 16th April to 15th May, 2026 | EduSPOT (Daily 1 hour) | 01/04/2018 | 31/03/2021 | Rs.600 |
| 6 Days Non Residential Program. For Program Date(s) please inquire with Local Centre co-ordinator | SOFT 1 Non- Residential | 01/04/2017 | 31/03/2018 | Rs. 1200 |
| | SOFT 2 Non Residential | 01/04/2016 | 31/03/2017 | Rs. 1350 |
| | SOFT 3 Non Residential | 01/04/2015 | 31/03/2016 | Rs. 1500 |
| 18th May to 23rd May, 2026 | SOFT 4 Residential | 01/04/2014 | 31/03/2015 | Rs. 3600 |
| 18th May to 23rd May, 2026 | SOFT 5 Residential | 01/04/2013 | 31/03/2014 | Rs. 3600 |
| 18th May to 23rd May, 2026 | SOFT 6 Residential | Those who have attended SOFT 5 | | Rs. 3600 |
| 27th May to 31st May, 2026 | STRONG 1 Residential | Age Group - 15 to 25 years | | Rs. 3600 |
| 27th May to 31st May, 2026 | STRONG 2 Residential | Those who have attended STRONG 1 | | Rs. 3600 |



DSPPL - Devrukh Spiritual Prowess Pvt. Ltd.

For Registration  www.dsspl.in Any queries?  info.dsppl@gmail.com

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 Pranjal Joshi - 9850035736

CONTACT NUMBERS FOR EDUSPOT, SOFT AND STRONG PROGRAMS AT A CENTRE NEAR YOU

| City | Co-ordinators for Registration for the Program | Contact Number |
|--|--|----------------|
| Devrukh | Prakash Bhogate | 9423001412 |
| | Kalpita Keer | 7218498799 |
| | Arya Khanvilkar | 9420880725 |
| Mumbai - Dadar Mumbai - Borivali Thane | Sunil Kulkarni | 9892527857 |
| | Rashmi Ambukar | 9833594998 |
| | Pallavi Virkar | 9920440482 |
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| | Kalpita Rakesh | 9220872994 |
| | Priti Sawant | 98335 66024 |
| | Pune | Pranjal Joshi |
| Pooja Potdar | | 9607686390 |
| Harsh Parchure | | 9922970140 |
| Vadodara | Yamini Kutumbale | 9723182066 |
| | Ajitha Soman | 9898003846 |
| | Ashish Muley | 8197056644 |
| | Chandresh Parmar | 9974701200 |

| City | Co-ordinators for Registration for the Program | Contact Number |
|-----------|--|----------------|
| Ahmedabad | Rakesh Pandya | 9974525232 |
| | Kinal Pandya | 9714515839 |
| | Nisarg Mehta | 9725872011 |
| Rajkot | Krupa Choksi | 8097033220 |
| | Seema Trivedi | 8320991209 |
| | Nimisha Bhatt | 9427726917 |
| Chiplun | Jayanti Katdare | 9405849364 |
| | Sampada Bapat | 8149216272 |
| Bangalore | Aruna Margam | 7259620868 |
| | Komal Pukale | 9845279840 |
| | Amol Pukale | 9980292474 |
| Hyderabad | Madhavi Saptarshi | 9427538766 |
| | VS Ramalingam | 99115 55974 |
| Kota | Neeta Parekh | 94138 86755 |
| | Piyush Agrawal | 75875 65628 |





Was it the universe?

- Viivek, Vadodara

*Throughout my life, I couldn't figure out,
Was it someone or the empty universe to doubt?
Help came at every juncture in manners that surprise,
Some noble souls or the dark force made me mesmerize.*

*It happened once before the test, a book was found,
Questions and examples were all profound.
Call it luck, a friend's gift, or the universe at play,
The paper was set, and I sailed through with hay.*

*Every day, a girl happened to pass by and beg,
Made me delay the morning rush with my leg.
One day, I offered tea and toast to the thin hide,
An accident averted, due to the girl or the universal tide?*

*When the wallet was empty once, and the heart felt scarce,
Relying on the universe and an attitude of who cares.
Feeling good during times that weren't easy to roll,
Was the secret to sail and seal the money gap and hole?*

*My eyes sought logic that appeared in front,
Put the whole world to the test and face upfront.
Helping hands were different, times changed,
Ever present was the universe, and life managed.*

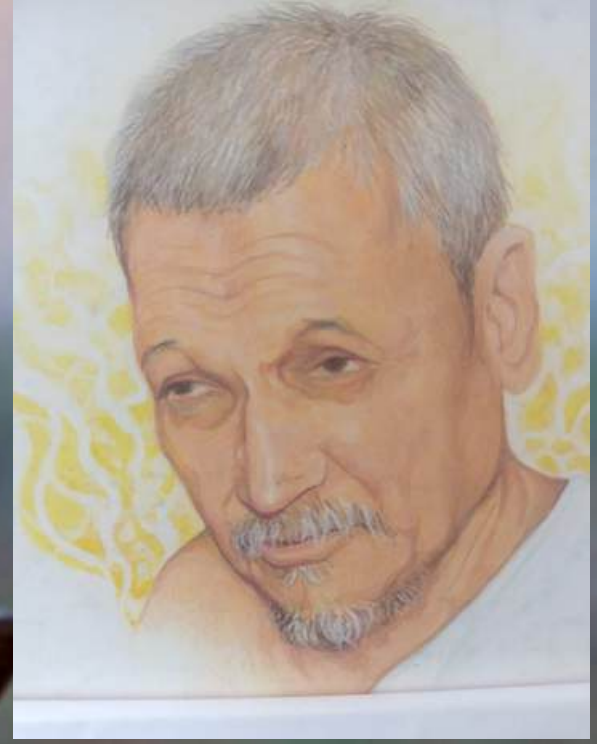


Viivek, Vadodara

Viivek is an educator and an author. He has been actively involved with most philanthropic activities initiated by Ajit Sir Guruji. Over the years he has contributed many articles and poems. He envisions to see the world walking towards the path of enlightenment.



"अग्निहोत्र जनक"



Article Series on Revival of Agnihotra and Shri Gajanan Maharaj, Akkalkot by CA C V Kavathekar, Pune

आज दुनिया के कोने-कोने में बहुत देश में अग्निहोत्र हो रहा है। दिन-ब-दिन अग्निहोत्र उपासकों की संख्या बढ़ रही है। आपको मालूम है कि अभी मार्च महीने में देवरूख स्थापित श्री स्वामी समर्थ चैतन्य ट्रस्ट और उनके सहयोगी डीएसपीपीएल द्वारा पांच दिन का अग्निहोत्र महोत्सव आयोजित किया था। बड़ी संख्या से लोग उसमें शामिल हुए थे। आमतौर पर अभी बहुत लोग जानने लगे हैं की अग्निहोत्र उपासना कैसे करनी चाहिए, करते हैं, तैयारी क्या करनी पड़ती है, कौन से समय करना है, उसके सुबह-शाम मंत्र कौन से है इ.। सब बातें आप जानते हैं लेकिन यह अग्निहोत्र उपासना पूरी श्रद्धा से होनी चाहिए। जब आप यह कार्य श्रद्धा से, भक्ति से करोगे तो यह निःसंदेह आपको ज्यादा आनंद मिलने की अनुभूति देगा। इस विचार से प्रेरित होकर इस लेख में अग्निहोत्र के प्रेरित कौन है उनकी अधिक जानकारी देना मैं उचित मानता हूं। अक्कलकोट में वट वृक्ष नामसे श्री स्वामी समर्थ महाराजजी का बड़ा मठ/मंदिर है। आप में से बहुत से लोग वहां दर्शन लेने गए होंगे। उसके पास 2 मिनट दूरी पर और एक मठ है। इसकी स्थापना की है स्वामी जी के परमभक्त श्री बाळप्पा महाराजजी ने जो की "गुरु मंदिर" नाम से जाना जाता है। उस मठ के आखिरी मठाधिपति थे श्री गजानन महाराज जो की भक्तगणों में "श्रीजी" के नाम से संबोधित किए जाते हैं। आज भी "गुरु मंदिर ट्रस्ट" के द्वारा उसका कार्य पहले जैसा ही चालू है। हर रोज आरती, गुरुवार पालखी, गुरुपौर्णिमा,



"अग्निहोत्र जनक"

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continued...

दत्त जयंती जैसे उत्सव, भक्तजनों के लिये अन्नछत्र ऐसों उपक्रम चलाये जाते है । "श्रीजी"को आखिरी मठाधिपति कहा गया है क्योंकि उन्होंने जब शिवपुरी मै स्थलांतर करने का निश्चय किया तब उन्होंने गुरुमंदिर की गद्दी पर "चार वेद" रख दिए और गुरु-शिष्य परंपरा खंडित की । सत्यधर्म प्रणेता परम सदगुरु श्री गजानन महाराज ने अश्विन शुद्ध दशमी (दशहरा) के दिन इ स १९४४ के दिन प्रतिज्ञा की- "मी श्रुतीचे पुनरुज्जीवन करिन" श्रुति का पुनरुज्जीवन करना मतलब है युगांतर करना दुःख, दैन्य,अज्ञान, अंधकार इसका नाश करके सनातन धर्म में चैतन्य लाना । यही कार्य करने के लिए उनका अवतार हुआ था । इसलीये उन्होंने सबको अग्निहोत्र करनेका मार्ग दिखाया । ये बहुत ही सीधी साधी उपासना है । ये उपासना निरपेक्ष भावसे, पुरी श्रद्धा और भक्तिके साथ होनी चाहिए । जिन्होंने येउपासना सकल जग के लिये सूचित की है ये " अग्निहोत्र के जनक" अक्कलकोट शिवपुरी निवासी श्री गजानन महाराजजिनके कार्य का परिचय होना जरूरी है । वह अधिक विस्तार से हम अगले लेख में देंगे

CA C V Kavathekar, Pune

Practicing CA for last over 50 years, Sr Agnihotra & Reiki Sadhak, who has blessed by Gajanan Maharaj Akkalkot and has interacted with him on several occasions.



Industry Inspirations



Interview with Ms. Malati Mukherjee, MBA 25+ years in professional industry

Welcome Ms. Malati Mukherjee. Kindly introduce yourself.

A: I'm an alumna of XLRI Jamshedpur. I spent over 25 years in the corporate world as an HR and Operations professional, working across India, the US, and the UK. During this time, I led large multicultural teams in Operations, Training, Account Management, Human Resources, and Communications. My last corporate role was as Director of Operations on the board of Mastek (UK) Ltd., based in Reading.

In my late 40s, I stepped off the corporate treadmill and moved to Coonoor in the Nilgiris. What followed was a phase as a freelance management consultant, coach, mentor, and trainer, working with senior leaders across industries on communication, leadership, personal effectiveness, and behavioural transformation.

Today, I wear a different hat. I am a writer, translator, editor, and reviewer, and I run Words and Space, a writing and editing service. I am one of the founder directors of Astitva, an NGO working with tribal and underserved women and children in the Nilgiris in the areas of nutrition, health, and health literacy.

But none of this was planned.

Q: Mam, it is inspiring and exiting to know about you. Kindly share your professional journey with us.

A. In 1980, after finishing my graduation with Economics Honours, in Jamshedpur, I had absolutely no idea what I wanted to do with my life. My father was a doctor, my mother the Matron of the Telco hospital, and my extended family full of professors and academics. The corporate world was a complete mystery to me.

My father suggested I become a banker or a teacher. I was not excited by either.

So I did what any confused teenager without Google or the internet might do — I made a list:

* Indian Foreign Service * Indian Administrative Service * IIM Calcutta * XLRI * Banker * Teacher





Industry Inspirations contd.

Interview with Ms. Malati Mukherjee, MBA 25+ years in professional industry

I knew almost nothing about the first four. The last two I understood but did not want. The first two sounded impressive. The next two were names I had heard. XLRI happened to be in my city, but I had no clue what people did there or what an MBA even meant.

In the end, I applied only to IIM Calcutta and XLRI. I did not get into IIM, but I did get into XLRI — perhaps as one of the most naïve students ever to walk through its gates.

Q: Your professional journey is a testimony for there is a divine plan on each one of our lives. Also share with us what qualifications are required for this occupation?

A: In my time, work experience was not common among MBA aspirants, and students came from a wide range of academic backgrounds, most of them straight out of college. The entrance exam required comfort with school-level Maths, English, and logical thinking.

Today, the landscape has evolved and competition has increased. A large number of applicants come from engineering and technical backgrounds, and many bring prior work experience. However, XLRI continues to welcome candidates from diverse disciplines, and work experience — while valuable — is not a compulsory requirement for its core programs.

At XLRI, I discovered Human Resources (HR) and Industrial Relations (IR) — subjects I had never heard of before — and unexpectedly, I found a career I would love for more than three decades.

What is the real role of HR?

- The role of HR is one of the most misunderstood in career paths today. Many young people say they want to join HR because they like talking to people or solving problems. While admirable, that is not the true role of HR.
- Solving day-to-day employee issues is primarily the manager's responsibility. But in many organisations, anything non-technical gets labelled as "HR's job." As a result, HR often gets reduced to handling attendance, leave records, celebrations, and logistics — useful tasks, but only a small part of the real role.
- HR's core responsibility is to ensure that every policy and process in the organisation reflects its vision, mission, values, and business goals — and that every manager understands how to put these into practice.





Industry Inspirations contd.

Interview with Ms. Malati Mukherjee, MBA 25+ years in professional industry

HR works at two levels:

- Translating vision and business goals into clear policies that flow down to every employee.
- Training, coaching, and mentoring managers to lead their teams effectively within those frameworks.

HR's role is not to become the default problem-solver, but to equip managers to handle their teams well. But it keeps an ear to the ground, to understand issues which may never otherwise be spoken or addressed. It alerts managers on issues they need to handle, and the Board on areas where the organisation may inadvertently be stepping away from the vision, mission and values. In this way, HR becomes the quiet custodian of both the organisation's values and the employees' aspirations.

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Q: A very detailed and a wonderful explanation about the role of a HR. When we understand we also respect it more as they lay the foundation for the human resource in an organisation. It will be worthwhile to know what you can say were the turning points and the inspiring times of your journey so far?

A: To be able to play its role of training and advising managers—often senior to themselves—effectively, every HR person needs to be confident of their own capability. I began my career unsure of myself and stuck in routine tasks. I did not think it was my place to advise senior management, and nor had I the confidence or capability to do so. The learning came slowly over the years. I have had the good fortune to work with inspiring leaders, from whom I learnt not only about HR, but about life itself. Dr Om Kaul, one of my earliest managers at Tata Burroughs (later Tata Infosys), was someone who brought the connection between HR and business goals into sharp focus for all of us. He ensured that as HR professionals, we were fully focused on the business goals of the organisation and how we contributed to it. He also taught me that one can





Industry Inspirations contd.

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be very strict and yet be extremely compassionate and kind at the same time—the two are not contradictory.

Dr PP Gupta was the CMD at CMC Ltd, from whom I learnt that HR's real role is to make itself redundant, so that the managers carry out all those roles which are traditionally seen as HR's. Strangely, we tend to make ourselves important and indispensable, while our real accomplishment would be to make ourselves superfluous, and this I think is true for any leader's role.

Vinay Aggarwal, one of the senior Finance directors I had met in my first organisation had a clean desk, devoid of any papers or work-related documents. He had a beautiful poster behind him, of a very relaxed beaver, above a caption that read, 'I work so fast, I am always finished.' This gentleman who headed the Finance function, found time to spend with a trainee like me, patiently explaining to me how the organisation worked, giving me valuable advice and sharing his expectations. All of that was possible because he ensured that his work was delegated effectively and monitored efficiently.



At Mastek Ltd, my last organisation where I worked for 14 years, I met the late Sudhakar Ram, one of the founder directors, who was 2 months younger than me, yet so much more mature. I learnt from Sudhakar that trusting one's team and giving them a free hand gave rise to exceptionally creative policies. I learnt that when I am confident about myself, it is easy to take criticism from my team and feel grateful for it.

My first turning point came when I decided to quit CMC, and the CMD, Dr KK Kutty flew down to meet me. He placed a blank sheet of paper in front of me saying, "Write down the role, location and support you want, and I will ensure you get it." For the first time, I realised someone saw value in me that I had not yet seen. I could not stay back due to location constraints, but I left with a clarity and confidence that shaped the rest of my career.

Q: It is awe inspiring for us to know you remember your seniors and their guidance and lessons learnt from them. A leader is the one who is always ready to learn and improve. Above all being grateful. Hats off Mam your commitment and dedication has helped you to grow through out. Kindly share what were the pain areas or challenges of your profession?





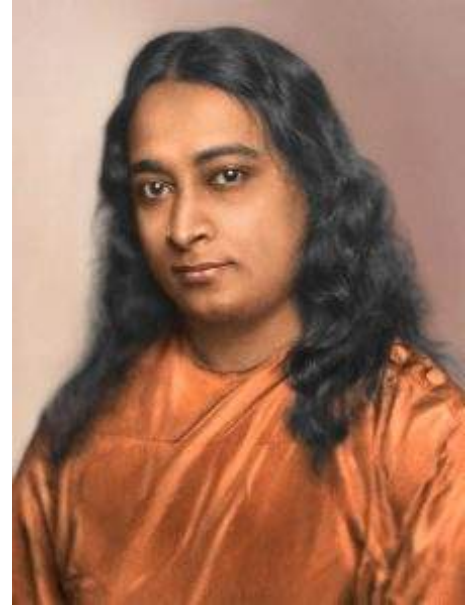
Industry Inspirations contd.

Interview with Ms. Malati Mukherjee, MBA 25+ years in professional industry

The biggest challenge for an HR professional is to understand their role in a broader sense than the organisation may initially see it, and to develop the conviction to practise it with clarity and confidence.

If you are considering HR, ask yourself: does designing systems, guiding leaders, and influencing organisational culture excite you? If yes, this is a deeply meaningful career.

Q: Clarity and Confidence are the traits you recommend for any young HR for a good career path. Do you pursue spiritual practices? How have spiritual practices helped you in your career?



Spirituality, according to my Guru, Paramahansa Yogananda, is the practical process of realising one's true nature as an eternal, joyful soul—one with God—rather than just a physical body. So, we begin the journey by seeking to understand ourselves, and our purpose on earth. I define myself today as a seeker, and practise kriya yoga to stay and progress on the path. But while I was working fulltime, I did not see myself as a seeker and did not even understand what the term meant.

However, there were a few things I realised in course of my working with teams.

The most critical of those things were:

- Whether at work or in the personal life, we have only one right over our relationships—the right to love them. Nothing else is a right given to us. We cannot judge them, we cannot dislike them, we have no other rights over them except to love them.
- No relationship works unless there is love. When I speak of this to my young team at Astitva, they are shocked, because for them love only describes a relationship between a boy and a girl. But love, as my Guru describes it, is a universal energy. We cannot love one person and not another. Our very nature is love. And as we progress on the path, we become love itself.

So, yes, once I realised this truth, in my senior years at work, the difference it made to my work and my team's work, was tremendous. Today, I see some of those young team members as strong and capable leaders in various organisations, leading with love and service orientation.

Q: You are a writer as you shared in the beginning is so obvious. These are wisdom of pearls written down. I am sure we all will be gathering them for our growth too. More so our youth will benefit from this interview. As an experienced woman in the industry, what is your advice to young people wanting to pursue a career today?





Industry Inspirations contd.

Interview with Ms. Malati Mukherjee, MBA 25+ years in professional industry

A: First, seek to understand yourself. Self-understanding reveals purpose. Then seek purpose. Purpose deepens self-understanding. This is a loop that we live through our life.

When you enter that loop of doing → learning about yourself → sensing purpose → going deeper, something powerful happens:

You stop measuring yourself from the outside. You're no longer asking, "Am I good enough?" You're asking, "Is this true to me?" That shift is where freedom begins.

Fear and low self-esteem thrive when:

You compare, You imitate, You chase approval, You try to fit a mould. But when you are discovering yourself in motion, you're too busy being curious to be afraid.

You begin to see:

Some things suit you, some don't — and that's fine. You are not behind; you are just on your own path. You don't have to be everything — only authentic. And that's when self-esteem stops being something you try to build.

It becomes a by-product of self-knowledge. That loop doesn't just give purpose. It gives inner permission to be who you are.

Second, equipped with this permission, you are now free to explore the world, free to soar. Remember, there is nothing, nothing, nothing in the world, that you cannot do if you choose to do it! I had always believed that marketing was something I was particularly bad at and incapable of doing. However, when I was once compelled to develop a market in the US for a product, I discovered that it was not as difficult as I had thought.

So, nothing is impossible for you to do; but you have to choose it first. It will happen successfully, only if you clearly choose it first. Not if you dally around it, dip your toes in the water, wonder if you can make it, procrastinate it for another day. But, if you pursue that purpose, that dream, with complete 'sadhana' – complete, disciplined, sustained inner practice, then no one can prevent you from achieving it. Practice with intent, commitment, and self-transformation. A path walked every day, not occasionally. Walked every moment, either in your conscious mind or at a subconscious level.





Industry Inspirations contd.

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Third, remember always, our job is to plan well and execute diligently. If the result does not come quickly, do not despair. Keep checking the goal, plans, the execution, and stay determined on the path. It may take time, but if your intention is strong and your conscience clear, if you are ready to do what it takes, you will either meet your goal, or transcend it. Believe in yourself. Stay the course.

This is my wish and my prayer for all the young people reading this. That you discover your true potential, and that you use it for the purpose it was meant to be used. Good luck and God bless!

'And whether or not it is clear to you, no doubt the universe is unfolding as it should.'

—Desiderata, Max Ehrmann



Whether or not it is clear to you, no
doubt the universe is unfolding as it
should.

— Max Ehrmann —

Thank you for your valuable advice and time for expressing, guiding us through this interview. Thank you once again



अनघाष्टमी पूजाव्रत प्रक्रिया, महत्त्व और विज्ञान - लेख क्र. 3 - ca pranjal joshi

लेख माला का उद्देश्य - अनघाष्टमी पूजाव्रत की शुरुवात हमारे गुरुजी अजित तेलंग सर के संकल्प से हुई । पिछले ४ सालों से DSPPL इस पूजा को ऑनलाइन माध्यम से करवा रहा है । देवरुख से पूजा बताई जाती है और बहुत से साधक अपने घर में पूजा साहित्य लेकर ऑनलाइन जैसे बताया जाता है, वैसे पूजा करते है । इस पूजा का प्रमुख उद्देश्य हर परिवार में श्री गुरुदेव दत्तात्रेय इनके आशीर्वाद पहुंचना ये है, ताकि हर घर में सुख, शांति एवं स्वास्थ्य रहे । इस पूजा व्रत के पीछे का विज्ञान, एवं महत्त्व और प्रक्रिया विशद करना ये इस लेख माला का उद्देश्य है ।

अवधूत सदानंद परब्रह्म स्वरूपिणे
विदेह देह रूपाय दत्तात्रेय नमोस्तुते ।
अखंडद्वैत रूपाय निर्गुणाय गुणात्मने
कृष्णाय पद्मनेत्राय नमोस्तु दत्त परमात्मने ॥

हे अवधूत! आप सदा आनन्दस्वरूप हैं, आप परब्रह्म केस्वरूप हैं। आप देह में रहतेहुए भी देहाभिमान सेरहित (विदेह) हैं। हे दत्तात्रेय! आपको मेरा प्रणाम है। आप अखण्ड अद्वैत स्वरूप हैं (जिनमें कोईभेद नहीं है)। आप निर्गुण होते हुए भीसमस्त गुणों के आधार हैं। आप श्यामवर्ण और कमल केसमान नेत्रों वाले हैं। हे दत्तपरमात्मा! आपको मेरा बार-बार प्रणाम है।

मनुष्य शब्द का अर्थ ही है "मन" अधिक "उष्य", मतलब सूर्य की ऊर्जा से चलनेवाला ये हमारा शरीर, और जिसको "मन" है उसे मनुष्य कहते है । अगर ये मन ही खराब हो गया, बिगड़ गया, अविवेकी हो गया, तो मनुष्य और बाकि प्राणीओमें क्या अंतर बचेगा ? हम सभी "उष्य" याने शरीर के साथ जुड़े हुवे व्यवहार से ही मतलब रखेंगे ।



अनघाष्टमी पूजाव्रत

continued...

मनुष्य की सबसे सुन्दर भावना कौनसी है ? प्रेम और करुणा की । ये सुन्दर भावनाये हृदय चक्र से जुडी है । विवेकी मन हो और साथ मैं करुणा और प्रेम हो, तो मनुष्य शांत, स्वस्थ जीवन का अनुभव कर सकता है । हिंसा, क्रोध, अहंकार ये तो भड़क भावनाये है, जो मणिपुर चक्र से जुडी है । उन भड़क भावनाओंका प्रगटीकरण करना याने शरीर व्यवहार करना । समाज मैं, अपने अपने घर मैं आनंद हो, स्वस्थता हो, तो मनुष्य को विवेकी मन चाहिए और प्रेम और करुणा चाहिए ।

अध्यात्म की खासियत यही है, की वो ऐसी गतिविधिया प्रस्तुत करता है की जिससे घर का माहौल उत्साहित बनता है । हम आनंदसे भर जाते है, और अपने भीतरके प्रेम का अनुभव करते है । House को Home मैं तब्दील करने की क्षमता अध्यात्म मैं है । पैसोंसे, चार दीवारे खड़ी करके हम मकान या महल तो बनवा सकते है । पर जब तक चार दिल प्रेम से भर नहीं जाते, तब तक हम "घर" नहीं बना सकते । वो मकान, दीवारोंका का महल ही बनकर रह जायेगा । घर नहीं बनेगा । घर प्रेम से ही बन सकता है । हम सबका प्रयास होना चाहिए की हम मकान को "घर" बनानेमें प्रार्थमिकता रखे ।

अनघाष्टमी पूजा व्रत ये मकान को घर बनाने का एक जरिया है । उत्सव और उल्हास का प्रतिक मतलब ये पूजा है । दत्त भगवान का संसारी रूप ही - अनघ स्वामी और अनघमाता । किसी को मानलो IT sector मैं आगे कुछ करियर करना है । मानलो एक समारंभ मैं कोई बड़ा बिजनेसमैन, उसी IT क्षेत्र का, हमें मिले, तो हम क्या करेंगे ? उससे मिलकर मार्गदर्शन लेंगे, उसके आशीर्वाद लेंगे । वैसेही, संसार के सबसे सफल दम्पति है - अनघ माता और अनघ स्वामी । जिनके आशीर्वाद से हृदय प्रेम से, घर आनंद से और जिंदगी खुशियोंसे भर जाती है ।

पिछले कुछ सालोंसे हमारा नए विज्ञान (Modern Science) के ऊपर का भरोसा भी टूटने लगा है । कोरोना जैसी महामारी आयी, और विज्ञान (Modern Science) की अपनी सीमाएं समाज के सामने आयी । आज कई देश युद्ध मैं शामिल हो गए है, या युद्धकी कगार पे खड़े है ।



अनघाष्टमी पूजाव्रत

continued...

विनाश का कारण भी विज्ञान (Modern Science) ही बन रहा है। अत्याधुनिक शोध से मनुष्य का जीवन सुखी और मंगलमय हो ऐसे विज्ञान की आवश्यकता है, पर उसी विज्ञान को सम्भालने वाले अगर मनुष्य के कल्याण के बजाय उसके विनाश का कारण अगर विज्ञान को बनाते रहे, तो सामान्य मनुष्य क्या करेगा? कहा जायेगा? पहले एक इंसान अपने हाथ से, किसी शस्त्र से दूसरे एक इंसान को मार सकता था, आज के प्रगत विज्ञान ने एक इंसान हजारों, लाखों लोगोंको कैसे मार सकेगा, ये तकनीक ढूँढ निकाला है। कही जानेकी भी आवश्यकता नहीं, ड्रोन से अपने देश में बैठकर, दूसरे देश के लोगोंको मारने का तकनीक! और उसकी खूब प्रशंसा भी लोग कर रहे है। क्या प्रगति की यही परिभाषा है?

भविष्य और वर्तमान अगर अंधकार में है, तो हमारा प्राचीन विज्ञान (Ancient Wisdom) ही हमारा एकमात्र सहारा बन सकता है। अनघाष्टमी पूजा व्रत उसीका एक महत्वपूर्ण जरिया है। बाहर की दुनिया हमारे भीतर की दुनिया को अशांत नहीं बना सकती। वैसेभी बाहर की दुनिया पर हमारा नियंत्रण है नहीं। पर अपने भीतर के अस्वस्थता को मिटाना तो हमारा ही काम है। दूसरा कोई वो कर भी नहीं सकता।

शांति हमारे भीतर है, आनंद भी हमारे भीतर ही है। हम खामखा बाहर उसे ढूँढते है। सांसारिक चीजोंसे जो खुशी प्राप्त करनेके की हम कोशिश करते है वो तो क्षणिक, कुछ पलमें खत्म होती है। शांति पाने के लिए, सुख और आनंद पाने के लिए, भीतर तो उतरना पड़ेगा। पर कोई ऐसा जरिया हो, जो हमें निरन्तन शांति की और, सुख की और ले जाये। वही एक तरीका, या अवसर याने अनघाष्टमी व्रत पूजा। इस पूजा का एक ही उद्देश्य है, इंसान को देवत्व की और लेकर जाना। संसार के सभी सुख पाकर, अपने मूल उद्देश्य को सदा ध्यान में रखते हुवे, हसते हसते मोक्ष की तरफ बढ़ाना। संसारी इंसान को भी मुक्ति का अधिकार है, जितना योगी या सन्यासी को है। यही आशीर्वाद देने और सफल संसार का मार्गदर्शन करनेवाले अनघ देव और अनघा देवी।





अगले लेख से हम, अनघाष्टमी की पूजा और उसके विज्ञान के बारे में जानेंगे । अनघा माता और अनघ स्वामी को शत कोटि प्रणाम । अवधूत चिंतन श्री गुरुदेव दत्त ! अनंतकोटि, ब्रह्माण्ड नायक, राजाधिराज, योगिराज श्री स्वामी समर्थ महाराज की जय !!

2026 की अनघाष्टमी की तारीखे:

**January 11, February 09, March 11, April 10,
May 10, June 08, July 08, August 06, September 04,
October 03, November 02, December 01, December 31**

Flyer and Registration Details on next page.

**Contact for Puja Details and registration details,
Mr. Alhad Purohit - 9422773446**





Bring home the Harmony and Happiness through Anaghashtami Puja

New
Registration
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Puja will be
performed
online from
Devrukh
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Full year Fees
India : Rs. 1000/-
USA & Others -
\$200/- Only
One time Fees:
India – Rs. 100/-
USA & Others –
\$20 only

- **Timings for Puja :** India – 8.00 am IST
USA – 8.00 am CDT

Eligibility : Anyone interested to perform online Puja
(Not necessarily Reiki Sadhaks)

- **Materials for Puja to be arranged by the participant.**
- **Book on Anaghashtami Puja Vrat and Viddhi (Process) will be sent to registered participants along with video for better clarity, 2 days ahead of the event by email.**

- **For Registration: Use the following Link**

- **For queries Contact:**

- **For India – Alhad Purohit - anway.entp@gmail.com**
- **For USA - Vaishali Vedvyas – vaishalirakesh@gmail.com**

Registration Link for Anaghshtami Pooja - <https://rzp.io/rzp/OwGwxRLD>

Contact for Puja Details and registration details,

Mr. Alhad Purohit - 9422773446



अंदर का कचरा – अंदर की सफाई

- जयंती योगेश काटदरे

स्कूल की परीक्षा हो चुकी थी। सूरज तुरंत गाँव दादाजी के पास जाना चाहता था, पर दादाजी ने उसे उस सॉफ्ट प्रोग्राम में भेज दिया, जो बच्चों के लिए होता है। प्रोग्राम खत्म होने के बाद दादाजी उसे लेकर गाँव गए। वहाँ पहुँचने के बाद रात को देर तक जागने और सुबह देर तक सोने पर दादाजी ने कुछ नहीं कहा, पर वह सूरज से सॉफ्ट प्रोग्राम में सिखाया गया प्राणायाम, योगासन और प्रार्थना-पाठ रोज़ करवाते थे।

शुरू-शुरू में तो सूरज खुशी-खुशी करने लगा, पर बाद में उसे ऊब आने लगी। वह दादाजी से इसके बारे में शिकायत भी करने लगा। दादाजी एक ही बात उसे बार-बार कहते रहे कि हमारे शरीर पर जिस तरह मैल जमा होती है, उसी तरह हमारे मन, विचार और बुद्धि पर भी कचरा जमा होता है। अगर हम इसकी सफाई न करें, तो इसका प्रभाव हमारे आचरण पर पड़ता है। ठीक वैसे ही, जैसे धूल भरा पंखा ज़ोर से नहीं घूमता। पर सूरज को लगता था—इस पर कैसे यकीन करें? यह कचरा कहाँ दिखता है? सुबह-सुबह खुद को क्यों तंग करें?

ऐसे ही दो-चार दिनों के बाद दादाजी घर की सफाई कर रहे थे। सूरज भी साथ में था। दादाजी के कहने पर उसने अपना सामान जगह पर रखना शुरू कर दिया। उसका एक राइटिंग पैड, जो टीवी के पास दो-चार दिनों से पड़ा था, सूरज ने उठाया। फिर उसने देखा कि पैड पर जो धूल जमी थी, वह उसके हाथ और शर्ट पर भी लग गई।

सूरज इरिटेट होकर बोला, “कितना गंदा हो गया है यह! मेरी शर्ट भी खराब हो गई। पहले दिखी भी नहीं थी।” दादाजी ने पूछा, “क्या हुआ?”

सूरज बोला, “दादाजी, देखो ना, यह मेरा पैड अभी दो-चार दिनों से ही यहाँ पड़ा था, फिर भी इस पर इतनी धूल जम गई है और पहले नहीं दिखी, इसलिए वह मेरी शर्ट पर लग गई।”

दादाजी हँसकर बोले, “रिफ्लेक्शन!”



अंदर का कचरा – अंदर की सफाई

DSPPL



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सूरज समझ ही नहीं पाया। “मतलब?” उसने पूछा।

दादाजी ने कहा, “मैं जब कह रहा था कि हमारे अस्तित्व पर भी ऐसे ही कचरा जमा होता है, पर दिखता नहीं है, तब तो तुम मान ही नहीं रहे थे। अब समझ में आया?”

सूरज मानने को तैयार नहीं था। वह बोला, “इसमें क्या है! बस थोड़ी-सी मिट्टी है, आसानी से चली जाएगी।”

पर दादाजी भी कम नहीं थे। उन्होंने कहा, “मिट्टी ही है और दो-चार दिनों की ही है, इसलिए चली जाएगी।” उन्होंने उसी सामान में पड़ी एक पुरानी थैली उठाई। वह पूरी तरह धूल से भरी थी और उसका कपड़ा भी पुराना होकर फटने लगा था। वह दिखाकर दादाजी ने कहा, “अगर यूँ ही सालों तक धूल जमती रही, तो हमारे शरीर और अंदर के अंगों की हालत भी ऐसी ही हो सकती है। क्योंकि जिन आदतों से यह कचरा जमा होता रहता है, हम उन्हें छोड़ते कहाँ हैं? और दिन-ब-दिन जब वे आदतें वैसी ही रहती हैं, तो उन्हीं आदतों से हमारी वृत्ति बनती है, और वृत्ति से ही हमारी प्रवृत्ति—यानी हमारा नेचर—बनता है। और हमारी अवस्था इस पुरानी थैली की तरह हो सकती है।”

सौ. जयंती योगेश काटदरे



Understanding Yourself: Interests, Strengths, and Values as the Foundation of Career Choice

Career Development Series – Part 02

– Dr. Prajakta S. Vispute

Career development begins not with opportunity, but with understanding. While labour markets, qualifications, and economic conditions influence career outcomes, the most sustainable and fulfilling careers are built on a foundation of self-awareness. Without a clear understanding of one's interests, strengths, and values, career decisions are often reactive driven by external expectations rather than internal alignment.

Why Self-Awareness Matters in Career Development

Career research consistently identifies self-awareness as a critical predictor of job satisfaction, performance, and long-term career stability. Individuals who understand themselves well are more likely to choose roles that fit their capabilities and motivations, adapt effectively to change, and experience a sense of purpose in their work.

Conversely, a lack of self-awareness often leads to misalignment. This misalignment may appear as chronic dissatisfaction, underperformance, frequent job changes without clarity, or burnout. Importantly, these outcomes are not signs of failure; they are signals that deeper reflection is required.

Self-awareness does not eliminate uncertainty, but it provides a stable internal reference point from which decisions can be made.

Distinguishing Key Concepts: Interests, Skills, Strengths, and Values

One of the most common sources of confusion in career planning is the interchangeable use of key terms. While related, interests, skills, strengths, and values represent distinct dimensions of the self.

Interests refer to activities or subjects that naturally engage attention and curiosity. They answer the question: What do I enjoy doing or learning about?

Skills are abilities developed through education, training, or experience. They answer: What can I do?





Tools for self-assessment

continued...

Strengths are skills combined with consistent high performance and energy. They reflect not just competence, but excellence and sustainability. The relevant question is: What do I do particularly well, repeatedly, and with confidence?

Values represent deeply held beliefs about what is important and meaningful. They answer: Why does this work matter to me?

Effective career choices require alignment across all four dimensions. A role may match one's skills but conflict with values or align with interests but fail to utilize strengths. Understanding these distinctions allows for more precise decision-making.

Self-Awareness as a Developmental Process

It is important to emphasize that self-awareness is not a fixed outcome achieved once and for all. It is a developmental process shaped by experience, reflection, and feedback. Early career stages often involve exploration and experimentation, which gradually refine self-understanding.

Academic models of career development suggest that individuals clarify their preferences not through abstract thinking alone, but through exposure to real tasks and environments. Experience provides data; reflection turns that data into insight.

From a motivational perspective, this understanding relieves pressure. One does not need complete clarity before beginning. Clarity often emerges through action rather than before it.

Tools and Methods for Self-Assessment

A structured approach to self-assessment increases accuracy and reduces bias. Common methods include:

- **Reflective practice:** Journaling about work experiences, noting patterns of energy, satisfaction, and frustration.
- **Feedback analysis:** Reviewing input from supervisors, peers, and mentors to identify recurring themes.
- **Formal assessments:** Interest inventories, personality frameworks, and strengths assessments
- **Experience mapping:** Analysing past roles, projects, or academic experiences to identify what worked well and why.





Barriers to self awareness...

continued...

While no single tool provides a complete picture, combining multiple methods increases reliability. Academic research cautions against treating assessments as prescriptions; they are starting points for reflection, not definitive answers.

Translating Self-Knowledge into Career Options

Self-awareness becomes valuable only when applied. The challenge lies in translating insight into actionable career directions. This requires moving from introspection to synthesis.

A useful approach is to identify:

- Core interests that consistently reappear
- Strengths that distinguish performance
- Values that cannot be compromised

Career options can then be evaluated based on how well they align with these elements. Rather than seeking a perfect match, the goal is to maximize alignment while remaining adaptable.

Motivationally, this approach fosters agency. Instead of asking, “What should I become?” individuals begin asking, “What kinds of problems do I want to solve, and in what environments do I perform best?”

Common Barriers to Honest Self-Assessment

Despite its importance, self-awareness is often hindered by external pressures. Family expectations, social comparisons, cultural definitions of success, and financial concerns can obscure authentic preferences.

Additionally, individuals may undervalue strengths that feel “natural” or dismiss interests perceived as impractical. Academic research highlights the risk of identity foreclosure—committing to a career path prematurely without sufficient exploration.

Developing self-awareness requires intellectual honesty and the willingness to question assumptions. This process can be uncomfortable, but it is essential for long-term alignment.





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Conclusion

Understanding oneself is not a luxury in career development; it is a necessity. Interests guide motivation, strengths support performance, and values provide meaning. When these elements are aligned, careers become more resilient, adaptable, and fulfilling.

This article emphasizes that self-awareness is not about narrowing options too early, but about making choices with intention and clarity. It is the foundation upon which all subsequent career decisions rest.

In the next article, we will shift focus outward—examining how education, skill development, and employability intersect, and how individuals can bridge the gap between learning and the demands of a changing labour market.

Dr. Prajakta S. Vispute, Chhatrapati Sambhajnagar

She holds a PhD in Computer Science with 18 years of teaching experience and has published research papers in conferences and journals. Alongside her academic work, she is a spiritual practitioner, bringing balance and insight to her professional journey.





Gudi Padwa: The Radiant Dawn of the Hindu New Year

- S Ramakrishnan (Thane)

As the spring breeze carries the fragrance of blossoming mango leaves and the sun climbs higher in the sky, Maharashtra and several other parts of India awaken to the vibrant festivities of Gudi Padwa. Marking the first day of the Chaitra month, this festival is not merely a date on the lunar calendar; it is a profound celebration of victory, nature's rebirth, and the timeless spirit of Indian culture.

The Mythological and Historical Significance

The term Gudi Padwa is derived from two words: Gudi, meaning the flag or emblem of Lord Brahma, and Padwa, derived from the Sanskrit word Pratipada, the first day of the lunar fortnight.

- **Creation of the Universe:** According to Hindu mythology, it was on this day that Lord Brahma created the universe and introduced the concept of days, weeks, months, and years.
- **The Return of Rama:** Many believe the Gudi is hoisted to commemorate the coronation of Lord Rama in Ayodhya after his 14-year exile and victory over Ravana.
- **The Victory of the Shalivahana:** Historically, the festival celebrates the victory of King Shalivahana over the Sakas, symbolizing the triumph of the indigenous spirit over invaders.

The Symbolism of the Gudi

The centerpiece of the festival is the Gudi, a bright silk cloth (usually green or saffron) tied to the tip of a long bamboo stick. On top of the cloth, a kalash (copper or silver pot) is placed upside down. The Gudi is further adorned with:

- **Sugar crystals (Gathi):** Representing the sweetness of life.
- **Neem leaves:** Symbolizing health and the bitterness that must be balanced with joy.
- **Mango leaves:** Signifying purity and fertility.
- **Garland of flowers:** To welcome the spring.

Hoisted outside windows or at the entrance of homes, the Gudi is believed to ward off evil and invite prosperity and good luck into the household.

Rituals and Traditions

The day begins with an auspicious oil bath (Abhyang Snan), followed by cleaning the house



*continued...*

and decorating the threshold with intricate Rangolis.

The most unique tradition is the consumption of a specific paste made from neem leaves, jaggery, cumin seeds, and salt. This bittersweet mixture serves as a philosophical reminder that life is a blend of joys and sorrows, while also providing medicinal benefits to strengthen the immune system for the changing season.

Culinary Delights

No Maharashtrian festival is complete without its traditional kitchen aromas. Families prepare:

- Puran Poli: A sweet flatbread stuffed with lentil and jaggery.
- Shrikhand: A creamy, sweetened yogurt dessert often paired with hot, fried Puris.
- Kanagi: A savory dish made in some regions to celebrate the harvest.

Pan-Indian Celebrations

While it is celebrated as Gudi Padwa in Maharashtra and Goa, the essence of the New Year resonates across India under different names:

- Ugadi: In Andhra Pradesh, Telangana, and Karnataka, where Beavu Bella (neem and jaggery) is the star of the feast.
- Navreh: Celebrated by Kashmiri Pandits.
- Sajibu Cheiraoba: Observed in Manipur.
- Cheti Chand: Celebrated by the Sindhi community.

The Modern Face: Swaghat Yatras

In contemporary times, cities like Thane, Mumbai, and Pune have transformed the festival into a massive community event known as Swaghat Yatras. These cultural processions feature traditional Dhol-Tasha pathaks, women in Navari sarees riding bikes, and floats depicting social messages. It is a time when the boundaries of age and status blur, as the entire community joins hands to welcome the New Year with a "Lezim" dance and a shared sense of pride.

As the Gudi flutters against the blue sky, it serves as a reminder to leave behind the shadows of the past and embrace the future with hope, health, and a heart full of sweetness

S Ramakrishnan, Thane

A dedicated resident of Thane for 75 years, he has spent the last eight years as a committed Sadhak. During his distinguished career over six decades in journalism he contributed to numerous national newspapers and news agencies and he served at Johnson & Johnson for 33 years until his retirement in 2010. Today, he finds his fulfillment in social work leading a life dedicated to selfless service (Seva).



Article Series - School education for 21st century Skills and the holistic development of students - Part 04

-Dr. Nirav Thakkar,
Ahmedabad

continued from previous edition...

Benefits of Project-Based Learning (PBL):

- Thoughtful and in-depth learning: Students do not rely on rote memorization; instead, their deep understanding develops.
- Development of 21st-century skills: Skills such as critical thinking, communication, collaboration, and innovation are developed at the school level.
- Increased student interest and motivation: Students become self-motivated for independent learning.
- Interdisciplinary learning: Students learn to remove boundaries between different subjects, study multiple disciplines, and integrate them.
- Preparation for real life: Project-based learning helps students not only in their careers but also in finding solutions to real-life challenges.

Implementation of Project-Based Learning (PBL):

NEP 2020 emphasizes experiential learning. To effectively implement Project-Based Learning (PBL) in schools:

- Schools should initiate PBL alongside traditional teaching methods, as required.
- Teacher training programs should be organized for this purpose.
- Project-based activities should be included in the curriculum.
- Students should be connected with industries and communities.

Project-based learning can bring a revolution in Indian education. It is essential for fostering critical thinking, innovation, and moving away from weak, passive teaching methods. PBL not only improves the teaching-learning process but also prepares students to face modern challenges.





DSPPL

Article Series - School education for 21st century Skills and the holistic development of students - Part 04

Continued...

Moving forward in the direction of NEP 2020, by integrating Project-Based Learning (PBL) in schools, engaging and meaningful learning for students can be ensured.

2. Inquiry-Based Learning

In this method, teachers ask questions to students and encourage them to think about different subjects, conduct research on the context, and find solutions.

- Teachers ask open-ended questions with multiple possible answers, which stimulate a child's curiosity.
- Students are encouraged to independently research and experiment.
- Students are given opportunities to present their opinions and learning.

Example:

- In Physics, for Newton's laws, instead of directly explaining, the teacher asks how a seatbelt provides safety.
 - Students can learn by conducting different experiments, asking questions, and drawing conclusions.

3. Technology Integration : Technology makes education more engaging and personalized.

- Collaborative learning through digital platforms such as Google Classroom and Microsoft Teams.
- Learning through technology by making subjects like History and Science more interactive using Virtual Reality (VR).
- Personalized learning based on Artificial Intelligence (AI).
- Using gamification—transforming learning concepts and skills into game-based formats—to motivate students and reinforce learning.

Dr. Nirav Thakkar, Ahmedabad

He is the Principal of AES AG Higher Secondary School, Ahmedabad, and a visionary leader with 31 years of extensive experience in education and training. He has been actively working on implementing the New Education Policy (NEP) 2020 in schools. The above article reflects his deep commitment to integrating 21st-century skills and NEP-aligned practices for the holistic development of students.



CONSTITUTION OF INDIA

- **Kalpita Rakesh**

Article 26 - India, The land of seekers

(A college library. Books on World Religions, History, Politics. A student sits with a laptop and notebooks)

Student (thinking aloud): “My project is on World Religions and Governance...”

(He scrolls, reads, notes.)

Student: Most countries follow one dominant religion. Many nations are officially:

- Christian-majority
- Islamic-majority
- Almost 70–75% of countries in the world have one main religion guiding culture and laws...

(He pauses. Confused)

Then how is India different? So many religions... so many ways of worship... How do we even manage this? He looks disturbed.

(The student flips through Indian history books)

Student: Hinduism... Buddhism... Jainism... Sikhism... Islam, Christianity, Judaism, Zoroastrianism...”

(Shakes head.)

How does one country carry all this? Why don't we fight all the time? Is there a rule... or is it just luck? Unable to find a clear answer, he closes his book.

Student: I need to ask my guide.

(A calm room. The guide sits peacefully, listening.)

Student: Sir, the world mostly follows one religion. But India follows many. How do we cope with this diversity?

The guide smiles gently.

Guide (slow, reflective): Because India was never a land of followers... India has always been a land of seekers. In ancient India, **we did not ask: Which religion do you belong to?**

We asked: What truth are you seeking? Even within Hinduism, there is no single compulsory path. Bhakti (devotion), Jnana (Knowledge), Karma (action) and Dhyana (meditation). Each person chooses according to their nature and inner calling.





DSPPL

Understanding Constitution Article 26

Look at an Indian family. One worships Shiva, another Vishnu, another Devi, another follows a Guru... And no one says: You must pray like me. **In India, faith was always a personal choice, not a public command.**

But something changed during British rule. They divided people. They planted the seeds of fear and comparison. Religion slowly became a label, a weapon and a reason to fight. Our minds became polluted with suspicion. We forgot our original spirit of acceptance.

Student: So when India became free...

Guide (nodding): Yes. People were worried. What kind of country will this be? Will one religion dominate? Will the government control faith? That is when our Constitution-makers became very careful. They knew religion is sensitive. They knew India is diverse. So they said clearly...

Every religious group in India has the right to:

1. Manage its own religious affairs
2. Establish and maintain religious institutions
3. Own and manage religious property

As long as it does not disturb public order, morality, or health. This is how Article 26 was born.

Student: So Article 26 protects religion?

Guide: Yes. But it also protects society. Religion is free, but it cannot harm others, cannot discriminate, cannot break the law. India chose freedom of faith, because truth cannot be forced.

Article 26 is not just a law. It is India remembering who she truly is.

Kalpita Rakesh Vazhayil, Mumbai

A postgraduate in Inorganic Chemistry from Wilson College, has also completed a Postgraduate Diploma in Materials Management from IIMM and a Certificate Course in Foreign Trade. With over a decade of experience in logistics, her latest venture is Samruddhi Niryat, which aims at promoting health and sustainability through millets. A theater enthusiast who thrives on exploring and learning new fields.



रामायण कथा: ताटिका वन का इतिहास

DSPPL

- भाग्यश्री पुरोहित

राम और लक्ष्मण दोनोभी विश्वामित्रजी के पिछे चलने लगे। सिद्धाश्रममें जाने के लिये मार्ग में अनेक राज्य, अरण्य, नादिया पार कर के जाना था। बहुत दूर चलकर जाना था। राम लक्ष्मण तो राजकुमार थे। ऐशोआराम में पले बढे थे। अगर उनको लगता तो वह रथ से सिद्धाश्रम में जाने का आग्रह विश्वामित्र जी से कर लेते। स्वयं के साथ सेवकोंको भी सेवा हेतू ले सकते थे। मगर उन्होने ऐसा नही किया। गुरुदेव को राम और लक्ष्मण से सिद्धाश्रम में चलकर जाना हि अगर अपेक्षित है तो ऐसाही करना उचित है यह बात राम जनता था। गुरुदेव के इच्छानुसारही हमे करना चाहिये इस बात का दोनोको ज्ञान था। इसके लिये थोडे ज्यादा श्रम और कष्ट करने पडे तो यह बात दोनोको स्वीकार्य थी।

अयोध्यासे थोडीही दुरीपर शरयुके किनारेपर गुरुदेव ने रुकने को कहा। दोनोको उन्होने शरयू के पानी का आचमन करने को कहा। गुरुदेव के पास बला और अतिबला नाम कि दो विद्याए थी। वह विद्याए उन्होने अपने तप से पाई थी। वह दोनो विद्याए उन्होने राम लक्ष्मण को सिखायी। गुरुदेव बोले, “इन विद्याओंके प्रभाव से आप को कभीभी थकान महासून नही होगी। किसीभी असावाधानी के स्थिती में कोई भी राक्षस आप पर प्रहार नही कर पाएगा। इन विद्याओंके अभ्यास से भूख और प्यास आप के नियंत्रण में रहेगी। भविष्यमें आप को इन विद्याओंका उपयोग होगा।” बला और अतिबला विद्याए सुयोग्य साधकों को देनेका समाधान गुरुदेव को मिलां।

वह रात्र उन्होने शरयू के तट पर बिताई। दोनो कुमार राजपुत्र हो कर भी खुले असमान के नीचे घास और पत्तोंके शैय्या पर शांतीसे सोये हुवे देख कर गुरुदेव विश्वामित्र के मन में उन दोनो के लिये प्रेम का सागर उभर आया।

दुसरे दिन सुबह उठकर सारे नित्यकर्म कर के गुरु-शिष्य आगे कि यात्रा के लिये निकल पडे। मार्ग में आने वाले अश्रामोंको भेट देते हुवे, अनेक नादिया पार करते हुवे वह तीनो एक घनघोर आरण्यके पास आए। वह अरण्य अनेक हिंस्त्र श्वापद और हिंसक किडोंसे भरा हुवा था। वह इतना घनदाट था कि दिनभर वहा झिंगुरोंका (रातकिडे) आवाज आता था।

राम ने पुछा, “गुरुदेव. यह लता वल्लरीओंसे सजा हुवा फिर भी भयंकर लगने वाला अरण्य कौनसा है?”

गुरुदेव बोले, “यहा एक राक्षसी निवास करती है। इसी कारण यहा कोई भी मनुष्य नही आता। वह बहुत क्रूर है। उसका नाम है ताटिका। इसीलिये इस वन का नाम ताटिका वन है।”





..continued

गुरुदेव ने उस अरण्यका पुरा इतिहास बताया | पुराने काल में यहा पर मरूद और करुष नाम के दो संपन्न देश थे | इन देशोंपर देवराज इंद्र कि विशेष कृपा थी | जब इंद्र ने वृत्रासुर नाम के भयंकर राक्षस का वध किया तब युद्धके परिणामवश उनका शरीर मलीन हो गया | उनका मन भी विकारग्रस्त हो गया | वह अस्वस्थ हो गए | अशांत हो गए | उन्हे शांत और पूर्ववत कराने हेतू देव और ऋषीमुनीओंने मिलकर इसी जगह इंद्र को गंगा जल से स्नान करवाया | अतः इंद्र सर्व विकार और मलिनता से मुक्त हो गया | तब उन्होने प्रसन्न हो कर वर दिया कि वह स्थान मलद और करुष नाम से प्रसिद्ध हो जाएगा | तबसे यह दोनो देश समृद्ध और संपन्न हो गए | परंतु, ताटिका नाम कि राक्षसी यहा आई है तब से दोनो देश उध्वस्त हो गए | न जाने कितने लोगोंके उसने प्राण ले लिये | उसके आने से वहा के निवासी देश छोडकर चले गए | धीरे धीरे नागरोंके स्थान पर घनघोर जंगल बढने लगा | यहा ताटिका एक भी मनुष्य को आने नही देती | गलती से भी अगर कोई आया तो उसे जिंदा नही छोडती है | पुरा प्रदेश उसने ध्वस्त करके रखा है |

अरण्य का यह पुरा इतिहास श्रवण कर के दोनो कुमार चकित हो गए | गुरुदेव बोले कि, सिद्धाश्रम जाने के पहिले हमे यह प्रदेश ताटिका के भय से मुक्त करना है | ताटिका का अंत करने का कार्य गुरुदेव ने बडे विश्वास के साथ दोनो कुमारोंको दे दिया |

ताटिका मतलब नकारात्मक शक्ती. मलद और करुष मतलब अपना मन | जैसे ताटिकाने मलद और करुष देशोंका विनाश किया उसी तरह से नकारात्मक विचार अपने मन का विनाश करते है | यहा भी नकारात्मक ताटिका का विनाश करने के लिये राम का केवल नाम पर्याप्त है |

Bhagyashree Purohit, Nashik

She is an M.Com and B.Ed qualified educator, currently serving as a teacher in Nashik. Alongside her professional journey, she is a devoted Reiki sadhak,



Unlock Your Voice

Article 5 – Handling Stage Fear

- Janani Manu, Bengaluru

Little Meera loved singing but feared stepping on stage.

Her hands trembled. Her voice faltered.

She muttered, "What if I make a mistake?"

"Do you know what butterflies in the stomach really are?" her mother asked, holding her hand.

Meera gave a headshake.

"They're like little cheerleaders inside of you, yelling, 'You can succeed! You're capable!'"

Meera laughed.

She took the stage at the school assembly the following day.

Her butterflies fluttered wildly. However, she recalled what her mother had said.

She inhaled deeply, grinned, and began to sing.

The hall erupted in cheers when she was done. The butterflies had fulfilled their purpose.

What can we learn from this? It's normal to feel anxious. Doing it anyhow is courage.



Simple Techniques for Overcoming Fear:

- Before you begin, take three deep breaths.
- Avoid looking directly into the faces of the audience by looking above them.
- To keep your hands steady, hold a small object like a card or pencil.
- Work on your opening statement until it sounds natural.

A Quick Tip for Courage:

You tell yourself "I am ready,". Your words are heard by your brain.

The lack of fear does not equate to bravery. It is the triumph over it.



Janani Manu, Bengaluru

A teacher trainer and public speaking coach for children, have been working with children for 15 years now. Specialise in teaching with innovation and creativity





DSPPL Events

Online Agnihotra Knowledge Festival held from 7th March to 11th March, 2026

Jai Gurudev! With the blessings of Shri Swami Samarth, Param Sadguru Shri Gajanan Maharaj and Our Guruji Ajit Telang Sir, Sri Swami Samarth Chaitanya Trust and DSPPL organised a five-day Online Agnihotra Knowledge Festival from 7th March, 2026 to 11th March, 2026, to celebrate World Agnihotra Day of 12th March, 2026. The event received a tremendous response. Over 650 individuals registered for the event and on average, 200+ login credentials were noted daily for actual attendance through the Zoom platform. The program covered the topic of Agnihotra comprehensively over the 5 days. The details of the daywise knowledge sessions were as follows:

Day 1 - Agnihotra: Yagya, History and Process

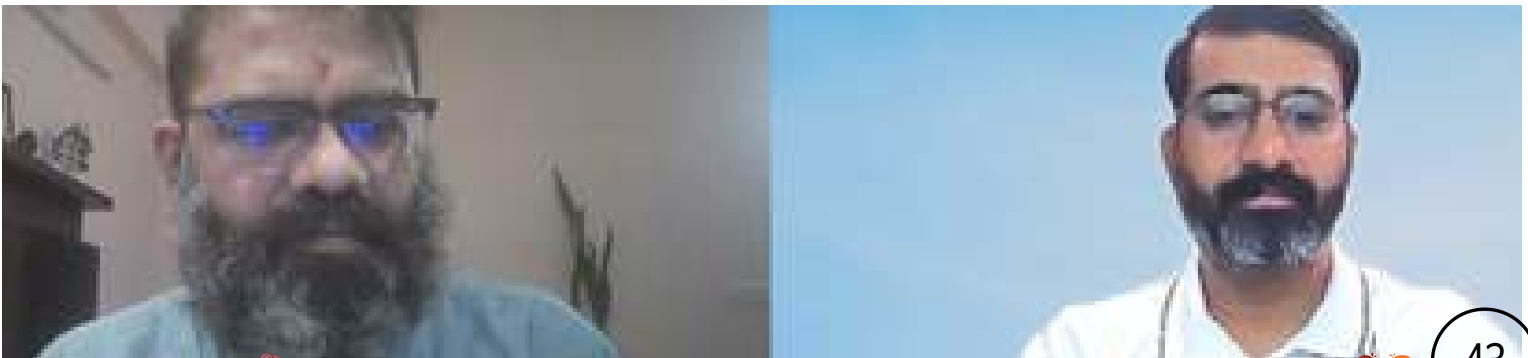
Day 2 – Scientific Aspects of Agnihotra

Day 3 – Medicinal Aspects of Agnihotra

Day 4 – Saptashloki: Meaning, Relevance and Importance

Day 5 – Experiments and Experiences of Agnihotra

Contents of the program were primarily based on presentation made by Ajit Sir at HELP library on the subject of Agnihotra in December 2017, as well as presentations and insights shared by him with many of our sadhaks from time to time on this subject. **Pranjal Joshi and Rakesh Vazhayil** served as the presenter and facilitator for all days. Interestingly 48% of the participants were new to the subject of Agnihotra. Several questions regarding the process and uses of Agnihotra and its Vibhuti were asked and answered. On the last day, Babasaheb Kirpekar and C V Kavathekar, RVN Sadhaks, shared their experiences about Param Sadguru Shri Gajanan Maharaj. These two Sadhaks from the RVN fraternity are unique in a sense; they had the opportunity to interact personally with Gajanan Maharaj on many occasions, as well as with our Guruji Ajit Sir. Hence listening to their experiences was quite interesting. Everyone thanked trust and DSPPL for this wonderful initiative and expressed interest in repetitive programs of the similar nature.



DSPPL Events

Session on New Generation-New Challenges at Sun Paradise Community

Jai Gurudev, On 21st March, 2026, Pranjal Joshi conducted a session at Sun Paradise Community. The theme of the session was "घरोघरी कृष्ण अवतरले, यशोदा सांदिपनी सापडेना!" "New Generation, New Challenges, New Opportunities." The program was attended by about 40 people, mainly the residents of the society. Everyone appreciated the contents of the program, and the research about New Generation presented before them. Senior Citizens acknowledged that everyone needs to understand these aspects to adjust and communicate effectively with the new generation. Deepali Shidhore, main organizer and the Secretary, thanked DSPPL for its various programs related to the children and Youth, and also expressed a willingness to conduct such programs for their community residents as well.



DSPPL COMICS

Story: Komal Madam

Illustrations: Ashish

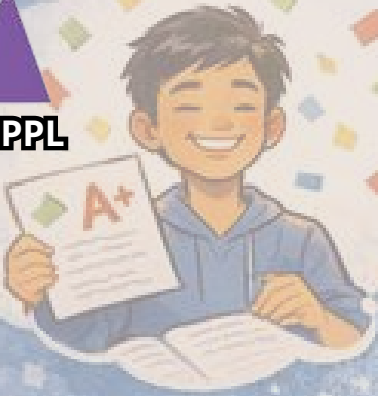


Komal Amol, Bengaluru

She has been associated with Reiki Vidya Niketan since 2007 and one of our DSPPL teachers for subjects like Ancient Science, Drop IT and Agnihotra. Professionally she is a Software Engineer working in an IT firm in Bangalore.

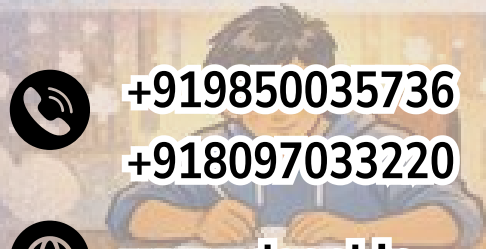


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