

**Chaitanya Digital Newsletter - HAPPY INDEPENDENCE DAY Vol 01  
Issue 03**

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I read an article in The Economic Times titled **IIT asks students to invite spirit of Newton**

Article said Sir Isaac Newton **23 year old** discovered many scientific theories during his isolation of Great Plague year 1665 after his graduation. He had completed his undergrad in Trinity College, Cambridge and was forced to quarantine himself 60 miles away in his farm house for almost an year. He Engaged in ground breaking discoveries during this period and later marked this year as **year of wonders**.

**First Mathematics**

He continued his research in Mathematics which he was doing at college. He discovered rules for determining universal equations involving fluctuating quantities known as **calculus**.

### **Second optics**

He analysed colour, light and spectrum. He made a tiny hole in his bedroom window. Intercepted light beam with a prism and again intercepted the path of the refracted beam to prove that **colors were not modifications of white light, but that white light is comprised of all**.

### **Newton studied gravity and laws of motion**

The falling of apple in his farm set him thinking to understand the gravitational force which exists in the universe.

... **Whilst he was musing in a garden it came into his thought that the same power of gravity (which made an apple fall from the tree to the ground) was not limited to a certain distance from the earth but must extend much farther than was usually thought. 'Why not as high as the Moon?' said he to himself.."**

He continued the research till 1667 to publish all this. Till that time colleges were closed. These dark periods due to Newton's perseverance & patience led the world towards light forever.

### **Virtues :**

Courage

Determination

Patience

Leadership

These led to the virtue **Knowledge** for him and the world and in turn **Experience** and finally **Wisdom**.

Yes once again **IKEW**



***Dear students of DSPPL, and my young friends,***

What is an Ayurvedic clock?

Ayurveda believes that there is an energy clock, that is, our levels of energy are in sync with time and there is an optimal time of the day for different activities.

The concept of Ayurvedic clock is similar to that of the biological clock or body clock. It is linked to how our body and mind function relative to both the surrounding energy and the state of our bodily humors (doshas). As per Ayurveda there are three doshas (dosha doesn't mean fault over here) in our body, Kapha, Vata and Pitta.

The closer our daily rhythms are aligned with the rhythm of nature, the closer we are to achieving mind-body balance and wellness. If we go against the natural cycle of nature, we experience imbalance and deterioration of our health.

How does the Dosha clock work?

In the Ayurvedic Dosha clock, the day is split into six 4-hour periods. Each period is related to a specific dosha and it is repeated twice in a 24-hour period.

**Kapha time: 6AM-10 AM/ 6 PM – 10 PM**

**Pitta time: 10 AM – 2 PM/ 10 PM -2 AM**

**Vata time: 2 AM – 6 AM/ 2 PM – 6 PM**

The rising (dawn) and falling (dusk) of the sun are connected to Kapha.

The peak of the day (midday) and peak of the night (midnight) are related to Pitta.

The transition between night and day and between dusk and dawn is related to Vata.

The activities you perform within these hours should be related to the respective dosha of that time. By aligning your activities with the proper dosha you are more efficient at whatever you do because you will be working within your own nature.

Activities for Vata time: Vata dosha includes the elements of ether and air. This time is the best time to access the ether and spiritual connections.

Morning 2 AM TO 6 AM, our sleep gets lighter and our body starts to prepare itself for the elimination process.

Brahma muhurta, 96 minutes before sunrise, is the best time to wake up. Brahma means knowledge and this is the time to seek knowledge. This is the auspicious and sacred time, the best time to meditate, visualize and create. It is also the ideal time to go out for a walk and do yoga.

Afternoon 2 PM- 6 PM, is a good time for communicating, socializing, and sharing creativity. Dusk is also another good time for meditation and exercise. Plan to have your last meal of the day before 6 PM.

Activities for Pitta time: Pitta dosha includes the fire and water elements, and the Pitta time is the most productive part of the day.

Day 10 AM – 2 PM

This is the time when our digestive fire starts to grow, and it peaks at 12 PM. The heaviest meal of the day should be taken.

Pitta time is for planning, taking action, and organizing. Schedule your most physical or analytical tasks during the Pitta daylight hours.

Night 10 PM -2 AM, is the time we should spend in bed so that the body can repair itself.

Ayurveda suggests going to bed before 10 PM. Levels of relaxing hormones such as serotonin and melatonin start to gradually fall from 10 PM onwards. This is the time when our mind is in a subconscious state, and when we experience colorful dreams.

Activities for Kapha time:

Kapha dosha comprises earth and water elements. Kapha nature is heavy and nourishment and Kapha time is a perfect time for self-care rituals.

Morning 6 AM- 10 AM, we should be awake in the Kapha hours so as to draw prana (life force) into the body. Aim to complete elimination in the Kapha hour. It is time to move very



slowly by performing gentle warming exercises. Have a light breakfast, gather energy for the day, and prepare your whole day's schedule at that time.

Evening 6 PM – 10 PM, is the time to slow down and assimilate your energy. It is a time that you should devote to your family and your loved ones. Prepare your body for it to go within (get grounded), and prepare to enter a rest and repair mode.

Turn off your screens and reach for a relaxing book before 9 PM at the latest.

Knowledge of this Ayurvedic routine has been around for thousands of years and it has been passed down through the science of Yoga and Ayurveda. However, our modern lifestyle has made it difficult to comply with natural rhythms. These rhythms are not invented by Ayurveda, they are the basic needs of our body and mind.

By understanding your dosha and how it functions, you can better understand how the energy around you affects your constitution and inner being.

# THE BLACK DOT



- KRUPA MADAM

Recently I came across a wonderful story on the internet. It was really eye opening and so I thought of sharing with you all. I am sure it will change your perception towards life.

One day, a professor entered the classroom and announced a surprise test. Hearing this, all students got anxious and started thinking about what would come up in the test. The professor distributed the question paper, with the front side facing down. After handing over the papers to all the students, he asked them to turn the page and start the test. To everyone's surprise, there were no questions in the test paper. There was just a black dot in the center of the page. Everyone was startled and looked at the professor in awe. The professor told the students:

"I want you to write a few lines about what you see on the paper."

All the students were stupefied but since they didn't have a choice, they started writing the answer.

Once everyone was through with the test, the professor collected all the answer sheets, and started reading out each answer aloud in front of the whole class. Without an exception, all the students had written about the black dot, mentioning about its position, size etc. After reading out all the answers, the professor addressed the students and told them:

"None of you will be graded on this test. I just wanted you to ponder over something. All of you wrote about the black dot. No one wrote about the white part of the paper. The same thing happens in our lives too. We all have a white paper to observe and learn from, yet we always focus on the dark spots. We have so many reasons to celebrate – our parents, co-workers, friends, good health, a satisfactory job, a child's smile, the miracles we witness every day, and so on.

However, we simply limit our horizons by focusing on just the dark spots – our disappointments, our frustrations, our fears and anxieties, things that bother us, people that

wronged us, etc. In our day-to-day lives, we tend to take so many good things for granted, and focus our energy on insignificant dot-like failures and disappointments.”

Though these dark spots are quite small as compared to the good things that we have in our lives, yet they perturb our minds and do not let us think positively.

Take your eyes away from the black dots of your life. Try and focus on the brighter side of life and let positivity govern your thoughts.

We need to see the positive side in each and every situation which will gradually make our perception positive. Every time before judging anyone, we should think about the possibility of our perception being wrong. When we do this, we will become non judgmental. We do not know the truth in totality. When a person is behaving wrongly according to us, we do not know his/her life in totality. We are seeing him/ her from one angle or in one situation, and we judge him/her. But when we know the truth behind a person’s behavior, we will have compassion towards them and we will be able to forgive them.

Besides this, every failure makes us strong and makes us wiser. We get through each failure what not to do. And that leads us towards perfection. It is said that experience is the best teacher. So do not get bogged down by your failure. It is a stepping stone to success. Do not give up by becoming disappointed on getting failure. Remember that all successful people did not succeed in one go. They had to face the struggle and overcome their fears, anxieties and disappointments. Every time when you get a failure, remember the quote, “God helps those who help themselves.”

When we observe our thoughts daily we will see most of the time we think of the things we do not have in our life. Instead of that we should count our blessings and be positive. This is how we will cultivate an attitude of gratitude in our life. And if every moment is an attitude of gratitude towards everyone and everything which God has given to us, then we will always be blissful and life will be celebrated all the time.



During DSPPL summer programmes you all would have got introduced to reiki and its five principles. I have a real life experience which taught me one of the principles “**attitude of Gratitude**”. About 15 years ago I visited my parents in Chennai on summer holidays to spend time with them. My father has the habit of buying vegetables from the wholesale market where vegetables and flowers are available at a very reasonable price. I too went along with him to help him out with the purchase.

We spent around half an hour there to buy what we wanted for our use. We were walking on slush and a lot of vegetable waste generated every day in the market. Our legs were in slush for some time. Slowly I got irritated and just expressed myself that why this is so bad? How to walk in this for long? On the other side my father was very calm and composed and replied very gently. My dear just look around the people who are selling vegetables and flowers.

Aren't they walking and almost spending their life in this slush? You have to come once in a while only. This is their livelihood. This startled me.

Then it occurred to me that someone is toiling in the slush every day for me to get a clean experience of buying vegetables in a super market next to my house. Next thing though I started my life in humble background I have gone too far from the realities of life. I am grateful to all those unseen people who contribute to my wellbeing in my journey of life. A profound life lesson for the rest of my life.

I am also grateful to God for bestowing everything so that I am able to be happy, healthy and in harmony every day. Let us all start every day with this principle

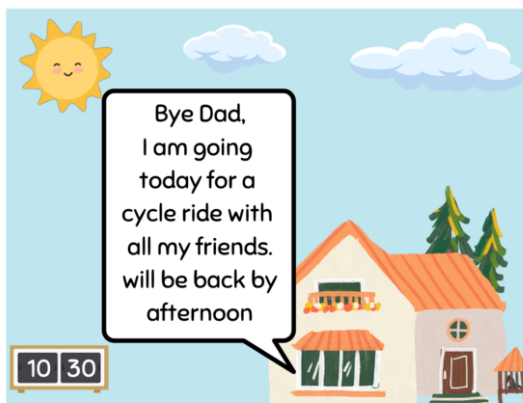
**“Just for today I will be in attitude of Gratitude”**

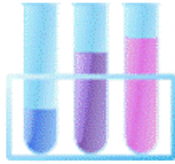
With love light and reiki

Aruna M

ILLUSTRATIONS: ASHISH

STORY: PRANJAL SIR





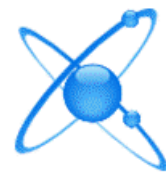
# The Sciences



ANATOMY  
ANTHROPOLOGY  
ARCHEOLOGY  
ASTRONOMY  
BIOLOGY  
BOTANY  
CHEMISTRY  
COMPUTER SCIENCE  
ECOLOGY

ELECTRONICS  
ENGINEERING  
ENTOMOLOGY  
FORESTRY  
GENETICS  
GEOLOGY  
MATHEMATICS  
MEDICINE  
METEOROLOGY

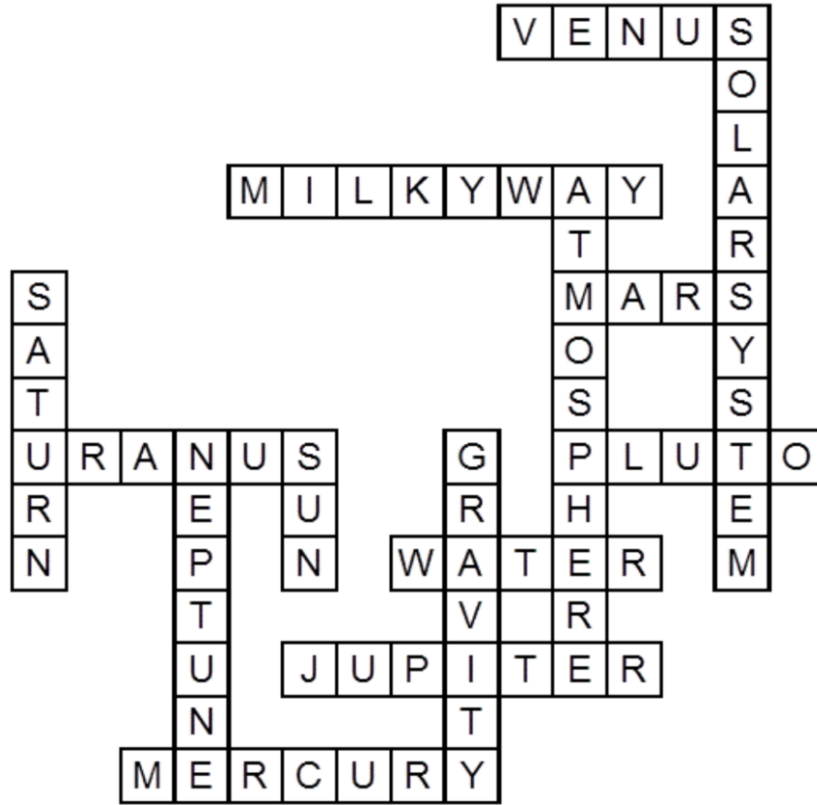
OCEANOGRAPHY  
PALEONTOLOGY  
PHYSICS  
PHYSIOLOGY  
SEISMOLOGY  
TAXONOMY  
ZOOLOGY





PREVIOUS EDITION'S CROSS WORD PUZZLE ANSWERS

# Our Solar System



*Winner*

**ANNOUNCEMENT**

**QUICKEST TO SEND ALL CORRECT ANSWERS**



**DHAIRYA CHANDAK, 12 YRS  
NASHIK CENTRE**





# DSPPL Notice Board

**»» NEXT** On NEW MOON ONLINE SERIES

● **"TEACHING vs CREATING  
LEARNING OPPORTUNITIES"**

● 26TH AUGUST 2022 ; 7.15 PM - 8.15 PM  
● (Zoom meeting link to be shared soon)

● **SPEAKER - ADITI NATU (PRACHI TAAI)**  
● She will be discuss on ways to create learning opportunities for the children in school (as a Teacher) and at home (as a parent).

**«« RECAP Synopsis of earlier event**

FULL MOON ONLINE SERIES

**EVENT DATE - 11 AUGUST 2022**

**TOPIC - EDUCATION EXCELLENCE THROUGH CAREER COUNSELLING**

**GUEST SPEAKER - DR. GEETABEN CHAWADA**

Dr Geetaben Chawada, an educational expert has done her PHD on *Effectiveness of Guidance Program on Academic Achievement of Class-XII General Stream Students*. She has actually implemented her research findings in two schools of wankaner district from Gujarat for the past over 5 years and the results of the same have been very encouraging and useful for the students.

During the session, she discussed the structured career guidance program of 20 hours developed and implemented by her for the benefit of the students. The Program is bifurcated into 30 sessions of 40 minutes each spread over an academic year. The sequence, contents and overall philosophy of the program is very unique and it helps students to achieve academic excellence for their board examinations. She has demonstrated with actual results that along with the traditional teaching practices, this career guidance of the students result in better academic achievements.

She recommends that the same program is also helpful in preparation of secondary school examination and university examination. Participants really enjoyed the session and were greatly benefited by the discussion of Dr Geeta Chawada and also guidance from Dr Nirav Thakkar.



**Get in Touch! Send in your  
Puzzle Answers, Suggestions & Feedback**

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