

CHAITANYA Digital Newsletter Vol 01 Issue 02

DSPPL Devrukh <info.dsppl@gmail.com>

Mon, Aug 1, 2022 at 3:25 PM

To: DSPPLCRP@googlegroups.com, dspplteachersassociates es <dspplteachersassociates@googlegroups.com>



What is NOT a failure –

- Ø NOT passing an exam is NOT a failure
- Ø NOT getting desired marks is NOT a failure
- Ø NOT cracking an interview is NOT a Failure
- Ø NOT getting desired promotion is NOT a failure
- Ø NOT getting consent from a person for relationship is NOT a failure
- Ø NOT earning desired money is NOT a failure
- Ø NOT meeting the target is NOT a failure

Why do we say so ?

The word failure has been defined aptly as “the neglect or omission of expected or required action”

Basically, all above events are life situations which are nothing but the result of our own actions. We desired a particular result or outcome but our actions were not commensurate or aligned to what we desired.

So though we desired, we didn't deserve, hence we have undesired outcome, which we refer as "Failure"

So, mathematically it can be stated as follows –

Desire + Un-deserving efforts = Undesired Outcome (i.e. Failure)

If we don't want this to happen, then the Equation of Desire and Desired Result (Success) is

Desire + Deserving Efforts = Desired Result (Success)

All of us, know this. Right ?

So, Someone may say, "It's not that easy. We all know this. But there is something beyond this. In spite of our hard efforts, still the result may be undesirable. As it is the "Destiny" ! You cannot beat it."

This basic question has been answered by almost all Saints. Let me quote here the incidence took place at the time of Amburao Maharaj. He was great saint in Nimargi tradition. Amburao Maharaj was gurubandhu of Gurudev Ranade, Saint and Internationally acclaimed philosophy genius.

One sadhak went to Amburao Maharaj and asked him "What is more important ? Efforts (Actions or Karma) or Destiny (Prarabdh). You find many people striving hard but with no or little success due to their destiny, while we see few others, who with very little efforts get very high success. So what should we believe in ? Karma or Prarabdh ?"

Amburao Maharaj quickly replied "neither efforts nor destiny alone, both are illusions. The most important is God's wish !"

The Sadhak continued "and how do we know that ?" Gurudev Ranade then explained the Sadhak that "we can approach this question from 3 aspects –

The first approach is "Ascending efforts and Descending Grace i.e. God will bless you in the same proportion of your efforts", the second approach is "Success is efforts plus something and that something is grace", but the purest approach can be to know that nothing can be done or could be achieved without God's Grace"

This is what everyone is telling again and again. Whether it is Samarth Ramdas "सामर्थ्य आहे चळवळीचे । जो जो करील त्याचे । परंतु तेथे भगवंताचे । अधिष्ठान पाहिजे"

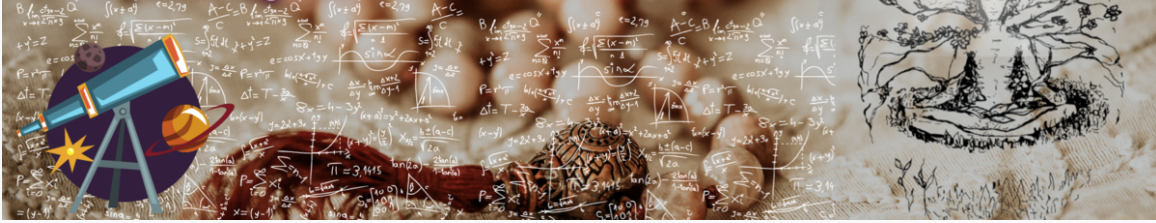
Or it is "When you find your path, you must not be afraid. You need to have sufficient courage to make mistakes. Disappointment, defeat, and despair are the tools God uses to show us the way." — Paulo Coelho, author of The Alchemist

So, it is continued ascending Efforts to deserve the desire so that we will invite God's Grace is the key to success. Let's concentrate more and more on what is in our hand "कर्मणी एवं अधिकार !"

- Ajit Sir

Mala: Significance of 108 Beads

- Vivek Pandey Sir



Dear students of DSPPL, and my young friends,

What is a mala and why does it have 108 beads? There is a Guru bead or Bindu bead at the top. This question has many answers, let us unearth some.

A mala is a string of beads used to count mantras (Sanskrit prayers) in sets of 108 repetitions as a form of meditation. In the yogic tradition the beads are used in japmala practice to recite mantras in meditation. A full cycle of 108 repetitions is counted on the mala so the practitioner can focus on the sounds, vibration and Meaning of what is being said. The 109th bead that hangs at the top of a mala is called either the **sumeru, bindu or stupa or guru bead** (which often symbolizes the guru from whom the student received the mala or mantra, paying homage to Guru-shishya relationship). It is never counted among the repetitions but used as a marker for as a start and end for a cycle.

So why 108 repetitions? The number 108 has limitless meanings across various Astrological, philosophical, scientific and religious beliefs. Some of the most interesting are:

Astrology: There are 12 constellations and 9 arc segments. There are 12 houses and 9 planets. $12 \times 9 = 108$.

Sanskrit language has 54 letters. Each letter has a masculine counter part (Shiva) and feminine (Shakti) energy $54 \times 2 = 108$

Heart Chakra: The chakras are the intersections of energy lines, and there are said to be a total of 108 energy lines converging to form the heart chakra. One of them sushumna leads to the crown chakra, and is said to be the path to self-realization.

Sun and Earth: The diameter of the Sun is 108 times the diameter of the Earth. The distance from the Sun to the Earth is 108 times the diameter of the sun.

Moon and Earth: The average distance of the Moon from the Earth is 108 times the diameter of the Moon.

Ayurveda, there are 108 "Marm" points that are vital for giving life to living beings.

Powers of 1,2, and 3 in math:

1 to 1st power =1

2 to 2nd power=4 (2×2);

3 to 3rd power= 27 ($3 \times 3 \times 3$).

$1 \times 4 \times 27 = 108$

Tantra: In tantra, it is estimated that every day we breathe 21600 times out of which 10800 are solar energy and 10800 are lunar energy. This is 108×100 .

Natya Shastra: The famous sage Bharat wrote “Natya Shastra” which has 108 Karanas (108 poses of Tandav by movement of hand & feet)

Sri Yantra: On the Sri Yantra there are marmas where three lines intersect and there are 54 such intersections. Each intersection has masculine and feminine qualities. $54 \times 2 = 108$. Thus there are 108 points that define the Sri Yantra as well as the human body.

1,0 and 8: Some say that 1 stands for God or higher truth, 0 stands for emptiness or completeness in spiritual practice, and 8 stands for infinity or eternity.

Zodiac sign: Each zodiac sign has a total of 9 Padas. There are 12 Zodiac signs. $12 \times 9 = 108$.

Pranayama: If one is able to so calm in meditation as to have only 108 breaths in a day, enlightenment will come.

To sum it up, 108 signifies the wholeness of the divinity, perfect totality. It renders things complete.



Our Young Dreamers & Aspirants! Mr. Sunil Kulkarni is a rich & prosperous personality – rich in Industry experience of 40+ years and prosperous with immense good qualities which you all, being presently in student life, can learn from.

Sunilji as we lovingly refer him, has worked with Mahindra group in various senior roles for 40+ years and he retired in October 2020, as Plant Head of Mahindra Kandivali-Mumbai cars manufacturing facility. Since early age, he was a dreamer, just like you all. Coming from a small village near Satara, Maharashtra where getting proper education was a challenge, his success in becoming an engineer and having a bright career in the Automobile Industry is a testimony to the fact that determination & hard work certainly pays off.

Recently, during his visit to Vadodara, we took the opportunity to have a conversation with him. Here are some excerpts from the interview:

Q: Sunilji, in today’s world, is it Skills or Qualifications, what weighs more today?

Sunil Kulkarni: Both skills and qualifications are equally important. Both play a very vital & important role, since **both are required in abundance in everybody’s repertoire**. You may have great qualification, but if you do not have skill to deliver to the point of what is expected from you, you may not be able to make use of that qualification. Similarly, to arrive at those important skills in life, particularly, board room skills, in current situation if you don’t have

correct qualification, you will not be able to make it. So, I would request students that both – skills & qualifications are required in good abundance.

Q: How & which soft skills are important to achieve success in career? Like for you in Mahindra, along with technical skills & qualification, what are the soft skills which helped you climb the ladder of success?

SK: There are two types of skills one possesses – one is the hard skills with which you can create things or run some equipment or play a sport well. Equally important & essential now, as India is transiting itself towards service sector, are the soft skills. Most important of them is to have good communication. Though it is a very vast subject, it is important to understand the elements of communication. Apt communication involves 1. You should have the **Right Content** about what you want to communicate. It should be very crisp and to the point. 2. **The Story Way of Presentation** - If you want to communicate and create a lasting impact, you should be able to grab & sustain rapt attention of your audience, like for e.g., it is very important to do thus, when you are initiating a presentation, say to your fellow students or in front of teachers. So, one of the ways is to connect your content with some story to begin with. Starting with a small positive incident or a story can help create a huge impact. 3. **Diction** – If you are not going to communicate to make an everlasting mark, you will be an ordinary communicator. Great communicators have great ability to connect, ability to have rapt attention of people, and to tell right story at the right point of time. Lastly, very important aspect is that you should be able to conclude your dialogue. Do not leave it open-ended. Close it with reference to, what you want to do next, etc.

Q: Which are the 3 fields, the world is moving towards. Or to put in other words, which 3 fields can be good career choices for our students, looking at the future.

SK: Coming from the area of manufacturing industry, the automobile & mechanical engineering side, I feel that the world is moving towards Alternate Fuels, Alternate Materials, and something which is simulations, especially the Industry 4.0 revolution. Alternate Fuels is connected to Science & Technology and includes hydrogen fuel, cryogenic fuel, the electric eV vehicles, etc. This field will be important career choice for next at least 20+ years. One should not hesitate to learn from small countries like Korea or advance countries like Japan, they have done good amount of research in this field. Alternate Material – gone are the days when everything was being made by metal. Today most of the things are coming in the form of plastics, which has its own nuisances and limitations. So, to evolve plastics which, have the property of dissolving, technology is today moving very fast in that direction. Unless & until we grab it, learn it and take it towards the mass consumption/creation/ manufacturing, it will take at least 20 years to create. We can evolve lot of good products and we can help our environment. Third thing which I mentioned was the Simulations – gone are the days when we must do lot of prototyping in areas of manufacturing or automobiles or any other such fields. Our Industry 4.0 knowledge can take us beyond the realms of only manufacturing, it could be in hotel industry, sales & service industry as well. These 3 are very important. Fourth one which I am also mentioning here, where few people like working towards, is the Environment field – raising awareness towards best practices to sustain our life in the world.

To be continued in next edition...

Sachchi Achchi Kahaniya

- Ashish Muley



Doing good isn't only a superhero thing!

Doing an act of goodness, going out of the way to help someone, is not only a superhero thing. All of us daily face some or other situation, where we can volunteer to help someone. Public situations like blind person trying to cross the road, a stranger looking lost & asking for directions, an old man lifting heavy shopping bags back home, pregnant lady looking for a seat in a crowded bus etc. During such moments, there are **2 choices** laid in front of you – either to do or not to do, either to indulge or to back out, either to take a step forward to help that person in need or to simply ignore it. There are many like you, may be hundreds out there at that moment, observers of the same situation. But it is **this power of choice**, it is this moment, where if you shun the noises around & within you and choose to help that person in need, you become different than all the other people around. In that moment, you choose to be a superhero.

Something similar happened one fine day in **October 2019**, when Mr. Ravi Kumar was travelling by bus from Kandakur to Kanigiri in Andhra Pradesh. While he was getting down from the bus at his destination, he overheard conversation between the conductor & driver. They were discussing about some misplaced documents they had found in the bus. Ravi saw that driver simply put the file of documents on dashboard and wanted to move ahead with his journey.

Ravi Kumar's first moment of choice – he interrupted both people and asked if he could help find the owner of those documents. When Ravi analyzed the documents, he came to know that the file belonged to some lady who is supposed to join a government job and it had all the original education certificates & marksheets. The lady had forgotten them in the bus. There was no clear phone number or address mentioned on the documents. Ravi felt concern that if the documents are not submitted in time, the lady might get delayed in her joining procedure or may even lose her job.

Ravi Kumar's second moment of choice – Ravi could have simply asked the driver to submit the documents to the office at the bus station, so that when the lady would come inquiring, she will find it there. But instead, Ravi chose to help. He felt the need to make the documents reach its owner in a faster way. There was some college name and school named mentioned on documents. With this info, Ravi recalled that this should be the same lady from the bus, who had got down at Alavalapadu, a town where Ravi's best friend stayed. He immediately called up his best friend and informed him about the incident and asked for his help, to inquire at the school / college which marksheet indicated. Ravi also made multiple chits writing down his mobile number on it and gave it to all the co-passengers on the bus, the driver, and the conductor.

Ravi took the documents and went home. In just 2 hours, Ravi received a call from that lady asking about the documents. She told Ravi that it was she who had lost it during the bus

journey. So, Ravi asked her to come to the bus station and he gave back the file containing all original documents, back to her. The lady breathed a huge sigh of relief.

Ravi Kumar, hero of this story, is my friend, so when I came to know about the incident from a Facebook post, I called him and asked him about the incident – why he chose to help, how he felt after helping her, this is what he had to say,

Ravi, “If anybody asks me why you have personally taken care of the total incident, **it was actually for my total self-satisfaction.** With my little bit efforts, the other person is going to get a huge benefit, as it was not a small problem. If I would have neglected the situation that somebody will eventually give back her the documents, there were chances she would lose her job for not being on time and that would be huge loss to her. Basically, I am from a village background, and when I saw from the documents that the lady was also from a similar rural background, I felt that she would have put lot of efforts to secure the job. So, I thought I should help. When I handed the documents to her, she was continuously telling me ‘thank you sir, thank you sir’ without stopping. I felt very happy for her. **What I will say is that helping should be there as it is the basic sense of humanity.** We should not only take care of our family, but also our neighboring (surrounding) people.”

After reading this, I ask you our young readers, is this act any less than a heroic act? My favorite part when I first came to know about it was the happiness the lady would have felt getting back the documents. Imagine the satisfaction Ravi would have felt from within, at that moment, the adrenaline rush & feeling of having done something good, that gush of happiness. This, my friends, Science terms it as ‘**Helper’s High**’ – **the positive emotions after giving selfless service to others.** This psychological state helps us keep a great health, almost similar to having done Yoga or some physical exercise.

So next time when you are faced with situation to help someone, you know what you need to choose! **Afterall, doing good isn’t only a superhero thing.**

If you also have come across any such acts of goodness or you have done something good, please share it with us by email to info@dsppl.in or WhatsApp to +918197056644.



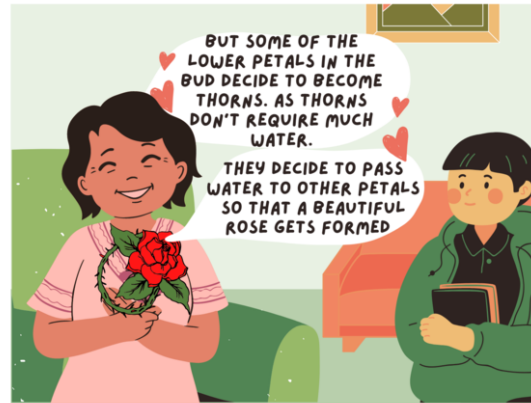
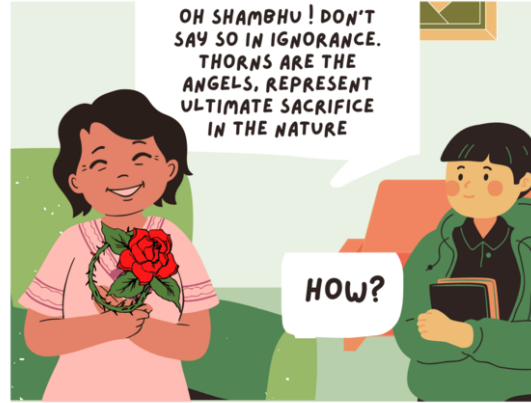
Swastika, you may know is considered to be very pious and sacred symbol in Hindu culture. You all must have wondered at some point of time in your life, where this figure came from. Possibly we may get some idea about that if we look at one wonderful celestial phenomenon.

Do you know that there is a configuration of stars which is generally called as Saptarshi in our culture here in India. In western culture it is called as Great Bear or Big Dipper. It is basically a combination of seven stars. In Indian culture these seven stars are named as seven sages who were the creators of this universe under the guidance of Lord Brahma. They are viz. Marichi, Vasistha, Angirasa, Atri, Pulastya, Pulaha and Kratu. You can see this in the diagram given below. The distance between stars Pulaha and Kratu if extended by 5

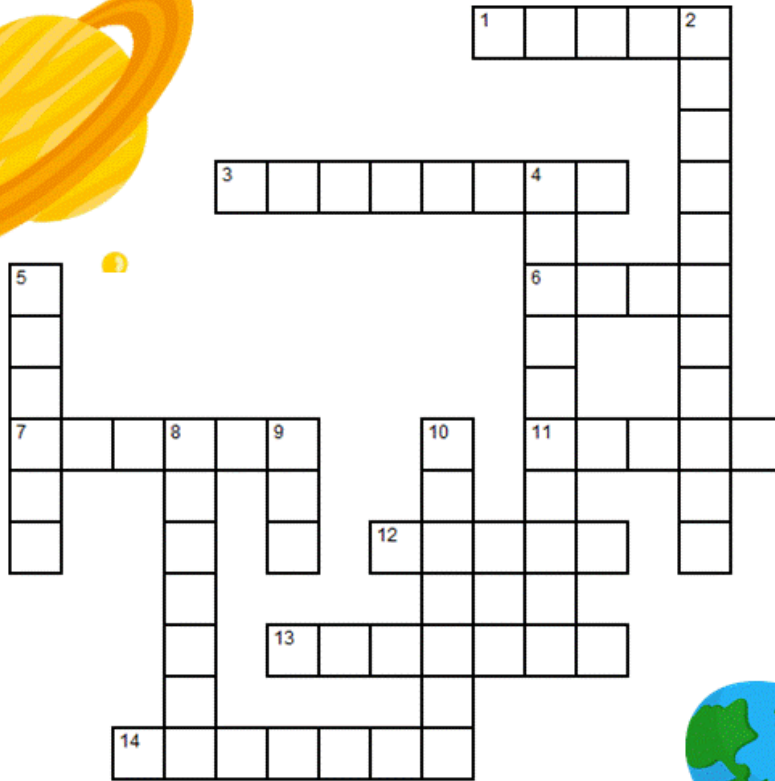
times in a straight line, you can see North Star (called as Dhruva Tara in Indian context). This is the star which is constant in the sky and guides all those travelers who lose their directions on their journey. It is like a lighthouse in the sky.



The configuration of Great Bear in the Spring time (Vasant Rutu) is generally like an entity lying down on the tummy position. Some kind of Bhujangasan one may say. When the cycle of time changes to Winter (Shishir Rutu) the same configuration looks like in a standing position while when we move to Sharada Rutu the same figure looks like a question mark lying on its back and relaxing (Shavasan) By the time we reach the summer (Grishma) season, the configuration looks as if it is doing a Sheershasan (balancing on the head). When all these four positions are connected with the North Star what emerges is a Swastika. Don't you think this is amazing? Strange are the ways of the nature..



Our Solar System



ACROSS

- Planet named after the Roman goddess of love and beauty
- Our solar system is part of this galaxy
- Nicknamed "the red planet"
- Third largest planet in our solar system
- Now called a dwarf planet
- Covers 70 percent of the Earth's surface
- Largest planet in our solar system
- Planet closest to the sun

DOWN

- A star and the planets orbiting around it
- Layer of gas that surrounds a planet
- Planet named after the Roman god of agriculture
- Planet furthest from the sun
- Closest star to Earth
- Force that keeps a planet moving in orbit

PREVIOUS EDITION'S

QUIZ TIME

You're A .



Winner
ANNOUNCEMENT



**MS. NITYA ANIL SARFARE, 12 YRS
KALYAN (MUMBAI CENTRE)**

Correct Answers

1 B - Dronacharya ; 2 C - Guru Vyasa; 3 D - Saptrishis;
4 A - Ashadha; 5 - B Sage Vashistha and Sage Sandeepani



**Get in Touch! Send in your
Crossword Answers, Suggestions &
Feedback to:**

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