



Tapasya

The Magic of 'What If'

Instead of spiraling into self-doubt by asking "What if I fail?" this concept encourages asking "What if I Succeed?"

It turns the uncertainty of the future into an optimistic tool, allowing you to imagine positive outcomes and reducing anxiety by focusing on possibilities rather than dangers.



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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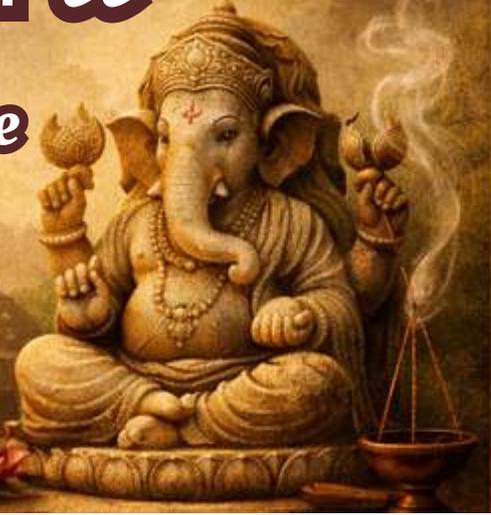
Ajit Telang Sir - Our Inspiration!



॥ सुभाषित बोध ॥

- Vinaya Deo, Pune

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प्रत्यहं प्रत्यवेक्षेत नरश्चरितमात्मनः ।

किं नु मे पशुभिस्तुल्यं किं नु सत्पुरुषैरिति ॥

अन्वय - नरः प्रत्यहं आत्मनः चरितं प्रत्यवेक्षेत । किं मे (चरितं) पशुभिः तुल्यं किं सत्पुरुषैः इति ।

संधि - नरः + चरितम + आत्मनः, किम + नु, पशुभिः + तुल्यम, सत्पुरुषैः, इति

अर्थ - मनुष्य को प्रतिदिन अपने आचरण का आत्मनिरीक्षण करना चाहिए । खुदको प्रतिदिन ये सवाल पूछना चाहिए "आज का मेरा आचरण पशुओं जैसे था या सत्पुरुषों जैसा ?"

भावार्थ - ऐसा मानते हैं, की चौरांसी लक्ष योनियोंके चक्कर पार करके मनुष्य योनिमें जन्म मिलता है । तो उसका ध्येय है, "नर का नारायण" बनना । नर की एक खासियत है । "न क्षुद्रे विषये रमते इति नरः"। जो व्यर्थ बातोंमें, चीजोंमें, विषयोंमें रमता नहीं वो "नर" कहलाता है । पशु और नर मैं क्या समानता है? आहार, निद्रा, भय और मैथुन ! ये चार बाते पशुओं और नर मैं समान है । तो फिर पशु और नर मैं फर्क क्या है ? इसका उत्तर है "धर्म"। धर्म याने हिन्दू, मुस्लिम, ईसाई ऐसा नहीं, धर्म याने "धर्मतत्व"। जो सिर्फ मनुष्य को समझता है, पशु को नहीं । धारणात धर्मः इत्याहुः - अर्थात् समाज की "धारणा" करनेवाला हर एक तत्त्व, नियम धर्म कहलाता है । मनुष्य क्या खाना, क्या नहीं खाना, कब नींद लेना, पाप-पुण्य का तत्व, और विषय भोगों के बारेमें समाज सन्मानित निति नियमों का पालन करता है । पशुओंको इसका ज्ञान नहीं होता । उनको मन नहीं, तो ये धर्म का विचार भी पशुओंमें नहीं होता । पर इस पुरुष के आगे भी कोई है - वो है सत्पुरुष । ये जो सत्पुरुष है वे हर जिव मैं परमात्मा ढूंढते हैं । प्रेम, सत्य, अहिंसा इसका आदर करते हुए अपनी जीवन यात्रा को आगे बढ़ाते हैं । इसलिए मनुष्य को हरदिन अपने आचरण का परिक्षण करना चाहिए । मेरे कर्म पशु जैसे हैं या सत्पुरुष जैसे ? ये परिक्षण ही "नर से नारायण" की प्रगति मैं मार्गदर्शक तत्व है ।

समर्थ रामदास स्वामी कहते हैं की खेत मैं एक बार बीज बोनेसे काम नहीं होता । बीज की कड़ी निगरानी करनी पड़ती है । एक बार भोजन करनेसे शरीर सक्षम नहीं बनता । हरदिन उसका पोषण आवश्यक है । उसी तरह अपने कर्म का नित्य, हरदिन परिक्षण करना बहुत आवश्यक है । इसीको तो "साधना" कहा जाता है । पहले परिक्षण, फिर उसपर चिंतन, उसके बाद मनन और फिर निदिध्यास ! ये तो ब्रह्मादिक देवता भी करते हैं



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Continued...

बोधकथा - श्री स्वामी समर्थ के परम शिष्य बिडकर जी एक बार नर्मदा परिक्रमा कर रहे थे। स्वामी की ही आज्ञा थी नर्मदा परिक्रम करने की। अपने पूर्व आयुष्य में सर्व भोग से सम्पन्न जीवन जीने के बाद, स्वामीजी की कृपा से पावन जीवन जीने लगे, साधना करने लगे और इस कारन बिडकर जी भी संत बन गए। परिक्रमा करते वक्त बिडकर जी को एक साधु मिले। उन साधु का बड़ा मठ था, बहोत सारी गाय थी, शिष्य थे। ये साधु चन्दन ऊटी लगाकर, बादाम दूध का स्नानं करके मूल्यवान गहने पहनकर, अपने शिष्योंसे अहंकार से सेवा लेते और मजे में बैठ रहते। परिक्रमा

करने वाले परिक्रमावासी जो उनके मठ में आते थे उनका मजाक भी उड़ाते थे। बिडकर जी ने ये सब देखा, वे दुखी हुए की कोई साधु के वेश में ऐसा बर्ताव कर रहा है। एक दिन उस साधुने बिडकर जी को एक चट्टान पार बुलाया। ऐसेही बाते हो रही थी। बिडकर जी ने साधु को अकेला देख बताया "आप जो कर रहे हो, आप को जो आचरण है वो तो सन्यासी का धर्म है नहीं, ये तो आसक्ति और अहंकार का आचरण है। सन्यासी को देह भाव से ऊपर उठना चाहिए।"

साधु बहोत गुस्सा हो गया, अहंकार में उसने पूछा "अच्छा! बाते तो बहोत करते हो, तो क्या आप शरीरभाव से ऊपर उठे हो? और ऐसा है तो क्या इस पर्वत से, निचे, अभी इसी वक्त छलांग लगा सकते हो?"

बस उसका प्रश्न पूरा हुवा नहीं और बिडकर जी ने उस साधु का हाथ पकड़ा और उस साधु को लेकर उन्होंने चट्टान से निचे छलांग लगायी। साधु बहोत डर गया, चिल्लाया। पर थोड़ी देर बात उसे पता चला की इतनी बड़ी छलांग लगाने की बावजूत बिडकर जी को कुछ नहीं हुवा और उसे भी एक छोटी खरोच आयी, बस! साधु समझ गया की मुझे याद रहे की सन्यासी को क्या ताकद हो सकती है? साधना का महत्व और सन्यास धर्म में समझ सकू इसलिए ये छोटी चोट लगी। बिडकर जी मुझमे परिवर्तन लाना चाहते हैं, न की मुझे सबक सिखाना!!

उसने बिडकर जी के पैर पकड़े, माफी मांगी और कहा "आप सच में सत्पुरुष है, जो आसक्ति छोड़ सन्यास धर्म का पालन करते है। आप मुझे दंड भी दे सकते थे पर आपने मुझे सुधरनेका मौका दिया। मैं तो केवल सन्यासी वस्त्र धारण करने वाला नादान और अविचारी हूँ। अधर्म का बर्ताव करता हूँ। मैं तो गलत था ही, पर साथ ही, मैं मेरे शिष्योंको भी गलत राह पार ले जा रहा था। समाज को बिगाड़ रहा था। मेरा अहंकार मुझे झूठा "सिद्ध" बनाकर सत्य साधनाके मार्ग से कोसों दूर ले जा रहा था। सदाचार, सत्कर्म, सत्संग और सद्गुरु शरणागति ये सत्पुरुष का धर्म मैं भूल गया था। मैं सिर्फ बाह्य रूप से साधु था, भीतर से तो पशुता का प्रतिक ही बन कर जी रहा था। आप ने मुझे सच्ची राह दिखाई। मेरा जीवन धन्य हो गया। पशुता छोड़ सत्पुरुष की राह पर आजसे हर पल सावधानतसे चलने का, मैं सच्चा प्रयास करूँगा। सन्यास धर्म को सच में आचरण में लाऊंगा।"

Vinaya Deo, Pune

Senior Visiting Faculty for M.A. Sanskrit Literature at prestigious Tilak Maharashtra Vidyapith, Pune since 1987



Uncanny Nexus - A journey beyond

DSPPL

Volume 2: Echoes of the Unknown

Conflicting Revelations - Part 1 of 2

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

THE PURSUIT OF WISDOM HAS LED THE SEEKERS TO UNRAVELLING TRUTHS ONCE BURIED IN TIME, BUT WITH EACH REVELATION, THE MYSTERY GROWS DEEPER. WHAT WAS ONCE AN ACADEMIC ENDEAVOUR HAS BECOME SOMETHING FAR GREATER—A FORCE FAR OLDER THAN THEIR UNDERSTANDING, SHAPING EVENTS BEYOND THEIR CONTROL.

HIDDEN MANUSCRIPTS SURFACE, WHISPERS FROM LOST AGES STIR, AND COSMIC FORCES BEGIN TO SHIFT THE BOUNDARIES BETWEEN PAST AND PRESENT. KNOWLEDGE HAS ALWAYS BEEN THEIR GOAL, BUT NOW, AN UNSETTLING REALIZATION SETS IN:

NOT ALL KNOWLEDGE IS MEANT TO BE FOUND. SOME TRUTHS CHANGE EVERYTHING.

THE SECOND VOLUME OF UNCANNY NEXUS PLUNGES THE SEEKERS INTO THE HEART OF FORGOTTEN WISDOM, COSMIC REVELATIONS, AND THE MYSTERIES THAT LIE BEYOND HUMAN PERCEPTION. BUT WHAT THEY UNCOVER NOW WILL ALTER THEIR PATHS FOREVER.

PREVIOUSLY, AT SHOKA UNIVERSITY, JAPAN—

Students from across the world converged through serendipity. Some arrived as friends, others as foes, and many stood at the threshold of self-discovery.

Each approached the assignment through a different lens: some guided by mystery, others by the quiet force of free will shaping destiny.

The mystery whispered its own logic—one not of answers, but of pathways.

Exploration became the first rite.

Experience, the second. And elevation, the silent promise that followed.



Uncanny Nexus - A journey beyond

Volume 2: Echoes of the Unknown

Contd...

The group leader of Group Yuyutsu (युयुत्सु) that week was Anstrich Entweihen and he along with his teammates – Aidan Darrah, Dhvani Upakkama, Tairitsu Watanabe, Li Tǔ Wūrǎn, Yokkyū Kurutta, Asanyeo Seok, Ari Goldstein, Maya Shira, Kouji Yamamoto, Kouki Yamamoto, Konrad Holzfälle and Rahul Pasha – were busy collecting the information for their research on Mahabharat.

While going through the text available in the library, Maya leaned in closer, scanning the delicate ink. The revelation startled her—this was something they hadn't uncovered yet! The dusty smell of old manuscripts lingered in the air as she carefully flipped through the pages. She hurriedly went to Li Tǔ Wūrǎn and said, "Hey Li! Did you know the original Mahabharata was called 'Jay'? It was written by Vyasa and initially had 8,000 stanzas!"

Li Tǔ Wūrǎn startled by Maya's information about the original work, asked, "What? Really?"

Maya handed over the original script to Li Tǔ and said, "Have a look yourself. If you don't believe me."

Li Tǔ Wūrǎn smiled at her and said, "Hey! I didn't say that I disbelieve you. I just ... was surprised."

Rahul who was right beside Li Tǔ Wūrǎn trying to read through the soft rustling of ancient pages looked up confusedly at Maya and questioned, "Oh? But I heard that it was written by Lord Ganesh and dictated by Vyas."

Ari abruptly, spoke, "who told you that? It must be a metaphor used."

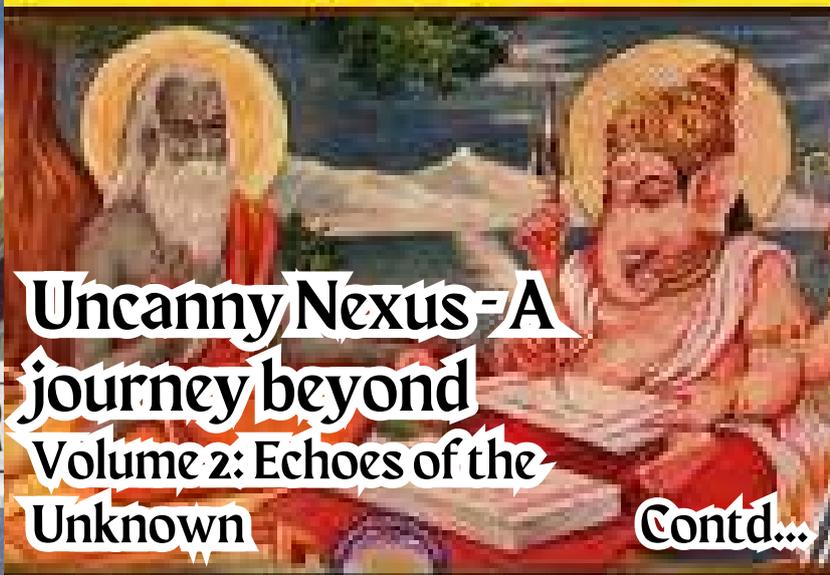
Rahul replies calmly, "Metaphor or not, it adds an interesting layer to our research, don't you think?"

Asanyeo sarcastically added, "Or maybe they had some kind of early recording device, like a voice-to-text method of their time."





The Original name of 'MAHABHARATA' Tapasya
"Jaya Samhita"



Uncanny Nexus - A journey beyond Volume 2: Echoes of the Unknown

Contd...

THE WORLD'S FIRST TAPE RECORDER

Maya paused, intrigued by the idea that was highlighted in Asanyeo's bold statement made, "Oh! It might be quite possible. I mean, it can't be discarded. Actually, I heard something similar recently in a podcast regarding the origin of Vishnu Sahastranaam, and the person said that when Bhishma recited the Vishnu Sahastranaam, for the first time in history, everyone of Pandavas were so mesmerized while hearing that that none of them wrote it down. After it was over everyone felt like we should have written down as it was marvellous and enchanting to hear. At that time Lord Krishna said that Sahadev was wearing a crystal in his neck that had recorded it."

Konrad, then said, "Let's include this in our research. It's really intriguing and interesting part." Anstrich being a leader of this week, felt the excitement of his team, but wondered if this idea would hold up during evaluation. However, seeing his teammates' excitement, Anstrich decided to hold back his reservations. Their enthusiasm was infectious, and he realized how much this discovery meant to them.

Maya and Li Tǔ started to document this information., when suddenly, Asanyeo and Kouki came towards where Li Tǔ and Maya were sitting. Asanyeo said, "Maya, Li Tǔ... we" looks at Kouki and continues, "have found out something more."

Kouki steps in, "We heard you discussing about the original name of Mahabharat is Jay but there's more to it. It seems Vaishampayan, the disciple of Vyasa expanded this text to 24000 stanzas and named it "Bharat."

Before Kouki could say anything else, Kouji added from distance, "...thereafter, Sauti expanded this book to 1,00,000 stanzas and then it was called as Mahabharat or Shatasha shruti Sanhita."

By this time the group members had already gathered with few more information. Rahul, who was standing afar abruptly jumped in the middle of the group circle. He added, "Bhagwat Geeta, the most wonderful book in the world is a small part of Bhishma Parva within Mahabharata."



Uncanny Nexus - A journey beyond

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Tairitsu suggested that they include all these details to their research papers.

Ari who was so far silent suddenly spoke, “Do you know anything about Barbaric the greatest warrior during Mahabharat times? I just found that name on internet while surfing.”

Tairitsu intrigued, “What? Who is Barbaric? And what’s his say in this whole Mahabharata thing?” Dhwani, always eager to share her knowledge, replied, “Barbaric was actually Bhima's grandson. He was the son of Ghatotkacha and Maurvi. Even as a child, Barbaric was known for his incredible strength and skills in warfare.”

Tairitsu asked, “So, what made him the greatest warrior?”

Dhwani continued, “Barbaric possessed three infallibly divine arrows, granted to him by the goddess of learning, Saraswati. The first marked all the targets, the second spared those meant to survive, and the third destroyed the marked targets in a single shot. Together, these made him invincible in battle.”

Li Tǔ added, “But what’s fascinating is that Barbaric was also known for his compassion. Despite his immense power, he vowed to always fight for the weaker side in any conflict.”

Yokkyū, now fully engaged in the story, asked, “Did he participate in the Kurukshetra war?”

Dhwani nodded, “Yes, he intended to participate in the Kurukshetra war. However, when Lord Krishna learned of Barbaric's vow to fight for the weaker side, he realized that Barbaric's involvement could prolong the war indefinitely, as he would keep switching sides. And ultimately only he will remain on the battlefield as he was invincible. To avoid this, Krishna, in disguise as a Brahmin, asked Barbaric for a donation of his head.”

Tairitsu exclaimed, “Donation of his head! That’s so gross... and... Did Barbaric agree?”

Dhwani nodded solemnly, “Barbaric agreed without hesitation, as his word to the Brahmin was sacred. With unwavering resolve, he asked Krishna to let him witness the battle. Krishna, momentarily left solemn by Barbaric’s unwavering devotion, chose to honour his request by placing Barbaric’s head on a hilltop, where he silently watched destiny unfold on the battlefield.”

Tairitsu in agony said, “See? ... That’s why my dad said compassion is the weakness and focusing on winning in any way is the best way to succeed. I don’t know why Barbaric did such a mistake?”



Uncanny Nexus - A journey beyond

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Contd...

This single statement of Tairitsu divided the group into two. Those who were seconding his opinion and those who weren't. Maya, Kouki, Kouji, Rahul and Ari felt hurt when such a statement was made. Rahul immediately asked "Tairitsu! How can you call it a mistake? Barbaric's choice wasn't just a personal decision. Do you even know why he had to agree?"

Tairitsu, feeling defensive, responded, "I-I get that it was a complicated choice, but in a war, isn't the ultimate goal to win? Sacrifice feels like giving up too easily."

Anstrich and Yokkyū seconded Tairitsu's opinion, "we agree."

Yokkyū, added, "How can one sacrifice one's own self for keeping one's own vow? That doesn't make any sense" Anstrich in agreement, "Exactly! Anyone would save himself or herself instead."

Kouki, trying to calm the tension, said, "Let's try to understand each other's perspectives. Tairitsu, compassion can also be a strength. Barbaric's decision was a testament to his integrity and his commitment to his principles, even if it meant sacrificing himself."

Maya added, "Barbaric's story is not just about winning or losing. It's about the moral and ethical dilemmas that come with immense power. His sacrifice was a way to maintain balance and honour his vow."

Konrad, nodding in agreement, said, "It's important to remember that the Mahabharata is filled with lessons about dharma (duty), karma (action), and the complexities of human nature. Barbaric's choice reflects those deeper themes."

Tairitsu, still not convinced, said, "I see your point, but I still think he could have made a different choice. Sacrifice isn't always the answer."

TO BE CONTINUED...



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- Synergesic - a Business Research firm





Science of Learning Part 24

- CA pranjal joshi

Pathway to Wisdom

Student – Teacher, all of us know that distractions is a biggest hurdle in our studies. Still we fall prey to it?

Teacher – Yes, this happens with everybody. Why only students? Even the elders also get caught in its trap.

Student – Agreed. But how it basically works?

Teacher – We need to understand that the nature of mind is to get attracted. The mind find it difficult to remain independent. So it is always in search of something. It becomes easier for it to get attracted either to the object or an activity or a person. Undesirable attraction is called as distraction.

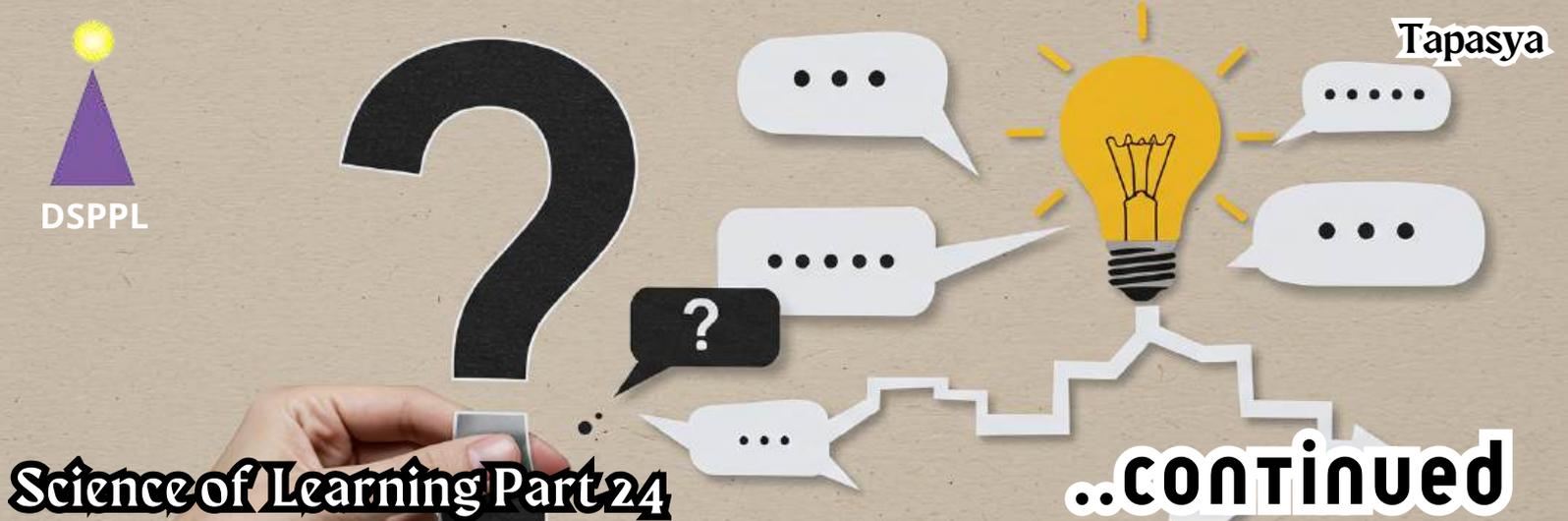
Student – Oh ! Interesting !! But then once we get that object or completes that activity, our attraction should end. But that also doesn't happen. Why it is so?

Teacher – Yes, this is the main issue. The undesirable attraction is very dangerous. If it gets fulfilled then it turns into addiction. You got one object, now it will search for the other or more or better one. More interestingly, if it remains unfulfilled for any reason, it is still more dangerous. This unfulfilled distraction gets converted into an anger or frustration or depression.

Student – Oh! How do we then get rid of it ?

Teacher – Teaching our mind is the only way out. The nature of mind is to get attracted. The attraction towards Krishna will lead to concentration, while the attraction towards Kansa (the demon) leads to delusion, confusion and stupidity. You know, the literal meaning of the word “Kansa” in Marathi is “bracket”. In mathematics, if we have to solve an equation, we need to





solve the bracket first. Unless we solve this bracket, we cannot reach to appropriate solution. Bracket denotes limitedness, entanglement. Once you come out of this bracket, entanglement or distraction then only you can focus, achieve the one pointedness necessary for the studies.

Student – Understood. But how do we teach our mind?

Teacher – By sitting with it !!

Student – Not understood. This is confusing. Sounds philosophical. How can I sit with my own mind?

Teacher – Take an example. If you wish to study mathematics, what you will do. You will get the mathematics book, pencil, pen, calculator and other tools necessary for the study. Right? In the same manner, once we know, that it is the mind that falls in attraction with something. So we have to be conscious about the selection our mind is making.

Student – Yes, this I understood, but still how do I teach my mind?

Teacher – there are many ways. I can suggest you the methodology and the options that you can select to do so.

Student – Okay. And what are they?

Teacher – The methodology is “I-K-E-W”. Information – Knowledge – Experience – Wisdom. First find out the Information about the choices your mind is making. Look at your activities of the recent past, and you will easily come to know the “objects, activities and person” your mind is attracted to. Find out the undesirable attractions and accept that. This is the most important step. Denial leads to disasters, Acceptance leads to Awareness. So be open to the results of your self-audit. This Awareness leads us to the Knowledge.

Student – Yes, I think, now I am getting some hold of it.

Teacher – Then choose the activities leading to good attractions – leading to Krishna consciousness, moving from distractions to concentration. It can be performing daily Agnihotra, simple breathing meditation, reciting 10 Omkar in a melodious and soothing sound everyday, chanting of stotras or even 26 point meditation. These practices will give you Experience. Once you continue to take these divine experiences, the tendencies of Kansa, the demon, the entanglement or distractions will start fading and the inner Wisdom will grow.



The basic idea of education is to create a pathway from animality to humanity to divinity.
- Swami Vivekanand



..continued

Science of Learning Part 24

Student – Beautiful ! But still, in spite of doing these practices, if mind still slips in between towards undesirable attractions. Then ?

Teacher (laughs) – Yes, that is very natural and obvious. We cannot become wise overnight! Student need to have a patience and perseverance. That’s why, in earlier times students were called as “disciples”, meaning the one who continues to study with the discipline.

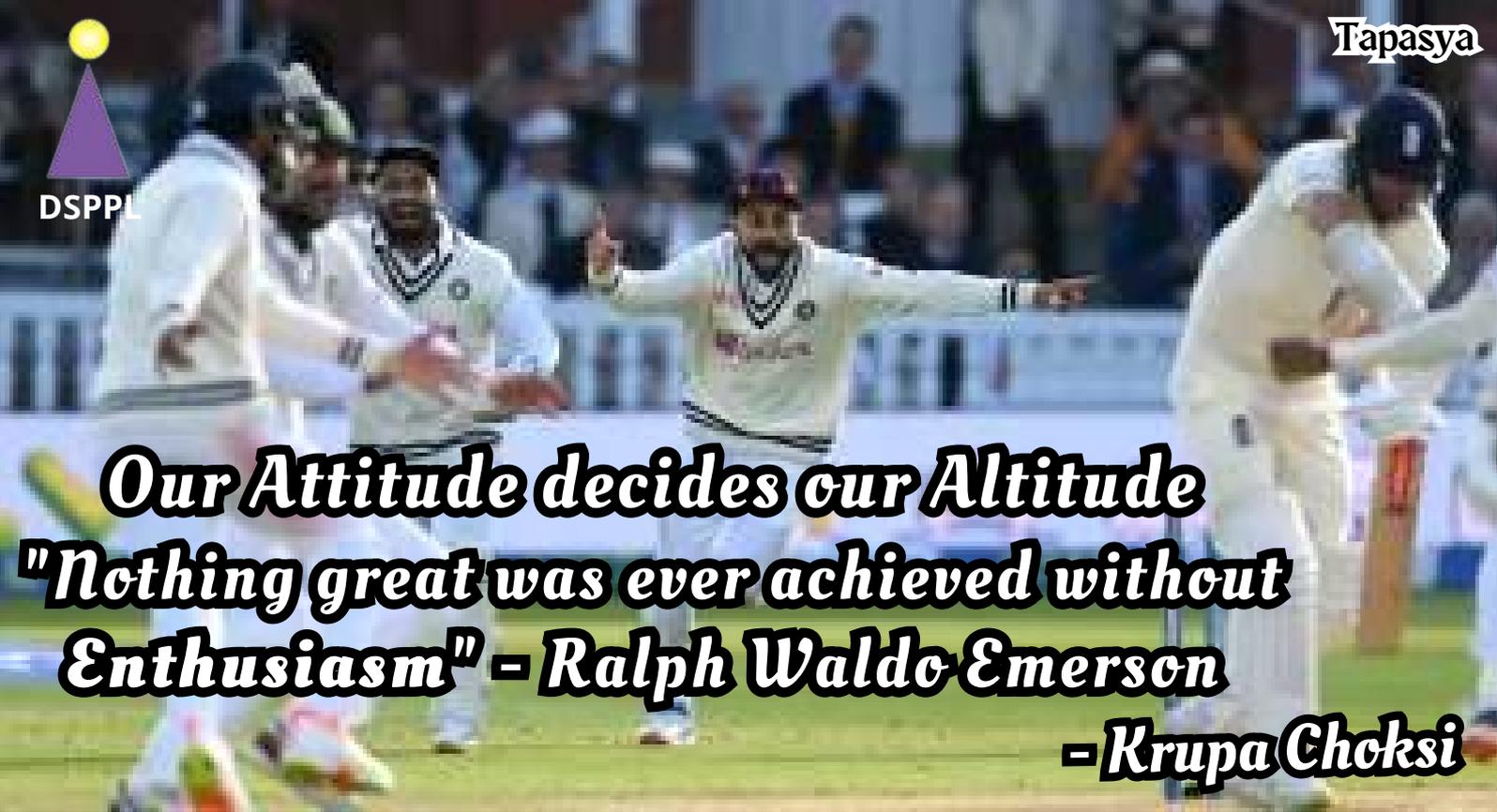
Student – Oh ! Thank you teacher, let me start my discipline from today itself.

Teacher – All the best my son ! Let’s all of us walk on this divine “**Pathway to Wisdom**”

CA Pranjal Joshi, Pune

Founder Director of DSPPL, Managing partner of CA firm with 22+ Years of 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.





Our Attitude decides our Altitude

"Nothing great was ever achieved without Enthusiasm" - Ralph Waldo Emerson

- Krupa Choksi

Let us welcome this year 2026 with lots of enthusiasm. A time has come to make new goals and resolutions. The goals for career, goals for success and goals for life. Enthusiasm gives the will to achieve something. Enthusiasm is nothing but an inner motivation to do something. And how does this inner motivation come? It comes from lot of positivity within.

In life, we always have ups and downs. When we are up and everything is happening as per our wish, we are elated. We enjoy our life. And when everything is happening against our wishes, we are depressed. We are down. Our energy levels are low. We do not think of doing anything new. We feel hopeless and helpless.

Now the question is what we should do to regain our mental health? What should we do to again feel enthusiastic about our life? What should we do to accept all the situations in life and still be optimistic? Well, the answer is some kind of Spiritual practices. Some people are born with an optimistic attitude. For them things are easy in life. But not everyone is born with this attitude.

For those, who do not have this positive attitude for them, they need to do something. They need to cultivate positive attitude. If they are down they need to cultivate positive attitude by increasing their energy and doing some spiritual practices. But in any case, we should have positivity in life. This optimism fills life with enthusiasm.

Here is a story of enthusiasm which will give lot of hope to the readers.

There was a boy named Sparky who only faced failure in every work he did. Everyone treated him like a loser. He was not good in studies. He got bad marks in every subject. He failed the 8th grade in all subjects. He once tried his luck in football but his team lost championship due to him. The only thing he could do well was drawing. He used to draw funny cartoons and showed them to others.



Our Attitude decides our Altitude

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- Ralph Waldo Emerson



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**Continued...**

Sparky thought of submitting his drawings in school yearly magazine. He worked very hard and made some drawings. But he was rejected there also. Then after some days he saw an ad for learning graphic design. He submitted one of his school drawings there and he was fortunately accepted there to learn. Sparky worked hard to learn cartooning as he was the only child, his parents decided to pay high tuition fee of course. Sparky passed the Art Instruction School course.

Sparky now applied to Walt Disney Art Studios. He wanted to make cartoons for Disney and was confident that he will not be rejected this time. Sparky submitted his cartoon but he was rejected again and he was not even admitted to school. He failed again. Because of his failures he was sent to work for the army. During World War 2, he only had one opportunity to fire his machine gun but forgot to load it. He was able to save his life because the german soldier he was firing surrendered.

Now sparky started making a comic strip. He decided to tell his own story through comics. The main character in comic strip was a loser boy who failed in everything he tried. He tried to publish his story in a local newspaper and gave money for publishing it. After sometime his comic started getting popular. Now newspaper asked him to make more comics. His comics became so popular that it published daily from October 1950 to January 2000.

Sparky the man who never gave up after failing so many times was Charles Schulz and the World famous comic name is Peanuts. Peanuts ran in over 2,600 newspapers, with a readership of 355 million in 75 countries, and was translated into 21 languages.

In life, what may happen, we should never lose our enthusiasm.

Krupa Choksi, Rajkot

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



Thought for the Month

- Viivek, Vadodara

DSPPL

The Ease of



Dear Students of DSPPL

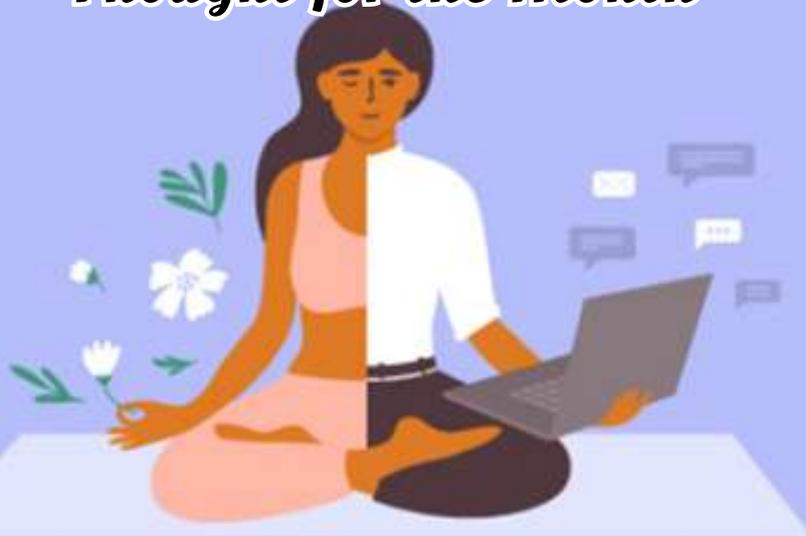
And my young friends,

The Ease of Life...

Life in the current times has become a lot easier. With the technological advancement, the morning routines, the commuting ways, and the ease in processing data have all become both smooth and fast. However, if one notices carefully, life is still the same. The rise and fall of emotions, the rolling and scrolling of thoughts in the mind. The imagination still goes haywire, and the body retains its ability to gain or lose weight. Life is still the same; it's the survival process that has become easier. In 2000 years, the human race has come a long way in making the survival process easy. This should have allowed us to take care of the evolutionary process. Nonetheless, the same ease of living has resulted in lethargy and a new race of slow or not moving animals. Humans have stayed where they are; only the level of sophistication has crossed the bar.

Food can be ordered by phone. The entertainment options outnumber the number of hours a person can stay awake. Educational websites can also be accessed with ease anywhere. Working from home is a convenient option allowed by many companies now. Just imagine the amount of time wasted by our ancestors on getting a bucket of hot water for bathing. Or the amount of time needed to commute from our homes to schools or offices. The labor that was put into getting a crop twice a year, and also the effort put in to maintain the cattle. In modern times, we have machines for just about every need of ours. The universe has opened up the divine internet for humanity. One needs to inquire within themselves as to why such a big change has dawned upon us. Previously, the daily chores themselves consumed a whole lot of time. **Now, with the ease of survival, there is ample time with everyone. Unfortunately, people are leisurely spending this time and do not value or invest it in the real purpose of exploring our true nature.**





Continued...

The mind can either be engaged or enriched continuously to make it merge with the soul. The majority of the human race is busy entertaining their senses and their minds. So much so that one cannot expect them to live without the technology around them. People need to understand that life happens from within. The lesser the entanglement with the outside world, the better and lighter the mind remains. The emptier the mind, the fewer the number of issues to be handled. Remember, the amount of information and the viewership gateways have opened the floodgates to knowledge. With this also lies the danger of feeding our minds with a whole lot of garbage. Only a mature mind will know the repercussions of feeding oneself with filth.

In our daily routine, we can help ourselves in so many ways. The body can be put to exercise in the morning. Even a 20-minute routine can do wonders to keep it in shape. During times of stress, we can take a few minutes off and just observe our breath. This can help us slow down our thought process. The communication skills can be worked on and improved continuously. One should always prepare for a cheerful exchange of words resulting in good and complete conversations. A cheerful person, a timely person can be the cause of a good space wherever they go. The only thing that one needs to keep in mind is to use the technology and not be consumed by it. This is the best time for all of us. Let us make the most of it by using the remaining time to uplift and evolve at all times.



Viivek, Vadodara

Viivek 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.



Industry Inspirations

Interview with

Mr. V.R Raguraman

Vice President - with Leading Chemical Industry Group, more than 40 years in professional industry



Welcome Mr. V.R Raguraman, Pondicherry. He currently serves as Vice President – Corporate in a group of companies that are pioneers in chemical manufacturing, offering a wide range of chemical products. Guided by a vision of “technological dynamism with environmental protection,” the group is widely recognized for its expertise in high-pressure pipes, exotic metal equipment, water purification solutions, and several patented products. The group’s operations span across Tamil Nadu, Puducherry, and Andhra Pradesh.

Q: Your profession seems to be unique and interesting for us. Kindly share your Professional journey with us.

A: I have been associated with the group since 1983, beginning my professional journey at the grassroots level. This early exposure provided me with hands-on experience and a deep understanding of operations from the ground up. My progression from entry-level roles to senior leadership has shaped a leadership philosophy rooted in integrity, accountability, and respect for people.

Through consistent performance, resilience, and a willingness to embrace responsibility, I steadily advanced through the organization. Over the years, I took up roles of increasing complexity across operational, managerial, and strategic domains. My experience across multiple functions and manufacturing sites enabled me to develop a holistic perspective on business operations, people management, and process excellence.

Today, as a member of the top management team, I play a pivotal role in shaping organizational strategy, overseeing administration and HR/IR functions, and leading new projects and growth initiatives.

Q. Your consistency, resilient nature and interested in taking responsibility has helped you in the growth within the organisation. Share with us what were the pain areas or challenges in your profession

A. My journey has been a blend of challenges and achievements. The chemical industry, by its very nature, presents significant complexities driven by inherent risks such as community opposition to chemical manufacturing activities, heightened public scrutiny, geopolitical





Industry Inspirations contd.

uncertainties, stringent regulatory compliance, supply chain vulnerabilities, environmental impact, and the safety and security of all stakeholders. Balancing these demanding requirements with effective human leadership has been one of the greatest challenges. Over time, I realized that subject-matter expertise alone is insufficient to lead teams successfully; it is passion, empathy, and purpose that truly inspire people and drive results. Some of my

most valuable leadership lessons emerged from mistakes—learning to listen more, control less, and lead with purpose rather than authority.

Q. It is amazing to know how you have reshaped yourself to grow in the path of success. Soft skills like passion and empathy are mandatory people skills. What were your Moments of Fulfilment & Motivation

A. Throughout my journey, my family has played a vital role, providing unwavering and unconditional support far beyond expectations. Equally important has been the trust, encouragement, and belief shown by the management, which continually fuelled my enthusiasm. Witnessing my teams grow in confidence, capability, and ownership has been among the most fulfilling and inspiring aspects of my leadership journey.

Q. Support from family and trust from the organisation are the two key features for your consistent growth. Kindly share if you follow any spiritual practices also

A. Spiritual conviction has served as a steady source of strength and resilience, particularly during periods of uncertainty and challenge. It has provided inner clarity, emotional balance, and the courage to remain steadfast in adversity. This deep-rooted belief system reinforced perseverance, enabling difficult decisions to be approached with calmness, purpose, and integrity. By fostering patience, humility, and hope, spiritual conviction has shaped a leadership approach grounded in compassion, ethical responsibility, and long-term vision.

Leadership in the chemical industry is not merely about managing processes—it is about balancing science, safety, people, and purpose. This journey continues to reinforce the belief that inner growth and professional excellence must evolve together to create meaningful, sustainable impact.

Thank you sir for sparing your valuable time and sharing your journey with us. I am sure your simplicity, openness to learn and improve and also mould yourself to the requirements of the organisation will help our youth to get inspiration. Lastly not just sticking to process but also taking care of safety and people is a sure shot learning for all of us.





कटी पतंग

- जयंती योगेश काटदरे

एक लड़की थी जिसे बहुत कुछ करना था, लेकिन समय की कमी के कारण उसे प्राथमिकता के अनुसार ही काम करना पड़ता था। इसलिए मन की इच्छाएं पूरी नहीं हो पाती थीं। उसे लड़की को मन ही मन में दुख होता था कि भगवान ने मुझे इतनी कलाएं दी हैं, फिर भी मैं उन्हें समय नहीं दे पा रही हूं।

उसने एक बुजुर्ग के सामने अपनी समस्या बताई। लड़की को कलाएं पसंद थीं, इसलिए बुजुर्ग ने उसे एक दिन का समय दिया और शाम को एक घंटे का समय निश्चित किया। लड़की ने बहुत कुछ किया, लेकिन शाम को बुजुर्ग से मिलने गई तो उसका जवाब एक ही था, "बहुत कुछ करना था, इसलिए पूरा नहीं कर पाई, समय कम पड़ गया।"

बुजुर्ग ने मुस्कराते हुए कहा, "तुम्हारी काम करने की इच्छा तो है, लेकिन तुम्हारा मन सदा यहां-वहां भटकता रहता है। इसलिए तुम्हारा मन जो काम कर रहा है, उसकी पूरी तरह से अनुभूति नहीं कर सकता।"

वक्त तो यूं ही जाता रहेगा, और तुम्हें लगता है कि समय कम है। असल में तुम्हारा मन वहां नहीं है। तुम्हारी अवस्था कटी पतंग जैसी है, जो हवा में तैर तो रहा है, लेकिन उसकी दिशा हवाएं तय करती हैं, न कि वह खुद। तुम्हें अपने मन का डोर खुद के हाथ में लेना होगा। और ऐसा नहीं है कि अगर एक चीज डेढ़ घंटे करोगी तो ही अच्छी होगी। अगर तुम नियमित रूप से अपना पूरा मन उसमें डालकर 10 मिनट भी करने की शुरुआत करोगी, तो परिणाम अच्छा ही आएगा। अगर हमें 1000 सीढ़ियां भी चढ़नी हों, तो शुरुआत एक-एक सीढ़ी से ही होती है। वैसे ही छोटे-छोटे काम करते वक्त भी अगर हम मन को बहने न दें, तो समय का व्यर्थ जाना कम हो सकता है।



अनघाष्टमी पूजाव्रत प्रक्रिया, महत्त्व और विज्ञान - लेख क्र. १ - ca pranjal joshi

लेख माला का उद्देश्य - अनघाष्टमी पूजाव्रत की शुरुवात हमारे गुरुजी अजित तेलंग सर के संकल्प से हुई । पिछले ४ सालों से DSPPL इस पूजा को ऑनलाइन माध्यम से करवा रहा है । देवरुख से पूजा बताई जाती है और बहुत से साधक अपने घर में पूजा साहित्य लेकर ऑनलाइन जैसे बताया जाता है, वैसे पूजा करते हैं । इस पूजा का प्रमुख उद्देश्य हर परिवार में श्री गुरुदेव दत्तात्रेय इनके आशीर्वाद पहुंचना ये है, ताकि हर घर में सुख, शांति एवं स्वास्थ्य रहे । इस पूजा व्रत के पीछे का विज्ञान, एवं महत्त्व और प्रक्रिया विशद करना ये इस लेख माला का उद्देश्य है ।

अनघ देव और अनघा माता के अनघाष्टमी व्रत का वर्णन भविष्य पुराण उत्तरपर्व (जिसे भविष्योत्तर पुराण ऐसा भी कहते हैं) अध्याय ५८ में आता है । तथा दत्त पुराण के तीसरे अष्टक का चौथा अध्याय और श्रीपाद श्रीवल्लभ के चरित्र में अध्याय १७ और ४३ में भी अनघ देव और अनघा माता का वर्णन आता है । "अघ" याने पाप , इस पाप को जो नष्ट करता है, मिटाता है उसे "अनघ" कहा गया है । अघ का हरण करने वाले, भगवान दत्तात्रेय के संसारी रूप "अनघ देव और अनघा माता" । पर सवाल ये है की, ये पाप क्या है ?

आम तौर पर "पाप" का वर्णन कुकर्म ऐसा किया जाता है । तीन तरहसे हम कर्म करते हैं - कायिक (शरीर से), वाचिक (शब्दों से, अपने सम्भाषण से) और मानसिक (अपने विचार से) । तो पाप याने कुकर्म भी इन तीन तरहसे होते हैं । जैसे की गलत कृति करना कायिक पाप हो गया, दूसरे की निंदा करना, चुगली करना ये वाचिक पाप हुआ और दूसरे के बारे में बुरा सोचना ये मानसिक पाप हो गया । अनघाष्टमी व्रत इन त्रिविध पापोंको नष्ट करनेवाली शक्ति है ।

पर ये वर्णन तो सामान्य इंसान के स्तर पर समझने के लिए ठीक है । कर्म का परिणाम अच्छा है, मतलब सभी के लिए मंगलमय है तो पुण्य और अगर कर्म का परिणाम क्लेशमय है तो पाप । पर इतने सिमित अर्थ से पाप का हरण करने वाली अनघा माता निश्चित नहीं है । इससे गहरा अर्थ इस पाप के हरण के पीछे जरूर है ।



अनघाष्टमी पूजाव्रत

continued...

हमारे गुरु अजित तेलंग सर ने बहोत सरल और सुन्दर तरीकेसे हमें समझाया । गुरुजी बताते है की हम सभी का उद्देश्य मोक्ष है । पर मोक्ष ये कोई जगह का नाम नहीं है। ये तो "समझ" का वर्णन है । मोक्ष इसी जीवन में पाने की चीज है । हमारे सारे कर्म "धर्म - अर्थ - काम" इससे जुड़े हुए है । यहाँ पर भी "धर्म" याने – “उचित आचरण” ये अर्थ अभिप्रेत है । "अर्थ" याने हमारे सारे व्यवहार, इसमें पैसे के साथ होनेवाले और बिगर धन के सभी व्यवहार शामिल है । "काम" याने इस जीवन में हमने जो रिश्ते बनाये हैं न, उन सारे रिश्तों का समावेश इसमें है । तो उचित आचरण हो, अच्छा व्यवहार हो और आनंद देनेवाले रिश्ते हो, तो ही हम मोक्ष प्राप्ति की तरफ बढ़ सकते है । तो हमारे जो भी कर्म हमें मोक्ष की तरफ ले जाने के बदले, उलटी दिशा में ले जाते है, जीवन में बंधन और अटकाव तैयार करते है - उसे "पाप" ही समझना ।

साधना से साधक की समझ बढ़ती है । साधक बनने के लिए ये जरुरी है की वो "पाप क्या है" ये जान ले । शब्दार्थ की दृष्टि से “अघ” शब्द का अर्थ है - कर्ता या करने वाला । सामान्य इंसान अपने कर्मों का कर्ता खुदको मानता है। क्यूंकि वो अहंभाव से संसार कर रहा है । एक बार आप खुद कर्मों का स्वामित्व लेने लगे तो स्वाभाविक है, आप उस कर्म के परिणाम के अनुसार सुख और दुःख दोनों का अनुभव करेंगे। वेदान्त के अनुसार तो सांसारिक सुख भी वास्तव में दुःख ही है। इस प्रकार जो स्वयं को कर्ता मानता है, वह सदा दुःखी रहता है। जो शक्ति कर्तापन (मैं ही करने वाला हूँ, Doingness) की भावना को नष्ट कर देती है, वही अनघा है। कर्म का स्वामित्व एकबार अनघा माता ने हरण कर लिया तो पाप कैसे बच सकता है ?

कईबार जीवन में हम अनुभव करते है, जीवन में कठिन प्रसंग आते है, तो उससे दुःख आता है । प्रसंग तो शायद एक बार ही जीवन में घटित हुआ, पर उसका दुःख हम बार बार करते है । एक बार एक संत ने अपने प्रवचन में एक हास्य कथा बताई । कथा सुनकर लोग बहोत हसे । फिर उस संत ने वही हास्य कथा दूसरी बार उसी प्रवचन में बताई । इसबार लोग थोड़ा कम हसे । हद तो तब हो गयी, जब उस संत ने वही हास्य कथा उसी प्रवचन में तीसरी बार बताई । इस बार कोई नहीं हँसा । सब लोग चुपचाप बैठे थे । संत ने वही हास्य कथा



अनघाष्टमी पूजाव्रत

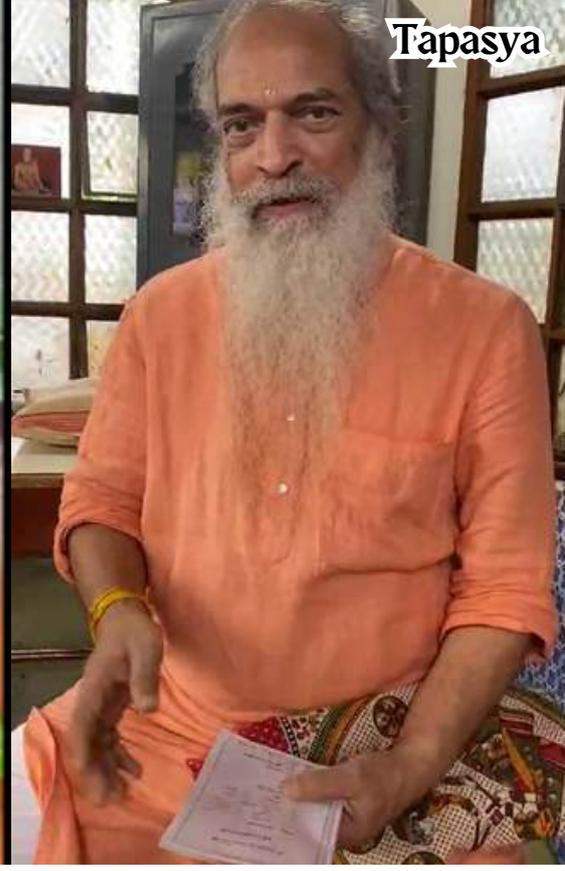
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चौथी बार बताई और अब लोग सम्भ्रमित हो गए। इसबार संत जोर जोरसे हँसने लगे। लोगों के मन में सम्भ्रम और बढ़ा। संत कुछ क्षण के लिए रुक गए, और २-४ मिनट बाद, सबसे सवाल पूछा। भाई, एक ही हास्य कथा पर आप लोग बार बार हस नहीं सकते, ये तो समझ मैं आ गया, पर ये अभी तक नहीं समझ मैं आया की फिर एक ही दुःख पर बार बार रो कैसे सकते हो ?

“अघ”शब्द का एक और अर्थ है। अघ याने जो दुःख को छोड़े नहीं। गुरुजी अजित सर रेकी सेमिनार मैं हमेशा इस बात पर हमारा ध्यान आकर्षित करते थे। वो बताते थे की, कही न कही हमें दुःख मैं रहने की आदत सी हो गयी है। दुःख मैं रहना, चिंता करना, व्यथित होना, मानो ये हमारे जीवन का अविभाज्य हिस्सा बन गया है। हर दिन हमें आनंद मैं रहना है, पर हम है की दुःख खोजते रहते है। हम संसार मैं जीते है तो "द्वैत" मैं जी रहे है। द्वैत याने दो। और दो याने "दो विकल्प"। एक आनंद मैं जीने का पर्याय और एक दुःख मैं जीने का पर्याय। विकल्प चुनना तो हमारा ही काम है। हर दिन, हर क्षण आनंद मैं जीने का पर्याय हम चुन सकते है। पर हम दुःख का पर्याय चुनते है। यही अज्ञान है। अज्ञान याने ज्ञान का न होना ऐसा नहीं, “गलत ज्ञान होना” या “अविद्या” इसको अज्ञान कहा गया है। जो शक्ति - समृद्धि, स्वास्थ्य, स्नेह, संतोष, विवेक आदि प्रदान करके इन सब शोकों को दूर करती है, वही अनघा है।

एकबार हमारे कर्मों की प्रेरणा ही अगर अनघामाता बन गयी, हमारे कर्मों की कर्ता भी अगर अनघामाता बन गयी, तो दुःख कैसा ? पाप कैसे बचेगा ? जीवन तो आनंद से भर जायेगा। भगवान दत्तात्रेय का आशीर्वाद हमेशा सिर पर रहेगा। इस रहस्य को जानना, समझना और आचरण मैं लाना यही तो अनघाष्टमी पूजा व्रत के संकल्प के पीछे गुरुजी अजित सर का उद्देश्य है।





पद्मासनस्थां पदयुग्मनूपुरां पद्मदधानाममयं च पाण्योः।
योगार्थे संमीलिता निश्चलाक्षीदत्तानुरक्ताम् अनघां प्रपद्ये॥

अर्थ - जो पद्मासन में विराजमान हैं, जिनके चरणों में शोभायमान नूपुर (पायल) हैं, जिनके एक हाथ में कमल हैं, और दूसरे हाथ से जो अभय (निर्भयता) प्रदान करती हैं, जिनकी दृष्टि योग-साधना में लीन होकर अर्धनिमीलित और स्थिर है, और जो भगवान दत्तात्रेय को अत्यंत प्रिय हैं, उस पवित्र अनघा देवी को मैं वंदन करता हूँ, उनकी शरण ग्रहण करता हूँ।

2026 की अनघाष्टमी की तारीखे:

**January 11, February 09, March 11, April 10,
May 10, June 08, July 08, August 06, September 04,
October 03, November 02, December 01, December 31**

Flyer and Registration Details on next page.

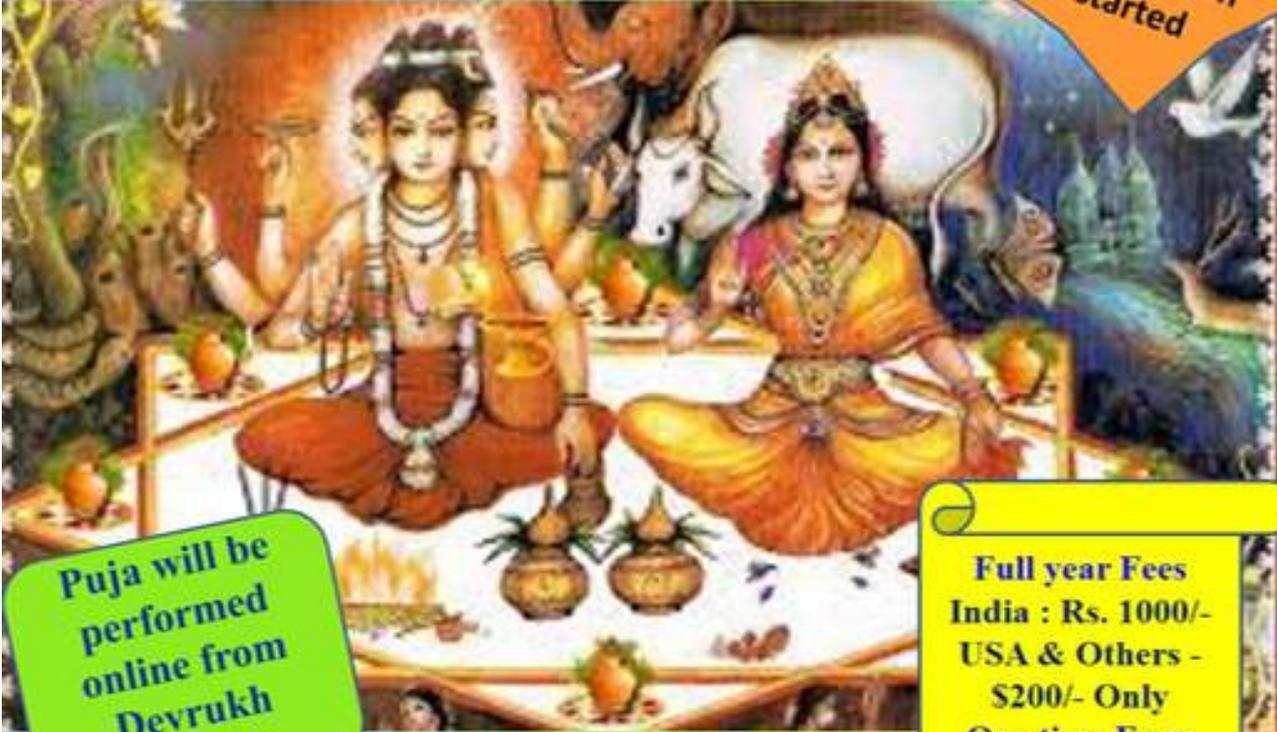
**Contact for Puja Details and registration details,
Mr. Alhad Purohit - 9422773446**





Bring home the Harmony and Happiness through Anaghashtami Puja

New
Registration
started



Puja will be
performed
online from
Devrukh
Ashram

Full year Fees
India : Rs. 1000/-
USA & Others -
\$200/- Only
One time Fees:
India – Rs. 100/-
USA & Others –
\$20 only

- **Timings for Puja :** India – 8.00 am IST
USA – 8.00 am CDT

Eligibility : Anyone interested to perform online Puja
(Not necessarily Reiki Sadhaks)

- **Materials for Puja to be arranged by the participant.**
- **Book on Anaghashtami Puja Vrat and Viddhi (Process) will be sent to registered participants along with video for better clarity, 2 days ahead of the event by email.**

- **For Registration: Use the following Link**

- **For queries Contact:**

- **For India – Alhad Purohit - anway.entp@gmail.com**
- **For USA - Vaishali Vedvyas – vaishalirakesh@gmail.com**

Registration Link for Anaghshtami Pooja - <https://rzp.io/rzp/OwGwxRLD>

Contact for Puja Details and registration details,

Mr. Alhad Purohit - 9422773446





Your Career Is Not a Ladder — It's a Journey

Career Development Series - Part 01

- Dr. Prajakta S. Vispute

Many of us begin our careers believing there is a clear ladder: study hard, get a good job, get promoted, and success will follow. But reality is far more complex—and far more interesting. Careers today are not linear ladders, they are evolving journeys shaped by choices, opportunities, failures, and personal growth.

This first article sets the foundation for this series by redefining what a “career” really means in the modern world.

Rethinking the Traditional Career Model

A traditional career is a conventional professional path that involves long-term dedication to a single occupation within a specific industry. Career management refers to the mindful planning of activities and engagements throughout one’s working life for improved outcomes. A traditional career path is characterized by structured progression through established roles after obtaining relevant education, often presenting stability and structure. Traditional jobs continue to rely on established methods, although there is a noticeable shift as many explore alternative career options. Career paths and ladders are common frameworks for employee development, with ladders serving as a means of advancement within organizations.

The traditional career model assumed stability with the following stages:

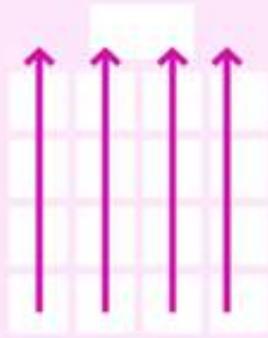
- One profession for life
- One or two employers
- Predictable promotions
- Retirement at the end

That model no longer fits most people’s lives. Technology, globalization, economic shifts, and changing personal priorities have transformed how we work.





LINEAR CAREER LADDERS



Examples of career paths

VARIED CAREER LATTICES



Examples of more varied paths for growth and development

continued...

Many people now:

- Change careers multiple times
- Work across industries
- Combine multiple roles or income streams
- Prioritize meaning and flexibility over titles

A successful career is no longer about staying on one path—it's about learning how to navigate change.

Career as a Personal Story

Your career is not just your job title. It is the story of:

- Skills you've developed
- Problems you've solved
- Values you've discovered
- Experiences that shaped you

Two people with the same education can end up in completely different places—and both can be successful. Why? Because careers are deeply personal. What matters most is alignment between **who you are, what you value, and how you work.**

The Importance of Self-Awareness

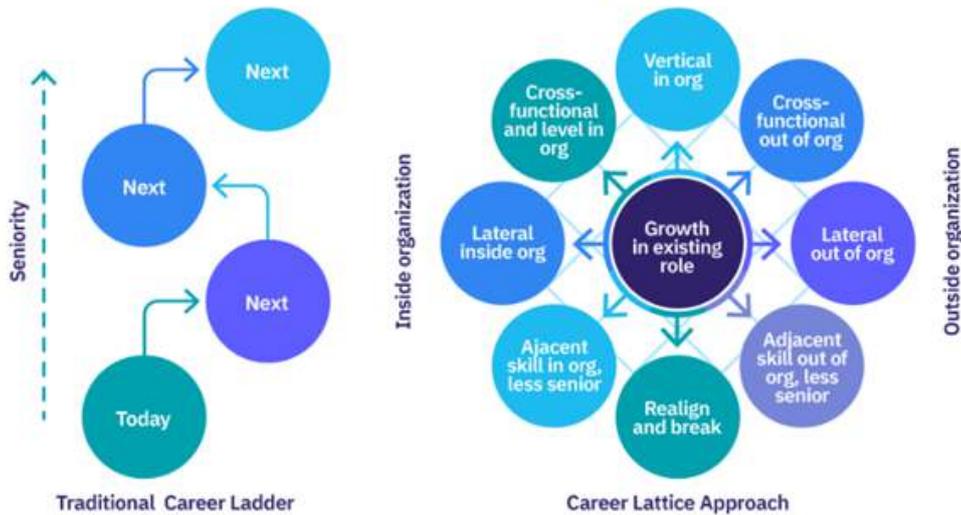
Before chasing opportunities, it's essential to understand yourself:

- What energizes you?
- What drains you?
- What kind of environment helps you grow?
- What does "success" mean to you right now?

Careers evolve in stages. What matters at 22 may not matter at 35. Self-awareness allows you to adjust direction without feeling lost or guilty.



Traditional Career Ladder vs. Career Lattice Approach



continued...

Progress Over Perfection

Many people feel pressure to have everything figured out early. This pressure often leads to fear, comparison, and paralysis. The truth is:

- Most careers are built through experimentation
- Mistakes are part of the process
- Detours often become advantages

Progress matters more than perfect planning. Each role, even the “wrong” ones, teaches something valuable.

What This Series Will Cover

In the next eleven articles, we will explore:

- Discovering strengths and interests
- Choosing (and changing) career paths
- Skill-building strategies
- Career setbacks and transitions
- Networking with authenticity
- Work-life balance and burnout
- Long-term career resilience

This series is designed to help you think clearly, act intentionally, and build a career that fits your life—not someone else’s expectations. **TO BE CONTINUED....**

Dr. Prajakta S. Vispute, Chhatrapati Sambhajinagar

She holds a PhD in Computer Science with 18 years of teaching experience and has published research papers in conferences and journals. Alongside her academic work, she is a spiritual practitioner, bringing balance and insight to her professional journey.



The Blueprint of a Nation: The Evolution and Context of the Indian Budget

- S Ramakrishnan (Thane)

In its simplest form, a budget is a financial statement presenting the government's proposed revenues and spending for a financial year. However, in a developing giant like India, the Union Budget is far more than a ledger of accounts; it is a powerful tool for socio-economic transformation, a statement of national priorities, and a roadmap for the country's future.

The Concept and Its Origin

The word "Budget" is derived from the Old French word 'bougette', meaning a small leather bag. This refers to the leather briefcase in which the British Chancellor of the Exchequer traditionally carried financial documents to Parliament.

Globally, the concept evolved from a mere tool of monarchical accountability to a democratic instrument. In India, the first Budget was introduced during the British Raj on April 7, 1860, by James Wilson of the East India Company.

The Evolution of the Indian Budget

Post-independence, the Indian Budget underwent several structural and philosophical shifts:

- **The Formative Years (1947–1960s):** The first budget of independent India was presented by R.K. Shanmukham Chetty on November 26, 1947. The focus was on stabilizing a partitioned economy and laying the foundation for public sector-led industrialization.
- **The Era of Socialization (1970s–1980s):** This period saw high taxation rates and a focus on poverty alleviation (Garibi Hatao). The budget became a tool for wealth redistribution.
- **The Watershed Moment (1991):** Facing a severe Balance of Payments crisis, Finance Minister Dr. Manmohan Singh presented the 1991 Budget, which dismantled the "License Raj" and ushered in Liberalization, Privatization, and Globalization (LPG).





continued...

- **Structural Reforms (2017–Present):** Recent years have seen massive procedural changes:
 - **Merging the Railway Budget:** The 92-year-old tradition of a separate Railway Budget was ended in 2017, merging it with the Union Budget to provide a holistic view of the government's finances.
 - **Advancing the Date:** The presentation was moved from the last day of February to February 1st to ensure that the budgetary process is completed before the new financial year begins on April 1st.
 - **The Digital Shift:** The traditional "Bahi-Khata" (ledger) was replaced by a tablet in 2021, marking the era of the "Paperless Budget."

The Indian Context: Unique Challenges

The Indian Budget is governed by Article 112 of the Constitution, which refers to it as the "Annual Financial Statement." Unlike many developed nations, India's budget must balance three distinct and often competing objectives:

- **Fiscal Discipline vs. Social Welfare:** India must manage its Fiscal Deficit (the gap between what the government spends and what it earns) while funding massive welfare schemes for food security, rural employment (MGNREGA), and healthcare.
- **Infrastructure Growth:** To reach the goal of a \$5 trillion economy, the budget significantly allocates "Capital Expenditure" (Capex) toward highways, railways, and digital infrastructure.
- **Federalism:** The budget is not just about the Center. Through the Finance Commission's recommendations, it determines how tax revenues are shared with states, maintaining the delicate balance of "Cooperative Federalism."





UNION BUDGET — 2026 —

continued...

The Budgetary Process

The process is a rigorous exercise in secrecy and precision. It begins months in advance with the "Halwa Ceremony," which marks the start of printing budget documents (now digital uploading). Officials involved are sequestered in the "locksheet" of the Finance Ministry to prevent any leaks that could fluctuate the stock markets.'

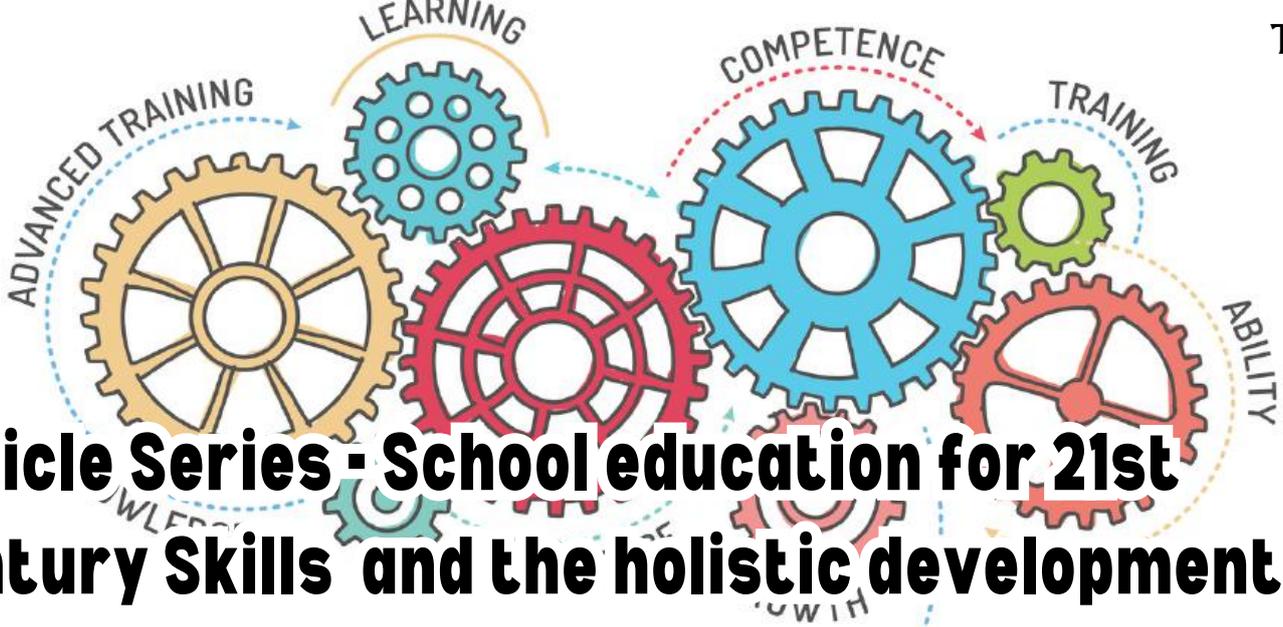
Conclusion

The evolution of the Indian Budget mirrors the evolution of the nation itself—moving from a colonial tool of extraction to a post-independence tool of survival, and finally to a modern instrument of global ambition. As India positions itself as a "Viksit Bharat" (Developed India) by 2047, the budget will continue to be the most critical document that defines how the aspirations of 1.4 billion people are funded and realized.

S Ramakrishnan, Thane

A dedicated resident of Thane for 75 years, he has spent the last eight years as a committed Sadhak. During his distinguished career over six decades in journalism he contributed to numerous national newspapers and news agencies and he served at Johnson & Johnson for 33 years until his retirement in 2010. Today, he finds his fulfillment in social work leading a life dedicated to selfless service (Seva).





Article Series - School education for 21st century Skills and the holistic development of students - Part 02

- Dr. Nirav Thakkar,
Ahmedabad

Skill

Role of Teachers and School Administrators:

Role for Teachers: The changing role of school teachers and principals/administrators who lead schools to equip students with 21st century skills:

- Emphasis on student-centered learning
- Prioritize real-life learning
- Integrate educational technology in schools and make the school climate more collaborative
- Tailor learning methods to students' individual learning needs

For Principals and School Leaders:

- Invest in teacher training and professional development.
- Provide digital infrastructure for technology-enabled learning.
- Encourage interdisciplinary learning and collaboration.
- Formulate student-centered school policies.

Modern Teaching Methods for the 21st Century:

Project-Based Learning Methodology:

According to the National Education Policy (NEP 2020), Project-Based Learning (PBL) is a highly effective approach in which students learn by finding solutions to real problems. In this method, students work on long-term projects, and learn to find solutions to a complex practical question or problem. In this method, students learn through group work, research, creativity and public presentation.



Article Series - School education for 21st century Skills and the holistic development of students - Part 02


 Continued...

Key features of Project Based Learning (PBL) method:

- Project Selection: The teacher usually selects the project in a way that is relevant to real-life problems.
- Inquiry-based learning: Students go beyond information or knowledge and use knowledge in the context of real-world problems and find solutions to the problems.
- Collaboration and Group Work: Students learn to work together in a group with cooperation and collaboration.
- Interdisciplinary approach: The problem in the project is not based on a single subject but touches more than one subject such as science, mathematics, social science, etc. So that all these subjects are studied together and motivated to find a solution to the problem. Example: If the project is a project based on "Clean Energy Related Problems", then it can be combined with subjects such as science, geography and economics.
- Student-centered learning: The teacher's role remains as a guide.
- Evaluation and Reflection – Students can self-assess and receive feedback during the project.
- Public Presentation – Students develop confidence and effective communication skills by presenting their project in the classroom or to various groups.

Dr. Nirav Thakkar, Ahmedabad

He is the Principal of AES AG Higher Secondary School, Ahmedabad, and a visionary leader with 31 years of extensive experience in education and training. He has been actively working on implementing the New Education Policy (NEP) 2020 in schools. The above article reflects his deep commitment to integrating 21st-century skills and NEP-aligned practices for the holistic development of students.



CONSTITUTION OF INDIA

- **Kalpita Rakesh**

Article 24 – Protecting Children and Adolescents from Hazardous Work

Characters:

- Anita (17-year-old, from a financially weak family)
- Riya (17-year-old, from a well-off family)
- Riya's Father (Factory owner)

(Anita and Riya are sitting on a bench after school. Anita looks worried.)

Riya: (noticing) Anita, you look so tense. What's wrong?

Anita: (sighs) Riya, my father is ill, and my mother stitches clothes at home. We hardly make ends meet. I was thinking of taking up a job in some factory to support my family and pay my school fees.

Riya: (shocked) But you're just 17! Isn't that dangerous?

Anita: I don't know... but we need the money.

(Riya decides to talk to her father, who owns a big factory.)

Riya: Papa, can you please give Anita a job in your factory? She really needs money to continue her studies.

Father: (serious but kind) Riya, I understand your concern. But employing her in my factory would be against the law.

Riya: (confused) Against the law? But why?

Father: Because of Article 24 of our Constitution. It protects children and adolescents. Listen carefully—

- Children below 14 cannot work at all.
- Adolescents, like Anita who is 17, cannot work in hazardous environments like factories, mines, or with dangerous machines.

If I give her a job in my factory, I will be committing a crime.



THE CONSTITUTION OF INDIA

Understanding Constitution Part 15 (Article 24)

Riya: (worried) Oh! Then what will Anita do? She really needs help.

Father: (smiles) Don't worry. The law only stops her from doing dangerous work, but she can still earn through safe options. For example:

- Teaching tuition to younger children
- Helping in a library or bookshop
- Working as a computer assistant
- Doing part-time work in offices or stores that are safe

Riya: That sounds much better!

Father: In fact, I know a friend who runs a small coaching center. He often looks for assistants to help manage students and notes. I can connect Anita there. She can earn a decent income and continue her studies safely.

Riya: (excited) That's wonderful, Papa!

Riya tells Anita about her father's advice.

Riya: Anita, you don't have to risk your health in a factory. You can work at a coaching center and earn money safely.

Anita: (relieved and happy) Really? That would be amazing! I can help my family and still study well.

(Anita learned that Article 24 protects adolescents from hazardous jobs, while giving them the chance to work in safe fields. Childhood and youth are meant for growth, not for danger.)

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.



रामायण कथा: राम जन्म

DSPPL

भायश्री पुरोहित

अश्वमेध यज्ञ करते हुए राजा दशरथ ने बहुत दान किए। यज्ञ में आने वाले हर व्यक्ति को सुसंस्कारित और स्वादिष्ट भोजन का आस्वाद कराया। हर एक को भरपूर धन-धान्य, गोधन का दान दिया। वहाँ आने वाला हर व्यक्ति संतुष्ट हो रहा था। अश्वमेध यज्ञ की समाप्ति के बाद ऋष्यश्रृंगजी के मार्गदर्शन अनुसार पुत्र-प्राप्ति के लिए राजा ने पुत्रेष्टि यज्ञ किया। सर्व देव राजा के गुणों के कारण पहले से ही प्रसन्न थे। यज्ञ में किए दान-धर्म से देवताएँ और प्रसन्न हो गईं। अदृश्य रूप में आए सभी देवताओं ने राजा को पुत्र-प्राप्ति के लिए आशीर्वाद दिए।

पुत्रेष्टि यज्ञ के दौरान प्रजापतीलोक से एक दिव्य पुरुष यज्ञ में प्रकट हुआ। उसके हाथ में देवताओं ने राजा की इच्छापूर्ति हेतु बनाई दिव्य खीर थी। वह खीर रानियों को खिलाने को कहा गया। राजा को परमानंद हुआ। दशरथ ने खीर से भरी जम्बूद नाम की सोने की वह थाली बड़े सम्मानपूर्वक अपने मस्तक पर उठा ली। प्रसन्नतापूर्वक तीनों रानियों को देने के लिए महल में गया।

दशरथ ने प्रथम कौसल्या को संपूर्ण खीर का आधा भाग भक्षण करने के लिए दिया। बाद में उर्वरित खीर का आधा भाग सुमित्रा को दिया। जो खीर बाकी रह गई थी, उस खीर के दो भाग करके एक भाग कैकयी को दिया और एक भाग फिर से सुमित्रा को दिया।

यज्ञ-समाप्ति के बाद राजा दशरथ ने ऋष्यश्रृंग व उनकी पत्नी शांता का यथोचित सम्मान किया। स्वयं दशरथ राजा अपने सेवकों को साथ लेके ऋषि और ऋषिपत्नी को उनके घर तक छोड़ने गया।

ब्रह्मदेव और विष्णुदेव की आज्ञा अनुसार भविष्य में श्रीराम को सहाय्यभूत होने हेतु सब देवताओं ने वनवासी वानर-अस्वल आदि योनि में बलाढ्य पुत्र उत्पन्न किए। अप्सराएँ, नागकन्याएँ, गंधर्व पत्नियाँ — इनसे अनेक तेजस्वी वानर पुत्र निर्माण हो गए। ऐसे पुत्र जो इच्छानुरूप रूप धारण कर सकते थे। जो सिंह की तरह बलवान थे। भविष्य में इन सब गणों ने श्रीराम को सहाय्य किया।



..continued



यहाँ अयोध्या में उचित समय पर कौसल्या को एक पुत्र, कैकयी को एक पुत्र और सुमित्रा को दो पुत्र हुए। संपूर्ण अयोध्या नगरी पुष्प और पताकाओं से सुशोभित की गई। देवों ने आकाश से पुष्पवृष्टि की। सबको महाआनंद हुआ। चारों पुत्र अत्यंत सुलक्षणी थे। आगे जाकर ग्यारह दिन पूर्ण होने के बाद राजा दशरथ ने चारों पुत्रों का नामकरण समारोह किया। वसिष्ठजी ने कौसल्या के पुत्र का नाम राम, सुमित्रा के पुत्रों का नाम लक्ष्मण और शत्रुघ्न रखा। कैकयी के पुत्र का नाम भरत रखा। प्रसंगी संपूर्ण राज्य की जनता को भोजन कराया गया।

चारों पुत्र बड़े होने लगे। सबका उन पर प्रेम था। तीनों रानियाँ चारों पुत्रों पर एकसमान प्रेम करती थीं। पुत्र भी एक-दूसरे से बहुत प्रेम करते थे। सब भाई राम का सम्मान करते थे, क्योंकि राम सबसे बड़ा था। तीनों भाई राम की आज्ञा में रहते थे। चारों पुत्रों के सद्गुण दिन-ब-दिन बढ़ते ही जा रहे थे। सब लोगों के साथ प्रेम से व्यवहार करना, उनका आदर करना, मदद करना, किसी को भी कम नहीं समझना — ऐसे अनेक गुणों की संपत्ति उनके पास थी। घोड़े-स्वारी, धनुर्विद्या, रथ चलाना — ऐसे कलाओं में भी उन्होंने अपना प्राविण्य दिखाया। दशरथ राजा को पुत्रों के सान्निध्य में बहुत आनंद मिलता था। मानो कि राजा अपने सत्कर्मों के फलों का उपभोग ले रहा था। अतः राजा अत्यंत समाधानी था।

अच्छा कर्म अगर आप सातत्य से करते हो, तब आपकी इच्छा पूर्ण करने के लिए भगवान स्वयं आपको सहाय्य करते हैं। जैसे पुत्र-प्राप्ति की इच्छा पूर्ण करने के लिए सब देवताओं ने राजा दशरथ को सहाय्य किया।

Bhagyashree Purohit, Nashik

She is an M.Com and B.Ed qualified educator, currently serving as a teacher in Nashik. Alongside her professional journey, she is a devoted Reiki sadhak, walking the path of inner growth and healing. With a deep sense of purpose, she is committed to instilling strong moral values and conscious living in the new generation.



Yoga for Students

- **Ajitha Soman (Vadodara)**

We all aim to do our best, but sometimes the results do not meet our expectations. The gap between our expectations and reality leads to disappointment and frustration. What creates this gap? A lack of awareness. The mind is often occupied with many thoughts. A constantly running mind needs a pause. This pause does not mean stopping or falling back; it means learning to channelise the mind.

Yoga poses help restore your energy and use it productively. Practising for five to ten minutes in the morning develops awareness and helps organise your day. It is an efficient way to start the day, reduce stress, increase productivity, and work towards your goals.

ASANA FOR THE MONTH - DANDASAN (THE STAFF / STICK POSE)

Age Group: Can be practised by all age groups. Sit comfortably on a mat with your legs stretched straight in front of you. **Step 1:** Stretch your legs and keep your feet together at a right angle.

Step 2: Lengthen your spine and sit upright. Place your palms beside your hips on the floor. **Holding:** Relax your head and close your eyes. Hold the posture comfortably for about 20 seconds. Gradually increase the duration with regular practice.

Awareness: Be aware of your body alignment and your breath.

RELEASING THE POSE (IN REVERSE ORDER)

Step 1: Gently relax your spine. **Step 2:** Relax your legs and sit in a cross-legged position. **Breathing:** Inhale while keeping your spine straight, breathe normally while holding the posture, and exhale while releasing the asana.



BENEFITS

- It is a fundamental posture that strengthens the back and core muscles.
- The spine is stretched and loosened, helping to reduce congestion in the spinal nerves.
- Helps improve posture and ease back and sciatica pain.
- Develops body awareness and confidence. • Improves leg flexibility and strength.
- A good posture and a positive attitude enhance your personality. Keep practising.

Ajitha Soman, Vadodara

A postgraduate in HR and a certified Yoga teacher with 15 years of experience across corporates, schools, government sectors, NGOs, and IT. A Yoga faculty with DSPPL and ISKCON, she runs Kaivalya Yoga for adults and children, practicing traditional Hatha and Ashtanga Yoga with a focus on mindful movement and breath awareness.



THE PHYSICS OF FOG: WHEN NATURE PAINTS THE MORNING SKY

By Dr. Duhita Lakhatariya & Lt (Dr.) Pankaj Sharma
Lecturer Physics, Government Polytechnic Ahmedabad

On a chilly winter morning, you step outside, and the familiar world has vanished. Towering trees are reduced to ghostly silhouettes, streetlights are surrounded by glowing halos, and the road ahead disappears into a thick, mysterious white void.

It feels like magic, as if nature has wrapped the Earth in a soft, woolen blanket. But this stunning atmospheric phenomenon isn't sorcery—it is a spectacular, real-time physics experiment happening right outside your window.

Welcome to the laboratory of the winter sky. Let's decode the science of fog.

The Ghostly Cloud Next Door

Before diving into the complex physics, we need to define what we are looking at. Put simply, fog is a cloud that decided to come down to Earth.

High in the atmosphere, we call them stratus or cumulus clouds. When the exact same thing happens at ground level, we call it fog. It is composed of millions upon millions of microscopic liquid water droplets suspended in the air, just floating around us.

But air always contains water in invisible gaseous form (water vapor). Why does winter suddenly make the invisible visible?

The Recipe: How Cold Air Squeezes Water

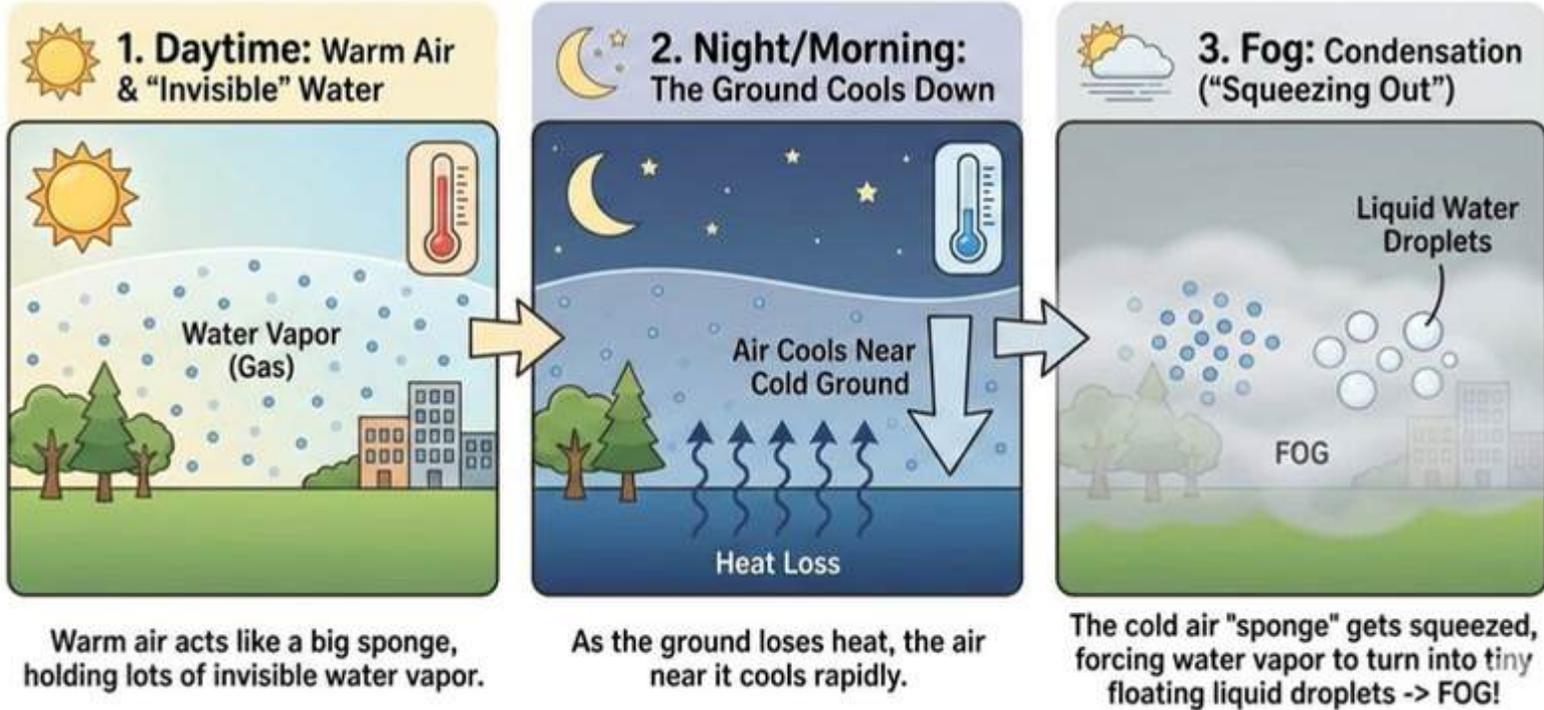
The reason fog loves winter lies in the relationship between temperature and water vapor. This is a lesson in **Thermodynamics**.

Warm air has high energy and act like a giant sponge; it can hold a lot of invisible water vapor between its molecules. Cold air, however, is like a tiny sponge. Its molecules are packed closer together, leaving less room for vapor.

During long winter nights, the ground loses heat rapidly, chilling the layer of air sitting just above it. As the air temperature drops, it eventually reaches a critical point where it can no longer hold the invisible vapor carrying. The air has become "saturated."

This excess vapor has nowhere to go, so it is forced to change its phase—from invisible gas to visible liquid droplets. Voila! Fog is born.

How Fog Forms: The Science of “Squeezed Air” in Winter



THE PHYSICS BEHIND IT: Condensation & Dew Point: The process of water vapor turning into liquid droplets is a phase change called **Condensation**. The specific temperature at which air becomes saturated and condensation must begin is called the **Dew Point**.

The Light Show: Why Fog Looks White

We know how fog forms, but why does it look like a thick white wall, and why do car headlights seem to bounce right back at the driver in thick fog? This is a lesson in Optics, the physics of light. Normally, light travels in straight lines from an object to your eyes. When fog forms, the air is filled with obstacles—those billions of suspended water droplets.

When a photon (a particle of light) from the sun or a streetlamp hits a water droplet, it doesn't pass straight through. The droplet acts like a tiny, imperfect mirror. The light bounces off the droplet and changes direction. Multiply that by billions of droplets, and the light is bouncing chaotically in every possible direction. This creates the glowing white haze that obscures your vision.

THE PHYSICS BEHIND IT: Light Scattering We see fog due to a phenomenon called Scattering. Because the water droplets are roughly the same size as the wavelengths of visible light, they scatter all colors equally, making the fog appear white or grey.



DSPPL The Mystery of the Missing Morning: How Fog Forms!



The World is Your Lab

Winter fog is more than just a weather report or a driving hazard. It is a stunning visual reminder that the laws of physics aren't just abstract concepts in a textbook.

The next time you walk out into a misty morning, pause for a moment. You are standing inside a massive experiment of thermodynamics and optics. Nature is the scientist and the world is its lab.



Lt (Dr) Pankaj Kumar Sharma, Ahmedabad

He holds M.Sc. (Physics), M.Tech. from IIT Roorkee, and a Ph.D. from Gurukula Kangri Vishwavidyalaya, Haridwar. He is Lecturer of Physics at Government Polytechnic, Ahmedabad, under the Technical Education Department, Government of Gujarat. He is also Associate NCC Officer (ANO) with the rank of Lieutenant. His research interests include solid-state physics, optoelectronics, semiconductor materials and ionospheric & space science studies.

Lt (Dr.) Duhita Lakhatariya, Ahmedabad

She is a Lecturer of Physics at Government Polytechnic, Ahmedabad. She holds a Ph.D. in Crystal Growth and Its Characterization from Kadi Vishwa Vidyalaya, Gandhinagar, and an M.Sc. in Physics with specialization in Electronics. She also serves as an Associate NCC Officer and Rangers Leader with Bharat Scouts and Guides. Her work is actively focused on youth empowerment, skill development, and fostering leadership among students.



Unlock Your Voice

Part 03

- Janani Manu, Bengaluru

DSPPL

3rd part of the 5-article series for children, parents, and teachers — packed with easy public speaking tips, fun confidence-building exercises, and little motivational nuggets to encourage young speakers.

Why this series? In today's world, being able to speak confidently is super important. Whether it's on stage, in class, or with friends — knowing how to express yourself is a life skill you'll always use!



The Power of Pause: Tara's Story

Tara loved to talk and was always excited to share her ideas. But there was one problem: she spoke incredibly fast. Her words would tumble out in a continuous rush, like a spilled bag of marbles, making it impossible for anyone to follow her.

One day, while explaining a new project to her classmates, she started:

“Solwaswalkinginthelibraryandsawabigbigbookonspacethatwasreallycoolandthenlthought—”

Her friend, Leo, gently interrupted her. “Whoa, Tara, slow down! I can't catch any of that.”

Tara slumped her shoulders. “I'm trying! But the words just run out of my mouth like a waterfall, and I can't stop them.”

Just then, her grandmother, a retired English teacher, walked by. She smiled warmly and offered some advice, “My dear, even the most powerful waterfalls rest before they fall. Your beautiful words need rest, too. A pause gives them time to land.”

She taught Tara a simple trick: after every complete thought or sentence, take a tiny moment—just long enough to softly blink your eyes once.

The next day, Tara tried the technique when presenting her project again.

“So... I was walking... and I saw a big... interesting book about space.”

Everyone in the room listened. They understood every detail. For the first time, people weren't confused; they were engaged.

Tara felt a wave of pride and confidence. She realized that by slowing down, she wasn't losing time, she was gaining attention and respect.

What Can We Learn from Tara?

Pausing isn't a sign of forgetting your words; it is a tool of strength. It makes your message clearer, calmer, and much easier for others to follow.



Unlock Your Voice

Part 03



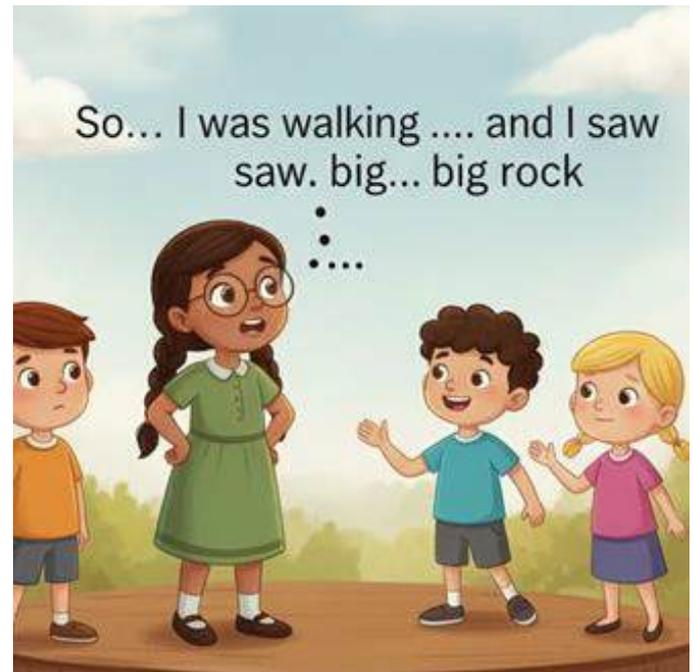
Practical Tips for Powerful Pauses:

- **Mindful Counting:** After every full stop, silently count “one” before starting the next sentence.
- **Reading Practice:** Read a paragraph out loud, and during each pause, gently press your tongue to the roof of your mouth. This physical action anchors the stop.
- **The Listener Check:** Ask a friend to listen to you read or talk and agree to raise their hand every time you start to rush or skip a pause.

Quick Tip for Calm Confidence:

Before you even start speaking, take a quick, subtle inhale for just one second. This small breath naturally slows your opening pace.

“A pause is not silence. It is strength.”



Janani Manu, Bengaluru

A teacher trainer and public speaking coach for children, have been working with children for 15 years now. Specialise in teaching with innovation and creativity 🙌🙏



स्वयं की पहचान

- Saurabh Malpani

एक शिष्य ने अपने गुरु से पूछा, "गुरुदेव, मानव जीवन की कीमत क्या है?" गुरु ने उसे एक चमकता हुआ पत्थर दिया और कहा, "इसकी कीमत पता करके आओ, पर इसे बेचना मत।"

शिष्य पहले एक फल वाले के पास गया, उसने कहा, "इसके बदले 10 संतरे ले लो।" फिर एक आलू वाले ने उसके बदले एक बोरी आलू देने को कहा। अंत में शिष्य एक जौहरी के पास गया। जौहरी ने पत्थर देखते ही कहा, "यह बेशकीमती हीरा है, मेरी पूरी दुकान बेचकर भी मैं इसे नहीं खरीद सकता।"



शिष्य ने वापस आकर गुरु को बताया। गुरु बोले, "जीवन भी इस पत्थर की तरह है। तुम खुद को किसके सामने रखते हो, उस पर तुम्हारी कीमत निर्भर करती है। दुनिया तुम्हें अपनी समझ के अनुसार आंकेगी, लेकिन एक गुरु ही तुम्हारी वास्तविक कीमत और क्षमता को पहचानता है।" गुरु हमें स्वयं की अनंत क्षमताओं और वास्तविक मूल्य से परिचित कराते हैं।

Saurabh Malpani, Mumbai

Graduate in Chemical Engineering with numerous curricular & extracurricular accolades and a couple of papers published in international journals. Passionate about teaching with an experience of 10 years in teaching Chemistry to JEE & NEET aspirants. Enjoys indulging in spiritual activities, football, chess, volleyball, reading and singing.



Science Experiment - 09

- Saurabh Malpani

Let's try and understand **buoyancy** and thus the chemistry behind it!

Apparatus:

- *Clear Container: A tall glass/jar/beaker.*
- *Carbonated Liquid: Fresh club soda/lemon-lime soda.*
- *Fresh Raisins: Small to medium-sized raisins (ensure they are not stuck together).*

Procedure:

1. Fill one glass with plain tap water and drop in 5-6 raisins. Observe and record (they should sink and stay).
2. Fill the second glass 3/4th full with the fresh carbonated liquid.
3. Drop 5-6 raisins into the carbonated liquid one at a time.
4. Observe the raisins for 3-5 minutes. Note the formation of bubbles, the speed of ascent, and what happens at the surface of the liquid.

Principle:

When you first drop the raisins in the soda they sink to the bottom of the glass because they are more dense than the soda. But the carbonated soda releases carbon dioxide bubbles and these bubbles attach to the rough surface of the raisins. They act like tiny floatation devices that lift the raisin to the surface of the water. Once a significant number of these bubbles have collected, the raisins begin a slow, vertical ascent toward the surface of the liquid. This is due to an increase in BUOYANCY. Once the carbon dioxide bubbles reach the surface of the soda they pop and the gas is released into the air. This makes the raisin lose buoyancy and fall back down to the bottom of the glass. This cycle repeats for several minutes, with the raisins continually moving up and down until the visible fizzing in the liquid slows down and all carbon dioxide has escaped and the soda is flat.



DSPPL Events

Cultivating a Vision for Tomorrow Highlights from the 2026 DSPPL Annual Meeting

The DSPPL Annual Meeting, held on January 24 and 25, 2026, at the serene Devrukh Swami Math, served as a pivotal forum for reviewing organizational progress and strategizing for a "better world for tomorrow". This two-day extensive session functioned as a rigorous brainstorming hub, bringing together stakeholders viz. leaders, guides, teachers, and facilitators for a deep-dive into the organization's founding purpose, current activities, and the future roadmap. The meeting was attended by about 50 faculties across 12 cities.



Inauguration

The event opened with traditional solemnity, featuring the lighting of the lamp and the Saraswati Vandana. All Sr Sadhaks viz Ramakrishnan Iyer, Sawant Kaka, Modak Kaka, Balu ji and Ramalingam ji were invited to light the lamp.

Saraswati Vandana was presented by Krupa Choksi Director and Madhavi Saptarshi, Faculty and Co-ordinator Hyderabad Centre. This was followed by National Anthem.



DSPPL Events

Pranjal Joshi then provided a foundational overview of DSPPL's past, present, and future. Logo of DSPPL and divine message behind the same was once again brought before all with the Guruji's email explaining from the year 2017 about how this logo has been received as a Prasad from Swami along with the knowledge. Our Sadhaks Madhavi Kirpekar and Revati Mate from Pune have taken efforts for this logo model.

As the organization completed its eighth year, the Annual Report for the calendar year 2025 was released, signaling an important transition. Key dates signalling milestones in the history of DSPPL were also presented before the audience. Everyone appreciated our Sadhak Ashish Muley, Vadodara for the contents and design of the Annual Report and the efforts he is putting for the monthly TAPASYA magazine.

Modak Kaka, a senior Sadhak associated with the Guruji's mission since its inception, delivered the inaugural address, urging DSPPL to "spread its wings" through diverse activities.



Sessions and Highlights -

Following important sessions were conducted during the meeting –

(a) EduSPOTS, led by Pranjal Joshi. During the session representatives from centers viz. Rashmi Ambukar, Mumbai, Madhavi Saptarshi, Hyderabad, Bhagyashri Purohit, Nasik, Ajitha Soman, Vadodara, Anuja Kher, Borivali, and Arya Khanvilkar & Kalpita Keer, Devrukh discussed in detail the issues threadbare, sharing experiences and suggestions for center-specific improvements.

(b) SOFT Program discussions started by Pranjal Joshi explaining the theme and the concept, and concluded by Krupa Choksi after having detailed discussions. The faculties Pallavi Virkar, Borivali, Preeti Swant, Thane, Kalpita Keer, Devrukh, Jayanti Katdare & Veena Kunte, Chiplun, Vivek Pandey, Vadodara, Niarg Mehta, Ahmedabad, Amol Pukale, Bangalore, Arti Joshi, Pune participated in the discussions expressing their views and suggestions to make further improvement in the program.





DSPPL Events

(c) **STRONG program** discussions were led by Krupa Choksi, and the Faculty members Pranjal Joshi, Ashwini Telang, Vishal Shridhankar, Ramkrishnan Iyer participated in the critical discussions.

(d) Session on “**Agnihotra for students**” highlighting the scientific aspects for the students.

(d) Session on **Science of Omkar** was conducted by Amol Pukale Director. Guruji’s video on Omkar from the Wave of Faith Program was also displayed during the meeting.

(f) **WISE and EPIC** program discussions were led by Krupa Choksi and Ashwini Telang.

(g) **Special sessions** – Few special sessions were also conducted by Sr Sadhaks and Reiki Teachers, as follows –

- **Magical Space of Devrukh and DSPPL Mission** by Sachin Gadre
- **DSPPL Mission - Suggestions for Growth** by Vishal Shridhankar
- **Qualitative & Quantitative Improvement in DSPPL Programs** by Sunil Kulkarni
- **Scientific Orientation for DSPPL Mission** by Balu ji
- **Importance of Sadhana for DSPPL Teachers** by Rakesh Kumar

Dramas with messages:

During these two day meeting, faculties were given the topic and the small play write up. Preparation time of about 15 minutes only was given, and then the randomly selected faculties from different centres presented the play in front of all. These were widely appreciated. The theme for the play were (a) **In search of the Power** - Finding our inner power, (b) **The living water** - understanding water and its importance in daily life and also for studies, Character played by our Sadhak Alhad Purohit was appreciated by everyone. (c) **Righteousness Rules** - Story based on Bhakta Prahlad and the righteousness as the most important virtue. Character of Prahlad was played by our Sadhak Suresh Parab which everyone appreciated. Our Sadhak Faculty Kalpita Rakesh from Thane, Aruna M from Bangalore and Pranjal Joshi have written these dramas.

Group events and activities –

(a) Communication - Exploring the "Power of Words" and its impact through quizzes.

(b) Morning prayers, Meditation as well as Morning and Evening Group Agnihotra was performed by all the Faculties.

(c) Games viz. bangles transfer through pen by team of faculties was played.

(d) All 24 issues of TAPASYA magazine were presented in a novel way, where each issue was presented by one sadhak.



DSPPL Events

Felicitation and Recognition -

With heartfelt gratitude, we appreciated the selfless service and continuous involvement of our two Sadhaks viz. Rashmi Ambukar and Alhad Purohit in furtherance of our divine mission. Everyone thanked them for their dedication and the inspiration.

Book Release -

Everyone participated in the release of a new book on DSPPL Philosophy and a comprehensive booklet about the organization. It covers the key milestones, program details and other highlights about the organisation. This book was prepared by our Sadhak Sushma Jithesh from Bangalore which was appreciated by everyone for the contents, coverage and the thoughtful design.

The Special Treat

Food management was handled excellently ensuring the menu suitable for Sadhaks with Anushtan. Special feature of this was contribution by Balu ji in preparing Payasam, Bisi-bele-Rice. This was enjoyed by all.

Other important aspects -

Rangoli by Vadivukkarasi and Vijayalakshmi from Chennai supported by other sadhaks Deepasthambha was lit by Rashmi Ambukar & team in a symbolic way to set the intention for 2026

Closing session -

The board stressed the importance of continuous Sadhana as a foundation for the all the faculties.

Program date(s) for April & May 2026 were also announced. Faculties from different centres confirmed their availability and willingness to participate in EduSPOT and SOFT programs.

The meeting was concluded with a formal vote of thanks and Vande Mataram.



Session in Progress



Bangles Game





DSPPL Events



Group Agnihotra



Session in Progress



Session in Progress

Interactive Game



Felicitation

Rangoli





DSPPL Events



Felicitation



Session in Progress

Guru Geeta Chanting online class 5th January to 18th January 2026

Online Guru Gita Chanting classes were conducted from 5th January to 18th January 2026. About 54 participants Registered for the class.

Vinaya Deo Sr faculty guided participants for correct and melodious pronunciation of Guru gita. Madhavi Saptarshi acted as co-ordinator. Everyone thanked Vinaya Tai and Madhavi for this session. In fact at the request of participants class was extended for additional 3 days to do revision



DSPPL COMICS

Story: Komal Amol

Illustrations: Ashish



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.





+919850035736
+918097033220



www.dsppl.in



info.dsppl@gmail.com



**Brahmakamal Ashram, Swami Samarth
Marg, Devrukh, Ozare (Khurd), Tal.
Sangameshwar, Dist. Ratnagiri,
Maharashtra- 415804**

Book Name : Tapasya



9 788198 582492

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