

Tapasya



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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ALL ABOUT ANXIETY AND STRESS...

- ASHWINI TELANG

Ever since I was a kid, I heard many people around me including other kids of my age speaking about stress. As I grew up one more word was added to my dictionary – Anxiety. Both these words made me curious about knowing what they meant and why so many people use them left and right? Then I entered the domain of psychology and here were my answers that I had been searching for.

In most of texts, we find that Stress is typically caused by external triggers. These triggers can either be short-term or long-term. For instance; work deadlines or school submissions are short-term triggers while chronic illness or discrimination fall into long-term triggers. People under distress experience mental and physical symptoms such as irritability, anger, muscle pain, fatigue, Digestive problems, and/ or Difficulty sleeping.

While anxiety can be defined as persistent excessive worries that do not go away even in the absence of the stressor. Insomnia, difficulty concentrating, muscle tension, irritability, and fatigue are some of the symptoms of anxiety. As you may note, anxiety leads to identical sets of symptoms such as stress. So, the question of how to identify them.

After studying these symptoms closely this is what I understood: there is a slight difference between Stress and Anxiety as they are both emotional responses. As I mentioned earlier stress is a response to a specific situation or event, while anxiety can occur without any obvious trigger. But we need to



ALL ABOUT ANXIETY AND STRESS...

..CONTINUED

use an example to make it clearer. For instance, if you are feeling overwhelmed by a specific situation, it is likely that you are experiencing stress. Whereas, if you are feeling worried without any clear cause (apparent reason), it could be anxiety.

Now that we have defined the lines between stress and anxiety, we also need to know the fact that not every stress or anxiety is a disorder. In fact, if it is interfering with daily functioning/ routine and is consistent as well as ongoing, persisting for at least 6 months then it can be termed as a disorder.

However, many times we tend to self-diagnose which might not always be accurate. Since, the symptoms seem to be quite common between the two viz; stress and anxiety; and should be always seen in the context of the situation when stress or anxiety occurs. If you are experiencing symptoms of anxiety or stress and are unsure of whether it is disorder or just a regular phase, it would be best to seek help from a mental health professional. That can help you identify the root cause of your symptoms and provide you with the necessary tools to manage that.



Science of Learning Part 2

- pranjal joshi

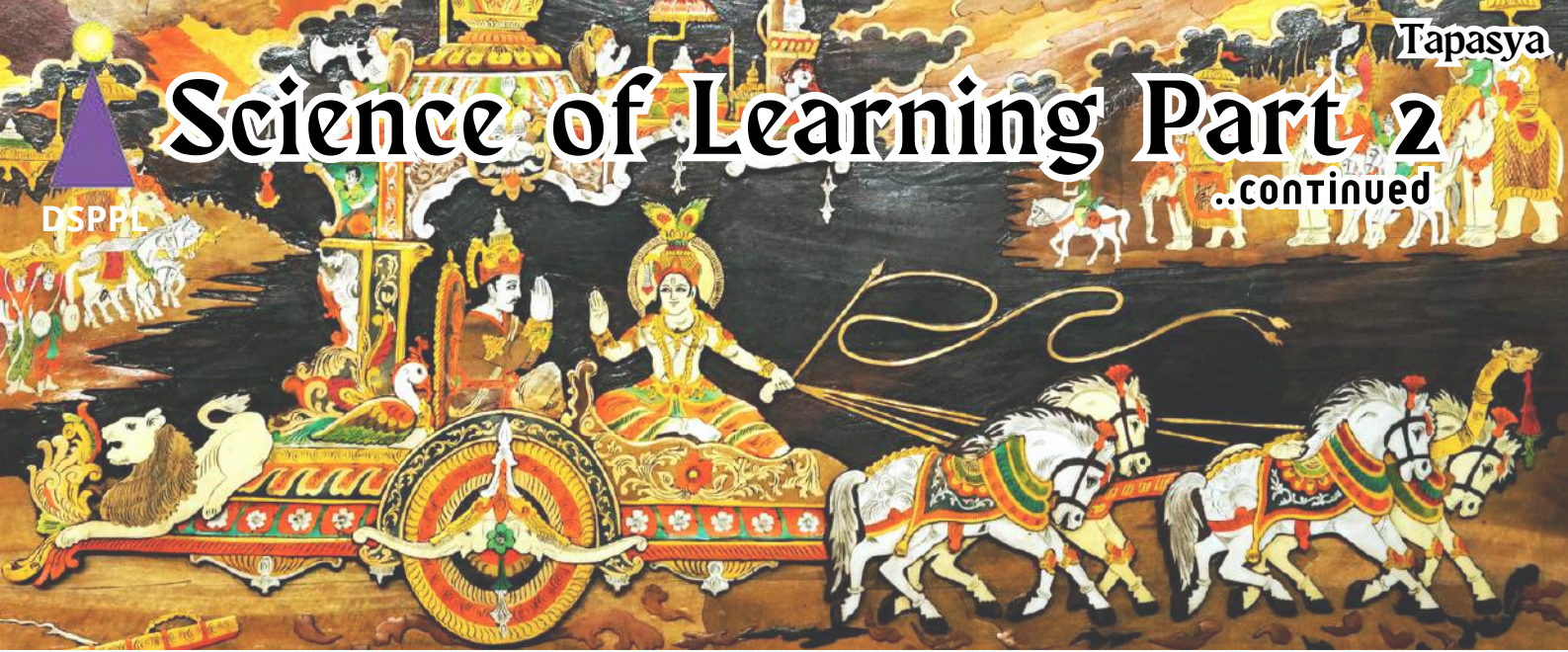
Academic study is one of the crucial aspects of student's life. In the initial years all the students are taught languages, Science, Math, History, Geography and civics as orientation of all academic subjects so that when they grow sufficiently young, they can pursue career as per their linking. During these crucial development phase, parents and teachers "opinions" may make an irreversible impact on students mind. As such we need to be extremely careful while passing judgments about our child's teachers or student's parents, about particular academic Subject or topic, and while sharing stories of "our time". We need to be extremely careful while passing on our understanding of the academic to the students separating facts from opinions to the greatest possible extent. As renowned cellular biologist discuss how "environment" around a child create blue print which gets played throughout the life of the child. This environment in the early age is created by Parents, Grandparents, friends, relatives, Day Care unit operators and then by teachers. Children are literally recording our all reactions and responses through different life situations and forming their core. Our passing comments and judgments about academic subjects will impact his opinion as well.

My Guruji always used to advise parents and teachers to be extremely aware and conscious about our responsibility towards child and his education. As discussed earlier, it is a "tri-party" transaction, where Parent, Teacher and Student each party has a specific role to perform. The moment we say it is



Science of Learning Part 2

..continued



a transaction, there must be one who is giver and the one who is taker. Obviously from academic perspective, teacher and/or parent is "giver" and student or child is "taker". Question is what and how we are giving, and how the recipient is "taking" it. The "process of learning" is a universal process & hence termed as science. It will remain the same irrespective of the level of academic education (school, college, university or professional course etc) or the country where it is taught, but the "method of learning" is unique for each student. As a teacher, we need to be aware of this fact. While we definitely need to discuss this "universal process" common for all along with various methods of learning which are unique from student to student, we as a teacher and parent need to be first aware and conscious about our own role. Why we say so?

Let's draw the parallel from the story of Mahabharata and the divine Geeta narrated by Lord Krishna to Arjuna. What is the starting point of Geeta ? Arjuna the great warrior asked Krishna to take his chariot and make it stand face to face in the middle of the battleground. Then he looked at the opponents and found out that he will be fighting against Bhishma, Krupacharya, Dronacharya, all his elders and Guru's along with his own cousins. Then he got depressed, lost his confidence, started doubting the very purpose of this battle, and asked Krishna "why to fight "what I will gain by winning this battle by killing my own people?"

I always wonder when I read. What Lord Krishna must have thought about all this drama by Arjuna? Had Lord Krishna be the common man like me, he would have become angry. Was Arjuna not knowing this fact that Bhishma,





Science of Learning Part 2

..continued

Krupacharya and Dronacharya will be his opponents? Come on, this was "arranged war". Arjuna along with other Panadavas have faced Vanvas, thereafter Lord Krishna himself a great diplomat of all times, could not succeed in perusing Kauravas though his famous "Krishna Shishtai" and then as a last, very last resort war was decided to be fought. So all this was happening over quite a long period of time. Still, see the ego or ignorance of Arjuna. Everyone gathered on battlefield, then he is asking Krishna to take his chariot in the middle of the battleground and then thoughts of fighting and killing and winning over his own people started coming to his mind. What a blunder!

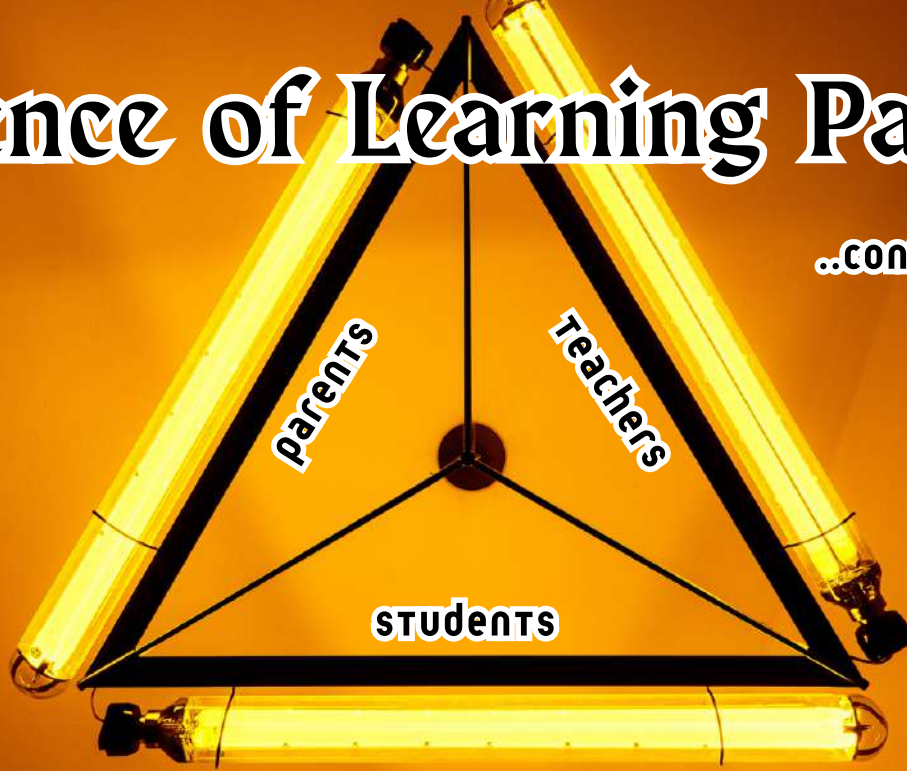
That's why we say, in every situation knowing your own role is very important and crucial. When anyone is confused about his duty, he is first confused about his own identity! Though Arjuna forgot his role and duty, Lord Krishna being the "driver" of the chariot, in true sense was driving the entire course of action. He could easily resonate with the level of consciousness of Arjuna, not only in this incidence, but on each and every other occasions. There are many such incidents in the Mahabharata when Lord Krishna showed different options available in the given life situation when Arjuna could see the none! That is why Arjuna has called Krishna as his friend, philosopher, guide and what not? Lord Krishna could effortlessly perform all different roles which was the need of that life situation as he could understand the pulse of his beloved Arjuna.

Can we perform the ideal role of teacher and parent for our student or child? Unless we strive to perform the "ideal' role, how he or she can become



Science of Learning Part 2

..continued



“ideal”. The primary responsibility of education of students lies with us. Guruji always used to say that “the Parent is a teacher at home and Teacher is a Parent at School.”

We need to empower ourselves to perform this role. As a teacher, we need to ask ourselves whether I would like to become “popular” teacher or “effective” teacher? Many so called popular teachers are hardly effective in transforming the student’s life. I may become biological mother or a father, but becoming “parent” requires certain qualifications. Swami Vivekanand profoundly promoted that the basic idea of education is to create a pathway from animality to humanity to divinity. This we call as ‘Pathway to Wisdom’. As a parent and teacher, we are the torch bearers on this pathway. Are we ready to perform this role? Can we empower ourselves to do this? We might be highly educated with profound knowledge. But all this is of no use, unless we could translate it in our actions and strive to become “ideal” teachers and parents. Once we are equipped to perform our roles, then only we can create the “learning environment” which precedes the “process of learning.” Let’s join hands for this great social service. Your children are not yours, they belong to the entire society. They are the ones who are going to make the society of tomorrow.



NEW EDUCATION POLICY 2020

3 Part Series Part 01

- Dr. Nirav Thakkar, Ahmedabad

NEP:2020 हमने क्या खोया... हमने क्या पाया...

Jai Gurudev.. Enclosed is a study paper regarding National Education Policy.. Hope this article will enlighten you about National Education Policy.

Background:

The current era is a knowledge economy.. The global industrial environment has undergone tremendous changes due to the Internet and technology. Not only that, in future, thanks to Artificial Intelligence, Machine Learning and advanced technologies like Robotics, many Businesses and professions will disappear, many more jobs will be lost and there will be urgent need for manpower with knowledge-based skills.

Subjects taught in schools and colleges as well as to meet all upcoming challenges, the skill-based curriculum should be updated on now and the pedagogy should also kept changing. After the last education policy of 1986, very minor changes were made in 1992. After 34 years, a new education policy seems to require deep consideration.

Well, better late than never!

What kind of school education and higher education should be in the 21st century? Various global organizations have issued guidelines from time to





- Dr. Nirav Thakkar, Ahmedabad

time for what should be done. The new education policy Chairman of the Committee Mr. Kasturirangan and all members have taken note. To better understand this new education policy, let's briefly refer to the background policy reports.

1. The Delores Report (Regarding education in the 21st century - Report of the Committee appointed by UNESCO)
 - A. Learning to Know
 - B. Learning to Do
 - C. Learning to Live Together
 - D. Learning to Be
2. The skills Recommended by the World Health Organization involves:
 - A. Decision making and problem solving skills
 - B. Creative Thinking and Critical Thinking Skills
 - C. Communication and Interpersonal Skills
 - D. Coping with Emotions and Coping with Stress Skills
3. Three main dimensions of different skills as suggested by OECD (by the Organization for Economic Cooperation and Development) necessary in the twenty-first century are:
 - A. Communication
 - B. Information
 - C. Value their existence and social implications



3 Part Series Part 01



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-Dr. Nirav Thakkar, Ahmedabad

4. P 21 (Partnership for 21st Century Skill) following required skills are suggested:

- A. Studying for knowledge
- B. Study for Action
- C. Study of livelihood

This 21st century, Various Voluntary Organizations have suggested different knowledge learning and skills to be taken into consideration while formulating education policy. Keeping in mind all these reports the new education policy has been prepared, so let us have a point by point overview of the various features included in it.

I. Suggested Excerpts for Changes in School Education:

Without economic or social discrimination, to provide high quality education.

While the changes have become very fast, for the currently studying child when he goes into practice, acquiring knowledge and innovative skills will be imperative. In order for the student to acquire the necessary knowledge and skills through self-study in those circumstances as life long learnings, it is very important that he/she learns 'How to Learn' i.e study of A how-to tutorial as well as, learn to think reflectively rather than subjectively. Appropriate education will be provided. TO BE CONTINUED...



Our Attitude decides Our Altitudes

“Are we part of PROBLEM or Solution?”

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PROBLEM

SOLUTION

PROBLEM

PROBLEM

- ***Krupa Choksi***
Director, DSPPL

Today the inauguration of Temple of Lord Rama in Ayodhya was done by Honorable Prime Minister Narendra Modiji and Lord Rama's idol got consecrated in Ayodhyay after almost 500 years. The country and Indians all over the world are in the mood of celebrations. Every temple and every house is decorated and lamps will be lit in the honour of Lord Rama. Everyone is chanting the name of Lord Rama. You all must have participated in all the events and activities of DSPPL as well as at home and enjoyed the 3 day celebrations.

But after this celebration, we do not have to forget everything and become busy in our day to day life as usual. Honorable Prime Minister Narendra Modiji has done the same appeal to all the citizens that this is a beginning of new era. So we have behave like Ram. If we need Ram Rajya, we need to resolve all the trivial conflicts happening in the nation. One political party is trying to pull down the another in some or the other way. They are misguiding common public by creating some conflicts. The conflict is the means by which they achieve the end.

So is the case in our life. Everyone comes across some or the other problem in the mundane world. Sometimes it is self created and sometimes that happenings happen in form of an event which is out of our control. When we have taken up a task and it does not get over as per our situation. In such situations, mostly we start complaining about our life. We become sad, dejected, we get depressed and loss enthusiasm to take up a new task.



Our Attitude decides Our Altitudes

“Are we a part of problem or Solution?” ..CONTINUED

But here, we have to see that every threat is an opportunity. It depends upon from where we are preserving the situation. There is a famous saying “Every dark cloud has a silver lining” But the question is whether we are seeing the dark cloud or we are able to see the silver lining.

Every new situation in life which we have never handled, when we face it, it either makes us grow and achieve something or it makes us wiser. So the first thing which we have to do when any unforeseen situation comes in our life which makes us uncomfortable, ask yourself “Am I a part of problem or solution?” Decide for once and then if you are a part of problem, you will complain all the time but if you are a part of solution, you will have to strive to find a solution. Direct all your energies to find a solution in which you will be comfortable.

Many times we fear the situation and also the outcome. But what we should concentrate upon is our attempt to resolve the issue. Rather than complaining and worrying about the situation, the same energies can be used to find a solution. And when you have found one (solution), you will see you have raised your confidence level to a great extent. And if you have tried but did not reach to the solution, then believe me you have become wiser. Do not curse yourself and think I am no good. In such situation we should think that it has given me an experience and now I know what not to do.

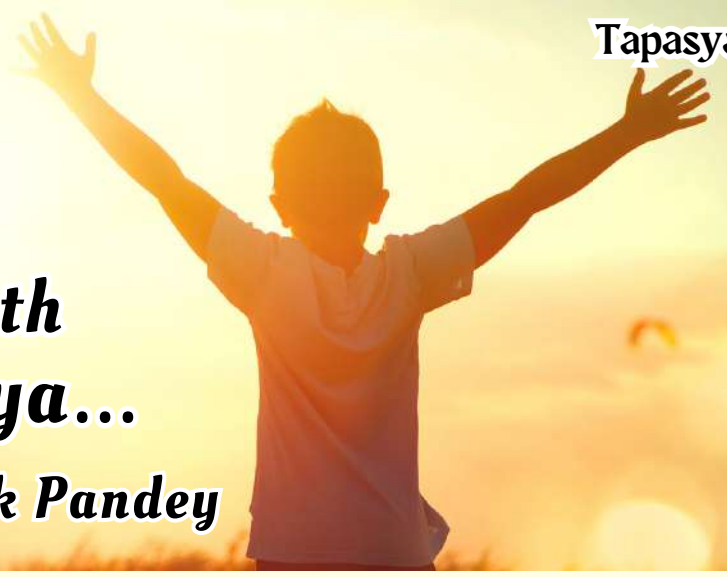
Such thinking has made all great people Great. May is be Abrahman Lincoln, Thomas Alva Edison, Sardar Vallabhbhai Patel or Honorable Prime Minister Narendra Modiji. So let us become part of solution everytime.





Thought for the Month Aadithya and Aaditya...

- Vivek Pandey



Dear Students of DSPPL and my young friends,

Once upon a time (somewhere in the 1960s) in a suburban town of Southern India, there lived a boy named Aadithya. He was born into a middle-class family of a decent background. His father was an employee and his mother was a housewife. He never had any friends as his home was located in a secluded place far away from the hustle and bustle of the town. Occasionally, he went to meet his uncle and there he played with his cousins. Those were the only 7-10 days where he enjoyed the company of his age group. His school was a newly built structure and had only a couple of girls in his class. Being a boy shy in nature, Aadithya had to spend most of his time in solace. His parents did make an effort to give him company and tried to be his age. However, his moments of seclusion soon started turning into desolation. Noticing the change coming about an 11-year-old boy, the parents grew worrisome by the day.

One day, his parents started to teach him the importance of nature and how both the flora and fauna of this planet could be friends with humans. They even said that all the plants and animals derived their fundamental energy from the Sun. He heard all the evening until late night and fell into a deep contemplation about the universe. The next morning, he got up in good season and got ready for school. For the first time after many months, there was an expression of excitement on his face. He was even more excited to see the Sun. He realized with a shudder, that his name was Aadithya which meant the Sun only, revered as the visible God on earth. Now he consciously chose to look at the Sun every morning and started calling him Aaditya. A few days passed and his mother noticed the act of a child talking to the Sun in a personified manner.





Thought for the Month Aadithya and Aaditya...

..continued

She did not want to discourage the child so she taught him to communicate with his friend through the mind. Furthermore, she said, "Your friend Aaditya is far away, your voice cannot reach him. You communicate through your mind and you will be there."

This was a major turning point in Aadithya's life. He communicated very silently with the Sun (Aaditya). Slowly his association started reaping some unbelievable results. He started connecting everything on the planet with solar power. The oil used in vehicles was nothing but the fossils of plants and animals which again harnessed the power of the Sun some billion years ago. He realized and felt the way people's bodies reacted concerning the change in Sun's position. He started reading about the phases of the Sun. It dawned upon him even without reading any text that the Dakshinayan phase of the Sun was not a particularly good time to start new activities. The phase following Dakshinayan was a time for the whole planet to thrive. The days of both Uttarayan and Vasant Panchmi were created with a correct understanding of nature as regards the human body. His childhood friend Aaditya was now revealing things that the world was unaware of. This loner boy had now grown up to be the sharpest mind on the planet.

He grew up to raise questions about the time and space theory of the quantum world. He wrote theories about gravity and how it was possible to evade the same without the help of any machine. He wrote books on the subject of varying speeds of time in different parts of the universe. Aadithya had stunned the scientific community by displaying the power of the Sun through his own body. Most of the scientists were a decade behind even in terms of understanding what was proposed by him.





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Thought for the Month Aadithya and Aaditya... ..continued



He boldly committed to the world that he would discover ways through which the human body could stop aging. The world referred to him as the "Inner scientist" for a better outer world. The friendship with the Sun by just one person resulted in great changes for the world.

Moral: Be friends with nature to emerge as a better human!

कथा - खोज



राघव एक दिन आंगन में कुछ ढूँढ रहा था। तभी उसका दोस्त सौमित्र वहाँ आया। सौमित्र ने देखा की राघव कुछ ढूँढ रहा है। सौमित्र ने राघव से पूछा "राघव, क्या ढूँढ रहे हो ?"। राघव ने कहा "अरे मेरी अंगूठी गुम हो गयी है, बस वही ढूँढ रहा हूँ। सौमित्र भी उसकी मदत करने के लिए अंगूठी ढूँढने लगा। थोड़ी देर में उनका तीसरा दोस्त भरत आया। भरत ने पूछा "राघव, सौमित्र, आप लोग क्या ढूँढ रहे हो ?" सौमित्र बोला "अरे राघव की अंगूठी गुम हो गयी है, पिछले आधे घंटे से हम दोनों उसे ही ढूँढ रहे है"

भरत होशियार था। उसने अगला सवाल पूछा "अरे राघव, पर अंगूठी गिरी कहा है ?"

"अंगूठी ! घर के अंदर" राघव बोला

"अरे, फिर आप अंगूठी को आंगन में क्यों ढूँढ रहे हो" भरत ने आश्चर्य से पूछा। सौमित्र भी हैरान होकर राघव की तरफ देखने लगा।

"अरे घर के अंदर अँधेरा है, आंगन में प्रकाश है, इसलिए मैं उसे यहाँ ढूँढ रहा था"

तात्पर्य - सभी सिद्धियाँ और उपलब्धियाँ हमारे भीतर ही है। हम खामखा उसे बाहर ढूँढने की कोशिश कर रहे है।





Nation Building: Economics

- Kalpita Rakesh



Jai Bharat Friends,

"Jay Bharat" sounds good, right? It reverberates with pride and love for our nation. This love must find expression in our own small ways, to the best of our ability and capability. Last time we emphasized on the feeling of inclusiveness for the well being of a nation.

Today let's reflect on the role of economy is shaping the country.

To explain the term "Economy" in simple words, it is just a wise usage of limited resources to yield maximum benefit.

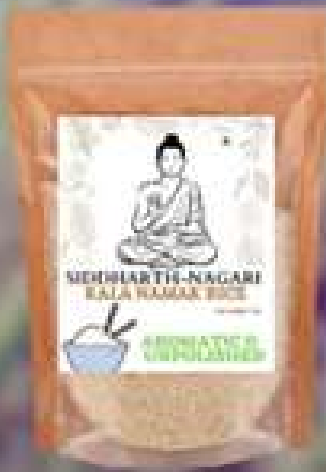
Long time ago India was a rich country having abundant natural resources, people with skills and mastery in various fields of knowledge. We exported goods like cotton, cloth, handicrafts, spices, and many other things to various parts of the world. However during the period of invasion our economy, culture, education system, lifestyle declined drastically. We were a deep pitfall on the day of Independence. Our attempts to revive the lost glory failed due to many challenges like communal violence, corruption, poverty, illiteracy, unemployment and bad governance. Uttar Pradesh being the most populated and biggest state experienced a serious downfall due to corrupted legal and political system. The day of dawn happened for Uttar Pradesh on March 11, 2017 with appointment of a Gokashanath Mathadish, Adityanath Yogi as a new chief minister of the state.

His administrative skills, hold over the law and order specifically after the verdict over the Ram Mandir consecration in 2019, grip against the mafia, new economic models have made him the most popular leader among the youth.





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Nation Building: Economics ..continued

Lets spend some time in understanding this model with a case study of "Kala Namak rice" which has the potential of transforming India's economy,

"Kala Namak" rice is naturally scented rice with immense health benefits. It is naturally gluten free, rich in protein, Iron, Vitamins, Calcium, Magnesium and natural fibers This makes it a wonderful product for weight loss and it is known to be a natural de-toxifier. Its consumption helps in preventing ailments such as Diabetics , Alzheimer and Hypertension. In spite of this miraculous product grown in our own county how many of you knew about Kala Namak rice? Very few, right? This product has huge market in countries like US , New Zealand, Australia and UK. Until 2018 farmers were not willing to grow Kala Namak in India and this is where the program "One district one product" came in as a game changer for these farmers. The results of this program over the past three years will blow our mind.

Under this program the government did the following:

1. Identify the market and help the farmers access the market their product in right way. Example : The term Kala Namak may be familiar to us but for the people outside of India the term Kala Namak rice is not a marketable name. Under the guidance of the government Kala Namak rice has been re branded as Buddha rice and exported to Buddhist countries likes Korea, China , Japan, Vietnam, Cambodia and Myanmar. This is because it is believed that lord Buddha broke his fast with the pudding made from this rice. On top of that the government will assist the farmer to pack the rice with Buddha branding.





Nation Building: Economics ..continued



सिद्धार्थनगर

2. Assistance was given to the value chain of Kala Namak rice which included demonstration of cropping system, distribution of seeds, improved farm machineries', processing and post-harvest equipment.
3. Organized special festivals to give market access to our farmers. A three day festival in Siddharth Nagar was arranged so that seller could understand the market and the buyer could understand the product.
4. E-com platform like flip-kart and amazon are also been used to provide a larger market to farmers.



Uttar Pradesh's ODOP products record Rs 1,600 crore sales on Flipkart at UP Government's Ground Breaking Ceremony in Lucknow today

- The government's ODOP project seeks to promote traditional crafts synonymous with their respective districts to spur the local economy, create jobs and local prosperity
- Flipkart signed the MoU with the Government of Uttar Pradesh for the ODOP initiative in 2020; records 60% growth in revenue for UP's ODOP products

Lucknow - **June 3, 2022:** Flipkart, India's homegrown e-commerce marketplace, today announced at UP Government's Ground Breaking Ceremony in Lucknow that the Government's ODOP products have recorded Rs 1,600 crore sales on its platform. These products are developed by local sellers, artisans, weavers and craftsmen showcasing the





₹40/kg → **₹90/kg** → **₹135/kg**
2018 2020 2021

Nation Building: Economics ..continued

Flipkart signed an MOU with the government to extend support to the farmers for marketing their products. The recorded sale in 2022 was INR 1600 crores since 2020.

5. Financial assistance and common facility centers are made available to the farmers.

So far government has invested INR 8200 cores leading to emergence of 2600 budding entrepreneurs in the last three years.

The no of farmers cultivating this rice grew from 15-20 in 2018 to 750 - 800, the yield per hectare has also increased over period of 3 years. The farmer's income has increased manifolds times.

This economic model is a super success and has been rolled out across the country. It is evident that India is traversing the path and success and regaining its lost glory.

**Ram Rajya will be established soon!!
Jai Shree Ram!!**



अथर्वशीर्ष

भाग २

- *Mrunal & Yamini Kutumbale*

दादी ने सुमुख से कहा, " सुमुख, चलो गणेशजीको प्रार्थना कर के हम आज अथर्वशीर्ष की शुरुआत करते है।

" वक्रतुण्ड महाकाय सूर्यकोटि समप्रभ। निर्विघ्नं कुरु मे देव सर्वकार्येषु सर्वदा । "

अथर्वशीर्ष का पहला श्लोक है, ॥हरिः ॐ नमस्ते गणपतये ॥

त्वमेव प्रत्यक्षं तत्वमसि। त्वमेव केवलं कर्ताऽसि। त्वमेव केवलं धर्ताऽसि। त्वमेव केवलं हर्ताऽसि। त्वमेव सर्वं खल्विदं ब्रह्मासि। त्वं साक्षादात्माऽसि नित्यम् ॥ १ ॥"

(गणपति को नमस्कार है, तुम्हीं प्रत्यक्ष तत्व हो, तुम्हीं केवल कर्ता, तुम्हीं केवल धारणकर्ता और तुम्हीं केवल संहारकर्ता हो, तुम्हीं केवल समस्त विश्वरूप ब्रह्म हो और तुम्हीं साक्षात् नित्य आत्मा हो।)

दादी ने कहा , "ॐ सृष्टि का आदिरूप है। इससे सृष्टि का निर्माण हुआ है। ॐ कार रूप गणेश को प्रथम वंदन किया है। गण का अर्थ है समूह. उस समूह के जो अधिपति या नेता उनको गणपति कहते है। अगर व्यक्ति के स्तर से विचार किया जाए तो हमारे शरीर में ज्ञानेन्द्रिय है , कर्मेन्द्रिय है , पंचप्राण है , और भी कई तत्व है। इन सब के देवता है , ये सब गण है। इनके जो अधिपती वो गणपति है। जन्म लेने के बाद, काल और प्रसंगानुरूप मनुष्य में इन्द्रियों से दोष निर्माण हो सकते है। इन दोषो का गुणों में परिवर्तन करने में हमारी मदद करे उस गणेश को वंदन किया है। "

सुमुख ने दादी को कहा, " ये बताओ, हम इन दोषों का गुणों में परिवर्तन कैसे कर सकते है ?" दादी ने कहा, "साधना से " सुमुख ने फिर पूछा , " साधना कैसे करे ?" दादी ने कहा, "सुनो, आगे इसके बारे में बताया है। "





अथर्वशीर्ष

भाग २

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दादी कहने लगी , " गणेश ही वो प्रत्यक्ष तत्व है। तत्व का अर्थ है सम्पूर्ण सृष्टि में विद्यमान चैतन्य ।सारी सृष्टि में वही तत्व है। क्या उसे हम देख सकते है ? नहीं। सामान्य मनुष्य जो दिखता नहीं उसे मान नहीं सकता, तो उसकी उपासना कैसे करे ? उसपर ध्यान केंद्रित कैसे करे? इसलिए गणेश को सामने रखकर सृष्टि के कण कण में वही है ये बात हम समझ सकते है। "

अब बताओ, " इस सृष्टि का निर्माण किसने किया ? ब्रह्माजी ने। इसे धारण किसने किया ? विष्णुजी ने । और इसका संहार कौन करता है ? महेश। " ॐ में ये तीनों देवता समाहित है। गणेशजी स्वयं ॐ कार स्वरूप है। सृष्टि के कर्ता , धर्ता , हर्ता वो ही है।

सुमुख ने पूछा, " दादी, ये कर्ता, धर्ता, हर्ता क्या है ? " दादी ने जवाब दिया, " ये बताओ, तुम्हारे कॉलेज में जब कोई ड्रामा होता है , तो ड्रामा की तैयारी तुम करते हो, संवाद याद करते हो, मंचन करते हो और ड्रामा पूरा हो जाने के बाद जो सामान फैलाया हुआ था वो सब समेट लेते हो। हर्ता का अर्थ सिर्फ संहार नहीं होता। जो फैलाया उसे समेट लेना। तुमने नाटक में हिस्सा लिया , उसे अच्छी तरह से निभाया। अगर तुम्हें पुरस्कार मिला तो तुम खुश हो जाओगे, और कहोगे मुझे पुरस्कार मिला। तब तुममें शायद अहंकार निर्माण हो सकता है। अगर तुम्हें पुरस्कार नहीं मिला तो तुम दुखी हो जाओगे शायद तुम्हें गुस्सा आ सकता है। अथर्व होने के मार्ग में ये बाधाएं है। जब हम कर्ता भाव ही ईश्वर को अर्पण कर देंगे तो फिर कैसा अहंकार, कैसा गुस्सा ? हमारा मन शांत हो जाता है। समझे? " सुमुख ने कहा , " हां दादी। "

दादी आगे कहती है, "सारी सृष्टि में व्याप्त वो चैतन्य एक ही है , आत्मा वो ही है। वो ही साक्षात् परब्रह्म है। जो ब्रह्माण्ड में है वो ही तत्व हमारे पिंड अर्थात् हमारे शरीर में है।





अथर्वशीर्ष

भाग २

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जो तत्व मुझमे है वही तुममे है वो ही इस सृष्टि के सारे पशु पक्षी, मनुष्य , प्रकृति में बसा है। हर मनुष्य में गणेश बसते है ये हम समझे तो हमारा व्यवहार अच्छा ही रहेगा। "

गणेश पुराण के अनुसार गणेशजी के बहुत सारे अवतार हुए। हर युग में अलग अलग नाम से अवतार हुए। कृत युग में गणेशजी का 'विनायक' नाम से अवतार हुआ। गाणपत्य सम्प्रदाय के अनुसार इस महीने में माघ शुद्ध चतुर्थी के दिन "विनायक जन्मोत्सव " है।

कृत युग में अंग नामक राज्य में रुद्रकेतु अपनी पत्नी शारदा के साथ रहते थे। उन्हें दो जुड़वा बच्चे थे। देवान्तक और नरान्तक। वो दोनों विश्व पर विजय प्राप्त करना चाहते थे। दोनों ने शिवजी को प्रसन्न करने के लिए तपस्या की। भगवान् शिव ने उन्हें साक्षात् दर्शन दिये और वरदान माँगने को कहा। दोनों ने कहा। "हे भगवान्, हमें आशीर्वाद दो कि हम तीनों लोकों पर विजय प्राप्त करें।" शिवजी ने कहा "तथास्तु"। मनचाहा वरदान पाकर देवान्तक और नरान्तक बहुत प्रसन्न हुए। तब देवान्तक ने इंद्र के साथ युद्ध कर उसे अमरावती से भगा दिया। नरान्तक ने उधर पूरी पृथ्वी पर विजय प्राप्त कर ली। असुरोंने ऋषियों और देवताओं को परेशान करना आरम्भ कर दिया।

महर्षि कश्यप की पत्नी अदिती इस बात से बहुत दुखी थी कि देवान्तक और नरान्तक अकारण ही देवताओं और ऋषियों की हत्या किये जा रहे थे। इस समस्या के हल के लिए ऋषि कश्यपने भगवान् गणेश से प्रार्थना करने की सलाह दी। अदिती ने भगवान् गणेश से प्रार्थना की। शीघ्र ही भगवान् गणेश उसके सामने प्रकट हुए और अदिती से वरदान माँगने को कहा। "भगवान् गणेश, मैं चाहती हूँ कि आप मेरे पुत्र के रूप में जन्म लें और सभी निर्बल तथा संकट में पड़े लोगों की सहायता करें" कुछ समय बाद भगवान् गणेश ने देवी अदिती के घर जन्म ले कर नरान्तक और देवान्तक जैसे असुरों का वध किया। अपने महान उत्कट ओजशक्ति के कारण वे " महोत्कट विनायक" के नाम से प्रसिद्ध हुए।

जय गुरुदेव



बोध कथा: पेड़ और मख्खी

- Jayantee Abhyankar



एक गांव था. उसके पास में ही कई सारे पेड़ थे. विविध फलोंके, फूलोंके, औषधि वनौषधियोंके पेड़ पुरे गाव के लोगोंकेलिए बहोत ही महत्त्वपूर्ण थे. उसी में एक अमरुद का पेड़ था. उसपर लगनेवाले मधुर और रसीले अमरुदोंको पुरे गांव के लोग पसंद करते थे. वहाँ से गुजरते हुए वहाँ रुककर अमरुद तोड़ते थे. बच्चे भी अपने माता पिता से उसी पेड़ के अमरुद खानेकी जिद करते थे. ये सब देखकर वह पेड़ मन ही मन में आनंदित हो जाता था. सोचता था, यहाँ पुरे इलाके में मेरे जैसे मधुर फल किसी भी पेड़ पर नहीं उगते। इस बात का उसे बहोत गर्व भी होता था.

एक दिन उस गांव के सरपंच राजा को मिलने जानेवाले थे. उन्होंने राजा को देनेकेलिए उपहार में उसी पेड़ के अमरुदोंका भी समावेश किया। कुछ ही दिनोंके बाद ये बात पेड़को पता चली की न केवल उसके अमरुद राजा को उपहार में दिए गए बल्कि वो छोटे राजपुत्र को इतने पसंद आये की अब राजपुत्र केवल यही अमरुद खाने की जिद कर रहा है, और इसीलिए वो पेड़ अब सबकेलिए खुला नहीं रहा.

सरपंच ने उसके चारो ओर बाड़ लगा लिया। और सब गाववालोंको बताया गया की अबसे सिर्फ राजाकेलिए ही ये फल भेजे जाएंगे। कोई और इसे न तोड़े। ये सब सुनकर तो वह पेड़ फुला न समाया। वहाँसे गुजरते हुए लोग जब उसके मीठे अमरुदोंकी याद करते थे और जमीन पर गिरा हुआ एखाद फल उठाते थे तब उसे बहुत हसीं आती थी और गर्व भी होता था.

एक दिन पेड़ को बहुत छोटीसी आवाज सुनाई दी. उसने देखा तो एक छोटीसी मख्खी उसके एक मधुर फल पर बैठकर मजे में फल का रस चूस रही थी. पेड़ को ये बिलकुल



बोध कथा: पेड़ और मख्खी

- Jayantee Abhyankar

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अच्छा नहीं लगा. वो गुस्से में बोला, "ए चल हट, मख्खी कही की, ये मेरे फल राजाकेलिए है, तेरे जैसे मख्खी केलिए नहीं। चल जा दूसरे पेड़ोंपर।"

मख्खी बोली, "अरे गर्विष्ठ, इतना भी मत उछल, ये फल क्या सिर्फ तुमने उगाए है? ये मेरे भी है, में भी खाउंगी।"

ये सुनकर तो पेड़ को बहुत ज्यादा गुस्सा आया. वो ऊँची स्वर में बोला, "तुम्हारे? वो कैसे?" मख्खी ने कहा, "देखो, तुम जिस मिट्टी में खड़े हो ना, वो तुम्हे सवारती है, उसीसे तुम्हें पानी, खनिज आदि जीवनसत्त्व मिलते है. सूरज की प्रकाश से तुम्हे ऊर्जा, हवा से प्राणवायु और बादलोंसे वर्षा मिलती है. तो ये सिर्फ तुम्हारे फल कैसे हुए?"

पेड़ गुस्से में बोला, "वो तो सब मुझे पता है, पर तेरा क्या योगदान हैं?"

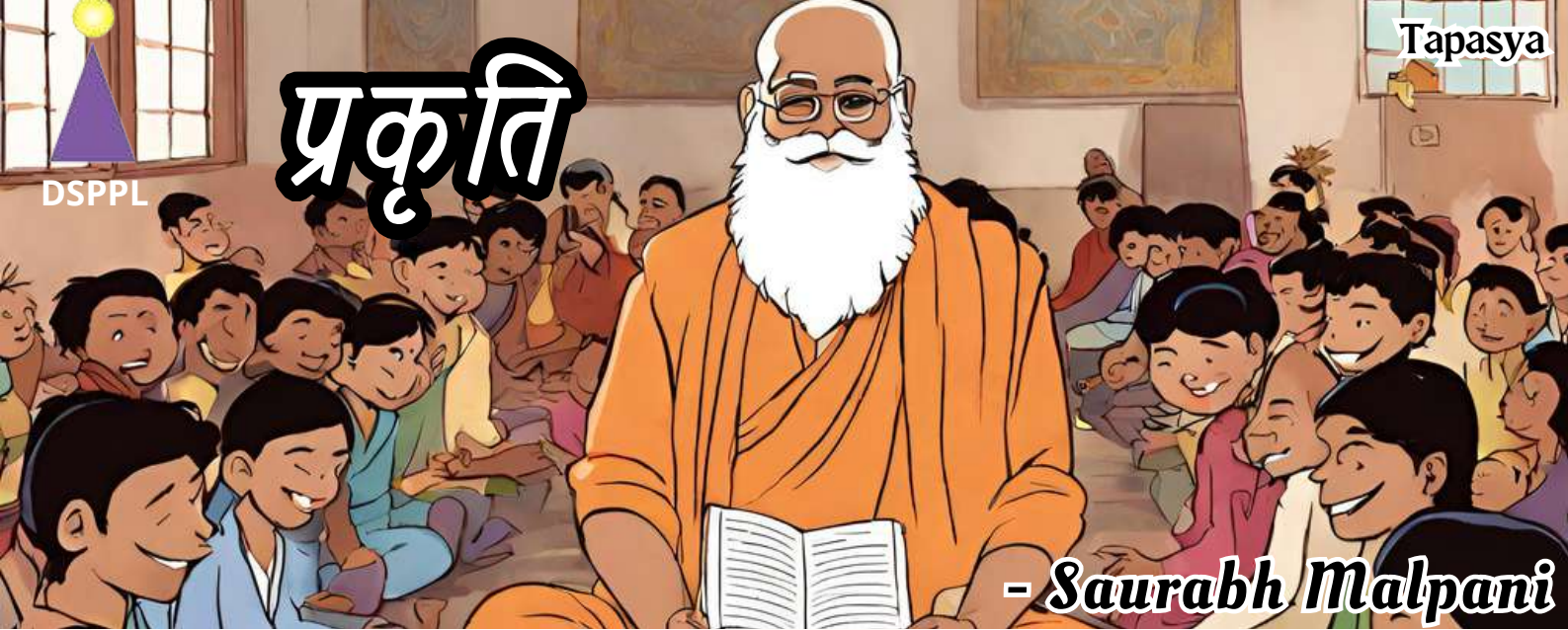
मख्खी बोली, "मुझ जैसे कई किटकोंकी वज़हसे तो परागण (Pollination) होता है. तभी फलनिर्मिति होती है. अगर हम नहीं है तो ना धान होगा ना फल होंगे। तो क्यों ना हम फल खाए?"

ये सब सुनकर वो पेड़ एकदम चुपचाप हो गया. हे तो उसने सोचाही नहीं था. मख्खी आगे बोलने लगी, "तुम्हारी काबिलियत बढ़ गयी और इसी वजहसे आज तुम राजा की सेवा कर रहे हो. ये तो बहुत अच्छी बात है, पर खुदकी काबिलियत अच्छी होनेसे बाकि लोगोंको निचा मत दिखाओ। क्यूंकि हम खुद नहीं जानते आज हम जहाँ है वहाँ तक आनेमें कितनोंका सहयोग है. इसीलिए हमेशा कृतज्ञ रहना चाहिए।"



प्रकृति

DSPPL



- Saurabh Malpani

एक दिन, शिष्यों का एक समूह अपने गुरुजी के पास गए और उन्हें बताया कि वे सभी तीर्थ यात्रा पर जाना चाहते हैं। गुरुजी ने पूछा, "आप सभी तीर्थ यात्रा क्यों करना चाहते हो?" सभी की ओर से, शिष्यों में से एक ने उत्तर दिया, "हम अपनी भक्ति को गहरा करना चाहते हैं, गुरुदेव।" गुरुजी ने कहा, "यह प्रशंसनीय है! पर क्या तुम मेरा एक काम करोगे?" सभी शिष्यों ने एक साथ कहा, "आज्ञा दें गुरुदेव।" गुरुजी ने कहा, "कृपया इस करेले को अपने साथ ले जाएँ। आप जहाँ भी जाएँ और जिस भी मंदिर में जाएँ, इसको भी देवता के चरणों में रखें, आशिर्वाद लें और इसे वापस लायें, मेरे लिए।" तो, केवल शिष्य ही नहीं, बल्कि करेला भी तीर्थ यात्रा पर गया!

जब शिष्य अपनी यात्रा से वापस आए, तो गुरुजी ने शिष्यों से करेले को पकाने और उसे परोसने के लिए कहा। जैसा कहा गया, शिष्यों ने करेले को पकाया और बड़ी श्रद्धा के साथ अपने गुरुजी को परोसा। पहला टुकड़ा खाने के तुरंत बाद, गुरुजी ने कहा, "कितने आश्चर्य की बात है!" गुरुजी किस बारे में आश्चर्य कर रहे थे, कोई भी शिष्य यह नहीं समझ पा रहा था। आखिर एक शिष्य ने पूछा, "गुरुदेव इसमें आश्चर्य की क्या बात है?" गुरुजी ने उत्तर दिया, "इतनी तीर्थयात्रा के बाद भी करेला कड़वा है! ऐसा कैसे हो सकता है?" भ्रमित शिष्यों ने कहा, "लेकिन करेले की तो प्रकृति ही कड़वी होती है... है ना, गुरुदेव?" यह सुनकर गुरु मुस्काये और फिर कहा, "यही तो मैं समझाने की कोशिश कर रहा हूँ। जब तक हम अपनी प्रकृति (स्वभाव) नहीं बदलेंगे, चाहे हम कितनी भी तीर्थ यात्रा कर लें, इससे कोई फ़र्क नहीं पड़ेगा! यह एक उल्टे बर्तन पर पानी डालने के समान है। वह अपने अंदर पानी को पकड़ ही नहीं सकता है!"





कोई भी गुरु या शिक्षक तब तक मदद नहीं कर सकते जब तक हम अपने अंदर को बदलने की इच्छा नहीं रखते हैं। जब हम अपना व्यवहार बदलते हैं, तो यह हमारी सोच को बदलने में मदद करता है, जब हम अपनी सोच बदलते हैं, तो यह हमारे विश्वास पैटर्न को बदल देता है और उसके परिणाम को भी। जैसे-जैसे हम आगे बढ़ते हैं, हम धीरे-धीरे प्रकृति के साथ संरेखित होते हैं।

हम सभी अपनी परिस्थितियों में, अपने अस्तित्व में बदलाव चाहते हैं, लेकिन क्या हम कभी खुद को भीतर से बदलने पर विचार करते हैं? स्वयं विचार कीजिएगा।



DSPPL NOTIFICATION

- DSPPL organises Teachers Training Program at 2nd and 3rd March 2024 at Devrukh Ashram
- Invitations have already been sent, this is for discussing summer programs and launch of EduSPOT from 17th April, 2024



देवरुख हमारा घर - अविस्मरणीय अनुभव

- चारुता चंद्रशेखर खानविलकर

प्रथम माझे आध्यात्मिक गुरु श्री अजित तेलंग सर यांना साष्टांग दंडवत.

" साधनेचा दैनंदिन जीवनात जर काही उपयोग नाही करता आला तर त्या साधनेचा काही अर्थ नाही " असे अजित सर नेहमी म्हणायचे. योगनिद्रा हा या साधनेतील एक प्रकार अभ्यासाच्या दृष्टीने अतिशय महत्वाचा आणि विध्यार्थीच्या जीवनाला कलाटणी देणारा मानला जातो.

मठामध्ये सरांबरोबर चर्चा करताना योगनिद्रेविषयी समजले. आपण ही आपल्या शाळेतील अप्रगत मुलांवर हा प्रयोग करून बघावा अस वाटलं. सरांजवळ बोलणं झालं. आणि स्वामींच्या आशीर्वादाने आणि सरांच्या प्रेरणेने प्रयोग सुरु झाला.

माझ्या शाळेतील मनोज हा ५ वीत शिकणारा मुलगा. कुणाची वाचन क्षमता किती आहे याची मी चाचपणी करत होते तेव्हा वर्गातील सर्व मुलांकडून " बाई मनोजला वाचता येत नाही " अशी प्रतिक्रिया आली. मुलांकडून अशी बरेचवेळा हेटाळणी कदाचित हे सुद्धा त्याला वाचन न येण्याचे कारण असू शकेल. दुसरं म्हणजे त्याच्या घरातील वातावरण शिक्षणासाठी अगदी प्रतिकूल. आई मोलमजुरी करते. मुलांसाठी जेवढं करता येईल तेवढं जीवापाड करते. वडिलांचा शिक्षणाशी संबंध नाही.

मनोज ४ थी मध्ये त्याच्या मावशीकडे शिक्षणासाठी गेला. तिथेही हीच प्रतिक्रिया " याला तर काहीच येत नाही. " पुन्हा कसबस एक वर्ष काढलं परत माझ्या शाळेत आला। सरांच्या आशीर्वादाने योगनिद्रा सुरु केली. सरांच्या आवाजातील सीडी लावून सुरुवात झाली. सर मठात आल्यानंतर योगनिद्रा चालू केल्याबद्दल सरांशी बोलले. सरांनी मुलांला मठात आणण्यास सांगितलं. सीमाताईनी या मुलांची योगनिद्रा घेतली. त्याचवेळी शाळेमध्ये या मुलांचा मी दररोज मुळाक्षरातील एक-एक अक्षराचा सराव घेत होते.



देवरुख हमारा घर - अविस्मरणीय अनुभव

..continued

आदल्या दिवशी मी मनोजकडून 'र' या अक्षराचा सराव घेतला होता. दुसऱ्या दिवशी योगनिद्रा झाल्यानंतर जो मनोज मुळाक्षरांची उजळणी करत होता तोच मनोज पाठ्यपुस्तकातील उत्तरा वाचू लागला होता.

त्याला मठात सरांसमोर वाचनासाठी नेलं तेव्हा त्याला काय वाचू किती वाचू असं झालं होत. तो वाचन थांबवायला तय्यार नव्हता. त्याच्या बरोबरीच्या मुलांमध्येही छान सुधारणा झाली. मनोजचा उत्साह द्विगुणी झाला. " आता मलापण येत " अशी प्रतिक्रिया यायला लागली.

मला तर अत्यानंद झाला। २१ दिवसांची योगनिद्रा फलद्रुप झाली. असाच कृपाशिर्वाद सर्व मुलांवर बरसत राहो हीच स्वामींच्या चरणी प्रार्थना.

DSPPL SOFT and STRONG Programs will start from 1st May 2024

Please contact local coordinators for registration

SLOT 1	EduSPOT - Non residential	Age 5 to 8 years	17th April to 16th May 2024	In various cities
SLOT 2	SOFT 1, 2 and 3 - Non Residential	Age 9 to 11 years	1st May to 6th May 2024	In various cities
SLOT 3	SOFT 4, 5 and 6 - Residential	Age 12 to 14 years	13th May to 18th May 2024	At Devrukh Ashram
SLOT 4	STRONG 1 - Residential	Age 15 years +	21st May to 25th May 2024	At Devrukh Ashram

Registration coordinators -

Pune - Aishwarya Prabhu - 9881563350

Mumbai - Rashmi Ambukar - 9833594998

Devrukh - Alhad Purohit - 9422773446

Ahmedabad - Kinal Pandya - 9714515839

Vadodara - Yamini Kutumbale - 9723182066

Overall registration process - Meena Bhavne - Mob. 9909925815



Story: Seeking Wisdom within..

- Nipesh Sachde

In Guru Vasishtha Muni's ashram, young Lord Ram guarded a field of ripening corn. Standing in the heat of the sun for so long, He was exhausted. Why guard this mundane task- a thought arose in His mind? He yearned for palace feasts, rest and immediate gratification.

Suddenly, Guru Vasishtha's words echoed, "Patience, young prince, Patience. Master not just your body, but your mind." Lowering his bow, Ram watched the crows feast on the corn. The challenge wasn't about protecting the corn, but conquering impatience.

Dawn arrived. Guru Vasishtha smiled. "You have learned well, Ram" he said. "Protecting your inner peace is far greater than guarding any field."

Ram grasped the truth. "The enemy lies within, not outside. He learned to tame desires, find stillness in chaos, and trust the destiny. This lesson, Guru Vasishtha's gift, became Lord Ram's guiding star."

And so, let us seek the wisdom within, embrace our inner guru, and cultivate the patience that unlocks true strength. As Lord Ram said, "Patience conquers all hardships, just as water conquers fire."





The year we became one

- *Sae Paranjpye, 7th Std*

*Poem by our student who attended DSPPL SOFT 1
program in April 2020*

28 states, 8 religions, languages galore,
This country they all adore.

On January 26th, 1950, India became one,
Finally, our rule had begun!

Uniting a diverse country, not an easy task,
Yet, democracy we managed to grasp.

Fights and arguments, yes, those we had,
But we still stood together beneath our flag.

Each person gets to vote,
To dissonance, this is the antidote.

A place where every voice is heard,
The lines dividing us soon became blurred.

When we all stood, side-by-side,
The rule of the British immediately died.

They say that united we conquer, divided we fail,
This we learn from our country's inspiring tale.

Each year we celebrate this extraordinary feat,
Of the year we came together, the year India became complete.



DSPPL Events

DSPPL

19-20 January 2024: Science of Learning programs at Sakharpa and Devrukh



Addressing the students, teachers and parents, DSPPL has started organizing social empowerment sessions on "Science of Learning". The objective of these sessions is to discuss universal process of learning with all 3 stakeholders of the education process i.e. Students, Parents and Teachers. Recently 3 such sessions were organized on 19th January 2023 at Kanya Shala Sakharpa, and 20th January, 2023 at New English Medium School Devrukh.

At Sakharpa, about 80 girls students (from Standard 5th to 7th), a few parents, teachers and 2 managing committee members attended this program. As a feedback, the managing committee member confessed that had they learned all this during their childhood, it would have been very useful for their academic and overall progress, and were very happy for this initiative. The entire arrangements and co-ordination at Sakharpa was made by our Sadhak Charuta Khanvilkar.

At Devrukh, 2 programs on Science of Learning were conducted. First with students, teachers and parents of 5th to 7th standard (92 students attended) and then with 8th to 10th standard students (87 students attended). Everyone liked these programs, specifically discussions about methods of learning, how to decode the exam paper and how to prepare for the exams. Discussion on building skills and nourishing core values were also highly appreciated.

Pranjal Joshi, Sunil Kulkarni, Mrs. Laxmi Kulkarni and Babasaheb Kirpekar represented DSPPL for all these programs.



DSPPL Events

DSPPL

DSPPL
Devrukh Spiritual Prowess Private Ltd
Presents

LIVE WEBINAR

Shri Ram
namaste

20-22 January 2024 daily 7 pm - 8.15pm
Zoom Meeting ID: 822 4156 0340
Pass code: DSPPL

JAN 20
Topic - Ram Raksha
Speaker - Pranav Buva Gokhale
Assistant Director, Vedic Sanshodhan Mandal, multiple research awards & delivered > 200 kirtanas & 1000 lectures

JAN 21
Topic: Ramcharitra and Learnings for Sadhaks
Speaker - Dr Aditya Abhyankar
Director, School of Technology, SP Pune University, IET scientist of the year 2011 award, holds 8 US patents, 14 Indian patents & writer

JAN 22
Topic - Ram Raksha Chanting, Katha, Bhajan and Closing Ceremony

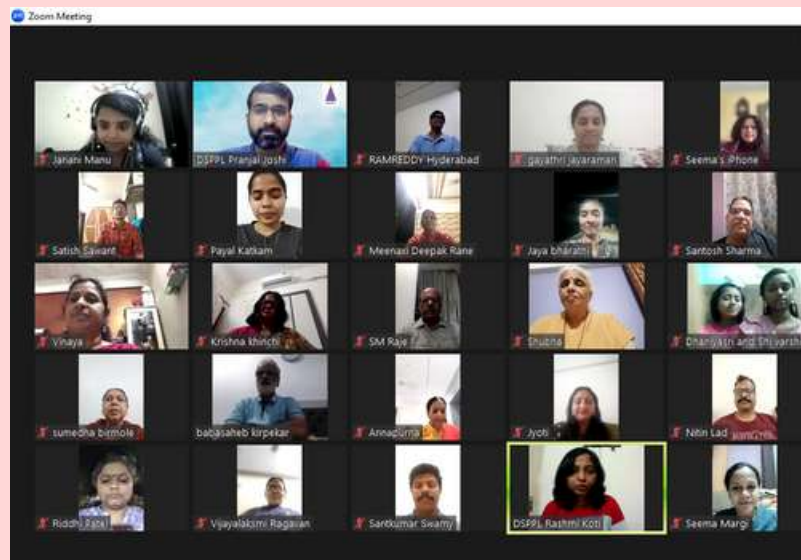
DSPPL Devrukh
www.dsppl.in
info.dsppl@gmail.com

20-22 January 2024 Shri Ram Namaste Event

To celebrate once in a millennia event of Shri Ram Idol consecration at Ayodhya temple on 22nd January, 2024, DSPPL organized a special program "Shri Ram Namaste"

Under this, DSPPL appealed for chanting Ram Raksha daily once for continuous 21 days starting from 2nd January to 22nd January, 2024. Total 538 Sadhaks showed willingness to participate in this Sankalp.

Many also requested to learn Ram Raksha Chanting. For such Sadhaks evening online classes were also conducted. Our Sadhak Rashmi Koti acted as co-ordinator and Babasaheb Kirpekar taught Ram Raksha throughout this period.



DSPPL Events

20-22 January 2024

Shriram Namaste Event by DSPPL



On 20th January, 2024, session on "Ram Raksha" was delivered by Sanskrit and Vedic Scholar Shri Pranav Buva Gokhale. He explained the meaning and core aspects of Dhyan Shlok and Ram Raksha Kavach.

[Click here to open on YouTube](#)

On 21st January, Dr Aditya Abhyankar, renowned educationist, PHD holder in Engineering and Sanskrit and international speaker, delivered session on "Ram Charitra and Learning for Sadhaks" describing 10 qualities of Prabhu Shriram useful for our daily life.



[Click here to open on YouTube](#)

On 22nd January, our Sadhaks performed gayan seva (Jairam Athalekar, Amrut Kirpekar, Neeta Parekh and Krupa Choksi) by singing bhajans of Prabhu Shriram, katha seva and chanting of Shri Ram Raksha by all led by newly learned Sadhak Vinaya Sawant.



[Click here to open on YouTube](#)





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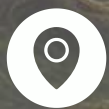
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