

Tapasya

DSPPL



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.

We cover few of them in this edition. More to come in next month.

Krupa Choksi, Rajkot

Technical Content Head & Chief Faculty, CS & MBA Marketing, CEO of Synergetic Business Research ; Reiki master & Trainer (India & Abroad)
Authored books like Holistic Parenting & Personality Development for modern Youth, jointly with Ms. Ashwini Telang



Ashwini Telang, Mumbai

Technical Content Head , Faculty & Monthly magazine chief editor
Psychologist with specialization in Clinical Psychology. Reiki Master conducting training programs in India and abroad, co-author for books Holistic Parenting and Personality Development for modern youth
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Pranjal Joshi, Pune

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



Mrunal Kutumbale, Vadodara

A Commerce Graduate and Reiki healer from Reiki Vidya Niketan, Mrunal has contributed insightful articles to ReikiBrahma magazine and translated them into Gujarati and Hindi. A nature lover who enjoys reading and music.

Yamini Kutumbale, Vadodara

She is a Senior Test Analyst at Civica with 6 years of experience, She specializes in software testing and quality assurance. A Computer Engineering graduate, she is passionate about delivering product excellence. Yamini's love for reading, writing, and traveling reflects her vibrant personality and dedication to growth.



Kalpita Rakesh Vazhayil, Mumbai

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

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Ajit Telang Sir
Our Inspiration!



Nine Steps Reaching to Seven Guardian Angels

Step 05 - The Training



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

Summary

*In a realm where shadows loom and hope flickers faint, **seven children, chosen by fate and divine grace, uncover gemstones of mystical might.** Serendipity binds their hearts, and ancient guardians whisper secrets of the sacred steps. Through trials and tribulations, they tread the spiritual paths, each step a beacon guiding them towards paradise. Their unity, a tapestry of courage and light, weaves a tale of resilience against the encroaching dark. Will their celestial journey and newfound wisdom suffice to banish the shadows and restore the world's delicate balance?*

Continued from previous edition:

Step 05-The Training

Returning to Angkor, they halted at Kaunosrei's house to discuss their next steps. Even though they were together, the atmosphere seemed tense, as if the weight of their mission hung heavily over them. Preal, usually considered a composed person, seemed to be nervously walking back and forth. Seeing him like this, Sarlanha patted his left shoulder. Santep asked curiously, "What's going on? Why do you seem so nervous?" On hearing this, Preal sighed before answering nervously, "Uhm! ... As you all heard the man... that... that man just said... the... power of stones—" before he could complete his sentence,

Kheul interrupted, "Hey Preal! Just chill, man. I know you are afraid of Temnyy Iskatel stealing those stones by hook or crook. Right?" Preal nodded in agreement and asked,





Nine Steps Reaching to Seven Guardian Angels Episode 05 Contd..

“How can anyone chill when danger is taking its toll on us?” Tolyphap responded, “So, are you afraid of losing the stones? Or our lives? What is it?” Preal, in a disgusted voice, said, “Tolyphap! Stop it. I’m not in the mood to deal with this right now.” Kaunosrei and Sarlanha both sensed the denseness of emotions and decided to clear it out. “Tolyphap,” said Kaunosrei, “We’re obviously afraid of losing you more than the stones.” As she spoke, she winked at Sarlanha.

Sarlanha smiled and added with sarcasm, “Oh dear! What’ll happen to us if Tolyphap isn’t around?” Immediately, Tolyphap understood that he was being ridiculed by them and added, “Uhm... You both stay away from me. I...I was just trying to make things lighter, but they got denser. Somto.”

Listening to the conversation, Preal smiled at Kaunosrei and Sarlanha. He understood that they deliberately did this to lighten the atmosphere. And so, he said, “Saum arkoun.”

Kheul asked Amnar, “Did you hear that? Two miracles just happened.” Amnar, in a naughty tone, said, “Yes...Yes... Yes... a triple time Yes. I heard it all. Someone who never used to thank anybody just thanked two girls.” Kheul added, “And someone who never used to say SORRY just said it to those same girls.” Saying so, both giggled. With this, the atmosphere seemed bearable now, though everyone was tense from within.

Preal was still in his thoughts about how they could safeguard the gemstones first. When suddenly Amnar sprung in front of him, stating, “Well, I can see you’re worried about safeguarding the stones, right?” Preal looked at him in astonishment, “How did you know?”

Amnar replied with a teasing smile, “Just guessed it right, didn’t I?” Before Preal could say yes or no, Amnar continued, **“Why don’t we ourselves become gemstones? Because if that happens, the stones shall never be stolen.”**

Tolyphap was astonished on hearing this. He abruptly queried, “So, does it mean we can merge those stones within us? Can we?” Kaunosrei’s eyes glittered as if she knew something more. She politely asked, “Can I say something?” Everyone nodded in acknowledgment while uttering, “Yes, please.” Kaunosrei continued, “Well, do you remember when that evil gang had come to steal?”

Santep said, “Yes... Of course. What about that?”

Taking a deep breath, Kaunosrei recalled those moments when the temple itself responded to



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Nine Steps Reaching to Seven Guardian Angels Episode 05 Contd..

their presence and the power of their stones. “Can you recall? At that very moment, weren’t our bodies glowing with the colours of our gemstones? Uhm! Can you?” Sarlanha’s tensed face turned serene and she inquired, “So, are you saying that the temple had already given us the clue to imbibe the stones in us?”

Preal smiled and his expressions changed to excitement, “Uhm! Oh, okay! ...We’ve got this! ... That’s possible.” Tolyphap and Kheul seemed confused about what was going on. Preal patted their heads affectionately while explaining, “Well, you know gemstones are crystals after all, right?” Tolyphap and Kheul nodded in affirmation. Preal added further, “And do you know our bones are also crystals?”

Kheul, in surprise, asked, **“What? Our bones are crystals?”** Preal composedly affirmed his question and elaborated, “Yes. Our bones are crystals too. So, connecting both with spiritual inclination won’t be a problem at all.”

Amnar, on listening to this, responded, **“Well then, let’s go to the temple.”** As a result, all of them went to the temple and stood, keeping their crystals in front of them. Unexpectedly, from the smoke, Guanyin appeared and asked them to sit in a circle with their eyes closed while he sat in the middle of the circle, guiding them on every step to resonate and imbibe the power of their respective stones. After the whole procedure was done, he instructed them, **“Take a deep breath and breathe out slowly. Make a tiny movement with your fingers and toes. Relax your body, and whenever you feel calm, composed, and complete, slowly open your eyes.”**

But when they opened their eyes, all they could see was only seven of them in a circle. Amnar confusedly asked, “Hey guys! Where’re our stones? And where’s Guanyin? What happened?”

Preal gallingly replied, “Sur-proh! What were we here for, do you remember?” Amnar responded, “Yes. We were here to merge the stones within us. Did it really happen?” Preal further elaborated, “Uhhh...That’s what happened. Guanyin just did it for us. Don’t you get it?”

Sarlanha interrupted their conversation, “Hey Preal, thanks for telling him that way. You should’ve considered one fact that he is the youngest amongst us. He’s only 18.”

On realizing how he responded, Preal instantly apologized for annoyingly responding to Amnar’s query. After which they all unanimously decided to meet again the next day at the temple. Later, they bid goodbye to one another and went to their respective houses.



Science of Learning Part 14

s pranjal joshi

Spiritual practices basically work effectively in managing the subconscious mind helping students in using “tri-gunas” to his / her benefit as per will. It guides the student to lead the Sattva in proportion to Rajas and Tamas to achieve focus or “one pointedness” leading to better results with comparatively much lesser efforts. The ultimate truth is *“The road to academic excellence travels through the corridors of spirituality”*.

But as a student where do we start for achieving this important state of concentration, to achieve academic excellence ?

Based on own experience, following have been proved to be very useful in this endeavor –

Reciting of Stotras, Mantras and participating in daily rituals like performing Pooja - Start with what you are familiar with. If needed take guidance from your parents and teachers. Each of these practices play a definitive role in leading our mind towards the state of concentration. Prayer is the song of the heart sung for praising the supreme consciousness. It help in emotional management. Feeling (Bhaav) is more important than the words and tune. It helps in building the faith. Both fear and faith are related to mind. Remember, it is the faith alone which can conquer the terrible waves of fear.

Chanting of Mantras help in regulating the mind, directing or channelizing the mind energy. Vibrations created by the sound value of words of mantra tunes the mind. Meaning of sholk is necessary but chanting in proper rhythm is vital. Atharvashirsh, Gayatri Mantra are best suited for students. The daily rituals like performing Pooja at home helps in better body-mind synchronization. God is sitting within us, the real power is within us. But it is latent. We need to activate it. All these practices help us in discovering our own hidden potential.

Performing some of these practices as a daily routine definitely helps. Performing it as a fixed schedule, at a fixed time no doubt accelerates the progress of mind towards the state of achieving concentration. This is all experiential science. The magic lies in experiencing it. Unless you do it, you cannot experience it. The life is all about improving ourselves. Knowledge only upon its experience become wisdom. Hours of theoretical discussions on the merits of such practices seldom help. The magic lies in its practice, making it part of our daily routine.

Always remember to do chanting of mantras or stotras by sitting in a comfortable position.



Science of Learning Part 14

Do not engage in chanting of mantras when you are moving, walking, traveling or doing other activities. Only the stable body can help in regulating the ever wandering mind.

You can start with what you are comfortable with, what you like, what your parents or teacher suggest. Ideal time to perform these practices is morning time maximum before 10 a.m., immediately after having a bath and before the breakfast. Till such time, there is natural “satvaa” element active within all of us.

Visiting Temple as a daily practice – Do visit nearby temple, near to your home or school or college. Temples are excellent places to charge oneself with the vibrant energy. These places of worship are real energy centers. Many Sadhaks are performing pooja, archana, reciting of mantras creating a wonderful energy field in and around the temple. Just by visiting such places you get charged up. So do visit temple of your choice, which is convenient to your daily road trip. Daily visit of hardly 5 minutes helps. You can do this anytime during your routine schedule. Although there is no harm in offering flowers, coconut or any other thing. But do remember that the almighty doesn't need all these stuff. You just offer your sincere prayer, heart full thanks for giving this beautiful life and accept the Prasad and the tirth as offered by pujaris.

Visiting temple settles your emotional imbalance, provides you with the tremendous confidence, increases your faith in yourself and boosts your energy levels.

Relax, observe and Imagine - This is another good method to begin our journey on the path of achieving concentration of mind. This is the most comfortable and easy to do activity. You can lie down on your back, relaxing your entire body, closing your eyes, observing the breath and then imagining your study, its progress and your final paper outcome. This is very effective way of guiding mind and allowing it to travel to the exam hall. We can even witness ourselves as sitting in the exam hall and writing the question paper, as if someone else is observing all this situation. The most ideal time to do this is after you have exhausted studying for long hours, or afternoon dull time specifically after the lunch or even night time before you go to sleep. The alert mind focusing on impact of study with relaxed body is the key aspect of this exercise. 10 to 15 minutes of such daily exercise is more than sufficient.

Once you start practicing all of these on a regular basis, you will observe that there is improvement in your overall energy levels, reduction in time span required for completing a particular academic task, increased level of Confidence for attempting the difficult questions or approaching complex topics. This is bound to happen. However continue your practices without any break. The magic lies in continuity. When you feel depressed or down, engage in these practices with more commitment. **See the results for yourself. Do it and experience it.**





Our Attitude decides our Altitude
Every Threat is an opportunity to grow
- Krupa Choksi

Any new situation in our life makes us feel bogged down. We feel situation is out of our control. We will not be able to handle it. Some people just give up by thinking about the situation being too difficult to handle. They do not attempt to solve it and just keep on cursing their fate for getting such situation in life. They forget that the life is for learning. Every situation in life is for our learning.

In life, we need to become like an Eagle. Did you know that an eagle can foresee when a storm is approaching long before it breaks? Instead of hiding, the eagle will fly to some high point and wait for the winds to come.

When the storm hits, it sets its wings so that the wind can pick it up and lift it above the storm. While the storm rages below, the eagle soars above it. The eagle does not escape or hide from the storm; instead, it uses the storm to lift it higher. It rises on the stormy winds which others dread.

When the storm of life or challenges hits us, we can rise above them and soar like the eagle that rides the storm's winds. Don't be afraid of the storms or the challenges in your life. Use it to lift you higher in your life.

Face the situation and you will know it was not that difficult. Remember everything new that we did made us feel nervous. Remember 1st day in our school. We were nervous as we did not know what will happen there. Who will be our friends, how the teacher would be, what we have to learn, we knew nothing and that made us feel nervous.





Our Attitude decides our Altitude Every Threat is an opportunity to grow *Continued...*

We had no reference and that made us feel uncomfortable. We were out of our comfort zone which was at home and for the first time we were on our own that made us feel uncomfortable. But we managed. As the days passed by, we started becoming comfortable and thereafter we started enjoying our school, company of friends and also the learning process.

Similarly, every new situation in life will bring lot of anxiety as there are lot many uncertainties but we should face them like an Eagle. We should be bold enough to accept the challenges of life and when we do that every threat becomes an opportunity to grow.

Today have a look at your life and do the introspection about what are your problems in life. In which area of life you are fearful? Do this introspection and try to work on it. Whatever thing is making you lose your confidence, pay attention to it and you will be able to win over. You may not get success in one go but when you keep on trying you will definitely get success. And when you will get success, you will gain confidence in life and one by one you will be able to resolve all the situations of life.

So do not give up. Convert your weakness into strength and convert every threat into an opportunity to grow in life. When we are honest in our efforts, God always helps us. And remember hard work always pays. So give your 100% and make efforts, you will definitely get the success. This is how all the great personalities have become great. They believed in themselves.

Believe in yourself and the world will be yours!!!





Uttarayan and Surya Siddhanta *continued...*

spiritual activities, new beginnings, and paying homage to the Sun God, Surya. Rituals, charity, and various cultural activities are undertaken to gain spiritual merit.

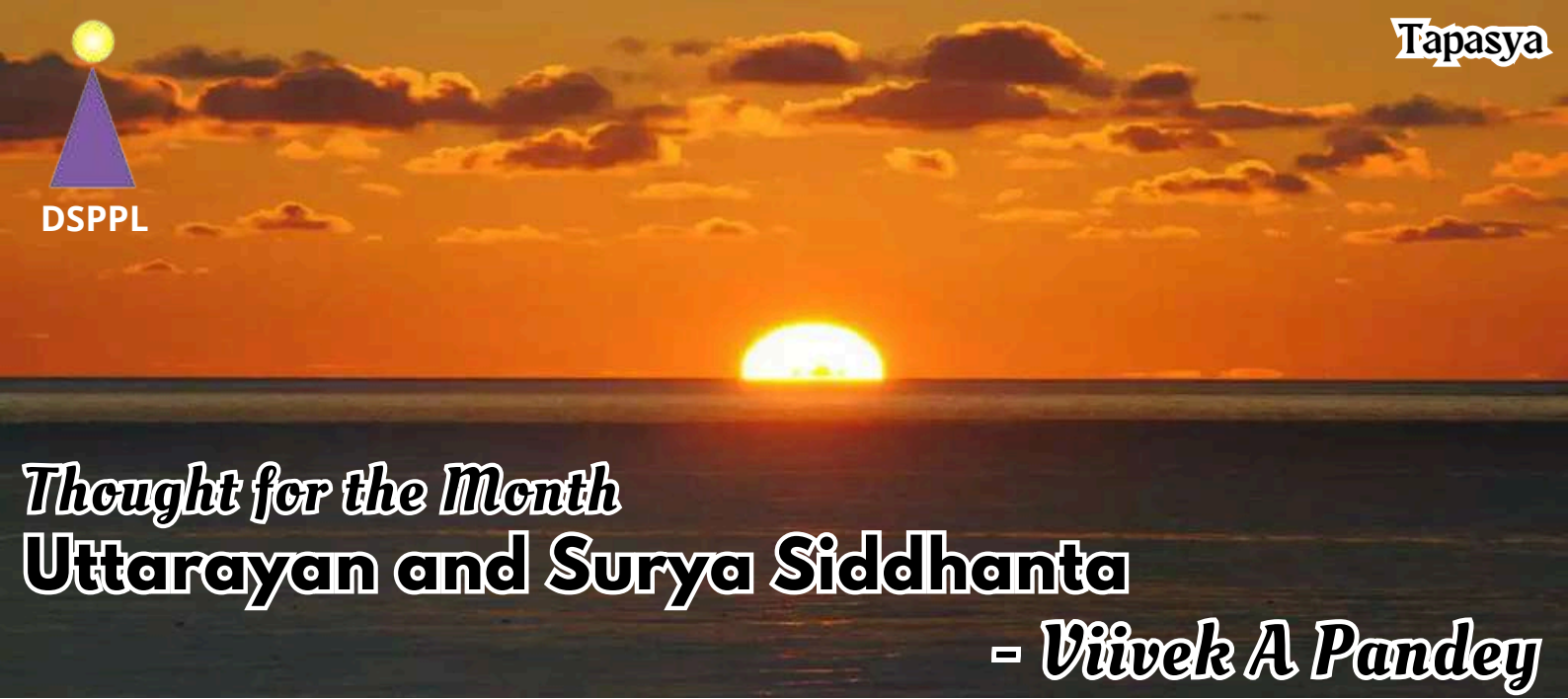
- Southern Hemisphere: Although the physical phenomenon (like the Sun's direction) is reversed, the spiritual practices remain largely similar due to cultural community. However, the spiritual focus might lean towards introspection, preparation for the inner journey during the colder months, or celebrating the harvest's culmination. The spiritual essence of the festival transcends geographical differences, focusing on renewal, gratitude, and community bonding.

Equality in Benefits:

- While the material benefits differ due to the seasonal contrast, the spiritual benefits can be seen as somewhat equal in essence but observed differently. The core spiritual values of gratitude or renewal and community are celebrated, though the context in which these are practiced might vary. In the northern hemisphere it might be the joy of new beginnings, whereas, in the southern hemisphere, it could be the joy or completion or thanksgiving for the harvest.
- In essence, while the material benefits of Uttarayan are not identical due to seasonal differences, the spiritual benefit aims at the Universal themes that can be adapted to any location's cultural and seasonal context. However, the exact experience and emphasis on different aspects of the festival might differ based on where one is located on the globe.

(P.S.: Credits, E Burnes, author of Surya Siddhanta and Neelesh Neelkanth Oak to answer my chats)





Thought for the Month

Uttarayan and Surya Siddhanta

- *Vivek A Pandey*

Dear students of DSPPL

And my young friends,

Uttarayan and Surya Siddhanta

In the field of astronomy, the Surya Siddhanta holds an eminent place much revered both within and outside India. When the British became aware of it, the first thing they did was to take it away and make a transatlantic project out of it. Professors from the UK, US, and France took the task of translating Surya Siddhanta which was written in a cryptic language difficult to decipher. Surya Siddhanta has 14 chapters containing 500 shlokas and is believed to have been originally revealed by the Sun God himself some 200,000 years ago.

Uttarayan, known as Makar Sankranti in some regions, marks the Sun's transition into the zodiac sign of Capricorn, symbolizing the end of winter and the **beginning of longer days in the Northern Hemisphere**. The festival's significance, both materially and spiritually, can vary slightly based on geographical location due to the nature of the Earth's tilt and orbit around the Sun:

Material Benefits:

- Northern Hemisphere: This period signifies the onset of the warmer months, bringing with it agricultural benefits like the start of the harvest season, increased daylight for work, and generally more favorable weather conditions. These tangible benefits are directly linked to the solar cycle.
- Southern Hemisphere: Here, Uttarayan coincides with the approach of autumn, leading into winter. While it doesn't herald the same agricultural or climatic benefits as in the north, it still signifies a time of transition, perhaps focusing on preparation for the colder months, like harvesting what has been grown during the summer.

Spiritual Benefits:

- Northern Hemisphere: The spiritual significance is deeply rooted in the belief that deities and gods are more accessible or active during this time. It's seen as an auspicious period for



Finance Lesson of the Month

THE MONKEY AND THE CAP SELLER STORY

Image Credit



Lessons in Patience and Planning

- CA Amit Dhadphale and CA Ishan Shaligram

Dear Readers,

As we all know, the share market is falling for past few weeks: so we thought of identifying a bedtime story which can help us pass on the right financial principles to the kids from such a story and the story for this month is the famous story of “The monkeys and the cap seller”.

Original Story

Once upon a time, a cap seller was walking through a forest with a bag full of colourful caps. Feeling tired, he sat under a tree and fell asleep. When he woke up, he saw monkeys on the tree wearing all his caps!

The cap seller shouted and tried to scare them, but the monkeys just imitated him. He tried many things like shouting, screaming, showing the stick, but the monkeys kept imitating him. Then he learnt the trick and decided to act smart from the observation that monkeys are imitating him. Now he looked at the monkeys, they too looked at him, then he waived at them and the monkeys followed. Now, he just took off his cap from his head and threw it on the floor and to his happiness, the monkeys imitated him. He acted as if he is going away and the monkeys followed: he returned and collected all the caps happily and went ahead for selling them, learning a valuable lesson in patience and strategy.

Financial Learnings/Takeaways

- **Stay calm and think smart:** When things go wrong, like running out of pocket money, do not panic—think about how to solve the problem.



continued...

Image
Credit



- **Observe and learn:** The cap seller figured out how the monkeys behaved and used it to his advantage. You can observe how you spend your money and learn to save for what matters most.
- **Plan ahead:** The cap seller did not leave his caps behind—he found a way to recover them. Similarly, if you plan your spending wisely, you will never feel like you have “lost” your savings.
- **Do not imitate monkeys:** let them imitate you: On a lighter note, while the market is trying to withdraw funds, sell them at cheaper rates, do not follow the market: stay calm and hold tight and wait for the right point to act.

How Can We Implement These in Our Life?

- Stay calm when you are short on money: Did you spend all your allowance too quickly? Instead of getting upset, think about what you can do differently next time. Start keeping track of your spending and saving goals.
- Be smart with your spending: The cap seller did not act out of frustration—he used his wits. When you see something you want to buy, stop, and ask yourself, “Do I really need this, or should I save for something better?”
- Plan for the future: Divide your pocket money into three jars:
 - Spend jar: For small treats like candies or stickers.
 - Save jar: For bigger things, like a new toy or game.
 - Share jar: To help someone or give a gift to a friend or sibling.
- Learn from what works: If you successfully save enough for a special toy, think about how good it feels! Use that experience to make saving a habit.

Conclusion

The cap seller’s story teaches us that staying calm, thinking smart, and planning can help us solve problems and avoid losing what is important—whether it is caps or your pocket money! So, the next time you feel like you do not have enough money, remember: observe, plan, and act wisely. That is how you become a money-smart kid!

Happy Reading, Happy Learning! PS: Views are personal!





कथाये विनायक की...

- *Mrunal & Yamini
Kutumbale*

पिछले साल हमने गणपति अथर्वशीर्ष का अभ्यास करने का प्रयास किया। गणपति के सभी रूप मनोहारी है। उनके अनंतरूप है, अनंत चरित्र है। उनके चरित्र कथन से, कीर्तन से, सभी सुखों की प्राप्ति होती है। उनके कीर्तन में बड़ी शक्ति है। ऐसा कहा जाता है जहाँ परब्रह्म श्री गणेश का चरित्र गान किया जाता है उस स्थान पर भूत-प्रेत, पिशाचादि नहीं आते। व्याधि से मुक्ति मिलती है। श्रीगणेश के अनेक अवतार हुए उन सबमे आठ अवतार प्रमुख माने जाते है। पहला अवतार है वक्रतुण्ड। श्रीगणेश के मुद्गल पुराणमें इन आठ अवतारोंका वर्णन है।

देवराज इंद्र की भूल से एक भयंकर असुर की उत्पत्ति हुई। उसका नाम मत्सरासुर था। उसे सारे संसार पर धाक जमानी थी। उसने दैत्यगुरु शुक्राचार्य की शरण ली। उन्होंने असुर को भगवान् शंकर की उपासना करने के लिए कहा। उसने वन में जाकर हजारो वर्षों तक बिना कुछ खाये सिर्फ जल पीकर तपश्चर्या की। उसकी कठिन तपश्चर्या देखकर भगवान् शंकर प्रसन्न हुए। उन्होंने असुर को वर माँगने के लिए कहा। असुर ने समस्त संसार पर अधिकार जमाने की इच्छा प्रकट की। भगवान् शंकर तथास्तु कहकर अंतर्धान हुए।

भगवान् शंकर से वर पाकर उसने सभी असुरों को अपने वश में कर लिया। फिर उसने पृथ्वी पर राज्य करने वाले सभी राजाओं पर आक्रमण कर उनके राज्य जीत लिए। विजय से गर्वित हुए असुर ने नागलोक पर आक्रमण कर दिया। नागलोक को जीत लिया। अब उसका साहस बढ़ गया। उसने स्वर्ग पर आक्रमण कर देवताओं को वहा से खदेड़ दिया। मत्सरासुर ने अमरावती पर अधिकार कर लिया। देवराज इंद्र अन्य देवताओंके साथ ब्रह्माजी के पास पहुंचे। उनसे रक्षा करने की बिनती की। उन्होंने कहा, “ देवराज, भगवान् विष्णु ही इसमें आपकी सहायता कर सकते है। ये सुनकर सब भगवान् विष्णु के पास गए। वैकुण्ठ जाकर भगवान् विष्णु से रक्षा करने के लिए बिनती की। भगवान् बोले उसका उपाय तो भगवान् शंकर ही कर सकते है। उन्होंने वर देकर मत्सरासुर को बलशाली बनाया है। सभी देवता कैलास की और चल पड़े। विष्णु , ब्रह्मा आदि देवताओंको देखकर भगवान् शंकर ने उनका यथोचित स्वागत किया और उनके आनेका कारण पूछा। विष्णुने कहा, " भोलेनाथ , आपसे वर



VAKRATUNDA DESTROYED MATSARASURA, THE DEMON OF JEALOUSY



continued...

पाकर मत्सरासुर उन्मत्त हुआ है। समस्त संसार को त्राहि त्राहि कर दिया है। कुछ उपाय कहिये। शंकर बोले, हमें काल चक्रपर विश्वास कर उसके पतन के समय की प्रतीक्षा करनी चाहिए। मत्सरासुरके गुप्तचरों ने यह वार्ता असुर को पहुँचा दी। ये वार्ता सुनकर असुर इतना गर्वित हो गया की जिस भगवान शंकर ने उसे वर दिया उनको ही बंदी बनाने वो चल पड़ा। असुरने कैलाश, ब्रह्म लोक और वैकुण्ठ पर भी चढ़ाई करदी। असुर ने तीनोलोको पर शासन करना प्रारम्भ किया। उधर एक गुप्त स्थान पर सभी देवता एकत्रित हुए। उसी समय भगवान् दत्तात्रेय भ्रमण करते करते वहा आ पहुँचे। समस्त देवताओंने दत्तात्रय को इसका उपाय पूछा। दत्तात्रेय बोले, "परब्रह्म परमेश्वर ही उसका पारिपत्य करने में समर्थ है। तुम उनके वक्रतुण्ड स्वरूप का ध्यान करो " देवताओं की आराधना से भगवान् वक्रतुण्ड प्रसन्न हुए। उन्होंने अपने सारे गणो का स्मरण किया। अपनी सेना को लेकर उन्होंने मत्सरासुर पर आक्रमण कर दिया। मत्सरासुर क्रोधित हुआ। उसने वक्रतुण्ड भगवान् की निंदा की। मत्सरासुरके दो पुत्र "सुन्दरप्रिय " और "विषयप्रिय" युद्धमें मारे गए। यह देखकर असुर व्याकुल हो उठा। उसने देखा की वक्रतुण्ड अत्यंत प्रबल है, जिनका सामना करना मृत्यु को गले लगाना है। वह शीघ्र ही वक्रतुण्ड के शरण में पहुँच गया। उनके चरण पकड़ लिए। भगवान्संतुष्ट होकर बोले , "तू अपनी विस्तारवादी कामना को त्यागकर देवता, नाग सबको इनके स्थान लौटा दे, और सदैव मेरी भक्ति में लीन रहना।" मत्सरासुर ने यह स्वीकार किया। सभी देवताओं को विश्वास दिलाकर भगवान वक्रतुण्ड वहा से अंतर्धान हो गए।

हमारे अस्तित्व में भी ये विकार नित्य निवास करते है। काम, क्रोध, मद , मोह , लोभ मत्सर इत्यादि। ये भी असुर ही है। ये हमारे भीतर है। हमारे भीतर ये दैत्य है तो इनका विनाश करनेवाले देव भी है। ये हमपर निर्भर है की हम किस शक्ति को जागृत करते है। बाहर के असुरों से हम लड़ सकते है। पर अंदर के असुरो को बाहर निकालना कठिन होता है। इसलिए विनायक के इन अवतारों की आराधना से हम इन आसुरी ताकतों पर विजय पा सकते है। फरवरी महीने में आनेवाली श्री गणेश चतुर्थी (विनायक चतुर्थी) की आप सब को हार्दिक शुभकामना ! जय गुरुदेव





CONSTITUTION OF INDIA

- **Kalpita Rakesh**

Understanding Constitution - Article 13

Article 13 of the Indian Constitution says that if someone tries to make a law that takes away your rights, that law won't work. It's like a rulebook that protects your **Fundamental Rights** and says that no one, not even the government, can make unfair laws that hurt your rights. If any law like that is made, it will be canceled or considered invalid

Let's understand this with the help of a story

Characters:

- **Arya:** A smart 10-year-old girl
- **Rohan:** Arya's older brother
- **Sam:** A mischievous kid who wants to win no matter what.
- **The Racers:** A group of kids from the neighborhood.

At Rainbow Park, the kids gather to run a fun relay race. Arya and Rohan explain the rules carefully:

Arya: "Each team will have three racers. You run from this tree to the big rock and back. When you get back, the next teammate starts. The first team to have all three racers finish wins!"

Rohan: "But here's the important part: you have to run the whole distance yourself. No shortcuts, no switching lanes." The racers nod in agreement. Each team lines up excitedly.

As the race starts, Arya's team is in the lead. But Sam, who hates losing, decides to change the game. When it's his turn, he whispers to his teammates:

Sam: "We don't have to follow all the rules. I'll take a shortcut behind the trees and finish faster. That's our new rule." Sam sneaks through a hidden path and finishes ahead of everyone else. His team suddenly jumps to first place, and the other kids look confused.

Arya's teammate, Lily, is upset because she followed the rules and ran the whole distance.

Lily: "That's not fair! We all agreed to run the full course. How can Sam just make up a new rule?"



Understanding Constitution Part 4 (Articles 13)

The kids start arguing, and some of them even stop racing. They feel like the game isn't worth playing if the rules keep changing.

Arya and Rohan decide to talk to Sam about his shortcut.

Rohan: "Sam, the rule was clear: no shortcuts. If you make new rules that only benefit you, it ruins the game for everyone else."

Arya: "This is like making a bad law that takes away people's rights. If you change the rules in the middle of the game, it's not fair to anyone."

The other kids agree, and they gather to oppose Sam's new rule.

Lily: "We want to race where everyone has the same chance to win. Let's go back to the fair rule we started with!"

Realizing that no one wants to play under his new rule, Sam feels guilty.

Sam: "Okay, I get it. I'll follow the original rule and run the whole course next time. It's no fun winning if no one else is playing."

The race restarts with the original rules. This time, everyone follows the same path, and the race is exciting again.

After the race, Arya and Rohan talk to the group.

Arya: "This is just like Article 13 in the Constitution. It says that if anyone makes a bad law that takes away our rights, that law isn't valid."

Rohan: "Exactly! Just like in this race, unfair rules don't count. Article 13 protects us from unfair laws, making sure everyone gets a fair chance."



जीवन का सत्य - Saurabh Malpani

एक व्यक्ति आध्यात्मिक ज्ञान की आशा में एक संत के पास पहुँचा। संत ने उसे एक राजा के पास जाने को कहा। वह व्यक्ति राजा के पास पहुँचा। राजा उसे अपने दरबार में ले गए। वहाँ का दृश्य देखकर वह व्यक्ति दंग रह गया। वहाँ नर्तकियाँ नृत्य कर रही थीं। लोग बैठकर मदिरा का सेवन कर रहे थे। वह घबराकर राजा से बोला- महाराज, मैं गलत जगह आ गया हूँ। अब यहाँ मैं एक पल भी नहीं रुक सकता। मैं तो कुछ जिज्ञासा लेकर आया था पर आप तो स्वयं ही भटके हुए हो तो मुझे क्या मार्ग दिखाओगे??

राजा ने कहा- मैं भटका हुआ नहीं हूँ। आपने मेरा बाहरी रूप देखा है। आंतरिक देखोगे तो शायद आपकी राय बदल जाएगी। आप एक दिन रुक जाएँ। वह व्यक्ति वहाँ रुक गया। उसे एक शानदार कमरे में ठहराया गया। उसमें काफ़ी गद्देदार बिस्तर लगा था। वह व्यक्ति सकुचाता ही सही उस पर सोया। तभी उसकी नज़र ऊपर की ओर गई। एक चमचमाती तलवार ठीक उसके सिर पर एक सूत से लटकी थी। अचानक उसके मन में ख्याल आया कि अगर धागा टूट गया तो.....?? वह रात भर इस चिंता में सो नहीं पाया।

सुबह राजा खुद उसके कमरे में पहुँचे। उन्होंने पूछा- अच्छी नींद आई न? इस पर उस व्यक्ति ने कहा- क्या खाक नींद आती?? आपने तो ऐसी तलवार टाँग रखी है कि नींद उड़ गई। रात भर यही सोचता रहा कि अगर यह गिर जाएगी तो क्या होगा। इस पर राजा ने मुस्कराकर कहा- इसी तरह मौत की तलवार मेरे ऊपर टँगी रहती है। मेरे सामने बहुत सी चीज़ें रहती हैं पर मेरा ध्यान तो मृत्यु पर रहता है। क्योंकि जीवन का अटल सत्य ही मृत्यु है। कोई जल्दी तो कोई देरी से मगर मृत्यु को प्राप्त होगा। इस संसार में तो ऐसा कुछ नहीं जो नश्वर न हो! अगर हर व्यक्ति यह मानकर चले कि सब कुछ होने के बावजूद भी मृत्यु ही जीवन का सत्य है तो वह किसी भी चीज़ में लिप्त नहीं होगा, लोभी तथा स्वार्थी नहीं बनेगा, बाहरी सुंदरता और छलावे में नहीं फँसेगा, सदैव उचित धर्म का वहन करेगा और खुदेके एवं परिजनों के कल्याण के बारे में सोचेगा, नहीं? इसीलिए जाओ और अपने लक्ष्य को ढूँढो, जन्म लेने के उद्देश्य को खोजो क्योंकि उसी हेतु हम सभी ने जन्म लिया है!



शांति की खोज

- जयंती काटदरे

कई दिनों के बाद रीना उसके गांव के घर दादा दादी के साथ रहने आई थी। वहां के वातावरण में जो एक प्रकार की शांति थी वह उसे महसूस हो रही थी। छुट्टी होने के बावजूद भी उसका देर तक सोने का मन नहीं हुआ। जब घर के बाहर बगीचे में वह घूम कर आई तो उसे बहुत ही अच्छा लगा। वहां की ऊर्जा अलग ही थी। उसका मन बार-बार उसके शहर के लाइफस्टाइल के बारे में सोचने लगा था। वहां की भाग दौड़, एजुकेशन, जॉब्स, सैलरीज लक्जरीस होम्स, कंपर्ट्स, फैसेलिटीज यह सब होने के बावजूद भी यहां की शांति वहां क्यों नहीं होती है? यह प्रश्न उसके मन में आने लगा था। गांव में तो इतने फैसेलिटीज भी नहीं होते हैं, फिर भी यहां के जीवन में जो समाधान है उतना शहरों में क्यों नहीं मिलता?

वह घर के अंदर दादी के पास गई। उस समय दादी चूल्हे पर भाकरी सेक रही थी। दादी ने पूछा, "आज सुबह से देख रही हूं तुम कुछ खोई खोई सी नजर आ रही हो। कुछ प्रॉब्लम है क्या?" "नहीं दादी, प्रॉब्लम तो नहीं है। सिर्फ शहर वाली और गांव वाली लाइफस्टाइल की तुलना कर रही हूं। सोच रही हूं कि दोनों में बेहतर क्या है। दादी ने कहा, "ऐसे क्यों? कुछ लोगों को शहर पसंद होता है, तो कुछ लोगों को गांव। अपने-अपने जरूरतों को और अपेक्षाओंको नजर रखकर हम तय करते हैं कि कहां रहना है।"

"हां दादी वह तो है, रीना ने गंभीरता से कहा। पर ऐसे मुझे क्यों लगता है कि मेरे जिंदगी में खुशियां - शांति कम और भाग दौड़ ही ज्यादा है? कुछ ना कुछ पूरा करने के लिए हम शहर के लोगदौड़ते ही रहते हैं। मैं भी तो वही करती हूं।"





शांति की खोज

continued...

"पर तुम किसके लिए दौड़ती रहती हो? खुद के लिए ही ना? तो फिर यह नाराजगी क्यों है?" "हां दादी पर ऐसा शांति भरा जीना भी तो चाहिए ना! सुख सुविधाओं भरा जीवन पाने की इच्छा में शांति भरा जीना ही खो देते हैं।" तो दादी ने कहा, "अगर तुम खुद वह लाइफस्टाइल छोड़ना या फिर बदलना नहीं चाहती हो तो बदलाव आएगा कैसे?" "दादी हम अभी यह सब छोड़ तो नहीं सकते हैं ना?" "लगता है शायद भगवान मेरे नसीब में शांति भरा जीना लिखना ही भूल गए हैं।"

यह सुनकर मुस्कुरा कर दादी ने कहा, "बेटा हर वक्त सिर्फ छोड़ना ही जवाब नहीं होता है | देख जब मैं यह भाकरी गर्म तवे पर डालती हूं तब उसके एक बाजू में जलता हुआ तवा होता है तो दूसरे बाजू में हाथ से लगाया हुआ ठंडा पानी। अगर हमारी भाग दौड़ भगवान ने लिखी हुई है तो वह दूसरे बाजू में शांति भरा हाथ भी देते ही है।" अगर हमें शांति चाहिए तो, या तो हमें कुछ चीजों को छोड़ने की या फिर बदलने की तैयारी रखनी है या फिर पूरी श्रद्धा के साथ यह ढूंढना है कि शांति भरा हाथ कहा है। और विश्वास रखना है कि यह सब हमारा दर्जा बढ़ाने के लिये ही हो रहा है | हमारा ये जीवन हमने ही तों मांगा है, बनाया है तों अगर हम चाहे तों उसे बदल भी सकते हैं ना?



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Brushing your Teeth

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Brushing your teeth might seem like a simple daily task, but did you know that physics plays a big role in keeping your teeth clean and healthy? Let's take a closer look at how science is involved in this everyday routine.

1. The Motion of Brushing: Mechanics at Work

- **What Happens?** - When you move your toothbrush back and forth, the bristles rub against your teeth, creating friction to remove plaque, food particles, and bacteria.
- **Physics Behind It** - Friction is the force that opposes motion between two surfaces. In this case, the bristles create enough friction to scrub your teeth clean.
- **Visual Idea** - Show a toothbrush with motion lines and arrows highlighting the back-and-forth action, along with a close-up of bristles creating friction.

2. The Role of Fluids: Water Flow

- **What Happens?** - When you rinse your mouth with water, the flowing liquid helps carry away loosened debris and toothpaste foam.
- **Physics Behind It** - Fluid Dynamics explains how liquids move. The speed of the water and the way you rinse your mouth affects how effectively debris is removed.
- **Visual Idea** - Illustrate water swirling in a mouth with arrows showing the flow of water carrying away debris.

3. Toothpaste Action: Spreading Evenly

- **What Happens?** - Toothpaste spreads over your teeth, thanks to its sticky and smooth texture. It also contains tiny abrasive particles that polish your teeth gently.
- **Physics Behind It** - Surface Tension helps toothpaste stick to your teeth and spread evenly, ensuring all areas are cleaned.
- **Visual Idea** - A magnified view of toothpaste spreading over teeth, with labels showing "surface tension" and abrasive particles polishing the enamel.



4. Angle of Brushing: Torque and Leverage

- What Happens? - Dentists recommend holding your toothbrush at a 45-degree angle to your gums. This ensures that both the teeth and gums are cleaned effectively without causing damage.
- Physics Behind It - Torque is the force that causes rotation. The handle of the toothbrush acts as a lever, and the right angle maximizes efficiency.
- Visual Idea - A diagram of a toothbrush at a 45-degree angle, with arrows indicating the forces applied and torque generated.

5. Water Clinging to Bristles: Adhesion and Cohesion

- What Happens? - When you wet your toothbrush, water droplets cling to the bristles. This is due to two forces: adhesion and cohesion.
- Physics Behind It:
 - Adhesion causes water to stick to the bristles.
 - Cohesion keeps water molecules together in droplets.
- Visual Idea - A close-up of water droplets on bristles, with labels for adhesion and cohesion.

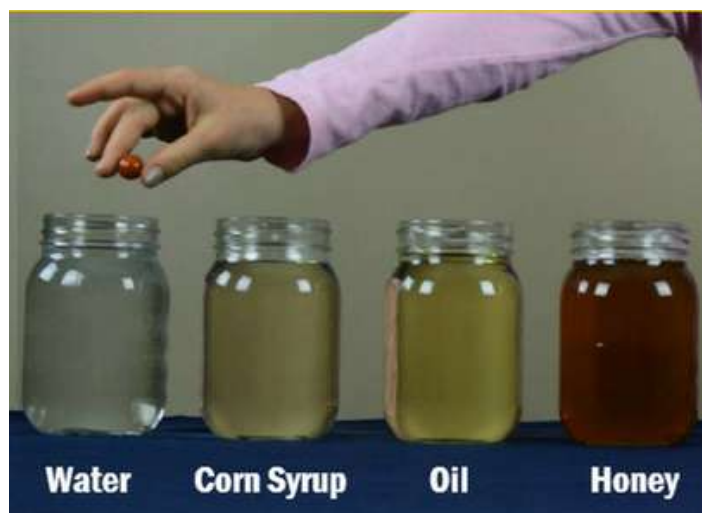
Why Physics Matters

Brushing your teeth isn't just a chore—it's a practical application of physics! By understanding how forces, motion, and fluids work, you can appreciate the science behind keeping your teeth clean and healthy.

SCIENCE

EXPERIMENT-02

- **Saurabh Malpani**



APPARATUS: 4 clear jars of the same size, 4 marbles, Water, Vegetable oil, Corn syrup, Honey, Stopwatch.

PROCEDURE:

1. Pour water, vegetable oil, corn syrup & Honey one in a jar each.
2. Drop 1 marble in jar containing water and note the time required for that marble to reach the bottom of that jar.
3. Repeat step number 2 for jar containing cooking oil, corn syrup & Honey.
4. Marble requiring least time to reach the bottom is the liquid having least viscosity whereas the one requiring maximum time is the most viscous liquid.

Principle: Viscosity is defined as the resistance of a liquid to flow. Liquids that have a LOW viscosity flow quickly (ie. water, vegetable oil). Liquids that have a HIGH viscosity flow slowly (ie. honey, corn syrup). Viscosity can also be defined as a measure of how “thick” a liquid is. The more viscous (or thick) a liquid is, the longer it will take for an object to move through the liquid.

HOMEWORK: Which fluid is more viscous Milk or Grease or Ghee?? Write both your observations and email it to us on: info.dsppl@gmail.com



DSPPL Events

Program on "Riding the wave of New Generation" on 18-January 2025



Program on "Riding the wave of New Generation" was organised by NMV 1995 Batch at Dnyanada Prathishtan Pune. 40 parents attended this program. Everyone appreciated the theme, contents and validated the research findings. All of them expressed willingness to attend such kind of programs and also showed interest for participation in the students program.



DSPPL Events

Ram Raksha Chanting classes in 2 batches
from 13-21 January 2025



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DSPPL is happy to announce -



Online Class for Ram Raksha Chanting with Meaning

 <p>Batch 1 Evening 4.00 pm to 4.40 pm</p>		 <p>Batch 2 Night 8.00 pm to 8.40 pm</p>
<p>13th January To 21 January 2025</p>		

Celebrating 1 year of sthapna of Ram Mandir at Ayodhya, Sadhaks participated enthusiastically in learning to chant Ram Raksha. In the program arranged in groups by DSPPL, total 55 participants took part.



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