



# Tapasya



Transition from Information to  
Knowledge to Experience to  
Wisdom (IKEW)

*All the best  
for the exams  
to all our  
students!*



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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**Ajit Telang Sir  
Our Inspiration!**





# The Art of Accomplishment: 6 (Six) Principles from Vedanta

## Dr. Prasad Kaipa

A seasoned scholar and practitioner, has dedicated over three decades to integrating Indic wisdom with Western leadership and neuroscience models. He has a Ph.D. in Physics from IIT Madras. Prasad transitioned to leadership area in 1990 and taught at institutions like the Indian School of Business, USC and Saybrook University and was a CEO coach in US and India.

He co-founded the Institute of Indic Wisdom, focusing on transformative leadership programs that merge ancient insights with modern management frameworks. His books *From Smart to Wise*, *Discontinuous Learning*, and *You Can Be Smarter*, along with numerous articles, talks, and blogs, are widely available online. You can reach him at via email at [prasad.kaipa@gmail.com](mailto:prasad.kaipa@gmail.com)



In my work with organizations, I have found that the following six principles derived from Vedanta are quite helpful in coaching executives to achieve success and fulfill their dreams. Below is a brief commentary on each principle. The best way to learn more is to practice them. If you have any questions or comments, please feel free to email me at [prasad.kaipa@gmail.com](mailto:prasad.kaipa@gmail.com)—I would be happy to hear from you!

The six principles are:

1. Clarity of Intention
2. Awareness of Self and One's Surroundings
3. Empathy for One Another
4. Appreciation for One Another and for What You Receive
5. Stretching Beyond Your Own Limits
6. Letting Go of What Does Not Work and of Old Mindsets



# INTENTION MATTERS

## The Art of Accomplishment: Six Principles from Vedanta continued...

These six interdependent principles form a cycle. When you follow this cycle, you develop new competencies and reach higher levels of success. The essence of Vedanta is self-knowledge; the more you practice these principles, the more deeply you come to know yourself.

### 1. Clarity of Intention

Many of us have a vague sense of what we seek when embarking on a project, yet we often lack clarity about our precise goals or how to measure success if we achieve them.

Intention is critical to achieving success. For example, in India, during prayers or special religious ceremonies such as the *Śrī Satya Narayana Pūjā*, we begin with a **saṃkalpam** meaning “intention.” We pray for our wishes (puruṣārthas) such as dharma, artha (money), kāma (desires), and mokṣa (spiritual freedom) to be fulfilled, or even for the benefit of society and the world (*loka kalyāṇārtham*).

Without a clear intention, our focus shifts erratically from one desire to another, leading to confusion (vikalpa). A crystal-clear intention, however, lays the groundwork for genuine accomplishment—even if general aspirations are met, the sense of fulfillment may remain elusive without specificity.

#### How to Increase Clarity:

Ask yourself:

- What is it that I truly want? What evokes passion and joy in my heart?
- How passionately do I feel about it?
- What am I willing to sacrifice to achieve this goal?
- If I have multiple intentions, which should I prioritize first?

These questions help surface your underlying assumptions and passions, allowing you to prioritize your intentions and actions. While a clear intention does not guarantee success, it aligns your head, heart, and gut, increasing the likelihood that your actions will lead to the desired results. Continuous practice (abhyāsa) is essential to maintaining focus on your objectives.





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*From the Guest Editor's Pen*

Tapasya

# AWARENESS

## The Art of Accomplishment: Six Principles from Vedanta continued...

### 2. Awareness

Swami Vivekananda exhorted us with the timeless Sanskrit verse from Kathopanishad:

उत्तिष्ठत जाग्रत प्राप्य वरान्निबोधत् *Uttiṣṭhata jāgrata prāpya varānnibodhata*

(Arise, awake, and stop not till the goal is reached.)

This verse not only inspires action but also underscores the importance of awareness—both of the self and the environment. Awareness distinguishes the living from the inert, and self-awareness distinguishes human beings from lower forms of life. We develop awareness in two dimensions: one concerning the self and the other concerning our surroundings. These aspects are as inseparable as the front and back of your hand. As we are shaped by our families, society, and environment, deepening self-awareness helps us understand both what we are and what we are not.

Vedanta presents the four mahāvākyas—great sayings that reveal the nature of the self and Brahman from four Upanishads connected with the Four Vedas:

- Prājñānam Brahma (Sanskrit: प्रज्ञानं ब्रह्म) – “Consciousness is Brahman.” This is a defining statement (*lakṣaṇa vākyam*).
- Ahaṃ Brahmāsmi (Sanskrit: अहं ब्रह्मास्मि) – “I am Brahman.” This is an experiential proclamation (*anubhava vākyam*).
- Tattvamasi (Sanskrit: तत्त्वमसि) – “Thou art that.” This teaching is passed on by gurus (*upadeśa vākyam*).
- Ayam Ātma Brahma (Sanskrit: अयम् आत्मा ब्रह्म) – “This Self is Brahman.” This insight reveals the non-dual nature of the self and the Absolute (*anusandhāna vākyam*).

These sayings guide us toward inner awareness and remind us that we are not separate from the world. In our lives developing such awareness can help bridge generational and cultural divides, fostering curiosity and openness in our relationships.

### Practical Application:

Suppose your dream is to launch a software company and take it public within three years. While your goal is clear, you must understand customer needs, competitor dynamics, and market trends. Assess your strengths and weaknesses, build a complementary management team,



# EMPATHY

## The Art of Accomplishment: Six Principles from Vedanta continued...

and work relentlessly. Self-awareness, combined with an understanding of your environment, transforms possibilities into realities.

Awareness is dynamic—it requires vigilance (*jāgrti*) against complacency. Regular self-reflection, journaling, and tuning in to bodily signals (noticing tension, excitement, or discomfort) can enhance your ability to reassess your progress and realign your efforts.

### Obstacles to Awareness:

Patanjali, the exponent of the Yoga Sutras, identifies five mental processes that hinder awareness:

- Our own expectations and standards (*pramāṇa*)
- Misidentified or incorrect knowledge (*viparyaya*)
- Imagination (*vikalpa*)
- Sleep (*nidrā*)
- Memory (*smṛti*)

While sleep and faulty memory are straightforward, Patanjali cautions us that rigid standards, incomplete knowledge, and uncontrolled imagination can lead to pride or negligence—hindrances to true awareness. In this context, laziness becomes the greatest enemy of success.

### 3. Empathy for One Another

While clarity and awareness set us on the path to success, empathy and compassion secure the support of others. Both the *Śrīmad Bhāgavad Gītā* and Patanjali's *Yoga Sutras* extol the virtues of friendliness (*maitrī*) and compassion (*karuṇā*). When you begin to see yourself in others and genuinely feel for them, empathy becomes the foundation of emotional intelligence.

### Key Aspects of Empathy:

- “Walking in another’s shoes” requires an imaginative engagement with the other’s experience.
- Empathy builds lasting relationships—not mere networking—by fostering deep trust and mutual respect.
- Deep listening, which goes beyond mere words to capture underlying meanings, is essential for nurturing these connections.

By showing genuine kindness instead of harshness, you lay the groundwork for creative partnerships and resilient relationships that thrive even in turbulent times.



## The Art of Accomplishment: Six Principles from Vedanta continued...

### 4. Appreciation for One Another and for What You Receive

Empathy opens the door; appreciation welcomes you in. Even when empathy is abundant, our tendency to focus on faults can overshadow genuine acknowledgment. Vedanta advises us to speak truths that are pleasing and to withhold those that hurt. A well-known adage from Manu Dharma Sastra is:

सत्यं भूयात्, प्रियं भूयात्, न भूयात् सत्यमप्रियम् *Satyam bhūyāt, priyam bhūyāt, na bhūyāt satyamapriyam*

(Let truth be told, create a context to be pleasing (before you share the truth), but don't share the truth when it is going to be unpleasant.) The other lines that are not quoted say that 'do whatever but do not lie.'

This injunction does not advocate dishonesty but rather encourages people to pay attention to the context and consciously create a space in which others could listen to truth and benefit from it. One can only appreciate others to the extent that one appreciates oneself. So, appreciation is also about self-acceptance. We rarely appreciate who we are and what we receive, yet self-acceptance accelerates the process of self-development.

#### How Does One Practice Self-Acceptance?

- Make it a ritual every day to acknowledge something positive you have done or a contribution you have made to others.
- Even if the work has not yet produced the desired result, appreciate the steps you have taken so far.
- Similarly, appreciate what others have done, even if their results are not immediately visible.
- Be authentic when you offer feedback; then both parties can discuss how to improve efforts and achieve results later.

Appreciation is not mere flattery but a genuine acknowledgment of one's contribution. Look for something nice in every person you encounter—don't just make it up. Look into their eyes when you express your appreciation, and observe the positive impact it has.

Research suggests that acknowledging others not only boosts their happiness but also fosters reciprocity, enhancing overall morale and productivity. Expressing appreciation—whether for a person's actions or intrinsic qualities—honors their contribution and reinforces a positive environment.



# KEEP GOING

## The Art of Accomplishment: Six Principles from Vedanta continued...

The *Brahmananda Vallī* section of the *Taittirīya Upanishad* emphasizes that joy is the essence of Brahman, linking appreciation with self-acceptance. By cultivating a daily ritual of self-acknowledgment and positive feedback, you set the stage for continuous personal and professional growth.

### 5. Stretching Beyond Your Own Limits

We often operate on autopilot under the influence of *Māyā*, becoming comfortable with what we call “karma theory.” When we face failure, we tend to dismiss it as simply our karma and move on. However, if we do not learn from our failures and take actions that stretch us beyond our comfort zones, we fail to exercise our free will (*svēcchā*)—a term derived from *sva* (self) and *icchā* (desire). This is where our intentions translate into action.

When we operate in “stretch mode,” we tap into deep creativity and passion. Without such passion, we would never attempt to push our boundaries. Success is reserved for those who are passionate, intentional, self-aware, empathetic, and appreciative of themselves and others—and who are willing to stretch beyond their perceived limits. This principle is fundamentally about risk taking.

People naturally resist taking risks and facing failure because our culture fixates on the end result. We do not readily accept or appreciate failure, and each setback can create mental blocks that impose self-limitations. Often, these boundaries are self-imposed—even though we might be quick to blame external factors. By choosing to stretch even when it is uncomfortable, we begin to break down these barriers and discover untapped potential. Moreover, when we know we are appreciated and not harshly judged, it becomes easier to take these risks.

Curiosity, genuine inquiry (as opposed to inquisition), empathy, and appreciation provide the impetus and support necessary for stretching beyond one’s limits and exploring new possibilities. Both aspiration and, at times, even desperation can serve as strong motivators.

#### How to Practice This Principle:

- Actively seek opportunities to learn and to be vulnerable.
- Be willing to fail, look foolish, and ask questions instead of making assumptions.
- Practice speaking the truth, even when you are unsure of all the implications.







# LET IT GO

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## The Art of Accomplishment: Six Principles from Vedanta continued...

- Recognize that by modeling this behavior, you encourage others to stretch their own limits
- Create an environment of nurturing and care where others feel safe enough to let their guards down and discover that they are capable of much more than they imagined.

### 6. Letting Go of What Does Not Work and of Old Mindsets

Krishna advises Arjuna in the Bhāgavad Gītā to practice (abhyāsa) and to cultivate detachment (vairāgya). This does not mean giving up, but rather releasing attachment to outcomes while maintaining wholehearted effort. While the previous five principles bring you to the threshold of success, it is crucial to know when to let go of outdated approaches and mental blocks.

#### The Art of Letting Go:

- Letting go means engaging in the process without being fixated on the results, thereby freeing yourself from anxiety.
- Top athletes, for instance, set high goals yet detach from the outcome, allowing them to perform at their natural best.
- Flexibility in judgment—the ability to discern what to retain versus what to release—is key to sustained success.

Letting go is not about abandonment; it is about creating the freedom to act responsibly within what you can control, ultimately leading to a more fulfilling and accomplished life.

#### The Cycle of Six Principles

Intention sets your direction and focus; awareness provides the insight and intelligence to pursue your goals. Empathy builds the relationships that support you, and appreciation fuels motivation and productivity. Stretching beyond perceived limits promotes growth, while letting go of what doesn't work ensures that you remain unburdened by past failures. As you succeed with one cycle, it is time to return to clarifying your intentions—continuously renewing the process.

I believe that these six principles encapsulate the essence of Vedanta. With dedicated practice and self-awareness, they can lead not only to success but also to profound self-discovery.



# Nine Steps Reaching to Seven Guardian Angels

## Step 06 - The Final Assault



- 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 06 - The Final Assault

Next day, as decided, all of them gathered at the temple and started referring to the old scrolls as to how they could possibly train themselves to get a better hold over their newfound powers. Few of the scripts had some symbols and drawings that explained the usage.

Kheul abruptly jumped with joy for finding those scriptures. "Yes! We've got it." he said. Sarlanha, Kaunosrei, and Tolyphap who were searching for scrolls suddenly ran to where Kheul was. "Let me see." mentioned Kaunosrei. Kheul handed over the scroll to her and she studied it closely then passed it to Sarlanha and Tolyphap.

While both of them were going through it, Amnar and Preal also started peeping in between. Sarlanha sighed and said, "What are you two doing over our heads? Can't you just wait? I would have passed it to you."





## Nine Steps Reaching to Seven Guardian Angels Episode 06 Contd..

Preal mischievously said, "Oh! I was just trying to get along with Amnar. You know he's the youngest." Tolyphap giggled on hearing this. Looking at their reactions, Sarlanha covered her emotions and said, "Okay. I get it. Thanks for being so considerate."

Santep swiftly stood up and caught everyone's attention. He then demonstrated some the postures from the scrolls. Everyone keenly observed his movements. Looking at him interpreting in such an efficient way made everyone feel proud.

After this, they all started practicing whatever was depicted in the scripts.

Once they felt that they were ready with their strengths, their sense of purpose grew stronger. They once again vowed to protect the world from the looming threat. Since they didn't need to use their energies to protect the stones anymore, they had only one focus now. And that was to safeguard the future of the world...

Though, Temnyy Iskatel's shadow loomed over them, they appeared to be well prepared to face whatever challenges lay ahead, united, and strong.

One fateful night, they received a message from an old monk who had once given Santep his stone. As they opened the letter to read what was written. Preal read the following words:

**“तेम्नी इस्कातेल अन्तिम युद्धाय योजनां करोति। आगच्छ शिक्षायां यत्र प्रथमं मिलितवन्तः स्मः। त्वं रत्नानि असि।”**

Sarlanha and Tolyphap had taken Sanskrit as third language in their High Schools. And so, they translated it for others. Sarlanha said, "It seems that Temnyy Iskatel is planning the final assault." Tolyphap seemed to be stunned for a moment after reading the last line. He grasped for words and finally uttered, "The monk also seems to know that the stones are inside us. H...how is it possible?" Sarlanha continued, "Besides, he has offered to teach them some lessons to stand up for us and ambush our enemies while at war. Shouldn't we accept it?"

Everyone agreed to learn some lessons from the monk. And so, they went to the temple where he was first seen at the middle tower by the buddha idol. As soon as they reached there, they heard bells ringing and saw the monk arrive. He trained them for several days there from dusk to dawn so that they could maintain the regular schedules as well. Amnar, Kheul and Santep being younger than Sarlanha, Kaunosrei, Preal, and Tolyphap picked up the lessons faster and were quick even during the practice.






## Nine Steps Reaching to Seven Guardian Angels Episode 06 Contd..

The monk's training was rigorous and comprehensive, designed to hone their abilities and prepare them for the final confrontation with Temnyy Iskatel. Each day, they delved deeper into the ancient scrolls, uncovering secrets that would enhance their powers and unity. For the first 2 weeks, the monk emphasized the importance of working together as a cohesive unit. He taught them exercises that required precise coordination and mutual trust. They practiced synchronized movements and attacks, learning to anticipate each other's actions and support one another seamlessly.

The following 3 weeks, they learned one of the key lessons that sharpened their senses, particularly their hearing. The monk blindfolded them and had them navigate through the temple using only the sound of a bell. This training heightened their awareness and enabled them to detect subtle movements and sounds, crucial for identifying hidden threats.

They practiced focusing their minds and using their inner strength to dispel illusions, in the next 3 weeks. This involved meditation and exercises that strengthened their mental fortitude. The monk designed this specifically and trained them to see through these deceptions as he had known that Temnyy Iskatel would use illusions to deceive and divide them.

Later, the monk taught them advanced techniques to control and channel their energies for about 2 weeks. They learned to harness their powers more efficiently, directing their energy to enhance their physical abilities, heal wounds, and create protective barriers. This training also included exercises to balance their energies, ensuring they remained calm and focused even under pressure.





## Nine Steps Reaching to Seven Guardian Angels Episode 06 Contd..

Furthermore, he shared ancient combat techniques and strategies that had been passed down through generations in their 12th week of their learning. They practiced various forms of martial arts, weapon handling, and defensive manoeuvres for about 3 weeks. The monk also taught them how to exploit their enemies' weaknesses and turn the tide of battle in their favour.

They then learned to channel their feelings into positive energy, using their emotions as a source of strength rather than a vulnerability. These 3 weeks of training helped them remain composed and determined, even in the face of overwhelming odds.

Last five weeks, the monk emphasized the importance of their spiritual connection to the stones within them. Through meditation and rituals, they deepened their bond with their inner qualities – that were governed by gemstone within them – unlocking new powers and insights. This spiritual connection also provided them with guidance and clarity, helping them stay true to their mission.

After 21 weeks of intense training, the group felt more united and powerful than ever before. They were ready to face Temnyy Iskatel, armed not only with their newfound skills but also with an unbreakable bond of trust and fellowship. The group went to Siem Reap in order to set out to confront Temnyy Iskatel.



### ***Dip. SAC Ashwini Telang, Mumbai***

Technical Content Head , Faculty & Monthly magazine chief editor  
Dip SAC and NCFE Certified Industrial Psychologist and transactional analyst 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 Managing Partner- Synergistic - a Business Research firm





# PREPARE

## Science of Learning Part 15 - ca pranjal joshi

In order to appear in the examination, we all should PREPARE well. What do we mean by that ?  
**P-R-E-P-A-R-E Well !**

- **Plan** – First P stands for “Plan”. Unless we plan properly nothing will happen on the ground. Plan is tabular framework prepared by giving appropriate thought to our idea. It should be Full proof as well as Practical. We should cover all the subjects and topics and estimate the time required for it. This will be different from student to student. One may require more time for preparing a particular subject (say Mathematics or English language) or a particular topic in such subject (example – Topic of Chemical reactions in Science). So plan always should be “tailor made”, keeping in view your own requirements. Also ensure to keep margin for additional time that may be required for preparing a particular subject or topic than estimated by us initially. The plan should be practical, it should not contain impractical assumptions about time, subject etc. and provide for adequate time for revision of the subject before the examinations.
- **Respond** – “R” stands for Response to your own plan. We need to act on our own plan. This is very important. I have seen many a times students do excellent planning. Plan is a dream now presented on a paper. New generation students blessed with powerful third eye chakra are best planners. However at times they lack practicality which requires mind power. Moreover most of the Plans look very practical, full proof and easily achievable on paper. However the responsibility for converting it into reality also lies on our shoulders. Plan unless acted upon is just a “wish list” Your dream will always remain on the paper. It will never become a reality. So if you really wish to achieve success in the examinations, you need to “act” on your plan. Adhere to your plan to the extent possible.
- **Examine Progress** – Preparing a Plan and then taking action on it is essential. But we also need to review the plan with actual status of our study from time to time. If we conclude that the time required for preparing a particular subject is much more than what was estimated, we need to make changes in our plan. Check the material available, notes based on which we have planned our study and its effectiveness in our case. Assess your performance at regular intervals. Identify if you need guidance from a teacher again, seek help from your friends and colleagues, check online material available and its suitability, search for more reference books, if needed. This step is most crucial step. This may be required to be performed on a periodic basis. This step generally leads to amendment in the plan.



# PREPARATION IS THE KEY

## ..continued

### Science of Learning Part 15

- **Amended Plan** – Make changes in your plan. As discussed earlier, we need to make continuous adjustments in our examination study plan. The reasons may be many like actual progress made in studies vs estimated earlier, new information received about changes in structure or exam paper pattern, results of mock tests in a particular subject, change in method of learning (say from reading to writing) based on feedback received from teachers or fellow students or discovering it to be a better method for you. Making a plan which is dynamic is very crucial aspect of examination preparation. Most of the time it is the “technique” of approaching examination rather than intellectual abilities which ensures success, and dynamic plan to accommodate such changes is crucial step in our successful examination preparation strategy.
- **Reinforcing** – Build on your strengths. Do remember that nobody can perform well unless one concentrates on his or her strengths. During your journey of exam preparation, analyze what you are good at. This analysis is required as regards “timing of daily study – morning vs night”, method of learning – reading, writing, listening or combination thereof, subjects and topics you like the most or you are good at. Always remember to make full use of these strengths to improve overall score of our examination result. Do remember that there is very thin line between confidence and overconfidence. Developing this analytical ability amongst ourselves helps us to play within the boundaries of confidence and avoiding the risk of going into the zone of over confidence. Time to time, Self-review, mock tests, discussion with friends, all these help us to know where we stand and what are our strengths. Reinforce those strengths and appear for the examination with confidence.
- **Examination** – Appear for your exam (It’s an Opportunity of Learning). Having prepared well, now it’s time to approach the examination as one more life situation. Though it is very important one, do remember that this is not the end of the world. No learning go wasted in life. Have a faith and approach the examination as one more learning opportunity. The efforts you have taken will definitely give rewards to you.

Best wishes for your examinations!

### **CA 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.





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# ***Our Attitude decides our Altitude*** ***Forgiveness - A divine virtue*** ***-Krupa Choksi***

Forgiveness is the one of the biggest virtue a man can have. It is a quality of a brave person because forgiveness requires great courage. Courage to win over our ego and forgive that person. It a quality which all the godly people and great saints have. Forgiveness is a quality of our soul. Our soul accepts everyone and everything but our ego does not. Today most of the people react on the slightest provocation and get angry. People feel insulted and would like to take revenge. But revenge does not leas us anywhere. The idea of revenge depletes our energy and we cannot focus on our goals. We cannot progress in life. We cannot do anything constructive as energies are blocked by the idea of revenge. We constantly think of a person whom we hate and thus we will filled with that energy. We cannot experience our own love and thus we fail to experience love expressed by others. We are restless of within all the time. So if we want to experience the peace, we should forgive. We should live in present. I can understand that if something bad has happened in our live, we have lost our near and dear one or we have lost an opportunity that would decide our course of life, it is very difficult to forgive.

But believe me forgive invokes our divinity. We can experience our divine nature when we leave our ego aside and forgive a person. We should keep Lord Rama in front of us who had forgiven everyone. We should keep Sage Vashistha in front of us who forgive Sage Vishwamitra inspite of his killing hundred sons of Sage Vashistha. Forgiveness is our inner quality which we had experienced in our childhood when we were egoless. We would play with a same person again with a happy face who had scolded us before five minutes. Why we could do because child is like a flowing water it does not accumulate anything. Everything flows in his/her existence. But today we remember everything is because we are holding so many insults, scolding in our existence and hence we have likes and dislikes about a person.

Here, I am reminded of one story of Lord Buddha. The Buddha was sitting under a tree talking to his disciples when a man came and spat in his face. He wiped it off, and he asked the man, "What next? What do you want to say next?" The man was a little puzzled because he himself never expected that when you spit in someone's face he should ask "What next?" He had no such experience in his past. He had insulted people and they had become angry and they had reacted. Or if they were cowards and weaklings, they had smiled, trying to bribe him.





## ***Our Attitude decides our Altitude***

# ***Forgiveness - a divine quality***

*Continued...*

But the Buddha was like neither, he was not angry, nor in any way offended, nor in any way cowardly. But just matter-of-factly he said, "What next?" There was no reaction on his part. But Buddha's disciples became angry, and they reacted. His closest disciple, Ananda, said, "This is too much. We cannot tolerate it. He has to be punished for it, otherwise everybody will start doing things like this!"

Buddha said, "You keep silent. He has not offended me, but you are offending me. He is new, a stranger. He must have heard from people something about me, that this man is an atheist, a dangerous man who is throwing people off their track, a revolutionary, a corrupter. And he may have formed some idea, a notion of me. He has not spit on me, he has spit on his notion. He has spit on his idea of me because he does not know me at all, so how can he spit on me?"

"If you think on it deeply," Buddha said, "he has spit on his own mind. I am not part of it, and I can see that this poor man must have something else to say because this is a way of saying something. Spitting is a way of saying something. There are moments when you feel that language is impotent: in deep love, in intense anger, in hate, in prayer. There are intense moments when language is impotent. Then you have to do something. When you are angry, intensely angry, you hit the person, you spit on him, you are saying something. I can understand him. He must have something more to say, that's why I'm asking, "What next?"

The man was even more puzzled! And Buddha said to his disciples, "I am more offended by you because you know me, and you have lived for years with me, and still you react."

Puzzled, confused, the man returned home. He could not sleep the whole night. When you see a Buddha, it is difficult, impossible to sleep anymore the way you used to sleep before. Again and again he was haunted by the experience. He could not explain it to himself, what had happened. He was trembling all over, sweating and soaking the sheets. He had never come across such a man; the Buddha had shattered his whole mind and his whole pattern, his whole past.

The next morning he went back. He threw himself at Buddha's feet. Buddha asked him again, "What next? This, too, is a way of saying something that cannot be said in language. When you come and touch my feet, you are saying something that cannot be said ordinarily, for which all words are too narrow; it cannot be contained in them." Buddha said, "Look, Ananda, this man is again here, he is saying something. This man is a man of deep emotions."

The man looked at Buddha and said, "Forgive me for what I did yesterday."





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# *Our Attitude decides our Altitude*

## *Forgiveness - a divine quality*

Continued...

Buddha said, "Forgive? But I am not the same man to whom you did it. The Ganges goes on flowing, it is never the same Ganges again. Every man is a river. The man you spit upon is no longer here. I look just like him, but I am not the same, much has happened in these twenty-four hours! The river has flowed so much. So I cannot forgive you because I have no grudge against you.

"And you also are new. I can see you are not the same man who came yesterday because that man was angry and he spit, whereas you are bowing at my feet, touching my feet. How can you be the same man? You are not the same man, so let us forget about it. Those two people, the man who spit and the man on whom he spit, both are no more. Come closer. Let us talk of something else."

I came across a beautiful poem by Mother Teresa:

*Mother Teresa's Anyway Poem*

*People are often unreasonable, illogical and self centered;*

*Forgive them anyway.*

*If you are kind, people may accuse you of selfish, ulterior motives;*

*Be kind anyway.*

*If you are successful, you will win some false friends and some true enemies;*

*Succeed anyway.*

*If you are honest and frank, people may cheat you;*

*Be honest and frank anyway.*

*What you spend years building, someone could destroy overnight;*

*Build anyway.*

*If you find serenity and happiness, they may be jealous;*

*Be happy anyway.*

*The good you do today, people will often forget tomorrow;*

*Do good anyway.*

*Give the world the best you have, and it may never be enough;*

*Give the world the best you've got anyway.*

*You see, in the final analysis, it is between you and your God;*

*It was never between you and them anyway.*

### **Krupa Choksi, Rajkot**

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



## Approaches & Framework For Learning - *Viivek A Pandey*



Dear students of DSPPL

And my young friends,

### Approaches and framework for learning

It has become imperative for all of us to figure out the exact way in which the life of a student should be shaped. Education models, or approaches and frameworks for learning, encompass a variety of systems and philosophies designed to facilitate how people acquire knowledge, skills, and values. Below, I'll outline some of the most prominent models, their key features, and how they structure the learning process. These range from traditional setups to innovative, student-centered methodologies.

#### 1. Traditional Education Model

Overview: The most common framework, often called the "factory model," is rooted in the industrial age. It emphasizes standardized curricula, teacher-led instruction, and measurable outcomes (e.g., grades, tests).

##### • Key Features:

- Teacher as the primary source of knowledge (lecture-based)
- Fixed curriculum, typically divided into subjects (math, science, history, etc.)
- Students are grouped by age, progressing through grades
- Focus on memorization, exams, and uniformity
- Strengths: Structured, scalable, and prepares students for standardized systems (e.g., college admissions)
- Critiques: Often criticized for stifling creativity and not accommodating diverse learning styles.

#### 2. Montessori Model

Overview: Developed by Maria Montessori, this approach emphasizes student autonomy, hands-on learning, and natural development.



# Approaches & Framework For Learning contd.

- Key Features:
  - Mixed-age classrooms (e.g., 3-6, 6-9 years old)
  - Students choose their activities from a range of options, guided by trained teachers
  - Focus on sensory-based, self-directed learning with specialized materials (e.g., blocks, beads)
  - Teachers act as facilitators rather than directors
- Strengths: Encourages independence, curiosity, and intrinsic motivation
- Critiques: Requires highly trained educators and may lack structure for some learners

### 3. Waldorf (Steiner) Model

Overview: Founded by Rudolf Steiner, this holistic approach integrates intellectual, artistic, and practical skills, emphasizing imagination and emotional development.

- Key Features:
  - Delayed formal academics (e.g., reading taught later than in traditional models)
  - Strong focus on arts, music, movement (e.g., eurythmy), and storytelling
  - Daily rhythm and seasonal activities to align with child development stages
  - Technology is minimized in the early years
- Strengths: Nurtures creativity, emotional intelligence, and a love for learning
- Critiques: Can be seen as too slow-paced or impractical for modern academic demands

### 4. Constructivist Model

Overview: Based on the theories of Jean Piaget and Lev Vygotsky, this framework proposes that learners construct knowledge through experience and social interaction.

- Key Features:
  - Emphasis on active learning (e.g., projects, problem-solving)
  - Teachers as guides, encouraging exploration and questioning
  - Collaborative activities and peer learning (Vygotsky's "zone of proximal development")
  - Knowledge is built, not transmitted
- Strengths: Promotes critical thinking and adaptability
- Critiques: Can be time-intensive and less structured, challenging to assess

### 5. Project-Based Learning (PBL)

Overview: A student-centered model where learning occurs through completing real-world projects



## Approaches & Framework For Learning contd.

- Key Features:
  - Students tackle complex questions or problems over extended periods
  - Interdisciplinary—combines multiple subjects (e.g., designing a bridge involves math, physics, and art)
  - Culminates in a tangible product or presentation
  - Teachers facilitate and provide feedback
- Strengths: Develops problem-solving, teamwork, and practical skills
- Critiques: Resource-heavy and may not cover all foundational knowledge evenly

### 6. Flipped Classroom

Overview: A modern twist on traditional learning, where students learn content (e.g., via videos) at home and practice or discuss it in class.

- Key Features:
  - Lectures or readings are assigned as homework
  - Classroom time is used for interactive activities, discussions, or problem-solving
  - Leverages technology (e.g., online videos, platforms)
- Strengths: Maximizes in-person collaboration and allows self-paced learning
- Critiques: Relies on student discipline and access to technology

### 7. Online/Digital Learning Model

Overview: Education is delivered primarily through digital platforms, often asynchronously or with live components.

- Key Features:
  - Flexible scheduling and location (e.g., MOOCs, virtual schools)
  - Use of multimedia (videos, quizzes, forums)
  - Adaptive learning systems powered by AI can personalize content
- Strengths: Accessible, scalable, and customizable
- Critiques: Lacks social interaction and requires self-motivation

### 8. Competency-Based Education (CBE)

Overview: Focuses on mastering specific skills or competencies rather than time spent in class.

- Key Features:
  - Students progress upon demonstrating proficiency (e.g., via assessments)
  - Personalized pacing—some move faster, others take more time



- Often used in vocational training or online programs.
- Strengths: Ensures mastery and flexibility
- Critiques: May undervalue broader learning experiences (e.g., exploration, creativity)

### 9. Experiential Learning (Kolb's Model)

Overview: Based on David Kolb's theory, this framework emphasizes learning through doing and reflecting.

- Key Features:
  - Four-stage cycle: Concrete Experience, Reflective Observation, Abstract Conceptualization, Active Experimentation
  - Examples include internships, simulations, or field trips
  - Focus on real-world applications.
- Strengths: Bridges theory and practice effectively
- Critiques: Can be logistically challenging to implement at scale

### 10. Harkness Method

Overview: A discussion-based approach where students sit around a table, driving the conversation with minimal teacher intervention.

- Key Features:
  - The teacher poses a question or problem and then steps back
  - Emphasis on peer-to-peer dialogue and critical thinking
  - Common in liberal arts or elite preparatory schools
- Strengths: Builds communication skills and intellectual ownership.
- Critiques: Requires strong facilitation and engaged students.

### Broader Trends and Considerations these days:

- Hybrid Models: Many systems today blend approaches (e.g., flipped classrooms with PBL)
- Cultural Context: Frameworks vary by region—e.g., Finland's student-centered system contrasts with East Asia's exam-driven models
- Technology's Role: AI, VR, and gamification are increasingly integrated, especially in online and competency-based frameworks



### ***Viivek A Pandey, Vadodara***

Viivek A Pandey is an educator and an author. He has been actively involved with most philanthropic activities initiated by Ajit Sir Guruji. Over the years he has contributed many articles and poems. He envisions to see the world walking towards the path of enlightenment.



# Finance Lesson of the Month

## A Story About Honesty and Trust

- CA Amit Dhadphale and CA Ishan Shaligram

Image  
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Continuing with our series to convey financial literacy series for children, covering the childhood bedtime stories with a financial angle / twist to these, we are back with the new article in this issue. We continue to thrive to introduce the financial aspects to children through simple language and practical examples. Hope that you enjoy reading this section.

### The Boy Who Cried Wolf

Once upon a time, in a small village, there was a young shepherd boy who was bored watching his flock of sheep. To amuse himself, he shouted, "Wolf! Wolf!" The villagers came running to help, but they found no wolf. The boy laughed at their fright. He repeated this trick several times. One day, a real wolf appeared, and the boy cried out for help. But the villagers, thinking it was another false alarm, did not come. The wolf attacked the sheep, and the boy learned a hard lesson.

#### A) Financial Learnings/Takeaways

- 1. Trust is Valuable:** Just like the boy lost the trust of the villagers, in finance, trust is crucial. If you are dishonest, people will not trust you with their money.
- 2. Honesty Pays Off:** Being truthful and transparent in financial dealings builds credibility and reliability. The boy's reputation was ruined because he lied. In finance, a good reputation can mean better opportunities.
- 3. Consequences of False Alarms:** False alarms can lead to real dangers being ignored. In finance, making false claims or promises can lead to serious repercussions.
- 4. Short-term vs. Long-term:** The boy wanted short-term fun but ended up with long-term problems. Saving money might not be fun right now, but it means you will have it when you really need it.
- 5. Understanding Financial Reputation:** Just like the boy's reputation was damaged, financial reputation starts early. Important to understand that the actions today affect future opportunities and lastly, building a good name is like building a savings account - it grows over time.
- 6. Emergency Planning:** The real wolf represents genuine financial emergencies. Having people trust you during real emergencies is crucial and lastly, building an emergency fund is like having villagers you can count on is important.



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**continued...**

Image Credit

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**7. The Value of Community Trust:** The villagers represent financial support systems such as Parents, Family, Friends, Teachers, Future banks, and lenders, etc.: it is important to earn the trust of the community to ensure that you get their support during the times of emergency or even otherwise.

B) How Can We Implement These in Our Life

1. **Be Honest:** Always tell the truth about money, whether it is saving up for a toy or spending your allowance. Honesty builds trust with your parents and friends. If you need help, ask for it honestly.
2. **Build Trust:** Do what you say you are going to do with money. If you promise to pay back a friend, make sure you do it! Keep your promises and be dependable. This will help you build a good reputation.
3. **Avoid False Alarms:** Do not exaggerate or lie about financial matters. It can lead to loss of trust and support when you really need it.
4. **Think Ahead:** Save a little bit of your allowance each week. That way, when you really want something special, you will have enough saved up to get it without having to ask for help.
5. **Create a promise tracker:** Document all your promises in a tracker and tick-off once you keep these and review these with parents at regular frequency, say monthly.
6. **The Trust Point System:** Create and play a game of trust point system, where one earns trust points for say being honest about spending, keeping money promises, helping others with money math, giving correct change, etc. and loses points for say exaggerating about money, breaking money promises, not returning borrowed items, etc.

C) Conclusion

The story of "The Boy Who Cried Wolf" teaches us the importance of honesty and trust. In the world of finance, these principles are just as important. By being truthful and dependable, we can build strong relationships and avoid the pitfalls of dishonesty. Remember, trust is like a bank account – it takes time to build but can be lost in an instant. So, always be honest and trustworthy in all your financial dealings.

**Happy Reading, Happy Learning!**

PS: Views are personal!







# कथाये विनायक की...

- *Mrunal & Yamini  
Kutumbale*

पिछली कथा में हमने देखा विघ्नहर्ता विनायक ने मत्सरासुर को कैसे मुक्ती दी। इस कथा में भगवान् लम्बोदर ने क्रोधासुर को कैसे पराजित किया इसका वर्णन है।

एक बार भगवान् विष्णुने मोहिनी रूप धारण किया। शिवजी उस मोहिनी रूप को देखकर मोहित हुए। विष्णु भगवान् और शिवजी के संयोग से एक जीव की उत्पत्ति हुई। बड़ा होकर वो महापराक्रमी शक्तिशाली बना। उसकारूप अत्यंत भयंकर था। वह उत्पन्न होते ही चलने लगा और शिवजी की प्रेरणा से दैत्यगुरु के पास पहुंचा। शुक्राचार्यने उसे क्रोधासुर नाम दिया। उसका विवाह "प्रीति" नामक कन्या के साथ संपन्न हुआ। थोड़े दिन बाद उसे लगने लगा पुरुष वही है जो अपने पुरुषार्थ को सफल करे। उसे कुछ कर दिखाना था। उसने शुक्राचार्य से कहा, " आचार्य, मेरी त्रिलोक विजय पाने की इच्छा है। मुझे मार्ग बताये। " आचार्यने कहा, " पुत्र, तुम भगवान् भास्करके मंत्र का अनुष्ठान करो। क्रोधासुर ने अनुष्ठान आरम्भ किया। उसने सहस्र वर्षों तक तप किया। निराहार रहकर दृष्टी आकाश की ओर, और मुखमें सूर्यमन्त्र। सूर्य भगवान प्रसन्न हुए और उसे वर माँगने के लिए कहा।

क्रोधासुरने वर माँगा।" भगवन, मैं विश्वविजयी होना चाहता हूँ। मुझे कभी रोग एवं मृत्युकी बाधा ना हो। " सूर्यदेवने तथास्तु कहा। वह अपने घर लौट गया। आचार्यको सारी बात बताई। उन्होंने असुर को 'दैत्यराज' घोषित कर दिया। असुर हर्षपूर्वक अपना दांपत्य जीवन व्यतीत करने लगा। उसे 'हर्ष' और 'शोक' नामके दो पुत्र हुए। फिर उसने अपनी मनोकामना पूर्ण करने के लिए सेना को इकट्ठा किया और युद्ध आरम्भ किया। धरतीके समस्त राजाओ पर उसने विजय पा ली। फिर अमरावती पर आक्रमण कर देवताओं को पराजित कर दिया। फिर वैकुण्ठ और कैलाश पर भी अपना अधिकार प्राप्त कर लिया। फिर उसने सूर्यलोक पर भी विजय पा ली। सूर्यदेवने अपने ही लोक का त्याग कर दिया।

सभी देवताओंने लम्बोदर भगवान् की उपासना शुरू की। लम्बोदर भगवान् प्रसन्न हुए। देवताओंने सारी बात बताई। भगवान् ने अभयवाचन दिया, जिससे देवता और ऋषि मुनि आश्वस्त हो गए। दैत्यराज को ये बात



## LAMBODARA

DESTROYED  
KRODHASURA,  
THE DEMON  
OF ANGER

**continued...**

पता चली। उसने अपनी सेना को तैयार किया। उधर भगवान् अपनी सेना लेकर दैत्यराज के नगर की ओर चल पड़े। दैत्यराज की सेना ने नगर के द्वार पर ही उनका सामना किया। स्वयं क्रोधासुर लम्बोदर के सम्मुख आकर खड़ा हो गया। घनघोर युद्ध प्रारम्भ हुआ। असुरसेना के सारे वीर धीरेधीरे मृत्यु को प्राप्त हुए। असुर घबरा गया। लम्बोदर भगवान् का वेश देखकरवो उन पर हसने लगा। भगवान् बोले, " मुख, तूने आदित्य से वर प्राप्त करके बड़े अधर्म किये। मैं तो समस्त प्राणियों के शरीर में निवास करनेवाला परमात्मा हूँ। तू मुझे किस प्रकार जीत सकता है। असुरराज मेरे साथ सिद्धि और बुद्धि दोनों विराजमान है। यह समस्त संसार मेरे ही उदरसे उत्पन्न हुआ है। मेरेही द्वारा इसका पालन होता है और अंत में मेरे उदर में लीन होता है। इस ब्रह्माण्ड में जो कुछ भी होता है मेरी इच्छा से होता है। मेरे लिए देवता और दैत्य दोनों एक समान है। मैं सबको अपने धर्मका पालन करते हुए देखना चाहता हूँ। तुम्हारा भला इसी में है की मेरी शरण में आ जाओ और धर्मके मार्ग पर चलो। अन्यथा तुम्हारे वध को कोई नहीं रोक सकता।" भगवान् की इस बातसे क्रोधासुर को ये समझ आ गया की अगर वो शरण नहीं आया तो उसकी मृत्यु निश्चित है। उसकी सारी शंकाओ का समाधान हो गया। उसने लम्बोदर भगवान् के चरण पकड़ लिए और उनसे क्षमा याचना करने लगा, " भगवान् मुझ अज्ञानी को क्षमा कर दीजिये। क्रोध में मदांध होकर मैं गलत मार्ग पर चल रहा था। " भगवान् लम्बोदर ने कहा, " दैत्यराज, अब क्रोध छोड़कर देवता, और मनुष्यो केराज्य उन्हें लौटा दे। सदा धर्म के मार्ग पर चलना। तू भगवान् शंकर के अंश से उत्पन्न हुआ है। मेरी कृपा तुम पर सदा बनी रहेगी। "





**continued...**

क्रोधासुर ने भगवान् लम्बोदर की आज्ञा का पालन किया। और असुर लोक में चला गया। हमने क्रोधासुर और मत्सरासुर की कथा पढ़ी। इसमें भगवान् ने दोनों असुर का वध नहीं किया। क्योंकि ये असुर बाहर नहीं हमारे अंदर की वृत्तियाँ हैं। उन असुरों को सही मार्ग दिखाया।

दूसरी बात हर कथा में एक बात सामान्य है। असुर ने तप किया , उसे वरदान मिला , उस वरदान की मदद से उसने देवता पर आक्रमण किया। जिस देवता ने उसे वर दिया था उसका ही लोक छीन लिया। वरदान मिलने के बाद उसकी बुद्धि भ्रष्ट हो गई। वरदान का दुरुपयोग हुआ। इसलिए उसे पश्चाताप करना पड़ा।

तीसरी बात हर असुर 'असुर' हो कर भी वरदान पाने के लिए 'तपश्चर्या ' करता था। क्या हम मनुष्य हो कर भी तप, साधना करते हैं ?

आपको इस कहानी से क्या सीख मिलती है। जरूर लिखकर भेजिए।



### ***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.





# CONSTITUTION OF INDIA

- **Kalpita Rakesh**

## Understanding Constitution - Article 14

### Scene: Living Room

The TV news channel shows a heated debate about the Citizenship Amendment Act (CAA). Grandpa, Dad, and Mom are engaged in a discussion, while Ritika sits nearby, frustrated, trying to study.

**Ritika: (throwing her pen down)** "Will you all stop discussing this? It's so complicated, more complex than human DNA, which I've been trying to understand for an hour! I can't concentrate!"

**Grandpa: (smiling)** "Well, Ritika, this is the DNA of India—intertwined, complex, and multifaceted, just like human DNA."

**Ritika: (curious)** "We keep talking about equality, don't we? 'Equality before the law and equal protection of the laws to everyone in the country'—that's what Article 14 of the Indian Constitution says, right? Then why this discrimination based on religion?"

**Mom:** "To understand that, Ritika, you need to know the difference between **equality and equity**. Equality means treating everyone the same, but that's not always fair. Equity means giving people what they need to have a fair chance."

**Dad:** "It's called **positive discrimination**—giving extra support to those who need it. We do it all the time in our own home."

**Ritika: (frowning)** "At home? How?"

**Mom:** "For example, when I assign cleaning tasks, you being older clean your room by yourself. But Rohan, being younger, gets my help. Am I being unfair to you?"

**Dad:** "Or think about family races. Younger kids like Arya get a head start, while older ones like you start from the same point. Does that mean we're treating you unfairly?"

**Ritika: (nodding slowly)** "I see. It's not about being unequal—it's about being fair in the given situation."



# Understanding Constitution Part 5 (Article 14)

**Grandpa:** "Exactly. Similarly, the CAA helps religious minorities like Hindus, Jains, Buddhists, and Sikhs from countries like Pakistan and Afghanistan, where they face persecution because of their beliefs. For instance, Hindus or Sikhs in Pakistan may not feel safe practicing their religion, so India offers them a home."

**Dad:** "At first, it does seem unequal, Ritika. But the government argues that the law is not meant to discriminate—it's to help specific groups who've been treated unfairly. This is called reasonable classification."

**Ritika:** "But is it okay to make such rules? Doesn't it go against Article 14?"

**Mom:** "That's the question many people are asking. Critics feel it violates Article 14, which says everyone should be treated the same regardless of religion. That's why the CAA is being debated in the Supreme Court."

**Grandpa:** "The law aims to correct an imbalance, but it's important to ask questions and ensure everyone's rights are protected, no matter their religion. Such debates are how a democracy like India refines its policies."

**Ritika: (thoughtfully)** "So, the CAA is like giving a head start to those who've had a difficult past. It may not seem equal, but it's meant to be fair."

**Mom:** "That's a good way to put it. Equity ensures fairness in situations where equality alone doesn't work."

**Grandpa: (nodding)** "Remember, Ritika, India's strength is in questioning, debating, and finding the best way to ensure fairness for all."

## ***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.





DSPPL

# क्या साथ ले जाआगे?

= *Saurabh Malpani*

एक विद्वान साधु थे जो दुनियादारी से दूर रहते थे। वह अपनी ईमानदारी, सेवा तथा ज्ञान के लिए प्रसिद्ध थे। एक बार वह पानी के जहाज से लंबी यात्रा पर निकले। उन्होंने यात्रा में खर्च के लिए पर्याप्त धन तथा एक हीरा संभाल के रख लिया। ये हीरा किसी राजा ने उन्हें उनकी ईमानदारी से प्रसन्न होकर भेंट किया था सो वे उसे अपने पास न रखकर किसी अन्य राजा को देने जाने के लिए ही ये यात्रा कर रहे थे। यात्रा के दौरान साधु की पहचान दूसरे यात्रियों से हुई। वे उन्हें ज्ञान की बातें बताते गए। एक फ़कीर यात्री ने उन्हें नीचा दिखाने की मंशा से नजदीकियाँ बढ़ा ली।

एक दिन बातों-बातों में साधु ने उसे विश्वासपात्र अल्लाह का बन्दा समझकर हीरे की झलक भी दिखा दी। उस फ़कीर को और लालच आ गया। उसने उस हीरे को हथियाने की योजना बनाई। रात को जब साधु सो गया तो उसने उसके झोले तथा उसके वस्त्रों में हीरा ढूँढा पर उसे नहीं मिला। अगले दिन उसने दोपहर के भोजन के समय साधु से कहा कि इतना कीमती हीरा है, आपने संभाल के रखा है न? साधु ने अपने झोले से निकालकर दिखाया कि देखो ये इसमें रखा है। हीरा देखकर फ़कीर को बड़ी हैरानी हुई कि ये उसे कल रात को क्यों नहीं मिला। आज रात फिर प्रयास करूँगा ये सोचकर उसने दिन काटा और साँझ होते ही तुरन्त अपने कपड़े टाँगकर, समान रखकर, स्वास्थ्य ठीक नहीं है कहकर जल्दी सोने का नाटक किया।

निश्चित समय पर सन्ध्या पूजा अर्चना के पश्चात जब साधु कमरे में आए तो उन्होंने फ़कीर को सोता हुआ पाया। सोचा आज स्वस्थ ठीक नहीं है इसलिए फ़कीर बिना इबादत किए जल्दी सो गया होगा। उन्होंने भी अपने कपड़े तथा झोला उतारकर टाँग दिया और सो गए।

आधी रात को फ़कीर ने उठकर फिर साधु के कपड़े तथा झोला झाड़कर झाड़कर देखा। उसे हीरा फिर नहीं मिला। अगले दिन उदास मन से फकीर ने साधु से पूछा – “इतना कीमती हीरा संभाल कर तो रखा है ना साधुबाबा, यहाँ बहुत से चोर हैं!” साधु ने फिर अपनी पोटली खोल कर उसे हीरा दिखा दिया। अब हैरान परेशान





DSPPL



## क्या साथ ले जाआगे? contd..

फ़कीर के मन में जो प्रश्न था उसने साधु से खुलकर कह दिया उसने साधु से पूछा कि- ” मैं पिछली दो रातों से आपके कपड़े तथा झोले में इस हीरे को ढूँढता हूँ मगर मुझे नहीं मिलता, ऐसा क्यों? रात को यह हीरा कहाँ चला जाता है? साधु ने बताया- ” मुझे पता है कि तुम कपटी हो, तुम्हारी नीयत इस हीरे पर खराब थी और तुम इसे हर रात अँधेरे में चोरी करने का प्रयास करते थे इसलिए पिछले दो रातों से मैं अपना यह हीरा तुम्हारे ही कपड़ों में छुपा कर सो जाता था और प्रातः उठते ही तुम्हारे उठने से पहले इसे वापस निकाल लेता था” तुम अपने कपड़े नहीं टटोलते थे।”

फकीर के मन में यह बात सुनकर और ज़्यादा ईर्ष्या और द्वेष उत्पन्न हो गया। वह मन ही मन साधु से बदला लेने की सोचने लगा। उसने सारी रात जागकर एक योजना बनाई। सुबह उसने जोर-जोर से चिल्लाना शुरू कर दिया, ‘हाय मैं मर गया। मेरा एक कीमती हीरा चोरी हो गया।’ वह रोने लगा। जहाज के कर्मचारियों ने कहा, ‘तुम घबराते क्यों हो? जिसने चोरी की होगी, वह यहीं होगा। हम एक-एक की तलाशी लेते हैं। वह पकड़ा जाएगा!’ यात्रियों की तलाशी शुरू हुई। जब साधु बाबा की बारी आई तो जहाज के कर्मचारियों और यात्रियों ने उनसे कहा, ‘आपकी क्या तलाशी ली जाए। आप पर तो अविश्वास करना ही अधर्म है।’ यह सुन कर साधु बोले, ‘नहीं, जिसका हीरा चोरी हुआ है उसके मन में शंका बनी रहेगी इसलिए मेरी भी तलाशी ली जाए।’ बाबा की तलाशी ली गई। उनके पास से कुछ नहीं मिला।

दो दिनों के बाद जब यात्रा खत्म हुई तो उसी फ़कीर ने उदास मन से साधु से पूछा, ‘बाबा इस बार तो मैंने अपने कपड़े भी टटोले थे, हीरा तो आपके पास था, वो कहाँ गया?’ साधु ने मुस्करा कर कहा, ‘उसे मैंने बाहर पानी में फेंक दिया। साधु ने पूछा – तुम जानना चाहते हो क्यों? क्योंकि मैंने जीवन में दो ही पुण्य कमाए थे – एक ईमानदारी और दूसरा लोगों का विश्वास। अगर मेरे पास से हीरा मिलता और मैं लोगों से कहता कि ये मेरा ही है तो शायद सभी लोग साधु के पास हीरा होगा इस बात पर विश्वास नहीं करते यदि मेरे भूतकाल के सत्कर्मों के कारण विश्वास कर भी लेते तो भी मेरी ईमानदारी और सत्यता पर कुछ लोगों का संशय बना रहता। “मैं धन तथा हीरा तो गँवा सकता हूँ लेकिन ईमानदारी और सत्यनिष्ठा को खोना नहीं चाहता, यही मेरे पुण्यकर्म है जो मेरे साथ जाएँगे।”



# बिटर पिल्स - जयंती काटदरे

आज स्टाफ रूम में, कॉरिडोर में स्टूडेंट्स की बहुत भीड़ लगी हुई थी। अलग-अलग स्टैंडर्ड के बच्चे अपने-अपने टीचर्स को मिलकर उनका टीचर्स के प्रति हुआ रिस्पेक्ट और लव दिखाने के लिए कुछ ना कुछ तो दे रहे थे। अपने पुराने स्टैंडर्ड के टीचर्स को भी मिल रहे थे, कुछ तो अपने टीचर्स के पांव भी छू रहे थे। और यह सब तो होने ही वाला था क्योंकि आज टीचर्स डे जो था ना! इस सब माहौल से तंग आकर वसुधा टीचर धीरे से स्टाफ रूम में से निकलकर लाइब्रेरी में जाकर बैठ गए। वह सोच रहे थे कि ऑडिटोरियम में इतना बड़ा प्रोग्राम होने के बावजूद भी यह क्या है? उन्हें लगा था यह सब बच्चे और टीचर्स भी लव और रिस्पेक्ट का नाटक कर रहे हैं। अगर किसी दिन जब स्टूडेंट्स टीचर्स से उनके के बारे में असली राय सुनेंगे तो क्या वह इतनी खुशी से अपने टीचर्स को मिलने आएंगे? गिफ्ट्स देंगे? अपने यह विचार पर उन्हें खुद को ही हंसी आई।

लाइब्रेरी में बैठकर वह एक बुक पढ़ने की कोशिश कर रहे थे। पर एक दबाया हुआ विचार फिर से ऊपर आ ही गया। "क्या किसी एक भी स्टूडेंट्स को ऐसे नहीं लगा कि ऑडिटोरियम के बाहर मुझे भी आकर मिले? हां मेरा सब्जेक्ट किसे पसंद आता है? लाइब्रेरी में उन्होंने देखा तो कुछ और भी टीचर्स थे। वसुधा टीचर ने सोचा, "चलो है कोई मेरे जैसा!" जब वह पढ़ रहे थे तब प्यून ने वहां आकर बताया कि ग्रुप फोटो के लिए सब टीचर्स को बुलाया गया है। उस मैसेज को भी अनसुना करके उन्होंने लाइब्रेरी में ही बैठना पसंद किया। सच बात तो यह थी कि वह बच्चों के साथ उतना जुड़ नहीं पाते थे। कुछ स्टूडेंट्स ऐसे थे जिनसे उन्हें उम्मीद थी.... प्रोग्राम में तो सब टीचर्स का फेलिसिटेशन (सम्मान) हुआ था, पर बाहर तो एक भी स्टूडेंट उनके पास मिलने नहीं आया.... "चलो जाने दो" करके वह घर जाने के लिए बाहर आ गए। उन्हें लगा था कि अब तक तो सब चले गए होंगे, पर उन्होने देखा तो कुछ स्टूडेंट्स अभी भी टीचर से बातें कर रहे थे।

अपना सामान लेकर वह जा ही रहे थे; तो उन्हें पीछे से किसी ने पुकारा। उन्होंने देखा तो स्कूल के हेड मास्टर जोशी सर जो उनके अच्छे दोस्त भी थे वह खड़े थे। सर ने आकर पूछा, "आप ग्रुप फोटो में क्यों नहीं आए?" तो वसुधा टीचर ने उनसे खुले दिल से कहा, "मुझे ऐसे एक दिन के इमोशनल सीन्स पर हंसी आती है। मुझे तो यह सब नाटक लगता है इसलिए नहीं आई। तो सर ने पूछा, "वसुधा टीचर ऐसे क्यों? यह सब नाटक क्यों लगता है आपको?"





# बिटर पिल्स

continued...

"देखिए सर, बच्चे अगर टीचर्स को ऐसी स्पेशल ट्रीटमेंट दे दे, तो उन्हें टीचर्स का फेवर मिल सकता है।"

"अच्छा तो फिर टीचर्स क्यों उनके साथ इतने प्यार से पेश आ रहे होंगे?" सर ने आगे पूछा। "बहुत सिंपल है, उनका भी एसेसमेंट ईयर में एक बार स्टूडेंट ही करते हैं! और पेरेंट्स की राय अगर टीचर्स के बारे में अच्छी रही तो उनके लिए अच्छा ही है ना!"

"वाह वसुधा टीचर, आपने तो सच में एक अलग ही दृष्टिकोन मुझे बताया है ! पर यह सब सुनकर एक और सवाल मेरे मन में आया है, पूछू क्या?" जोशी सर ने मुस्कुरा कर पूछा। "हां जरूर, वसुधा टीचर ने भी उतने ही एनर्जी के साथ जवाब दिया।

"तो आप जैसे टीचर्स जो काम के सिवा स्टूडेंट से ज्यादा नहीं जुड़ते हैं या फिर बच्चे भी उनसे ज्यादा अटैच नहीं होते हैं तो इसके पीछे क्या वजह हो सकती है?"

"यह सवाल तो बहुत सीधा है सर, वसुधा टीचर ने कहा। मेरे जैसे टीचर्स तो बिटर पिल्स होते हैं। जब यह फेक फेस को, दिखावे को संभलना सबके लिए मुश्किल हो जाता है ना तो मेरे जैसे बिटर पिल्स ही काम आ जाते हैं; उन्हें वस्तावता में लाने के लिए! क्या आपको मालूम है सर बिटर मेडिसिन की जरूरत तो सबको होती है, पर फिर भी कोई इसे पसंद नहीं करता!"

"बहुत बढ़िया वसुधा टीचर, क्या खूब कहा है। पर मेरी सोच तो यह है कि बिटर मेडिसिन की जरूरत तब होती है जब कोई बीमार हो। अगर हम खुद को हर वक्त के लिए बिटर मेडिसिन ही बना दे तो क्या हमारी सोच ऐसी बन रही है कि हर वक्त हम सबको पेशेंट की तौर पर ही देख रहे हैं?" क्या हमें चारों तरफ सिर्फ मरीज ही दिखाई दे रहे हैं? क्या सबके लिए जिंदगी में रोज बिटर पिल्स खाना इतना जरूरी है?" इस बात पर अब वसुधा टीचर सोच ने लगे। तो सर ने आगे कहाँ, "मुझे लगता है कि टीचर को जरूरत के समय बिटर मेडिसिन और बाकी के समय मीठा-मीठा या फिर खट्टा भी बनने आना चाहिए। और यह सिर्फ हमारे स्टूडेंट्स के लिये ही नहीं हमारे भी डेवलपमेंट के लिए जरूरी होता है। अगर जिंदगी में हम खुद को एक ही भूमिका, या फिर एक ही विचार में बांध ले तो हमारी अवस्था भी उन स्टूडेंट्स की तरह ही हो जाएगी, जिन्हें लगता है कि मैं जो कर रहा हूँ, या फिर सोच रहा हूँ बस वही सही है।"



# बिटर पिल्स continued...

"तो क्या आपके कहने का मतलब यह है सर, की ये जो बच्चे और यह जो टीचर्स कर रहे हैं, जितना भाव दिखा रहे हैं क्या सच में उनके मन में एक दूसरे के लिए उतनी भावनाएं हमेशा रहती है?"

"हां वो तो सच है की हर वक्त इतना आदर और प्यार भी नहीं रहता हैं। कभी-कभी उस माहौल में लोग ऐसे हो जाते हैं | पर फिर आप यह सोचना कि अपने टीचर्स के प्रति या फिर हमारी जिंदगी में आए हर एक व्यक्ति के प्रति कृतज्ञ रहना ये तो अच्छा है नं? और अगर इस अवसर पर ही सही, हम हमारी कृतज्ञता उनके साथ बाटें तो क्या यह अच्छी बात नहीं है ?" "क्या है ना कई लोगों का ये ही प्रॉब्लम होता है, की जितने आसानी से हम हमारा गुस्सा या फिर कड़वाहट बाहर निकलते हैं ना उतनी आसानी से हम हमारा प्यार या फिर कृतज्ञता नहीं निकाल पाते |"

अब वसुधा टीचर थोड़ें से नाराज दिख रहे थे। उन्होंने नाराजगी में ही कहा, "जाने दीजिए ना जोशी सर, मैं बाकी लोगों की तरहसेंटीमेंटल नहीं बन सकती हूं तो क्यों ना हम इस विषय को ऐसे ही छोड़ दे?" "कोई बात नहीं मुस्कुराकर जोशी सर ने भी कहा। कुछ छोड़ना भी तो जरूरी है ना। चलो आप भी निकल रहे हो मैं भी निकलता हूं बहुत देर हो गई है। "वसुधा टीचर थैंक यू वेरी मच! सच में आपने मुझे भी ऐसे अलग-अलग दृष्टिकोन दिए हैं जिस पर मैं भी और थोड़ा सोच लुंगा।"

.... उनकी बातों का विचार करते हुए ही वसुधा टीचर भी निकल रहे थे। उनके मन में यही सवाल अब नाचने लगा था; कि क्या सच में हर वक्त इतनी कड़वाहट जरूरी हैं.... फिर से उनके मन में वो दबे हुए विचार उपर आने लगे... क्या हर वक्त मैं ही सही होती हूं?...

उन्होंने देखा तो जोशी सर गेट के बाहर जा ही रहे थे, तो सर को पुकार कर वसुधा टीचर ने मुस्कुराते हुए कहाँ, "सर हॅपी टीचर्स डे..."

# Industry Inspirations

## Interview with Dr. Bala Murali Krishnan Narayanan, FIE

DSPPL is starting with a new initiative of taking interviews of people who have had an illustrious career path. The aim of this is to give our young readers a direct knowledge of the different career paths available in India and also give them a firsthand experiences and learnings of the person. The ultimate success is always when you have the right attitude in life. Youth can learn and grow with the experiences of the seniors and also take the choices with a complete understanding in the future.

Good morning **Dr. N. Balamurali Krishnan Sir**, welcome on behalf of DSPPL, would like to know from you about your career path and your learnings in **long stint of your service in the Defense Research Field.**

**Q. Kindly tell us What exactly was your Profession?**

**Ans:** I worked in DRDS (Defence Research & Development Service) designated as Scientist – in Defence Research & Development Organisation; under Ministry of Defence, Govt of India. Retired during 2022 after serving 36 years. Design of prime movers for weapon systems was my responsibility.

**Q. Sir! throw some light on the qualification required for this occupation.**

**Ans:** Basic qualification is Graduation in engineering in those times; these days minimum post graduates are preferred or with high GATE scores after Bachelor degree is sought. Whichever branch of engineering one would belong, knowledge on computer programming & coding is essential for data analysis and to handle design and simulation of various systems and system of systems.

**Q.This tells us that one needs graduation/ post-graduation in the core branch with coding interest. Since you started your journey early 80s what was your Academic qualifications.**

**Ans:** My schooling was at Chennai – in Tamil medium and after PUC, I studied Marine engineering and qualified through Mercantile Marine dept (MMD), Min of Transport GOI and obtained MOT Class II (Motor) certificate which is a certification valid in all Common wealth countries.(1985) for a career in merchant Navy. These days, proper B Tech (Marine) is offered by Shipping Corporation of India for such training. Entry for that is through JEE.





## Industry Inspirations

*continued*

There I was trained in all engineering applications from basic to machine shop, welding, riveting, plumbing, carpentry, foundry & smithy and operation and maintenance of varieties of IC engines, cranes and subsystems. Exposed to operation and maintenance of Diesel engines of 4,000-10,000 horse power. Training in O&M of Steam boiler and steam engine operation also was there. This gave me total exposure to various fields and empowered me to get a good foundation in engineering.

Alongside the preparation for examinations in Marine engineering, studied Mechanical Engg with electives on Automobile and Power plant engineering and passed AMIE examination conducted by Institution of Engineers (I) and became Chartered Engineer during 1984.

I got a dream job of many youth of India of that time and Joined DRDO and posted in Gas Turbine Research Establishment in 1986; involved in the design of Control System for the indigenous design of Gas Turbine Engine for Military applications.

During the Service, I did Post Graduation (M Tech) in IIT Bombay (1992) in System & Control. My interests in research filed kept me busy throughout and got an opportunity to get the doctorate PhD degree from National Institute of Technology Tiruchirappalli (2019) for the thesis on "Laser surface melting of Nickel super alloys for Gas Turbine engine Blades to enhance erosion properties"

**Q.Sir, Listening to your educational qualification I am really inspired and curious to know what was your actual experience in this prestigious role as a Scientist.**

**Ans:** I Successfully designed Control law of the Kaveri Engine; tested that for successful operation at ground, Altitude testing and in Flying Test Bed. Further as a Project Director spearheaded the development of expendable gas turbine engines for the use in sub-sonic cruise missiles. Successfully accomplished the flight test and the system is under production for the use by IAF & Indian Navy.

**Q. Patience and Perseverance has helped you to achieve so much in your industrious career. Kindly tell us the challenges of your profession.**

**Ans:** Since its a research field that too on weapon system, aavailability of reference data on materials and design rules are mainly absent or too outdated in the public domain; hence





## Industry Inspirations

*continued*

taking up the design of weapon is the major challenge. Even the data base of high grade materials is usually absent. In addition, use case scenarios and the qualification and evaluation standards are highly demanding and it requires good amount of design thinking, perseverance in testing various modes/ options and negotiations all along are the development phase. Absence of such eco systems in India and Indian Industries with R&D interests as well is an area usually pose a challenge in the execution of the tasks.

**Q.Such Precision through the career with admirable visualization is a must for this role of research is what I feel. Commendable journey sir. What you can say were the turning points and the learning times and the inspiring times of your journey so far.**

**Ans:** Emphasis on documentation, along with adequate instrumentation and configuration management helped in decoding even when failures and accidents when encountered.

Application of mathematical fundamentals from analytical geometry, calculus, statistics and use of regression and matrix based modelling helps to expedite the solution.

Understanding the dynamics of the system made me to tackle various behaviours of the system. Integrated performance of the total system could be captured and configured to our requirement in spite of un-modelled dynamics are encountered. Association with Russian experts and their friendly approach helped us to a certain extent in decoupling various mission related demands which are conflicting in nature from the users into the possible scenarios in dealing with the mission objectives.

I had to work in extreme weather conditions in Russia in open tarmac. In winter the average day temperature drops to -10 Deg C, where even attending to the activities in open field was a herculean task beyond 20- 30 minutes at a stretch; and also at an another phase of my career, when working during field trials at Leh and Chang-la region with its low oxygen in the atmosphere coupled with sub zero temperature was challenging to me and to my team members. These experiences make us humble before nature and teach us how acclimatization is the key to proceed and crushes our Ego consciousness.





## Industry Inspirations

*continued*

**Q. Systematic approach with basic fundamental in Mathematics along with the clarity of overall understanding has helped you to succeed in your career. For all of this one need a calm mind and holistic approach. For that did you pursue any Spiritual practices? How Spiritual practices helped in career?**

**Ans:** Yes.. of course. I had the golden opportunity to learn reiki from Reiki Vidya Niketan about 25 years ago on February 2nd year 2000 at Chennai from Dineshji. While the spiritual practices as taught are basically to elevate you to a higher level and eventually join with the supreme, almost similar methods but tweaked a bit with some goals for materialistic benefits such as prescribed by José Silva and Philip Miele usually gave reasonable support. Design solutions in a complex case could be thus arrived by such practises and visualisation.

Seven years later, I learnt Second degree from our beloved Guruji Ajit Sir and Distant Reiki did helped in many times to cross over many crisis and in accomplishing successful testing of our articles. Distance healing helped in protecting lives from accidents to get a pyro system being assembled at our centre at Pune. It's a manual method involving packaging of high energy chemicals (which had the potential to burn on its own when just poured by hand to floor in room temperature) explosion and fatal accidents are common. Limited automation only can be done during research phase. Fully automated machines involving no direct human operation are possible to be configured only on the final confirmation of all parameters of the pyro based ignition systems. Distant Reiki sent to the team at Pune from we at Bangalore on daily basis for 10 months of that activity could save my seat from not recording a single event. On the other hand, same centre had encountered three fatal cases just 3-4 months ahead and 2 fatal cases in the succeeding two months after the phase of my involvement have proved the fact that the channelling the divine energy helped the cause. In fact, till date that 10 month period in 2016 - 2017 was the only period that the particular centre registered NIL incidence in such long time duration. Many more such examples could be narrated.

**Q. Revisiting those nostalgic moments of winning award from the Defence Minister and showcasing your research to Raksha mantri, what shall be your advice to the youth if they wish to pursue this career?**



## Industry Inspirations

*continued*

**Ans:** As the technology advances every day, just as in any other career, the youth shall always look to upskill themselves. Understanding the fundamentals of science and mathematics and able to break down the total issues into small and manageable objectives is a must to pursue a career in R&D. Able to prepare mathematical models and keep updating all through is a must.

Path breaking technologies may not be taught in any curriculum and hence they shall be looking for all avenues and shall have the ability to learn themselves. Curiosity to learn and improve and consistency shall help the youth.

**Q. What is your general advice for the youth and our readers?**

**Ans:** It is essential to understand one's abilities and desire and accordingly choose a career is a must. Best output can come only then. Every profession has a combination of (i) Concept value (ii) Transfer value and (iii) Leisure value. Sum of all these values is always constant. Concept value is the one where you get the blessing of getting employed in the area on what you studied. Transfer value is the one where one can switch from one organisation to other where the skill set requirements are common and abundant opportunities exist. Leisure value is the one where you will have ample time at your disposal with less stressful assignments. Every one actually trade one value to other. Look for a balanced role where you get reasonably equal portion of all these.

Every field of studies has equal weightage on longer time frame. While apparently engineers get the opportunity to get settled in a job quickly and will be able to manage an enterprise, they shall be aware of basics of finance and accounting to succeed in their career once they reach a senior position. Senior positions in every field in any organisation need an understanding of cross correlated knowledge in their fields to perform successfully. Soft skills are always important and that only elevate a person along with correct attitude and non-corrupt practices.

**Q. Thank you for your invaluable advice to the youth of India. What do you feel was the motto of your life ?**

**Ans:** My major dream was to be an engineer in an enterprise. I was fascinated to work on prime movers and machineries. I am blessed to get these opportunities all through my career spread from steam engines to aero gas turbine engines. But at the same time I was adaptive to consider different fields in engineering. To start with I was working in mechanical cam based systems



DSPPL



## Industry Inspirations

Raksha Mantri witnessing the expendable engine during 2021

*continued*

and later adapted myself for digital and embedded control based systems. Later date, I understood that the metallurgy is the field which enables the path breaking systems which defines the further future of any system.

**Q. Adaptability is the key attitude for your successful and a memorable career. One last question after such a high profile career now what do you wish to do / already doing apart from your career / professional life?**

**Ans:** I had very high Concept value in my career with moderate transfer value and almost nil leisure value; allocating reasonable time for spiritual practices was always demanding. Further to the superannuation, I am considering allocating more time on spiritual practices and on certain financial applications on investment and trading. Apart from attending to certain specific advisory or review mode on certain tasks now and then with my parent organisation, interactions with students of schools on scientific themes, I am progressing steadily towards a fulfilling life.

Thank you, Dr. Bala Murali Krishnan Narayanan. Jay Gurudev!







# test soil pH without a kit

## **Biology** **Made Easy** **- Kinal Pandya**

### INTRODUCTION:

pH stands for potential of Hydrogen which in simple words is a measure of acidity (acidic nature) and alkalinity (i.e. basic nature) of any solution. The pH scale usually ranges from 0 to 14 at 25°C. Solutions with pH less than seven are acidic, while those with a pH greater than seven are basic or alkaline and 7 are neutral.

### Why measure pH of soil?

Different plants require a different soil condition to make it conducive for growth. Knowing the pH of soil is the key to understanding if essential minerals are available to the roots of your plants. If the soil is too acidic or too alkaline then nutrients will have a hard time dissolving in water and reaching plants' root system. As a result, plants outside the range for a particular crop will struggle and stress out, leading to poor harvest from one year to another. Quick fix for this issue is applying chemical fertilizers; however, improper soil pH affects not just nutrient availability in soil but also vegetable crops to absorb the nutrients already present in the soil. Most plants thrive in slightly acidic soil (pH 5.5 to 7).

### MATERIALS:

1. cup of soil
2. Vinegar
3. Baking Soda

### PROCEDURE:

Put 2 spoonfuls of soil into two separate containers. Add 1/2 cup of vinegar to the soil. If:

1. It fizzes, you have alkaline soil, with a pH between 7 and 8.
2. It doesn't fizz after doing the vinegar test, then add water to the other container until 2 teaspoons of soil are muddy. Add 1/2 cup baking soda. If it fizzes you have acidic soil, most likely with a pH between 5 and 6.
3. Soil doesn't react at all then it is neutral with a pH of 7.





### ACIDIC SOIL-LOVING PLANTS:

- Beans (soil pH 6.0 to 7.0)
- Broccoli (soil pH 6.0 to 7.0)
- Beets (soil pH 6.5 to 8.0)
- Garlic (soil pH 6.0 to 7.5)
- Peas (soil pH 6.0 to 7.5)
- Potatoes (soil pH 4.8 to 6.0)
- Onions (soil pH 6.0 to 7.0)

### ALKALINE FRIENDLY PLANTS:

- Cabbage (soil pH 6.0 to 7.5)
- Grape vines (soil pH 5.5 to 8)
- Mustard (soil pH 5.5 to 6.8)
- Asparagus (soil pH 6.0 to 8.0)
- Orange (soil pH 6.0 to 7.5)
- Peach tree (soil pH 6.0 to 7.0)
- Spinach (soil pH 6.0 to 7.5)



### ***Kinal Pandya, Ahmedabad***

With a strong academic background in Microbiology (B.Sc. and M.Sc.), Ms. Kinal Pandya brings insightful perspectives to the Tapasya newsletter. Currently pursuing a B.Ed., her writings reflect a deep understanding of biological concepts.



# SCIENCE

## EXPERIMENT-03

### - Saurabh Malpani

Have you ever noticed that if you slice an apple in the morning, it turns brown by lunch? What can be the reason behind this colour change? Let's get the answer with the help of this experiment!

**APPARATUS:** Zip lock bags (5x), Water (1/4 cup), Lemon Juice (1/4 cup), Vinegar (1/4 cup), Milk (1/4 cup), Apple slices, Permanent marker

#### PROCEDURE:

**Step 1:** After gathering all the required materials, write the name of the liquid to be tested on each zip lock bag. Label a fifth bag "nothing" (as this bag will contain apples with no liquid to see the difference between a normal apple and the other apples that have been soaked!)

**Step 2:** Pour water, lemon juice, vinegar, and milk in separate bags and Place two apple slices in each bag. Seal the bag and lightly shake it so the liquid coats the apple slices. Let them soak for two to three minutes.

**Step 3:** Pour any excess liquid out of the bags. Reseal them and check on the apples every 10 to 15 minutes to see what happens. Which ones turn brown? Which ones stay fresh?

#### PRINCIPLE:

When apples are cut, the exposed fruit underneath the skin reacts with the oxygen in the air, which causes the apple slices to turn brown. Such reactions are called as OXIDATION. Oxidation reaction is the reason why Copper vessels turn green, papers turn yellow, Iron rusts, Silver and Gold ornaments lose their shine etc. This experiment shows how the apple slices react when coated with different liquids, like milk, lemon juice, vinegar, or water. Lemon juice is one of the liquids that work best, because lemon juice is very acidic (& why it tastes so sour) and will react with oxygen before oxygen reacts with the apple. Now we save our answer and the remedy to tackle this issue!



# DSPPL COMICS

Story: Komal Amol

Illustrations: Ashish

IT WAS 12TH JANUARY 2025, SAHIL CAME BACK HOME FROM SCHOOL WITH A LOT OF QUESTIONS IN HIS MIND. NO SOONER HE REACHED HOME, HE STARTED SEARCHING FOR HIS MOM AND THE MOMENT SHE ENTERED THE ROOM



## **Komal Amol, Bengaluru**

She has been associated with Reiki Vidya Niketan since 2007 and one of our DSPPL teachers for subjects like Ancient Science, Drop IT and Agnihotra. Professionally she is a Software Engineer working in an IT firm in Bangalore.



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Dates	Program	Eligibility (Birth Dates)		Fees
16th April to 16th May, 2025	EduSPOT (Daily 1 hour)	1/4/2017	31/3/2020	Rs.600
6th May to 11th May, 2025	SOFT 1 Non- Residential	1/4/2016	31/3/2017	Rs. 1200
6th May to 11th May, 2025	SOFT 2 Non Residential	1/4/2015	31/3/2016	Rs. 1350
6th May to 11th May, 2025	SOFT 3 Non Residential	1/4/2014	31/3/2015	Rs. 1500
19th May to 24th May, 2025	SOFT 4 Residential	1/4/2013	31/3/2014	Rs. 5000
19th May to 24th May, 2025	SOFT 5 Residential	Those who have attended SOFT 4		Rs. 5250
19th May to 24th May, 2025	SOFT 6 Residential	Those who have attended SOFT 5		Rs. 5500
28th May to 1st June, 2025	STRONG 1 Residential	Age Group - 15 to 25 years		Rs. 5750
28th May to 1st June, 2025	STRONG 2 Residential	Those who have attended STRONG 1		Rs. 6000



DSPPL - Devrukh Spiritual Prowess Pvt. Ltd.

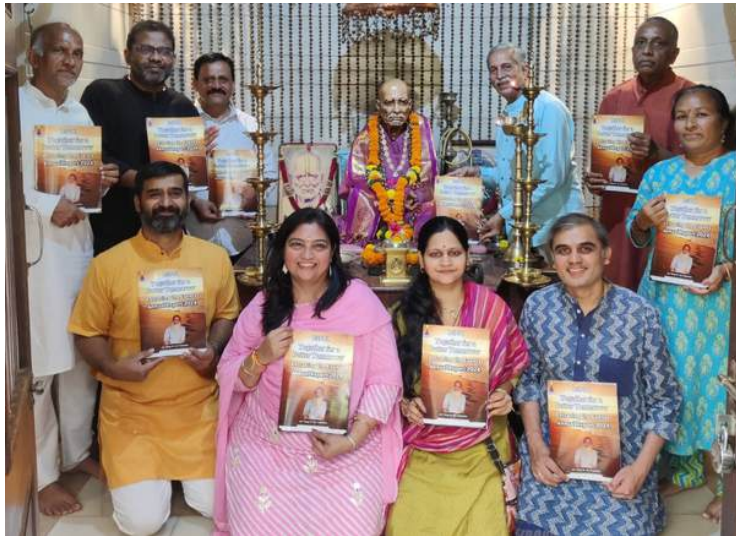
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 Meena Bhawe - 9909925815 / Pranjal Joshi - 9850035736



# DSPPL Events

## DSPPL Annual Meeting held on 01 and 02 February 2025



As per tradition, DSPPL annual meeting was held at Brahmkamal Devrukh Ashram on 01 & 02 Feb 2025. Overall 37 faculties attended the event.

1. Annual Events Report of 2024 was released in the divine premises of Swami Mandir
2. Upcoming EduSPOTS, SOFT and Strong program and the modalities of organizing them.
3. New initiatives for the year were discussed.
4. Books to be published in the current year were discussed
5. Concept of Guest Editor for inviting industry and academic experts, was also discussed



# DSPPL Events

## 3rd Swadhyay Shibir concluded at Devrukh Math on 9th February, 2025



Jay Gurudev! 3rd Swadhyay Shibir was held on 9th February, 2025. Total 29 Participants from Mumbai center participated in this, with 25 Shri Satyanarayan Pooja being performed simultaneously. Out of 29 participants, 11 participants visited Devrukh Math for the first time, while 13 others visited only the second time. 2 Participants (first timers) reached Devrukh 2 days in advance to do seva, while 2 participants stayed back to do Seva for next 5 days. Many others have expressed a wish to enroll for seva in future. This was all a voluntary act of the participants. Another notable voluntary gesture by one of the sadhak was that he decorated math premises (entrance gate, Swami temple approach road and deepastambh space) with the beautiful rangoli. Above is photo of rangoli near deep stambh.





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**+919850035736**

**+918097033220**



**[www.dsppl.in](http://www.dsppl.in)**



**[info.dsppl@gmail.com](mailto:info.dsppl@gmail.com)**



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