

**D U S S H E R A S P E C I A L - Chaitanya Digital Newsletter Vol 01 Issue 06**

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Wed, Oct 5, 2022 at 2:08 PM

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**Dasserah- a festival of crossing borders**

The festival of Dusserah is celebrated on the 10th day of Navratri. It is believed that on this day lord Rama killed demon Ravana and freed humanity from the clutches of wickedness. This day thus is marked as victory day- victory of good over bad, of positivity over negativity. No wonder it is called as an auspicious day. These are all the mythological references and are important too as mythology helps in creating and sustaining the values which are so important to create a society with high character.

But there is another meaning to this festival also if one goes into a deeper level of Indian ancient wisdom. Indian wisdom is multilayered in nature as it offers something for those with spiritual, metaphysical and physical levels of our consciousness and all at the same time with the same facts. In this case if one understands that Navratri itself is nothing but a part of a big plan of maintenance of human existence decoding the festival is easy. The maintenance is at three

levels of existence viz. the level of our karmas during this lifetime, the level of karmas performed by our ancestors through whom our existence is formed and finally the karmas which were created by our mother during our days in the womb of our mother. Navratri stands for the last one while the Ganeshostav and Pitrupaksha represent the first two. The ninth day of navratri completes the purification process and then our existence is free to start playing the game of life with all the empowerment that is required.

Look, it is like a sports player performing in matches during the season and then go to the nets for practicing with an idea to hone his or her game. You work on yourself and make yourself fit to perform in actual competitions. That is the way to excellence. Today if we look at commercialization of most of the sports, one can see that many professional players are not interested in the excellence as they hardly have a national spirit and pride left in them. The money has taken over and has converted them into celebrities from the sportsmen that they were. Playing the competitive game all the time- off and during season has left them tired and fatigued but still playing in the greed of earning more. This should not happen to our life. We need to allow our existence to relax when required, slow down when demanded and regulate the speed of life when essential. Manage yourself and then be prepared to break your own limits. Then you are a real winner.



Dear Students of DSPPL  
And my young friends,

On behalf of DSPPL, I would like to wish you all a very Happy Dussehra! Dussehra is a famous festival for Hindus. It is celebrated on the tenth day in the Shukla Paksha of Ashwini month according to Hindu Calendar. It is also known as Vijaya Dashmi. It is believed that on this day, Lord Rama killed Ravan and Goddess Durga killed Mahisasura. Ram Lila is organized in different parts of our country. A tall effigy of Ravan is constructed and burnt which is a sight to behold. In various parts of India, Durga Puja is also celebrated. People often start any new work on this day. The festival of Dussehra teaches us that good quality always wins.

What is the meaning of Dussehra? Dus means ten and Hara means to take away. This is the festival where we implore Lord Rama to take away the ten vices within

us. Dussehra follows the festival of nine nights of Goddess Durga i.e., the Navratri. On each of the days of Navratri, we pray to a particular form of Goddess Durga to take away the different types of delusions which the jiva Atma may have accumulated over this period of a lifetime. We implore Goddess Durga to take away darkness from within us during the nine nights. The nine forms of goddess Durga are invoked to identify and destroy the vices within us.

On the tenth day, the Chitta becomes pure and we can identify and destroy our vices. Ravan is not a person outside of us. He is not a demon with whom you have to fight physically. Ravan is within us in the form of vices that we have fed for a long and converted into a demon. A monster within us that we are unable to handle. In the epic battle of Ramayan, before Ram could face Ravan on the battlefield, Ram invoked Goddess Durga to grant him success in this battle. What Success did Ram want? He wanted Sita back and he eventually got her. But what does Sita represent in our lives? She represents the intellect that is lost in the world and learns a whole lot of ugly ways to survive or thrive. Once you regain your intellect, you can discriminate between ways that lead to peace and the ways that lead you astray.

Today, the world offers a whole lot of distractions because of which your mind and intellect are covered with delusions. The ten heads of Ravan are symbolic of the various distractions where the head can revolve. You are born with a purpose. None in this world has arrived to come and leave without making a good contribution. Identifying and focusing on your purpose will make you Rama. Staying deluded and getting distracted will keep you as a Ravan. The battle between Ram and Ravan never ended. It continues within every human mind. It is a fight to get back to our original nature so that we may fulfill our purpose.



Last year DSPPL had organized an Online Dusshera/ Vijayadashmi celebration for DSPPL students, Parents and teachers wherein Guruji had explained beautifully about the meaning of Dusshera and why it has to be celebrated. I think those who missed this session, they are at a big loss. Guruji spoke for 1 and half hour about this. We understood the significance of Vijayadashmi in the right sense. I would like to write something about it so that those who missed it can get the benefit of his teachings.

He said that there are four ages viz. Satyug, Treta Yug, Dwaper Yug and finally Kaliyug which is going on right now and it is believed by many people that we are

on the verge of transition. As the Yugas/ ages changed our consciousness and thinking also changes. We started shrinking day by day. In Satyug everyone celebrated together. The whole city celebrated the festival and enjoyed together by watching a dance and it was a nagar utsav, then people decided to celebrate only within the community where in only few people would enjoy together. As today we have built theatres and halls for few people. Gradually the celebration started happening only within the family. And then as the years passed, our idea of family also shrunked from a joint family to a nuclear family. So now only four people would celebrate or enjoy some activity viz. we watch a movie in home theatre. Then everyone started having their own device so we started enjoying individually. Now everyone has become individual and self centric. Recently Google has introduced a google which shows movies and all videos only to the person who wears it. So only individual can watch it and others would not even know about our enjoyment. Now Guruji says that one step beyond would be that everyone closes the eyes and has a vision by closing eyes which we call meditation. And if everyone in the world meditates, we all can bring Satyug again. And that is the time which we all are looking forward too.



Besides this, in Satyug if you see there were no fights. Everyone was in harmony with themselves and with others so everyone was blissful. In Treta Yug, when the human consciousness went down, during Ramayana time, Rama had to kill Ravana because he started troubling people by spreading violence and killed them just to satisfy his ego. But here Rama had army of Monkeys. So they were free from sanskaras. And they fought from distance with the help of bow and arrow. Again the enemy was very distant. When we remember Ramayana, the thinking of that battle does not make us restless.

But in Dwaper Yug, the battle of Mahabharat happened. When we remember it, we do not get good feeling as lot of violence and bloodshed had happened. It killed many people and lot of sanskaras and negativities came out. Hence, one becomes restless on listening to this story. The story of Mahabharat is full of venom, jealousy, hatred and injustice. The whole battle happened because everyone was in ego and wanted to take revenge because of it. Here the enemy was not distant but within the family.

Now in Kaliyug, the enemy has entered within us. Everyone is fighting within. We all are bogged down with our negativities, ego, hatred and jealousy. And that is why everyone is restless. We do not know who is injured from within and we are not aware about the same. So at the slightest of provocation everyone flares and gets irritated. Today's invisible enemy, the corona virus which is harming everyone now and nobody knows how they got infected. Similarly we are not aware about our own selves and that is creating problem in our achieving success.

This Vijayashami is the day on which we have to win over our bad habits, our lethargy, our ego, our jealousy, our hatred, our lust, greed, anger, etc. etc. We have to take responsibility of our life. In our life, everything is happening to help us. According to Paula Cohelo in his book "The Alchemist", he says that the "Whole world conspires to help you." Likewise, every event in our life is happening to make us reach to our goal. Sometimes we understand and sometimes we do not. Events happen in our life for which we do not have control but when we connect to it and give reactions, we make ourselves happy or sad. We create problem in our life by reacting badly. We always have a choice to accept the situation and be happy.

Besides this, on Vijayadashmi, Pandavas had worshipped Shami tree and got back their weapons after completion of their period of exile in the forest for 12 years. On this day, we worship all the equipments, books, machines, weapons, etc. Why? It is to offer our gratitude towards them as they are helping us in our work. We should have respect for each and everything that we use in our life. Vijayadashmi is the day where we start our new life every year after four months of Chaturmas and Navratri where our intense purification happens. The new beginning should begin with worshipping all the things that we use in our day to day life. In reiki, we say that everything takes Reiki as everything has energy and if their energies are positive, they help us in whatever we do. If a positive ray does not come from book, we will not be able to understand and remember the contents of the book.

So this Vijayadashmi, let's have a resolution to love everything, to love everyone and drop all the things which we do not want in your life. Let us kill our Ravana and invoke Rama within us which an epitome of love and compassion.



Once Sahil and his mother were sitting in a temple. His mother was busy doing

some chanting while Sahil was struggling saving himself from the mosquito bites until one point where he started chasing them trying to kill them between his claps. Since his mom was chanting, she couldnt speak however she started waving them away. Sahil was baffled as to why his mom didn't wanted him to kill those mosquitoes. He questioned her as to why she is trying to save them when they are troubling him. She smiled and said, you have already learnt the cycle of life in science in your school where the predators survive on their pray. All species in this world are created for a reason. Similarly, it is the nature of that mosquito, however if you want to save yourself from the bites, you can always choose to keep your body more pure and clean by having satvic food. The junk food that you keeping asking for increases the nitrate in our body thus making it acidic due to which these mosquitoes get attracted more towards us. Have you ever observed that some people get bitten more? It's due to same reason. The next time when Sahil was out for his friends birthday party and saw pizza with soft drinks, he could imagine a group of mosquitoes hovering around him ; he started choosing a healthier option then on... 😊

### STORY: PRANJAL SIR

ILLUSTRATIONS: ASHISH





# DIY ACTIVITY

Do It Yourself (DIY) - Draw & Colour "Raavan Dahan" scene & ask your parents to share photos of your drawing with us on Whatsapp +918197056644 or email - [info.dspl@gmail.com](mailto:info.dspl@gmail.com)





## ANSWERS TO PREVIOUS EDITIONS'S CROSSWORD TIME

	1	3			1	4	6		
1	2	1	5		5	6	2	3	
1	5		9	5	6	7		1	3
	3	1		9	6		6	0	8
		5	9			9	4	2	0
2	4	2	6			7	8		
9	9	0		5	4		1	6	
6	7		6	6	9	5		3	4
	2	5	2	4		1	6	2	5
		5	0	2			1	1	



*Winner*



ANNOUNCEMENT

**NEEDHISH JOSHI, 13 YRS  
PUNE CENTRE**



Video Song from Movie Swades: Pal Pal Hai Bhari..  
Listen & share with us what message you received from the song.





# DSPPL Notice Board

## ➤ NEXT Full Moon Online Series

- **ROLE OF ANCIENT RITUALS IN OVERALL PERSONALITY DEVELOPMENT**
- 9th October 2022 ; 7.15 PM - 8.15 PM  
(Pls check your email inbox for Zoom Meeting Link)
- **Speaker: Dr. Aditya Abhyankar, Ph.D**  
Dean, Faculty of Technology, SP Pune University

## ◀ RECAP Synopsis New Moon Online Series

**Event Date** - 24th September 2022

**Topic** - COMMERCE GRADUATE TO PHARMA INDUSTRIALIST... AN INSPIRING STORY OF AN ENTREPRENEUR

**Guest Speaker** - Mr. Aditya Devdhar, MD, Adison Laboratories Ltd.

Mr. Aditya Devdhar shared his eventful and inspiring journey from the streets of Pune to being a Pharma Industrialist till featuring on the cover page of February 2022 edition of 'Industry Outlook' National Magazine.

Key Takeaways:

- Pursued & completed his Education, in spite of challenges.
- His First Business Venture - Computer hardware & software services
- Sudden Jolt to the business!
- Meeting Right People at Right Time
  - During various challenges in his academic and professional life, Mr. Devdhar was fortunate (God's way of work he says) to meet correct people at the correct time who came to help him. Whether it was the vice-chancellor of Mumbai University or his mentors & guides during days of growth in his business.
  - This as all agreed by those present in the forum, was due to his will power to work through the challenges and his approach to give his best in every adverse situation.
- Guruji's message to Youth:
  - Guruji Ajit Telang Sir's advice to the youth was that after completing education, it is must to work in the Industry for at least 5 years before taking a leap into entrepreneurship.
  - Having worked under an experienced management and working as a team member, becomes an important qualification to understand the needs of becoming businessman in the later stage.



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