



Tapasya

Diwali Special



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

A Devrukh Spiritual Prowess Pvt Ltd (DSPPL) initiative

This newsletter is specially for all students, teachers and parents.

As Ajit Telang Sir used to say that the education of a student is a social triangle. Unless, teachers and parents do not form "perfect" angle, the educational triangle can never achieve the ideal "equilateral triangle" combination.

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Deepavali – A Festival of Relationships

Ajit Sir Guruji – Extract from his book 'Essence of Spirituality'

First and foremost Happy Deepavali to our readers! As one can see this time Deepavali has brought more cheers than at any other point of time in past many years. Something is changing in human consciousness for sure. I have been seeing that many of our Sadhaks are already experiencing Deepavali every day of their life. Deepavali is nothing but Love and Light. If that Love is missing in life, the light does not make much sense. The festival is definitely beyond a physical light that we see. I feel that it is perhaps something beyond that visible light. It is the feeling of light which is more important than seeing the light. When the Love meets the light that is called Bliss. Reiki merges these two within and one can be perennially blissful in life.

Deepavali has another dimension. It is of relationship. If you look closely at Deepavali, one can see all four days are about the relationship. The first one, the celebrations of killing of Narkasura (the demon who had tied many ladies in the bondage!) Here the important point is that it is not killing of Narkasura which is important but freeing of those hapless ladies from his clutches. Killing is secondary, the freedom is primary. As we know those 16000 plus are not ladies but these are number of breaths we take every day which are freed from the demonic rule of our negativities inside us. This is our own relationship with our self. The second day is our relationship with our wealth or everything that we have accumulated over the years. That is Lakshmi, the goddess of wealth. We express our respect and gratitude towards that wealth which is so much essential for one to survive and grow in this life. These two are more subtle in nature. The third day is all about a relationship with a spouse. There is a tradition in this part of the world where on this day, a wife worships the husband by offering him light and sweets. That is gratitude towards that supreme relationship between two un-manifested entities.



Deepavali – A Festival of Relationships

Ajit Sir Guruji – Extract from his book 'Essence of Spirituality'

The relationship that plays a major role in lives of many! The fourth day is even more divine where a sister salutes her brother for another supreme relationship in life. The relationship beyond any adjustments and expectations! Looking at all this, once can say Deepavali is more about respecting relationships more than anything. The divine relationships make a divine life.

The problem now is that basic tenet of humanity – relationship itself is coming under pressure. We see turmoil all around when it comes to relationships. That has put the whole human existence to the risk of losing the purpose and essence of life. You know something? It is the dream which is foundation of any relationship. When two people start experiencing and sharing a same dream, the relationships mature and become pleasant experiences. Today, perhaps we have stopped dreaming enough. May be we have lost the ability to dream and that could be dangerous. The dreams are the software of life, the realities are only the hard part. May be the modern gadgets have started depriving us of the abilities to dream. We have already created a substitute for our dreams through the facebook and twitters. While creating electronic digital dreams, we have possibly killed the original natural dreams which perhaps took us through the process of life so wonderfully for all these periods. Have you seen ever that the relationships that last as long as the partners in relationship share the same dream? The relationships start withering the moments the dreams are either dissolved or two partners start having different dreams or even nightmares? Let this Deepavali bring that ability to dream so that life could be more meaningful and full of bliss. Remember, the dreams are the cause of a meaningful life.

November 2014



Cultural Traditions of Diwali

Dr. Ambarish Khare

**Sanskrit Scholar and Campus Director of prestigious Tilak
Maharashtra Vidyapith, Sadhashiv Peth**

Diwali is one of the most important festivals celebrated in modern India. This festival coming in the months of Ashvina and Karttika of Indian calendar, falls in the months of October or November in the Gregorian calendar.

We know Diwali as comprising of different days, usually starting from *govatsa-dvadashi* and ending on *yama-dvitiya*. The festival has a history of more than a millennium. However, if we look into this history, we find that each day had a different historical value of its own, and was celebrated independently in different parts of India. However, as these days fall after one another, they happen to be celebrated together as a single festival, under the name of Diwali. Let us see what was the importance of each day, in brief.

Govatsa-Dvadashi

The day is celebrated on the twelfth day of the dark fortnight of the month of Ashvina. This was not the part of actual festival of Diwali in earlier times. It is celebrated with different names like *vasu-baras* and *bachh-vaanchh* in different parts of India. Married women observe the *vrata* of Nanda-Kamadhenu on this day for the betterment of their children. In Maharashtra, we come across the story of the newly wed daughter-in-law of the old woman, who mistakenly kills the calves named *gavhali* and *mugali*. It is prescribed that the women who have children should fast for one time on this day and worship a cow with the calf in the evening.

Dhana-Trayodashi

The next day of the *Govatsa-dvadashi* is celebrated as *Dhana-trayodashi*. Traditionally, it is supposed to be the first day of Diwali festival. Legend of the prince of the king Haima is associated with this day. One should celebrate the festival of lights for five days starting from



Cultural Traditions of Diwali contd...

Narak Chaturdashi

Dhana-trayodashi and light a lamp in the name of Yama, the lord of death, for avoiding the untimely death. The day is also known as *dhan-teras* in the north India. Householders are supposed to perform the worship of goddess Lakshmi along with Kubera, Yogini, Ganesha, Naga and Dravyanidhi. By worshipping these deities and offering a continuously lit lamp along with *payas*, and making donations to the needy individuals, one achieves the blessings of goddess Lakshmi in the form of wealth. New garments are purchased and cleaning of coins and ornaments is done as a part of celebrations. It is said that the lord Dhanvantari came out from the churning of ocean on this day. Therefore, this day is also celebrated as an anniversary of Dhanvantari. People in general and doctors in particular perform the worship of Dhanvantari on this day, as he is supposed to be the god of medicines and provider of health.

Naraka-Chaturdashi

This day is also popular with the name *rup-chaudas*. The main day of the Diwali festival should start by bathing before the sunrise. The day got its name from the death of demon Naraka on this day. Along with the wife Satyabhama, Krishna fought with the demon Naraka and killed him on this day. In Gujarat, the day is celebrated with the name *Kalaratri*. It is said that the evil spirits roam freely on this night. Therefore, one should not go out of the home after the sunset. In many regions, lord Hanuman is worshipped on this day and oil and vermilion are offered to him. In Maharashtra, a figure of Narakasura is prepared using cow-dung. All the dust and trash from home is then put on this figure and a coin is kept above it.

Historically, a *vrata* is to be observed on this day. Bathing before the sunrise, feeding Brahmins in the afternoon and donating garments are parts of it. In the evening, a special lamp made up of four wicks is offered to Narakasura. Bunch of grass is fired to show the way to manes.

Lakshmi-Pujana

The month of Ashvina ends on the Amavasya, the no-moon day, on which the special worship of the goddess Lakshmi is performed by the householders. On this day,





the deities Lakshmi and Kubera are worshipped in the evening. In some parts of India, people do not sleep in the night perform some rituals to cast away Alakshmi, the goddess of misfortune. Ink-bottle, coin and notebook are worshipped in Gujarat on this day. The notebook is kept open by lighting a lamp on its side for the whole night. In the morning, it is closed after uttering the words “*laksh labh*” for three times. Performing a special dance outside the village is a tradition present in Sindh. While worship of Mahakali is done in Bengal, fights of he-buffaloes are arranged in Andhra Pradesh. We find that in many parts of India, there is a tradition of buying new sweeper on this day.

Bali-Pratipada

The first day of the month of Karttika is celebrated as *Bali-pratipada*. On this day, a new year starts according to the Vikram Samvat (era). It is one of the important auspicious days called *sadeti muhurta*. In some regions, the *vrata* of Rathayatra (procession on chariot) is observed on this day. For this, one has to fast on the Amvasya (earlier day) and on the day of *pratipada*, he should keep the images of Agni and Brahmadeva on chariot. A knowledgeable Brahmin should run the procession of the chariot around the city while people should worship it on its way. The one who performs this *vrata*, as well as those who worship the procession get the highest heaven.

Vardhamana Mahavira, the last *tirthankara* of Jainas also attained nirvana on the day of Amavasya. Therefore, the Jains also celebrate lamp festival on the occasion. In Hindu tradition, it is believed that on this day, Parvati defeated lord Shiva in the game of dice. Therefore, people celebrate the day by gambling. This day gets its name from the myth of Bali, who was sent to underworld by Vishnu by assuming the incarnation of Vamana. According to the boon given to the demon king Bali, the one who celebrated the festival of lamps on this day, never goes to hell. Kalabhairava is worshipped in several regions of India on this day. It is believed that on this day, Rama returned to Ayodhya after killing Ravana. Therefore, this day is celebrated by putting gudhis (decorated sticks) outside the house and ornamenting the house in every possible way. Processions of bullocks and female calves are arranged in some regions. The festival of Onam is celebrated in Kerala. A figure of Bali riding on the horse is kept and twenty-one lamps are lit around it.





**Cultural Traditions
of Diwali contd...**

Yama-Dvitiya

The second day of Karttika is celebrated as *Yama-dvitiya*. It is also known with different names like *Bhaubij* or *bhaiduj* in different parts of India. According to the myth, Yama went to his sister Yamuna on this day. The souls stranded in hell thus got one day free. Therefore, on this day, brothers visit their sister's home for lunch. It is said that a person should not eat the food prepared by his wife on this day. Those who observe this day as a *vrata*, perform the worship of Yama, Yamaduta, Yamuna, Chitrugupta, Markandeya and manes on this day.

In Uttar Pradesh, sisters draw the figures of brother and sister-in-law on the doors. In the courtyard, they also place five dolls in the square along with other utensils, all made from cow-dung. They then utter the words like "I will harm that person who will think evil about my brother". In the braj region, a festival of Yamuna is celebrated on the large scale.

While summing up, it may be noted that the festival of lights comes at the time when the days tend to become shorter and nights longer. This is the beginning of winter. Celebrating the festival of lights, especially in the evening and night, helps in casting the darkness of night and bring light in the life, along with the joy, wealth and health. I wish a Happy Diwali to all !

- Dr. Ambarish Khare



Nine Steps Reaching to Seven Guardian Angels

Step 2: The Suspicion and Disclosure

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

Part 02 of 09 of the story

Step 2: The Suspicion and Disclosure

The seven kids as described in story in the last part at the Phra Prang Sam Yot Temple.

Three days passed by without anything special happening, but suddenly on Wednesday, some men from the bigger town came with equipment that seemed intimidating to the children. Those children who saw them with the equipment would get frightened and run away. But these people just kept walking and posed as scientists. They wore black clothes and practically went into every house, saying they were here to do some research to understand how this small town could be converted into an economically stable town. They wanted to know what people there were doing for a living and were also inquiring about any place where tourism could take place. It seemed very casual to everyone in the village, so people were happy with the initiative these scientists were taking to make Angkor an economically stable town.

But, as Preal and others were passing by, Preal suddenly felt very uncomfortable and mentioned that to the others. On hearing this, Kheul jumped in front of them proudly, quoting Guanyin, "I was told by Guanyin that I am the protector and shield for all of you." Preal and Tolyphap immediately silenced him, letting him know that if he spoke loudly, they would hear it too. Sarlanha said in a whispering tone, "Guys, even though we've felt uncomfortable around them, we still don't know whether they are good or bad people. All that we know is whatever happens, happens for a reason. All we need to do for now is to be cautious." The group nodded in agreement, their hearts pounding with a mix of curiosity and apprehension. They decided to keep a close watch on the strangers while maintaining their usual routines.



Nine Steps Reaching to Seven Guardian Angels

Step 02 Continued....

Days turned into weeks, and the children continued to observe the scientists, who seemed increasingly interested in the temple's secrets. One evening, as the group was gathered at their usual spot near the temple, Tolyphap spoke up, "We need to be prepared for whatever comes next. The scientists are getting closer to discovering the temple's secrets, and we must protect it." Kheul, ever the protector, nodded firmly. "We need to stay united and use our stones wisely. Remember, we are the chosen ones."

As they continued their discussions, they noticed a subtle change in their surroundings. The air felt charged with energy, and the temple seemed to glow with an ethereal light. It was as if the temple itself was responding to their presence and the power of their stones. Even their bodies were glowing with the colours of their gemstones. They moved away from the temple to see what would happen, and the glow dimmed a bit. But as they stepped forward again, it started glowing as it was before.

"This is amazing!" screamed Santep, and everyone immediately covered his mouth, silencing him.

Sarlanha spoke in a whispering voice, "Shhh... what are you doing? If they are here, they might have heard you and we are in trouble."

Suddenly, they saw a few silhouettes coming towards them. Sarlanha grabbed Santep and Amnar by the hand and quickly hid behind a large stone while Tolyphap, Kheul, Preal, and Kaunosrei followed them silently. Preal and Santep were peeking out to see who was approaching, but all they could hear was one of them saying, "As per the map, those seven gemstones are inside this temple. Let's get them and destroy this temple so that there will be no evidence left." Another voice interrupted, "Hey dudes! Not just the temple, but after the temple, we need to kill all those town people who saw us. Understood?" Suddenly, there was pin-drop silence.

On listening to these words, the children realized these were the silhouettes of evil people. As the figures came closer, it became clear that they were the so-called scientists. The children soon realized that these were not scientists at all, but evil people in search of power to conquer the world. Their eyes glinted with a sinister light, and their movements were too calculated, too predatory.





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Nine Steps Reaching to Seven Guardian Angels

Step 02 Continued....

Tapasya

"We need to get out of here," whispered Tolyphap. "They must not find out about the stones." The group nodded and quietly made their way out of the temple grounds, careful not to draw attention. Once they were a safe distance away, they gathered to discuss their next move.

"We have to protect the stones and the temple," said Kheul. "If these people get their hands on them, who knows what they could do."

Sarlanha added, "We need to figure out how to use the power of the stones. The monk and Guanyin said we have a special role to play. Maybe it's time to find out what that is."

Preal mentioned, "Santep, Sarlanha, I think the best place to discuss our next step would be at your home, isn't it?" Both Santep and Sarlanha agreed. So, everyone arrived at Santep and Sarlanha's home to discuss their next steps the next day.

Kaunosrei nervously asked, "Hey Sarlanha, since the so-called scientists are after the stones, should we hide ourselves from them?"

Sarlanha replied, "No. Instead, we should first understand these stones ourselves."

On hearing this, Tolyphap spontaneously responded, "Well then, in order to find out more about these stones and why they are so important, where should we go?"

Santep spoke all of a sudden, "Maybe the temple holds more secrets."

Preal, who had been quiet, unexpectedly spoke up. "I think the stones are connected to our spiritual awareness. They are not just beautiful; they have a purpose." Saying so, he held his gemstone above his head to see its shine. A spark of light beam was emitted from the stone towards his forehead while he was looking at it, and he subconsciously added, "Awakening spiritual awareness doesn't only mean promoting love, willpower, and harmony but also enhancing insights, balancing emotions, as well as shielding against negative energies like electromagnetic radiation and psychic attacks." He himself was stunned to hear what he said.

The group fell silent, absorbing Preal's words. They realized that their journey was just about to start. They had not only to protect their town but also to understand and harness the power within themselves.



FUNDAMENTAL

Q & A questions & their answers

Science of Learning Part 11

n pranjal joshi

In a recently concluded session on “Science of Learning” at Parle Tilak School, Vile Parle Mumbai, where 200 students of 10th standard were present, we discussed certain fundamental questions about studies, examination, career and overall aspects about achieving excellence in our life. Everyone need to give the best what he / she has, to get the best. Everyone is blessed with certain qualities and school, teachers, parents, everyone around is actually helping us in our search within to discover it by doing certain tasks and activities outside. That’s what the basic logic behind having a school – to discover yourself, to know the qualities you have which we can explore, so we can excel in our chosen field.

These all 200 students have attended our first session on Science of Learning, last February so this was now advance session. We started with recap of what we discussed in the earlier session and then started with these questions and answers.

The Seven Questions which we discussed were as follows –

In your opinion –

Q1 – Which is the most crucial aspect while planning for our examination studies?

Q2 – Which tool is available with all of us so we can learn anything in our life?

Q3 – What is the biggest obstacle in our pathway to learn or excel in anything?

Q4 – What basic practice is available with all of us which can help us to achieve concentration and overcome fear as well?

Q5 – What exactly we need to do when our teachers or parents are instructing us “to concentrate” ?

Q6 – What we are supposed to do to achieve concentration?

Q7 – Who is the center point of all exams, studies, career and everything in our life ?

Initially the discussions were around “outside” aspects, but soon with the leading sub-questions, the students were able to discover that it has nothing to do with anything external. We also tried few exercises of closing eyes for a minute and counting thoughts, closing eyes and watching our own breathing, and what effect it brings to us and the conclusions that can be drawn from such exercises.



Q

A

Honestly, the discussions and the exercises done along with these students was quite an enriching experience for me. It helped me to learn many more aspects, while students were participating in the session.

During the session itself, we concluded with the following as the responses to the questions discussed.

Answer 1 – Time Management is the most crucial aspect while planning for our examination studies. All others will get managed if we plan our time properly.

Answer 2 – The tool available with all of us with which we can learn anything in our life is our own “Mind”. Most of us who have learned reiki, know this that it is the mind where the transformation can happen. All teaching and learning takes place here.

Answer 3 – Students initially started with answers stating that it is laziness or inertia as the biggest obstacle. But with additional discussions, everyone concluded that again it is the “Mind” which is the biggest obstacle. The outside distractions are just simple traps, but weak mind or unresolved mind gets attracted to outside distractions.

Answer 4 – The answer is “breathing and its management” is the simplest and easily available practice for all of us. With the “watch your breath” exercise students were able to relate it very easily.

Answer 5 – When our teachers or parents are instructing us “to concentrate or please pay attention” actually they are telling us to meditate. Meditate on that point which is being discussed in the class right now.

Answer 6 – To concentrate means to make your mind conscious about the topic that is being taught, aspect that needs an attention. That is to use the power of mind to exclude all other thoughts, and able to have a “one thought” wave which is about the aspect which needs our attention.

Answer 7 – The answer was very obvious. Students replied that “I” am the center point of all exams, studies, career and everything in my life.

The session then took the interesting mode of discussing “Who am I?”.

This probably is the question everyone should search. This is where the churning and the learning can really begin.



Importance of Diwali

The festival of Lights

- Krupa Choksi

Deepavali or Diwali – the festival of lights is enjoyed by everyone. Kids, grown-ups and elderly people look forward to this festival. Diwali excites everyone. Children look forward to Diwali as festival in which we get to eat sweets and enjoy fireworks, girls look at it as a festival to make rangolis and dress up well and decorate home and elderly people and grown-ups look to this festival as a festival of doing various poojas, cleaning home and preparing sumptuous dishes. The outlook of shop-keepers is a time to maximize sells and earn profits. Different people relate to this festival differently but this festival brings lot of excitement in everyone.

We need to understand the significance behind this festival. Its not only just enjoying good food, good clothes and fire works. This festival means a lot if we understand in truer sense. Dhanteras. also known as Dhanatrayodashi is the first day that marks the festival of Diwali in most of India. Dhanteras is the worship of Dhanvantari. Dhanvantari, according to Hindu traditions, emerged during Samudra Manthana, holding a pot full of amrita (a nectar bestowing immortality) in one hand and the sacred text about Ayurveda in the other hand. He is considered to be the physician of the devas. Dhanvantari is also considered to be an avatar of Vishnu. The origins of Dhanteras can be traced back to the churning of the milk ocean (Samudra Manthan) in Hindu mythology, during which Goddess Lakshmi emerged, signifying wealth and fortune. The festival is celebrated as Lakshmi Puja, which is performed in the evenings when diyas (lamps of clay) are lit. Bhajans or devotional songs are sung in praise of goddess Lakshmi, and traditional sweets are offered to the goddess.

The second day of Deepawali is Kali Chaudas or Narak Chaturdasi. On this day, Goddess Parvati is worshipped in the form of Goddess Kali. It is believed that worshipping Kali on this day can lead to gaining many benefits. It primarily includes removing the negative effects of Shani dosh, prosperity in marriage and wealth, recovery from long term diseases, and freedom from the impact of evil spirits. Goddess Kali is the deity of central importance on Narak Chaturdashi day. The fierce form of Goddess Shakti is known as the destroyer of all the negative aspects and evil elements. She is also known as the face of destruction and regeneration. Seeking her blessings on Kali Chaudas will ensure protection from all negative energies and victory over enemies.

According to Bhagwad Purana, on this day Narakasur was also killed which signifies victory of good over evil. Narakasur was a great king Hiranyaksh in his previous birth. He had captured earth (Bhudevi) and moved it from its axis. At that time Lord Vishnu



took Varaha Avatar and killed him and saved Bhudevi. Narakasur was born at that time.

Narakasur was demon king and had a boon that he will be killed only by his mother. He had his dominance in all three lokas and kidnapped 16000 unmarried girls in his palace. Lord Indra requested Lord Krishna to save the world from his torture. Lord Krishna along with Satyabhama fought with him and at that time when Satyabhama was injured slightly, she killed Narakasur with her arrow. And Lord Krishna freed 16000 ladies from the clutches of Naraksur. Naraksur is symbol of our inertia and laziness which brings tamas in us. It is also a depiction of ignorance and evil within us. And 16000 girls are the breath which we take during a day. Which means we have to remove lethargy, laziness and ignorance which affects our life by worshipping Lord Krishna and Goddess Kali.

The third day of Diwali is actual Diwali on this day, Lord Rama came to Ayodhya along with his consort Sita and brother Laxman after completing exile of 14 years and killing Ravana. Diwali is a day of Amavasya (new moon day) so hundreds of lamps are lit to create light all around us. IT also means after killing ignorance and tamas within the inner light will be ignited which we need to celebrate.

The fourth day of Diwali is Padwa or new year for people in Gujarat. On this day, being a new year, people meet and greet each other. Children and youngsters take blessings of elders and start a new year. With new energy and ignited mind with inner light, all the relationship gets a new meaning. On this day in Maharashtra, the wife also worships husband. It is a kind of a promise to protect her.

The last day of Diwali is Bhaiddooj. On the day of the festival, sisters invite their brothers for a sumptuous meal often including their favourite dishes/sweets. The whole ceremony signifies the duty of a brother to protect his sister, as well as a sister's blessings for her brother. As per the story, the sister of Yama ie. Yamuna insisted her brother pay a visit to her home on many occasions, but Yamraja was unable to do that. On the second day of Shukla Paksha in the month of Kartik, he finally decided to meet her and he was greeted with a grand celebration. Yamuna applied tilak on his forehead and offered sweets. Before leaving, Yamraja asked Yamnua for her wish and she requested a boon that any brother who visits his sister on this day and eats the food should have a long and wealthy life. Since then, this day is celebrated as Bhai Dooj. One another reason why Bhai Dooj is celebrated after Diwali is that Lord Krishna visited his sister Subhadra after killing the demon, Narakasura. Subhadra welcomed him by applying tilak on his forehead. From that day onwards, the festival of Bhai Dooj began. Bhai Dooj is similar to celebrating Raksha-Bandhan which commemorates the sacred bond of siblings.

These five days of Diwali is a celebration time where we get ourselves enlightened with new energy and knowledge, we renew our relationship with all the relatives and start a new year with lot of hope, enthusiasm and positivity.



Thought for the Month

**Don't burst crackers,
this Deepawali become the Sun...**

- Viivek A Pandey

Dear students of DSPPL, And my young friends...

Don't burst crackers, this Deepawali become the Sun...

In the night sky of October/November, the skies are lit up with sparkling lights embarking on the celebration of Deepawali. The whole of India becomes an array of dancing lights and firecrackers in the night sky. The festivities continue for more than a week. The kids get more excited to see fire coming out from crackers in all sorts of manners. Some crackers entertain them by dancing on the floor and some others create a spectacle in the sky. Deepawali is indeed a treat for the eyes. It is celebrated with much enthusiasm and fervor throughout the country.

As a 15-year-old kid, one should get excited to burn crackers. Nonetheless, it cannot remain your sole level of excitement during the Deepawali. Once you grow with your body, the mind and emotions also need to shift to the appropriate place and source of light. Your eyes definitely would enjoy the visual retreat but they should also pay attention to the transient nature of the spark that the crackers emanate and then eventually fade out. If the young eyes could notice, the life of a firecracker though sparkling is very short. It is completely okay if, at the age of 15, you feel that the crackers are a source of joy. However, as you reach adulthood, you must realize that the crackers are just an outside excuse, the joy was always there within. Participate with total involvement, but also witness and learn from the exhibitions laid down in front of you.

Standing in an open night sky, one wonders at least once in their life as to how small they are and how big the universe is. An even bigger revelation is the fact that we are not just figuratively, we are stardust. In 1957, a female scientist Margaret Burbage published a paper that borders around the spiritual. This paper is one of the greatest gifts of modern astrophysics as it contains the knowledge that the atoms and molecules of your body are traceable to the core of stars. We are not living in the universe, but the universe is also living within us. The bursting of a cracker and the gas cloud that it leaves is nothing but the bursting of a star scattering essential elements like carbon, nitrogen, oxygen, and iron in space.





Don't burst crackers, this Deepawali become the Sun... Continued...

This later turns into another system of stars and planets and eventually, we are also made up of the same elements. The only difference between the planets, the stars, and us is that we can achieve consciousness and hence contemplate the meaning of life. Technically, every cell of our body is a potential Sun as we are made up of the same elements as the stars. This year, celebrate Diwali keeping this astounding fact in your mind.

One more startling fact is, that if we take away all the empty spaces from within and without, the universe would reduce to the size of a fist. The matter in the universe is very less and the magic happens due to the space. What looks empty, may not be that empty. The human body again contains a lot of space. A whole lot of medical conditions can be removed if we can discover how to manage the space within. The expansion of the space within may just lead to an abundant life and vice versa when the space is contracted. Similarly, the fire element within us, if managed well, may lead to a very long life. The ever-evolving mind will play a leading role in shaping the future of beings that were always spiritual. The secrets of aging and slowing down the aging process can also be tracked down to the space and time understanding. We need modern scientists who can also operate as Yogis of the yester years. Just bursting out of crackers and entertaining the mind on a superficial level will never help. Looking deep while having fun will lay out a lot of solutions for the rest of our species. Till then, celebrate but also explore the true aspect behind all the festivals.



DSPPL

Ram Setu - Building Corpus

- CA Amit Dhadphale and CA Ishan Shaligram

Dear Readers,

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 second article in this issue. Idea is to introduce the financial aspects to children through simple language and practical examples. Hope that you enjoy reading this section.

Story: Ram Setu

As you all know, we will be celebrating Diwali during November, 24. As we know, Diwali is the festival of lights, it is celebrated for the victory of good over evil and for the return of Lord Rama, his wife Sita Devi and brother Lakshman, after defeating the demon king Ravana. So let's identify learnings from one of the important episodes from the epic Ramayana and give it a financial twist to identify our action points.

Ram Setu was a bridge built by Lord Rama's Vanara Sena (Monkey Army) to rescue Lord Rama's wife Sita from who was kidnaped by Demon Ravana and held as a hostage in his kingdom, Sri Lanka, which was on an island in the sea, far away from Rameswaram.

The story to overcome this challenge is summarised below:

During their journey, Lord Rama and his Vanar Sena were stuck at a point of time since they had reached the fag end of land, i.e. Rameswaram, and had to cross the Indian ocean to reach Sri Lanka, which was situated on an island many kilometres deep into the ocean.

Nala, the son of Vishwakarma (the architect of Gods) was amongst the Vanar Sena, who acted as the chief engineer to construct the bridge. The Vanar Sena started writing the name of Lord Rama on the stones so that the stones started floating on the sea. Millions of Monkeys worked tirelessly with a unified objective and faith in Lord Rama to construct the bridge. The army of workers also included a little squirrel who worked tirelessly to fill-up the gaps between the boulders with small pebbles. While the efforts of the little squirrel went unnoticed for quite





some time, later some of the monkeys mocked the little squirrel for such a tiny contribution, but Lord Rama realised that such pebbles filled-up between the gaps of boulders was basically resulting in strengthening the bridge and hence Lord Ram recognised the efforts of the little squirrel, thanked it and blessed it by stroked its back.

This story can be translated into certain important financial literacy aspects as follows:

- **Start Investing:** The mantra in investing is to make a start. Starting anything, though small, is very important in life. Once you start regular investing, it becomes a habit and once a habit is inculcated it will lead to having a decent investment for each and every financial need. The army started with faith and started with small stones, and over time, the bridge was built achieving the ultimate aim of their efforts.
- **Corpus creation is not overnight:** “बूँद बूँद से सागर बनता है”: corpus is not created overnight. It takes years of investing. Discipline and Consistency are the mantras for building the corpus. Discipline is the ability to take action, even when you don't feel motivated, while consistency is the ability to sustain that action over time.

Discipline is very important especially in case of crisis. In case of crisis also wherever possible one should avoid withdrawing and moreover try making that small contribution like the little squirrel to strengthen your portfolio / corpus.

Consistency is to keep on investing at regular intervals. It is rather advisable to make small investment instead of waiting for the time wherein you will have a lumpsum amount for investment. This will give you to maximum impact of compounding which is important in long run. Thus, friends, such practical examples in simple words would help the children have decent insights regarding the key financial literacy concepts and keep the take-aways well registered with them.

Would you mind trying your luck in developing one such story with a financial twist? Do write to us: we will again come up with one more such story with financial twist in the next edition. Until then.. goodbye and happy planning!!

Financial takeaway of the month: Start Investing, Keep investing and Be invested!!

CA Amit Dhadphale and CA Ishan Shaligram

PS: Views and personal.





As in NEP 2020, Part 03/03 ▯ Dr. Nirav Thakkar, Ahmedabad

Mentoring VS Advising

Advises are that conversations which are arranged only when there is a specific need or problem to be resolved. In contrast, mentoring involves pre-planned and regular interactions with the mentor at specific intervals, and notes are taken when needed. Advice is a problem-bound relationship, whereas guidance, on the other hand, is a journey.

A mentoring relationship is a symbiotic relationship formed over time, based on idiosyncratic interactions between professionals in similar fields. Primarily interactive but specifically directed towards the mentee's personal and professional goals and development.

India is emerging as a country of promising youth across the world. We are faced with challenges like Demographic Dividend or Demographic Disasters, NEP - 2020 has put before us a ray of hope education policy for Indian youth. NEP-2020 has put the teacher's role as a 'Mentor' apart from classroom teaching. If there is a true transformation from teacher to guide and guide to guru in this journey, then nothing can stop India from becoming a 'vishwa guru'.

(Reference : Mentoring the Bluebook Published by National Council of Teachers' Education)



Rangoli

- Snehal Desai, Pune

In the Hindu community, the Rangoli is usually drawn near the entrance of the house to welcome the Gods, Goddesses, or guests. The Rangoli symbolizes positivity, an auspicious environment, and prosperity. During festivals in India, like Diwali, Dasehra, Gudhi Padwa, Navratri, etc, the Rangoli is drawn in every house as a tradition. It is believed that Rangoli is the signal of good luck.

The Rangoli is made out of specific rock powders and limestone. Along with the powder, people also use flowers and other things for decoration.



Daily Rangoli with Shubh Symbols



Diwali Rangoli



Dussehhara Rangoli



Flower Rangoli



Rangoli

Continued...

Numerous designs could be drawn out of this fine white powder. Some of the very common designs that people frequently draw are dotted designs. 6x6, 8x8, or bigger grids in which further lines are drawn to create a symmetrical design. We can put colors of our choice. Another type most often drawn is flowers. Many types of flowers with multiple designs and colors can be seen.

The Rangoli art is not only confined to the white powder in the doorways. It is a very massive art form where people also compete against each other in competitions with their craft. There are also creative works like drawing Rangoli on still water, etc.

This form of art shows creativity and artistic skills together. This traditional craftwork enhances the joy of the festivals being celebrated.



Rangoli with
colours and Flowers



Simple Diwali
Rangoli



Ganesha Rangoli



DSPPL

Reflections through Life experiences

– CA Rucha Sharma, Bengaluru

My First Site Visit: A Life-Changing Experience

In Nov 2021, I went for my first-ever site visit to North Karnataka with SELCO Foundation. Everyone was hinting at a surprise, but I had no idea what to expect. As we drove through the dense forests, suddenly it felt like I was in Africa! So many people who looked like Africans walked past us.

That's when I met the Siddi community. We had implemented a solar-powered pulverizer project there with Ms Rosy, a milling entrepreneur.

When I visited Rosy's home, I was struck by how comfortably she blended cultures. She wore a traditional saree and mangalsutra like any other Hindu woman, but there was also a photo of Jesus Christ on her wall. And the family spoke fluent Kannada, English, Hindi, and Marathi!

It was almost unbelievable to see someone speaking Marathi so fluently.

All these years, I thought I was a Punekar, Marathi, Maharashtrian, Indian – but that day, I wondered, "Who am I, really? Who are these people who merge cultures so effortlessly?"

Maybe this experience was a wake-up call to see beyond labels and remember we're all human.

This visit changed me in ways I never thought possible.

Rucha works with Selco Foundation which is into poverty alleviation and climate smart solutions. The Foundation works in Agri and allied sector to innovate and scale need based Decentralized Renewable Energy based solutions in rural areas of india





Yog is a wonderful way to begin your Diwali celebrations. Start your day early with a refreshing bath, lay down your mat, and practice some light stretches and asanas to rejuvenate your body, mind, and soul. Yog and Diwali share some similarities. Both are celebrations; Diwali is the festival of lights, while Yog is the festival of life. Both remove darkness and bring light into our lives. Let us celebrate this Diwali by transforming old habits and patterns into new ways of hope, goodwill, and happiness.

Diwali falls in Hemant Ritu, the early winter season of transition. During this time, the cool breeze and bright sunlight increase the air and fire elements in the body, leading to the accumulation of cough. The body requires a nutritious, warming diet to stay healthy. Consuming sweet, sour, and salty foods is advisable. Avoid daytime naps and ensure adequate sleep at night. Practicing moderate exercise and meditation can help prepare the body and mind for winter.

Yog practices for Diwali:

1. Virabhadrasana – The Warrior Pose

Virabhadra was a fierce warrior created by Lord Shiva. This asana is considered challenging due to its precise positioning.

How to Perform:

- Stand on a mat with legs parallel to each other in a wide stance. Keep your heel and toe aligned, pressing the outer edges of your feet. Let your arms hang straight down.
- Step 1: Turn your left foot to the left at a 90-degree angle, while keeping your trunk facing forward.





- Step 2: Inhale and lift your arms out to the sides, in line with the shoulders. Keep your arms and shoulders relaxed.
- Step 3: Bend your left knee so your ankle and knee align, and ensure your knee and hip are also in line, with your thigh parallel to the floor.
- Step 4: Turn your head to the left, bringing your chin close to your shoulder, and gaze over your fingers.

Relax your body in this position and hold for few seconds. Release the asana in reverse order: turn your head forward, straighten your left knee, lower your arms, and straighten your left leg. Take a few deep breaths, then practice the same steps on the right side. With regular practice, gradually increase the holding time.

Benefits:

- Strengthens the legs and improves the weight-bearing capacity of the joints.
- Enhances blood circulation, respiration, and digestion.
- Stretches the hips, strengthens the spine, and improves posture.
- Increases stamina and concentration.
- Improves balance and stabilizes the mind.
- Boosts willpower and inner strength.

Historically, this posture was practiced by warriors to prepare for battle. The asana teaches us to stand strong, face life's challenges, and win the battle within. If you can control your mind, you will conquer life's challenges.





2. Swastikasana – The Auspicious Pose

The Swastik symbol represents positivity. It is used on all auspicious occasions to remove obstacles and maintain positivity. Practicing Swastikasana helps to cultivate a good attitude and positive habits.

How to Perform:

- Sit comfortably and keep your spine straight, with both legs slightly bent and feet in front.
- Step 1: Hold your left foot and place the toes behind your right knee. Bend your right knee and tuck the left foot sole between your right thigh and calf.
- Step 2: Grasp your right big toe and place it between the left thigh and calf.
- Step 3: Place your hands in Dhyan Mudra (or Gyan Mudra) on your knees, keeping your elbows under your shoulders.
- Step 4: Keep your spine straight and close your eyes.

Relax your body, breathe naturally, and hold the position. Release the asana in reverse order. Practice daily, gradually increasing the holding time.

Benefits:

- Improves strength and flexibility in the legs.
- Enhances blood circulation in the abdominal area, aiding digestion.
- Strengthens the spine and improves posture.
- Calms the mind, making it easier to meditate.

Swastik is derived from Swa (Self) + Asti (to be), meaning “to remain in the Real Self.” Practicing Swastikasana helps us look within, connect with our true selves, and discover our life’s purpose.

Yog is the journey of life. May the practice of asanas make you stronger physically, mentally, and emotionally, helping you to adapt to changing seasons and life situations, and ignite your inner light.



अथर्वशीर्ष भाग ९

- Mrunal & Yamini Kutumbale

एकदंताय विद्महे वक्रतुण्डाय धीमहि तन्नो दन्ती प्रचोदयात् ॥ ८॥

(एकदन्त को हम जानते हैं, वक्रतुण्ड का हम ध्यान करते हैं। दन्ती हमको उस ज्ञान और ध्यान में प्रेरित करें।)

" ये गणेश गायत्री मन्त्र है। जिसका गायन करने से भवसागर पार करने में मदद करती है वो गायत्री। एकदन्ताय विद्महे - एका शब्द माया के लिए कहा जाता है। दन्त का अर्थ है क्षमता , ताकत , सत्ता। माया के ऊपर जिसकी सत्ता है वो एकदन्त। उस एकदन्त को हम जानते हैं। वक्रतुण्डाय धीमहि - वक्र का अर्थ है टेढ़ा। टेढ़ी घुमावदार सूँढ़ वाले गणपति। उस वक्रतुण्ड का ध्यान करते हैं। बुद्धि में उसे स्थिर करना है। तन्नो दंती प्रचोदयात् - गणपति मेरा रक्षण करे। वह दंती मेरा उद्धार करे। मेरी आध्यात्मिक उन्नति करे। अथर्वशीर्ष में वर्णन किये हुए गणपतिजी के विविध स्वरूप को समझने के बाद उनसे प्रार्थना की गई है। अब जीवन में संकट आये तो संकटों से कहिये की तुमसे मेरे आराध्य बड़े हैं। संकटों को पार करने का मार्ग मेरे गणपतिने मुझे दिखाया है। "

सुमुख ने कहा , " दादी परिस्थिति के सामने अगर मनुष्य बड़ा बन जाए तो वो उससे लड़ सकता है। गणपतिजी ही हमें वो शक्ति प्रदान करते हैं , है ना ? "

" बिलकुल सही समझे सुमुख " दादी ने मुस्कुराते हुए कहा।

एकदंतं चतुर्हस्तं पाशमंकुशधारिणम् ॥ रदं च वरदं हस्तैर्बिभ्राणं मूषकध्वजम् ॥

रक्तं लम्बोदरं शूर्पकर्णकं रक्तवाससम् ॥ रक्तगंधानुलिप्तांगं रक्तपुष्पैः सुपूजितम् ॥

भक्तानुकंपिनं देवं जगत्कारणमच्युतम् ॥ आविर्भूतं च सृष्ट्यादौ प्रकृतेः पुरुषात्परम् ॥

एवं ध्यायति यो नित्यं स योगी योगिनां वरः ॥ ९॥

(गणपतिदेव एकदन्त और चतुर्बाहु हैं। वे अपने चार हाथों में पाश, अंकुश, दन्त और वरमुद्रा धारण करते हैं। उनके ध्वज में मूषक का चिह्न है। वे रक्तवर्ण, लम्बोदर, शूर्पकर्ण तथा रक्तवस्त्रधारी हैं। रक्तचन्दन के द्वारा उनके अंग अनुलिप्त हैं। वे रक्तवर्ण के पुष्पों द्वारा सुपूजित हैं। भक्तों की कामना पूर्ण करने वाले, ज्योतिर्मय, जगत् के कारण, अच्युत तथा प्रकृति और पुरुष से परे विद्यमान वे पुरुषोत्तम सृष्टि के आदि में आविर्भूत हुए। इनका जो इस प्रकार नित्य ध्यान करता है, वह योगी योगियों में श्रेष्ठ है।)



..continued



" सुमुख, देखो ना , ईश्वर कितना दयालु है। उसने मनुष्य को साधना करने के कई रास्ते दिखाए हैं। पहले हमने सृष्टि में विद्यमान ईश्वर के अमर्याद स्वरूप को देखा। फिर उसे अपने अंतरंग में आत्मा के स्वरूप में देखा। अपने शरीर में उसका स्थान देखा। उसका मंत्र रूप भी देखा। अब कोई इन रूपों की साधना नहीं कर सकता तो ईश्वर ने अपना साकार रूप भी दिखाया। मनुष्य, ईश्वर को पाने के लिए कोई भी मार्ग अपना सकता है। इस ऋचा में हम गणपति के सगुण, साकार स्वरूप को समझेंगे। गणेशजी का साकार स्वरूप बहुत ही मनोहर और मंगलदायी है। श्री गणपति के प्रत्येक अंग की विशेषता है और उसका गूढ़ अर्थ भी है। गणपति के चार हाथ हैं। उन्होंने अपने चार हाथों में पाश, अंकुश, दन्त और वरदमुद्रा धारण की हैं।

पाश - नकारात्मक शक्ति के ऊपर पाश का नियंत्रण है। सारे सूत्र उसके हाथ में हैं। मनुष्य जितने पाश में अटका है उन सब से मुक्त करने का सामर्थ्य गणपति में है।

अंकुश - जैसे महाव्रत लगाम की सहायता से हाथी को चलाता है, गणपति विश्व का संचालन करते हैं।

वरद - अथर्वता का वर देनेवाला । मनुष्य के कल्याण का वर देनेवाला ।

दन्त - एक हाथ में दन्त है। दन्त माया का प्रतिक है। माया पर उनकी सत्ता है।

उनके ध्वज पर मूषक है और वाहन भी मूषक ही है। मूषक रात में छिपकर काम करता है। सब कुछ कुतरना उसका स्वभाव है। काल का प्रतिक है। गणपति काल के परे हैं।

उन्होंने लाल रंग के वस्त्र धारण किये हैं। उनका अंग रक्तचंदन से व्याप्त है। लाल रंग के फूलों से सुशोभित है।

शूर्पकर्ण - बड़े कान हमेशा चौकन्ना रहने के संकेत देते हैं। सुप जैसे बुरी चीजों को छांटकर अलग कर देता है उसी तरह बुरी बातें बाहर ही छोड़ने की सीख हमें मिलती है।

भक्तानुकंपीनं देवं जगत् कारणम अच्युतम् - भक्तों के प्रति दयाभाव रखनेवाले

अच्युत- अपरिवर्तनीय, संसार का मूल कारण.

आविर्भूत च सृष्ट्यादौ - जो सृष्टि से पहले अवतरित हुए,

प्रकृते पुरुषात् परम् - पुरुष और प्रकृति से पूर्व .

एवम् ध्यायती यो नित्यं स योगी योगिनां वरः जो गणपति के इस स्वरूप को जानता है, उनके इस रूप का नित्य ध्यान करता है , वह योगी योगियोमे श्रेष्ठ है।

आप सब को प्रकाश के पर्व दीपावली की हार्दिक शुभकामना। श्री गणेश और माता लक्ष्मी की कृपा आप सब पर निरंतर रहे । जय गुरुदेव





- **Kalpita Rakesh**

Understanding Constitution through an Act

The Magical Kingdom of Bharat

Narrator:

Once upon a time, in a magical kingdom known as Bharat (also called India), there lived a wise council that looked after the harmony of their great land. This kingdom wasn't just one land—it was made up of many regions, each with its own people, traditions, and stories. But, like all great stories, there were challenges, and our wise council had to use their knowledge and magic to keep the kingdom united. Let's dive into their adventure!

(Article 1: Name and Territory of the Union)

Chapter 1: The Name of the Kingdom

Narrator: One sunny day, the wise council gathered under the great banyan tree. They were planning something special.

Head of the Council: (holding a glowing scroll) "Friends, today we give our kingdom an official name! It shall be called Bharat, also known as India. It will be a Union of States—a family where each region is important and unique, yet together we are one!"

Council Member 1: "But how do we keep everyone united?"

Head of the Council: (smiling) "Simple! Like a magical puzzle. Each region is a piece, and when we put them all together, they form a strong, colorful picture called India."





THE CONSTITUTION OF
INDIA
PREAMBLE

The Magical Kingdom of Bharat

Continued...

Narrator: And so, the kingdom got its name and became a family of regions, each connected to the other, forming the magical land called Bharat, or India.

(Article 2: Admission or Establishment of New States)

Chapter 2: Welcoming a New Friend - The Story of Sikkim

Narrator: One day, a messenger arrived from a distant land called Sikkim.

Messenger from Sikkim: (bowing) "O wise council, the people of Sikkim wish to join your great kingdom. We want to be part of your family."

Head of the Council: "Welcome, dear friends! Our magical scroll has a rule just for this. We can invite new regions to join us. From today, Sikkim will be a proud member of our kingdom!"

Council Member 2: "But how will we fit them into our puzzle?"

Head of the Council: "Like adding a new piece to our map. We make space, we adjust, and Sikkim will fit in perfectly. With open hearts, we grow stronger."

Narrator: And so, Sikkim joined the family in 1975, fitting perfectly into the grand picture of India.

(Article 3: Formation of New States and Alteration of Boundaries)

Chapter 3: The Puzzle Reorganization - The Tale of Telangana

Narrator: Over time, the kingdom grew, and some regions became crowded and difficult to manage. One such region was Andhra Pradesh.

Citizen of Andhra Pradesh: "Great council, our region is too big. We need more space and attention to grow."

Head of the Council: "We hear you! It's time to use our magical scroll again. We shall create a new region called Telangana, splitting it from Andhra Pradesh, so that both can thrive."



The Magical Kingdom of Bharat

Continued...

Council Member 3: “But what if some pieces of the puzzle don’t fit right after the change?”

Head of the Council: “We can adjust and rearrange, always making sure every piece fits comfortably. Sometimes, two small regions might combine, or a name might change, but the puzzle will always stay strong and united.”

Narrator: With a flash of magic, Telangana was born, and the puzzle was reorganized. The kingdom made sure that every region could live in harmony and peace.

(Article 4: Laws Relating to the States of the Union)

Chapter 4: The Magic of Smooth Changes

Narrator: The wise council knew that every time they adjusted the puzzle, it could be a lot of work. But they had a secret—Article 4.

Council Member 1: “What if each change needs to go through long discussions again and again?”

Head of the Council: “Fear not! With Article 4, our magic lets us make changes smoothly and efficiently. Once a decision is made, we don’t need to redo it all. The puzzle is updated instantly, keeping everything running smoothly.”

Narrator: And so, with this magic, the council could make necessary changes without having to start from scratch each time. The kingdom could stay organized and ready for new adventures.





The Magical Kingdom of Bharat

Continued...

Final Scene:

Narrator: The magical kingdom of Bharat thrived because the council had these powerful rules. They kept the land united, welcomed new friends, adjusted when needed, and did it all with a touch of magic.

The puzzle of India was complete, each piece in its perfect place, shining brightly as one big family.

Head of the Council (to the audience): “Remember, young adventurers, this is how we keep our kingdom united and growing. With love, care, and the magic of understanding, we build a stronger tomorrow. Jai Hind!”

Moral:

This story helps us understand how the Indian Constitution keeps the country united:

Article 1: India is a union of states, like a big puzzle where every piece matters.

Article 2: India can welcome new regions into its family.

Article 3: The government can adjust and reorganize states to make things better for everyone.

Article 4: Changes can be made smoothly without much hassle.

Through these magical rules, India remains united, growing, and ready for the future!





कर्म करना मेरे हाथ में है। - Saurabh Malpani

एक बार एक गाँव के दस बारह साल के दो शरारती बच्चों ने एक आदमी की परीक्षा लेना तय किया। ऐसे मुश्किल प्रश्न पूछना इन बच्चों ने तय किया जिनका उत्तर देना उसे कभी भी संभव नहीं होगा। बहुत सोच विचार कर इन दो बच्चों ने तीन प्रश्न ढूँढ निकाले। इन बच्चों ने तय किया कि हम एक छोटी चिड़िया को पीठ के पीछे पकड़कर उससे पूछेंगे कि, हमारे हाथ में क्या है? वह बूढ़ा आदमी जवाब देगा, 'पक्षी है'। 'लेकिन यह कोई मुश्किल सवाल नहीं हुआ, वे लड़के एक दूसरे से बोले। इसके बाद दूसरा प्रश्न हम यह पूछेंगे कि, हमारे हाथ में कौनसा पक्षी है? वह कहेगा, चिड़िया है। लेकिन यह भी आसान सवाल है, वे दोनों फिर बोले। लेकिन इसके बाद का तीसरा प्रश्न निश्चित ही इम्तहान लेने वाला होगा। इसके बाद हम पूछेंगे, यह चिड़िया जीवित है या मरी हुई है?

अब अगर उसने जवाब दिया कि मरी हुई है तो जवाब गलत होगा, क्योंकि चिड़िया तो जीवित रहेगी और अगर उसने कहा कि जीवित है तो फिर जवाब गलत होगा, क्योंकि तब हम उस चिड़िया को वहीं के वहीं दबा कर मार डालेंगे। दोनों बहुत प्रसन्न हुए क्योंकि उन्हें प्रश्न ही ऐसा मिला था जिसका कोई भी उत्तर गलत ही होने वाला था। फिर एक छोटी सी चिड़िया लेकर ये बच्चे उस वृद्ध आदमी के पास पहुँचे और तयशुदा तरीके से पीठ के पीछे हाथ रखकर उन्होंने पहला प्रश्न पूछा, "हमारे हाथ में क्या है?" उस आदमी ने तुरंत बताया, "पक्षी है।" उत्तर सुनकर बालको को अचरज नहीं हुआ। उन्होंने दूसरा प्रश्न पूछा, "कौन सा पक्षी?" तुरंत उत्तर मिला, "चिड़िया है।" इस उत्तर ने भी लड़कों को चकित नहीं किया क्योंकि उन्हें पूछना था तीसरा प्रश्न और उसी प्रश्न का उत्तर सुनना था। फिर लड़कों ने पूछा, "हमारे हाथ की यह चिड़िया मरी हुई है या ज़िंदा?" पहले दो प्रश्नों के उत्तर तुरंत देने वाला वह अनुभवी आदमी इस बार थोड़ा सा रुका – शायद सोचने के लिए... फिर बोला, "वह तुम्हारे हाथ में है।" वह वृद्ध आदमी अनुभव से बोल रहा था। उसे मालूम था कि चिड़िया को मारना या ज़िंदा रखना उन लड़कों के ही हाथ में था।

क्या हमारे अपने जीवन में भी लगभग सारी चीज़ें हमारे ही हाथों में नहीं होती? लेकिन हम अपने आप को किस तरह बनाना चाहते हैं और हम अपना आने वाला कल, आज से ही कैसे तैयार कर सकते हैं, या तो भीतर के राम को जगाना है या रावण को ये सब "हमारे हाथ में ही है।

आप सभी पाठकों एवं आपके समस्त परिवार जन को दिवाली की ढेर सारी शुभकामनाएँ। आशा करूँगा गुरुजी और स्वामीजी के आशिर्वाद से आप सभी का अस्तित्व हमेशा उजागर रहें।





एकाग्रता का महत्व - जयंती काटदरे

स्कूल के टर्मिनल एग्जाम्स होने के बाद सूरज तुरंतही दादाजी के साथ गांव आया था। सूरज ने सोचा था कि वह देर रात तक मोबाइल पर खेलता रहेगा। सुबह देर से उठेगा। और पूरी छुट्टियां सिर्फ इंजॉय ही करेगा। पर मम्मी ने छुट्टियों में करने के लिए एक्टिविटीज पहले ही भेज दिए थे। और देर रात मोबाइल देखकर जागते रहना दादा दादी को भी पसंद नहीं था। गांव में तो सब जल्दी ही उठते थे। सुबह जल्दी ही घर आंगन साफ किया जाता था। पेड़ पौधों को पानी दिया जाता था। और ऐसे कई सारे काम सुबह जल्दी किए जाते थे। सूरज को यह सब देखने की करने की उतनी आदत थी नहीं। उसने दादाजी को बता भी दिया कि उसे छुट्टियोंमें जल्दी उठना, वह पढ़ाई करना और स्कूल से दी गई एक्टिविटीज करना बिल्कुल पसंद नहीं है। तो दादाजी ने एक तरकीब निकाली कि सुबह एक घंटा और शाम को एक घंटा दोनों साथ में बैठकर मिलकर होमवर्क और एक्टिविटीज पूरी करेंगे।

जब इस तरह से पढ़ाई शुरू हुई तो दादाजी पूरा समय एक जगह ही बैठते थे और सूरज तो कुछ ना कुछ वजह निकाल कर उठता था। जैसे की कभी प्यास, कभी पेट दर्द, कभी भूख तो कभी कुछ और। इसी कारण पढ़ाई उनके प्लान के अनुसार पूरी नहीं हो रही थी। दादाजी सूरज को बताते थे कि, "तुम्हारा बीच-बीच यहां वहां जाना या फिर दूसरे विषयों पर चर्चा करते रहना ऐसी आदतोंसे तुम्हारे पढ़ाई पर बुरा असर हो रहा है।" पर सूरज कहता था, "दादाजी दो-चार मिनट से क्या बड़ा फर्क पड़ता है? मैं जाकर फिर से आ जाता हूं।"

एक बार एक दिन इतिहास के बारे में चर्चा करते हुए दादाजी ने समय की काउंटिंग (Reckoning) करने वाले रेत के पात्र के बारे में बताया। उसी दिन एक प्लास्टिक की थैली में नाप कर रेत भर दी गई। उस प्लास्टिक बैग में एक छोटा सा छिद्र बनाया गया। समय के हिसाब से कितनी रेत धीरे-धीरे गिरने के लिए कितना वक्त लेती है यह देखकर उसके रीडिंग्स भी लिए गए। अब तो पढ़ाई का एक घंटा भी रेत के पात्र से ही तय होने लगा।





Continued...

एकाग्रता का महत्व

एक दिन सूरज ऐसे ही बीच में उठकर चला गया और उसने आकर देखा तो रेत के पात्र में एक नया छिद्र आया था। उसे लगा शायद आ गया होगा। पर फिर एक बार जाकर आया तो उसने एक और नया छिद्र पाया। तब उसे लगा कुछ तो गड़बड़ है। उसने दादाजी से पूछा तो दादाजी ने कहा, "तू जितनी बार उठोगे मैं इसमें एक नया छिद्र बनाऊंगा।" "पर दादाजी आप ऐसा करेंगे तो हमने जो टाइम कैलक्युलेशन किया है उसमें पूरी गड़बड़ हो जाएगी और फिर एक घंटे के रिजल्ट में भी गड़बड़ हो जाएगी।"

"वही तो, दादाजी ने कहा। तुम्हारे मन की हालत भी इस रेत के पात्र से मिलती-जुलती है। जब एक काम के लिए एक छिद्र हो तो समय और रेत का मापन ठीक से होता है। पर उसी में ही अगर कई सारे छिद्र दिए जाए तो गड़बड़ हो जाती है। वैसे ही जब तुम एक काम करते वक्त बार बार दुसरे विषयों के बारे में सोचते रहोगे या फिर बीच में ही कुछ अलग करते रहोगे तो तुम्हारी एनर्जी याने काम करने की इच्छा या क्षमता इस्तेमाल होती ही रहेगी। अगर तुम ऐसे ही उसे यूज करते रहोगे तो जरूरत से पहले ही वह खत्म हो जाएगी। और परिणाम गलत ही आएगा। अगर पूरी एनर्जी के साथ हम समय का पूरा इस्तेमाल कर सके तो दिए हुए काम भी दिए हुए वक्त में आसानी से हो जाएंगे।

सौ. जयंती काटदरे





Memories of Diwali in 1960's

- देवदत्त जोशी

Representative Image

॥ श्री स्वामी समर्थ ॥

१.११.२०२४ - माझ्या लहानपणाची दिवाळी

माझा जन्म १९४९ सालचा. दिवाळीची आता आठवण सांगायची म्हणजे पहाटे पाच साडेपाच वाजता आई झोपेतून उठवायची आणि दांत घासून त्यावेळी ब्रशची पद्धत नव्हती अंगाला सुगंधी उटणं, तेल लावायची. त्यावेळी अंगावर फक्त लहान चड्डी असायची. आणि थंडी एवढी असायची की अक्षरशः दांत एकमेकांवर आपटून कडकडा असा आवाज येऊन वाजायचे. आईच आंघोळ घालायची.

तत्पूर्वी साधारण आठवडाभर आधी आई व आजी फराळाचे पदार्थ रोज काही ना काही करायचे. चकली, लाडू, अनारसे, करंज्या, चिरोटे, शेव चिवडा, कडबोळी, शंकरपाळे वगैरे. हे जिन्नस त्यावेळी बाजारात विकत मिळायचे नाहीत. आणि नंतर दिवसभरात बायकांच्यात कुठला पदार्थ कुणाचा चांगला झालाय वगैरे चर्चा रंगत आणि हे ऐकताना आम्हाला खूप मौज वाटे.

माझी आंघोळ होईपर्यंत आजोबांची देवपूजा झालेली असायची. मी आंघोळ झाल्यानंतर देवाला वडीलधाऱ्यांना नमस्कार करून वाड्यातील अंगणात फटाके उडवीत असे. आमच्या वाड्यात लहान मुले पण कमीच त्यामुळे मजा येत असे. काही वेळाने घरात येऊन सगळेजण फराळ करीत असू. मग आई बाबां समवेत जवळच्या जोगेश्वरी देवीचे दर्शन घेऊन काकांच्या खंडोबाचे देवळात जात असू. तत्पूर्वी वाड्यात सगळ्यांकडे फराळाचे ताट आई नेऊन देत असे व तसेच शेजारी पण फराळाची ताटे आणून देत असत.

दीपावलीचे दिवसात सर्व नातेवाईक एकमेकांना त्यांचे सोयीने फराळाला बोलवीत. त्याकाळी प्रत्येकाला वेगवेगळ्या ताटलीत द्यायचे ऐवजी एका ताटातच सर्व पदार्थ देत असत. समजा जास्त माणसे असतील तर जास्त ताटे.





DSPPL

Memories of Diwali in 1960's - देवदत्त जोशी

Representative Image

पाडव्याच्या दिवशी आई संध्याकाळी बाबांना ओवाळीत असे आणि बाबा तिला काहीतरी दीपावलीची भेट म्हणजे पातळ किंवा एखादी भेटवस्तू ती बहुदा गृहपयोगीच असे वगैरे देत असत.

भाऊबीजेच्या दिवशी बहिणीकडून अंगाला रगडून तेलाने चांगल मालिश करून घ्यायचं ,त्याशिवाय भाऊबीज देणारच नाही असे लाडिकपणे अनेक भाऊ म्हणत असत . प्रत्यक्ष ओवाळण्याचे वेळी सुद्धा अनेक जण बहिणीच्या गंमतीजंमती करत .म्हणजे शास्त्रा प्रमाणे एक दोन वेळा ओवाळतात त्याच्या ऐवजी जास्त वेळेला ओवाळायला लावत, त्याशिवाय ताम्हणांत ओवाळणीच घालीत नसत वगैरे वगैरे.

मग संध्याकाळी भाऊबीजेचा कार्यक्रम मोठ्या कौतुकाने होत असे.

रोज सकाळ संध्याकाळ १५/२० मिनिटं फटाके उडवायचो.

खूप मजा असायची त्या काळात .शुभेच्छा पत्रांची एवढी प्रथा नव्हती ,समक्ष भेटूनच एकमेकांना दीपावलीच्या शुभेच्छा देत असू.

आजच्यासारखी दिव्यांची रोषणाई व झगमगाट पण त्या काळी नसे.

अनेक दिपावली अंक निघत . बहुतेक वर्तमानपत्रे पण दिवाळीसाठी विशेष अंक काढीत. वाचनाची त्या काळात सर्वानाच खूप आवड असायची .मीसिक,पुस्तकांच्या अनेक लायब्ररी असायच्या .त्यात दिवाळी अंकाचा पण विशेष मौसम असायचा .लहान मुलांसाठी चांदोबा ,कुमार वगैरे मासिके असत.

सगळे पुण्यातच असल्यामुळे म्हणजे काका ,काकू ,मावश्या वगैरे त्यामुळे बाहेरगांवी जायचा प्रश्नच नव्हता .पण खूप धमाल यायची ही गोष्ट खरी.



Activities for Youth this Diwali

• Viivek A Pandey, Vadodara



Deepawali is a festival when people welcome Lord Rama with lights. Rama is the heart of every individual that enlightens the whole existence. In every activity that we carry out in our day-to-day lives, Rama needs to be reflected. Keeping this fundamental idea in mind, we from DSPPL propose to the youth to carry out some activities for their personal growth. Lord Rama should be the base from which all the activities of our lives emanate. As we are living in the age of start-ups, we may ponder over new ways of carrying our businesses and doing away with the old redundant ways. *This year around we focus on Entrepreneurship which may be referred to as Ramapreneurship.*

1)Spiritual Networking: Connect with at least 20 people who share the idea of growing together and making the world a better place by doing business with a product or providing a service.

2)Negotiation without greed:

- Make a group of 5 people.
- Learn to negotiate about your business.
- Ensure that the negotiation does not mention profit.
- Strike down all that invokes greed.
- Happiness and prosperity for one and all should be the motto.
- Produce a copy of the group discussions later.

3)New business communication:

- List down at least 10 words that are used in common business parlance that may have a negative connotation on the subconscious mind.
- Replace those words with positive ones. (eg., Kickstart may be replaced by humble beginners)

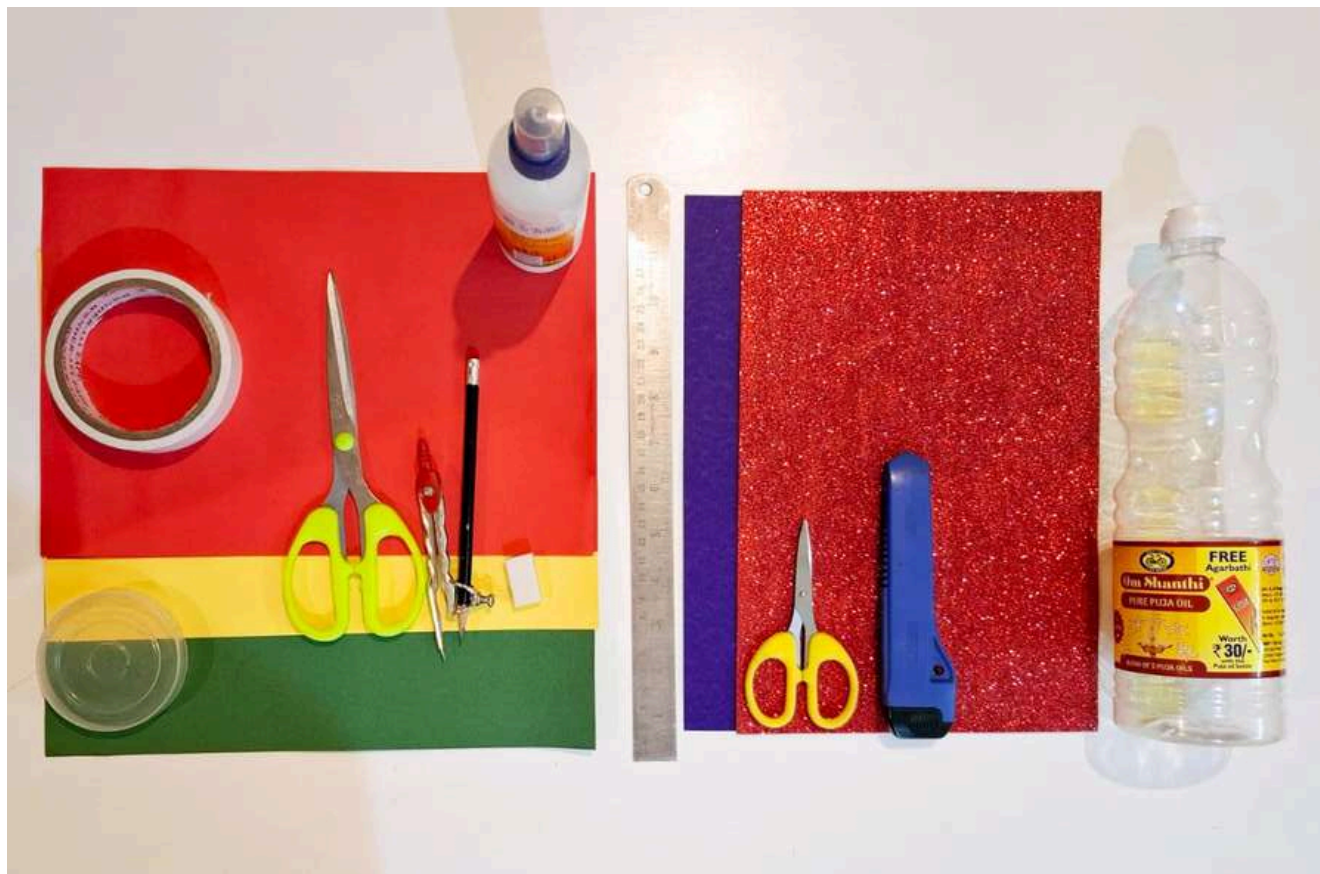
4)Watch at least 5 videos of Shri Ratan Tata and enlist his personal qualities both as a businessman and a philanthropist.



Sushma JK, Bengaluru

Basic Material & tools required

1. A4 size color papers (4 to 5 colors)
2. Glitter paper, 1 no
3. pair of Scissors
4. Pencil
5. Scale
6. Double side tape
7. Cutter
8. Empty plastic bottle
9. Glue
10. Compass
11. Your creativity



Step 1: Cut the bottle to 12 cm from the bottom (keep it dry and clean)

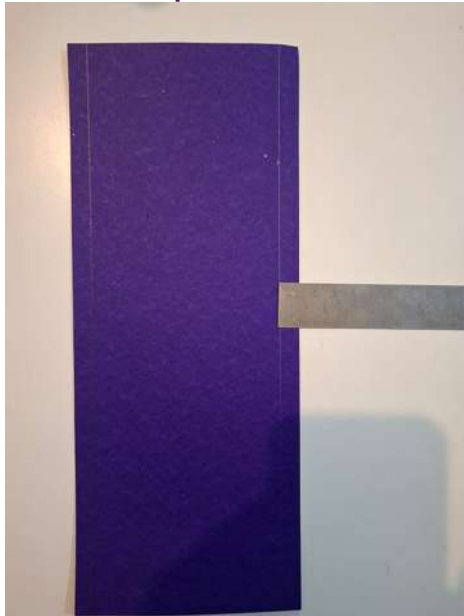


Step 2: Take a thick colourful paper and cut to 12 cm
(Same height as the bottle) Mark 1 cm on both sides.

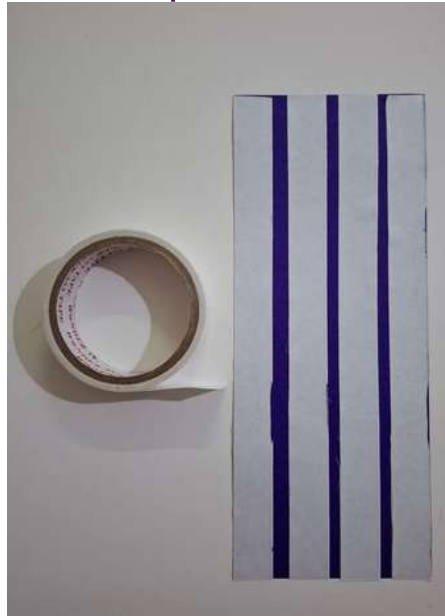
Step 3: Stick at least 4 double side tapes on that paper
(as shown in the picture)

Step 4: Remove the white paper from the double side tape and stick the
glitter paper strips on both the sides of the paper

Step 2:



Step 3:



Step 4:



Step 5: Take at least 3 to 4 colour papers draw circles of 10 cm diameter

Step 6: Cut through the circles and fold the paper into half

Step 7: Once you have around 36 circles cutouts Start sticking the folded
circular paper on the double sided tape as per the ref step no.4

Step 5:



Step 6:



Step 7:



You can place an LED lamp inside the bottle and enjoy the soft light that emit from it



Shubh
deepawali



DSPPL Events

Guru Gita book published on 04 Oct 2024

On the occasion of opening of Gururji Smarak (4th October 2024) a book as a Prasad of Gururji's teachings was published. The book is on Guru Geeta Sanskrit shlokas the meaning and message behind it as narrated by our beloved Ajit sir is the theme of this book. Lord Mahadeva has described secret behind Guru, Guru Tatva and easiest way to achieve Liberation to Mata Parvati in Guru Geeta. Ajit sir has made this sacred sanskrit knowledge available to us through his notes on Guru Charitra adhyay number 49 which was published as it is in this book. We all feel obliged as this is the blessings from Ajit sir to all our sadhaks.



DSPPL Events

Parle Tilak Science of Learning Program event on 25 Oct 2024

A program on science of learning was conducted at Parle Tilak high school on 25th October 2024. This program was attended by 200 students of 10th standard.

Last February same students have attended our earlier program of science of learning so this was an advanced session for them. The program consisted of certain techniques and experiments along with theoretical understanding about learning process and making use of natural intelligence. The participation of students in those experiments was very enthusiastic and remarkable. Even the teachers appreciated the program and complemented DSPPL team for such kind of novel and helpful program being conducted for 10th standard students. 7 basic questions relating to studies, career, examination etc were also discussed during the session. You can find details about this in the article that is published in this month's newsletter itself. The program was conducted in Association with Rotary Club of Parleshwar. Sunil Kulkarni acted as a main coordinator for conducting this program. We thank Rotary Club members for this.

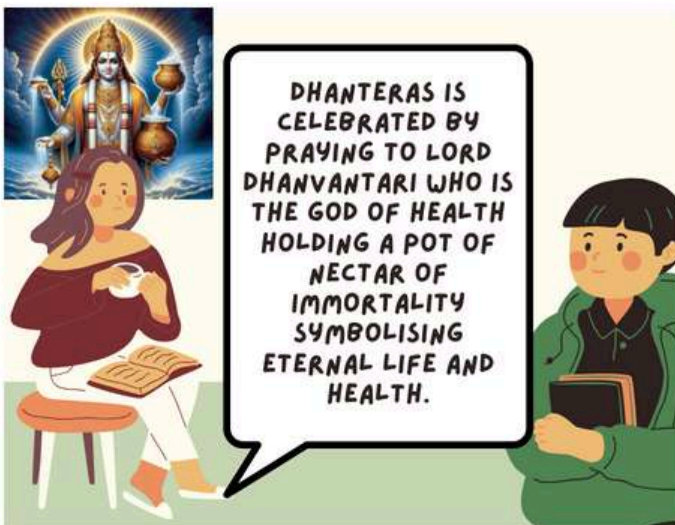


DSPPL COMICS

Story: Komal Amol

Illustrations: Ashish

IT WAS THE EVE OF DEEPAVALI,
SAHIL CURIOUSLY ASKED HIS MOM



DSPPL COMICS



LAKSHMI PUJAN - THIS DAY IS CELEBRATED BY WORSHIPPING GODDESS LAKSHMI REVERED AS THE GODDESS OF WEALTH, FORTUNE AND PROSPERITY WHO HOLDS THE POWERS TO REMOVE ALL THE NEGATIVITY THUS BESTOWING ABUNDANCE, WEALTH AND SUCCESS.



BALIPRATIPADA OR PADWA - THE DAY OF BALI PRATIPADA IS REGARDED AS AN AUSPICIOUS DAY FOR BEGINNING NEW ENDEAVOURS. THIS DAY IS ALSO CELEBRATED TO SYMBOLISE DEITY VISHNU'S CONQUEST (VAMAN AVATAR) OVER THE DEMON KING BALI AND ASURAS.



BHAU BEEJ/BHAI DOOJ - IT IS A DAY TO CELEBRATE THE BOND BETWEEN BROTHERS AND SISTERS PRAYING TO LORD YAMA TO SAFEGUARD AGAINST UNTIMELY DEATH.

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