



# Tapasya

*Butterfly Effect - your today's gentle flutter can become tomorrow's life-transforming storm!*

*Keep up your positivity!*



**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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**SPECIAL**



**Ajit Telang Sir  
Our Inspiration!**



# ॥ सुभाषित बोध ॥

- Vinaya Deo, Pune

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अपेक्षन्ते न च स्नेहं न पात्रं न दशान्तरम्।  
सदा लोकहिते युक्ता रत्नदीपा इवोत्तमाः ॥

इस श्लोक में श्लेष अलंकार का प्रयोग किया गया है। यानि शब्द एक पर उसके अपेक्षित दो अर्थ। जैसे “स्नेह” शब्दका एक अर्थ है “घी या तेल” और दूसरा अर्थ है “प्रेम”। “पात्र” शब्दका एक अर्थ है “योग्य व्यक्ति” और दूसरा अर्थ है “बर्तन”, वैसेही “दशांतर” शब्दका एक अर्थ है “दूसरी बाती” और दूसरा अर्थ है “अवस्था या भिन्नता”।

“इव” याने यथा, की तरह, “उत्तमाः” याने उच्च विचार के लोग

इस संस्कृत श्लोक का पूरा अर्थ है -

श्रेष्ठ और सज्जन व्यक्ति (रत्नदीप के समान) कभी भी लोक-कल्याण के कार्यों के बदले स्नेह, पात्र (भेदभाव), या किसी अन्य स्थिति की अपेक्षा नहीं करते, बल्कि निःस्वार्थ भाव से सदा लोकहित में लगे रहते हैं, ठीक वैसे ही जैसे रत्नदीप को जलने के लिए तेल, दिया या बाती की ज़रूरत नहीं होती।

श्रेष्ठ और सज्जन व्यक्ति निस्वार्थ प्रेम करते हैं। व्यक्ति योग्य है या नहीं, यह नहीं देखते। यानी सबसे प्यार बांटते हैं। सभीसे स्नेह (प्रेमपूर्वक) व्यवहार करते हैं। “दशा” याने दूसरे की अवस्था या भेद का विचार नहीं करते। मतलब उच्च-नीच, अमीर-गरीब, गुणी-अगुणी ऐसा भेद मन में रखे बिना सभी लोगों का हित करने में मग्न रहते हैं। इसलिए कवीने श्रेष्ठ लोगों की तुलना रत्नरूपी दीप से की है। क्योंकि, आम तौर पर साधा दिया तो स्नेह याने तेल, पात्र याने दिएका बर्तन और दशा याने बाती की अपेक्षा करता है, प्रकाश देने के लिए इनपर निर्भर रहता है। ये सब है तोहि वो प्रकाश देगा। पहली बाती बुझ गई तो हमें नई बाती दियेमें रखनी पड़ती है। पर “रत्नदीप” में ये कुछभी नहीं लगता। रत्नदीप बिना किसी बाहरी मदद या अपेक्षा के स्वयं प्रकाशित होता है।

## बोधकथा

श्री रामकृष्ण परमहंस अकारण दयासिंधु थे। फिरभी वो कहते थे कि मैं मेरे शिष्य को शिष्य स्वीकार





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करने के पहले पूरी तरह परख लेता हूँ। उसके पश्चात ही मैं उसका अंगीकार करता हूँ। शारदामाता उनकी पत्नी स्वयं परमहंस की 'अभिन्नशक्ति' थी। वो मानती थी, मां ही सिर्फ इस दुनिया में अपने बालक का अपराध माफ करके निस्वार्थ प्यार कर सकती है। शारदामाता बिल्कुल वैसी ही माता थी। भक्तकल्याण का कार्य अविरत करती थी।

विश्वमाता स्वरूप श्री शारदामाता बहुत कष्ट उठाकर हर-एक भक्त का खयाल रखती थी। ये पापी भक्त है और वो पुण्यवान भक्त है ऐसा भेद नहीं मानती थी। शिष्य को मंत्रदीक्षा देनेसे उसके पाप की भी जिम्मेदारी - चूक भूल का भी हिसाब गुरु की जिम्मेदारी समझकर व्याधि-पीड़ा भी सहन करती थी। पापी के बारे में मन में तिरस्कार नहीं रहती थी। मुक्त हृदय से पापी जीव का पाप खुद माथा लेकर शिष्य को पापवृत्ति से मुक्त करने का सामर्थ्य श्री शारदामाता जी के पास था। शिष्यसे कुछ नहीं मांगती थी।

एक बार एक पतित स्त्री आश्रम में पहुंची। उसे खुद के लिये बुरे आचरण के बारे में बहुत पछतावा हुआ था। वह माताजी के निवास स्थान के बाहर खड़ी हो गयी। खुदके पाप का मन ही मन स्मरण करके पश्चात्तापदग्ध होकर मां के निवासस्थान के बाहर ही खड़ी रहकर बोली, "माताजी मेरे लिये उद्धार का कोई मार्ग है? मुझे अब मेरे किये का पछतावा है। मैं आपके पवित्र मंदिर में पैर भी रखने लायक नहीं हूँ। उसके नेत्र से अविरत अश्रुधारा बरसने लगी। ये शब्द सुनते ही श्री शारदामाताजीने झट से सोचा, मैं केवल करुणा से दीक्षा देती हूँ। मुझे उनका पाप स्वीकारना पड़ता है, लेकिन एक दिन ये शरीर छूटना ही है, तो क्यों उनको साक्षात्कार से वंचित करूं?

वह उस पाश्चात्तापदग्ध पतिता को गले लगाकर बोली पाप क्या है ये तूने पहचाना है न ? तब तू पवित्र हो गई | मैं तुझे मंत्र देती हूँ। ठाकुरजी के चरणों पर सब कुछ न्यौछावर कर देना। फिर तुझे कौनसा भय? ये है रत्नदीप॥

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# Uncanny Nexus - A journey beyond

## Volume 01: The Awakening of Seekers

### Temple of the Past

□ **Dip. SAC Ashwini Telang, Clinical Psychologist & Director, DSPPL**

At University of Soka, a competition for knowledge is about to change the fate of those who seek it. What begins as a scholarly pursuit soon takes an unpredictable turn, leading the seekers beyond textbooks and theories into something far greater—an unravelling of ancient forces hidden in time.

When an artifact of unknown origin is discovered, subtle synchronicities begin to emerge, guiding the researchers toward a mystery buried deep in the past. Their rivalry fuels their quest, pushing them to uncover forgotten wisdom, but the more they dig, the stranger the events become.

As their journey unfolds, they encounter hidden temples, fragmented truths, and cosmic connections that defy all logic. But something beyond human comprehension has already been set into motion. The air shifts, destinies converge, and an unseen force whispers a warning:

*Have they stumbled upon mere knowledge, or awakened something far greater?*

The first volume - **The Awakening of Seekers** - of Uncanny Nexus lays the foundation for a mystery that transcends time itself. But this is only the beginning.

### TEMPLE OF THE PAST

As the whirlpool settled, they realized they were no longer in the library.

Instead, they found themselves in a temple that was being constructed. Before they could speak, they heard a whispering husky voice in their ears, “Welcome to La Ciudad Blanca - The White City.”

Avenlee blinked, her voice barely above a whisper, “La Ciudad Blanca... Could it be the same one in Mosquitia? In Central America?” The sextet Rishis (ऋषि) turned toward her. She nodded slowly, eyes distant. “My grandparents used to tell me stories about it. A lost city hidden in the



# Uncanny Nexus - A journey beyond

## Volume 01: The Awakening of Seekers

Contd...

jungle—untouched, sacred. They said it was a place where time folded in on itself.” Still confused, she murmured, almost to herself, “But... it existed around 800 to 1250 AD.”

For a moment, no one spoke. The air around them felt heavier, as if the city itself had heard her. Then, Jigyasa curiously searched for any signs to understand why they were in the White City, while Haruka and Aniya were busy figuring out what was going on. Dhairya patiently observed their surroundings and spotted a huge statue of Lord Hanuman. Pointing towards the statue, he said, “ऋषिs (Rishis), look!”

Jigyasa, Karunashankar, Ved, Aniya, Hiroshi, and Haruka turned to see the massive statue. Jigyasa exclaimed, “Wow! How come there’s a massive statue of Lord Hanuman here in La Ciudad Blanca?”

Haruka, still in awe, added, “This place is incredible. It feels like we’ve stepped into a different world.”

Karunashankar, trying to make sense of it all, said, “Maybe this temple holds the key to why we’re here. We should explore it further.”

Ved nodded, “Agreed. Let’s see if we can find any inscriptions or clues that might explain the connection between this place and the object.”

With determination and curiosity, as they entered the temple, they could see many people carving intricate designs on the pillars. One of the workers looked at them and politely bowed, saying, “May I know how you know our God? I just heard you saying his name.”

Karunashankar replied, “Your God? Lord Hanuman is not only the epitome of heroism, strength, and assertive excellence but also full of divine love and emotional devotion.”

The worker smiled and said, “Oh, it seems you know a lot about him. So, do you also know that he had come here and freed us from two evil brothers a few decades ago?”

Jigyasa, now curious, asked, “A few decades ago?”





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# Uncanny Nexus-A journey beyond Volume 01: The Awakening of Seekers

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The man replied, “Yes. A few decades ago, he killed them both and fed them to the Goddess of our land.” He then took them to a fire pit, where there are scattered tools. Showing them the half-erased etchings near the altar, “As you can see this is said to be that place where the Lord fed them to the Goddess of our land. Then he crowned his son here, who became our ruler. After him, his son—King Moddhwaj, who is now our ruler—has asked us to build this temple in the memory of his grandfather.”

Ved inquisitively questioned, “Wait a minute. ... Did you just say that Lord Hanuman was married? How is it possible? He is considered an eternal bachelor.”

The worker sighed and said, “Uhm, it’s a long story. Do you have time to listen to it?”

Haruka, interested to know more, said, “Yes. We’ve time. Please narrate the story for us.”

The worker smiled, “A long while ago when our Lord was traveling to some place, uhh... I don’t remember the name. He came here to free someone from the clutches of the two evil brothers who ruled over our ancestors. As he came, he saw a boy exactly looking like him guarding the palatial door of those crowned brothers. Lord and his son were both fighting each other for a long time. Finally, Lord chained him and went inside the palace, fought with those demonic brothers, and won. After winning over them, on his way out, he asked the boy who his parents were, and that was when he realized that his son was born while he was traveling over the sea and his sweat was received by a crocodile who was, in reality, a woman. Thereafter, he crowned the son and left.”

Karunashankar, thought to himself, “I think I read this story in the Ramayana, but I never thought it would be real.”

Ved realising what Karunashankar was thinking just tapped his shoulder reassuring him. Aniya, still intrigued, asked, “So, this temple is dedicated to Lord Hanuman’s legacy and his descendants?”

The worker nodded, “Indeed. This temple is a symbol of our gratitude and reverence for Lord Hanuman and his family. It is said that his presence still blesses this land.”



# Uncanny Nexus - A journey beyond Volume 01: The Awakening of Seekers

Contd...

Saying so, the worker resumed his carving. Jigyasa, Karunashankar, and Aniya thanked him for spending time to let them know the legacy.

Ved, holding the mysterious object, wondered aloud, "Could this mean we need to add these details to our research too? Is this mysterious object helping us in a way?"

Jigyasa, deep in thought, said, "It's possible. We needed to learn more about this place and its history. Maybe that's the reason, why we were brought here. Probably, it's a time machine of some kind."

As they went further, they saw a uniquely beautiful city that glowed with vibrant colours right below the temple. The view was mesmerizing, as if they were in paradise. As they were enjoying the view from above, they saw the King climbing the steps to visit the temple premises. He was accompanied by his consort, who was holding a small child in her arms. As the King entered the temple and was right in front of team ऋषि (Rishis), all seven of them bowed before the king out of respect. As they rose, the King asked them their purpose for visiting the temple. Karunashankar narrated the whole story of how they reached the temple and added how keen they were to find fascinating truths about Lord Hanuman. The King then told them that the Divine entity whom his grandfather devoted himself to would soon arrive here in a different form. Upon hearing this, team ऋषि (Rishis) were thrilled yet confused.

Karunashankar asked the King, "Your Majesty, may we take leave?"

The King smiled, "Sure. If you need anything, don't hesitate to ask me." As they turned, the King showed his son to the idol of his grandfather and said, "Please bless your great-grandson, Tamradhwaj."

Ved suddenly whispered, "Guys, I guess we are definitely somewhere around 2100 BCE. Did you hear the name of his son? He said Tamradhwaj. His story was narrated by my grandmother to me about how Lord Krishna blessed him and his son."

Aniya, surprised, said, "Really? Well, I didn't know about this. Will you narrate the story to me?" Ved smiled and said, "Ann, we are not on a trip of storytelling. I'll narrate it to you after we reach our institute, okay?"

Aniya nodded, "Okay, all right."

Jigyasa took the so-called time machine object from Ved and gave it to Karunashankar, mentioning, "Okay, KS. It's your turn to pull the lever now so that we can update our team मुनि (Munis)." As suggested, Karunashankar pulled the lever and whoosh. The whirlpool spun around them, transporting them back to the library.



The moment they landed in the library, they saw the team मुनिस (Munis) trying hard to distract the librarian, who seemed to have heard the whooshing sound of the whirlpool.

Hyeon was engaging the librarian in a conversation about a rare book, while Daiki and Avenlee were pretending to search for something on the shelves. As soon as the team ऋषिस (Rishis) appeared, Jigyasa quickly signalled to the others to keep quiet.

Haruka whispered, "We need to update them without drawing attention."

Jigyasa nodded and motioned for everyone to gather in a corner away from the librarian's sight. Once they were all together, she quietly said, "We've got some incredible information. We were transported to a temple in La Ciudad Blanca, where we learned about Lord Hanuman's legacy and his descendants."

Dhairya added, "We even met the King and his family. It was like stepping back in time to around 2100 BCE."

Ved, holding the mysterious object, said, "This object might be a time machine. It's helping us uncover historical truths."

Avenlee, excited but keeping her voice low, asked, "So, what's our next step?"

Jigyasa replied, "We need to compile all this information and see how it fits into our research. But first, let's make sure the librarian doesn't get suspicious."

Hyeon, still keeping the librarian occupied, gave a thumbs-up to indicate that everything was under control. The team quickly and quietly began to organize their notes and prepare to integrate their newfound knowledge into their research on the Ramayana. While all these were happening in group अनंत (Anant), Group Yuyutsu (युयुत्सु) was engrossed in collecting the data for Mahabharat.

**END OF VOLUME 01 - TO BE CONTINUED...**



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# Science of Learning Part 23

## - ca pranjal joshi

### *Mastering the Mind Waves for Effective Learning*

Concentration of mind is very important for effective learning. Many a times, outside distractions are blamed for lack of attention and focus. The present generation is blessed with “Pratyahari” powers i.e. power to use one sense at a time. This is just two step away from the Meditation or concentration. But at the same time, this generation also suffers from low attention span of about 15 minutes only. So how do one reconcile these two for the benefit ?

Maharshi Patanjali’s famous yog sutra provides a step-by-step guide to achieve Meditation (or concentration). It states “Yogas chitta vritti nirodha” This means: “Yoga is the stilling of the fluctuations of the mind.”

- Yoga means union, the joining of our mind and the soul.
- Chitta is our inner field made up of intellect (Buddhi), Mind (Mann), and Emotions (Heart).
- Vritti means mental modifications, thought waves or patterns.
- Nirodhah means controlling, calming, or stopping disturbing thought waves.

Although Chitta includes Intellect, Mind, and Emotions, the mind is the most critical aspect. It separates humans from other animals (मनुष्य = मन + उष्य). The mind (a) helps the intellect decide what is appropriate or inappropriate. (b) Chooses an Approach about how to look at a situation (positive or negative), and (c) Triggers Emotions according to that choice of approach.

If the mind chooses a positive way of looking at life, we feel peace, love, and joy. If it chooses a negative way, we feel anger, fear, jealousy, or sadness. Because these mental fluctuations affect our entire chitta, learning to regulate the mind becomes critical.

Are all Vrittis (thought waves) need to be restrained to achieve Concentration?



## Science of Learning Part 23

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The answer is “No”, and this is very important to note. According to Maharshi Patanjali, there are five basic vrittis, and each one can have a desirable or undesirable effect.

The basic 5 vrittis are –

- 1.Pramana – Cognition, Knowledge or proof.
- 2.Viparyaya – Conception.
- 3.Vikalpa – Imagination.
- 4.Nidra – Sleep, and
- 5.Smriti – Memory.

Each of these vrittis can move our mind either towards the Meditation or concentration (called as Aklishta Vrittis – divine, peaceful, self-aware direction) or towards confusion (called as Klishta Vrittis - selfish, restless, or harmful direction). So not all vrittis must be stopped. We need to encourage aklishta (helpful) vrittis and restrain klishta (harmful) vrittis.

Let’s take an example of how same vrutti (thought waves) can be Klisht (undesirable) or Aklisht (desirable).

The first basic vrutti is **Praman** (cognition or proof) which is said to be of three sub-types (a) Pratyaksa i.e. Facts by direct Perception or experience (b) Anumaan i.e Facts by inference or logical reasoning, and (c) Aagamah i.e. Facts through testimony or scriptures. The Same Vritti can travel opposite directions.

Take Pramana (cognition) - Seeing selfless service, hearing bhajans, soothing music, eating healthy food leads to Aklishta (divine direction), while watching violence, explicit content, or eating junk food leads to Klishta (confusion direction).

**Vikalpa** (Imagination) - Visualize succeeding in exams with calm focus is Aklisht Vrutti while Imagining as failing dramatically and panicking is Klisht Vrutti.

**Smriti** (Memory) also can be desirable if we recall past successes to build confidence (Aklisht Vrutti) or it can lead to undesirable results if we replay past failures endlessly (Klisht Vrutti).

Both type of experiences mentioned above are culminating from our own actions and giving rise to mind fluctuations or thought waves. But the direction is opposite to each other. One keeps us (or rather promotes us) on the pathway to wisdom while the other leads us away from our goal.



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Our Vrittis shape our day to day life. Take a simple daily-life examples of how vrittis work. Suppose there is Group Study Session organised by the teacher. Now you have a choice. If your approach is positive you can have Aklishta Vrutti "This is a great chance to learn from friends and teach what I know." Which will lead you to Collaboration, confidence, better understanding. But if your approach is negative you can have Klishta Vrutti "They are all smarter than me. I'll just copy their notes and pretend I get it." It will lead you to dependency, insecurity and no real learning.

Someone criticizes you. If you think, "Let me see if there is something I can learn from this," your mind grows. But if you think, "I will show him! How dare he!" you feed ego and anger.

Ajit Sir has shared a beautiful Native American story.

A grandfather tells his grandson, "Inside you, two wolves are always fighting. One is good, kind, peaceful, loving, truthful. The other is bad, angry, jealous, greedy and fearful."

The child asks with an excitement, "Which wolf will win?"

The grandfather smiles and replies, "The one you feed."

In every small situation, you are feeding one of the two wolves inside you. Your mind is powerful. Your thoughts are powerful. By choosing what you see, hear, think, remember, and imagine, you decide which wolf you feed.

When we restrain undesirable vrittis and nurture desirable vrittis, the mind slowly becomes quiet and clear.

This is the heart of "Yogas chitta vritti nirodhah", stilling the mind's waves and moving towards inner union and peace. Remember – Our small daily choices create a big impact on our life.

## **CA Pranjal Joshi, Pune**

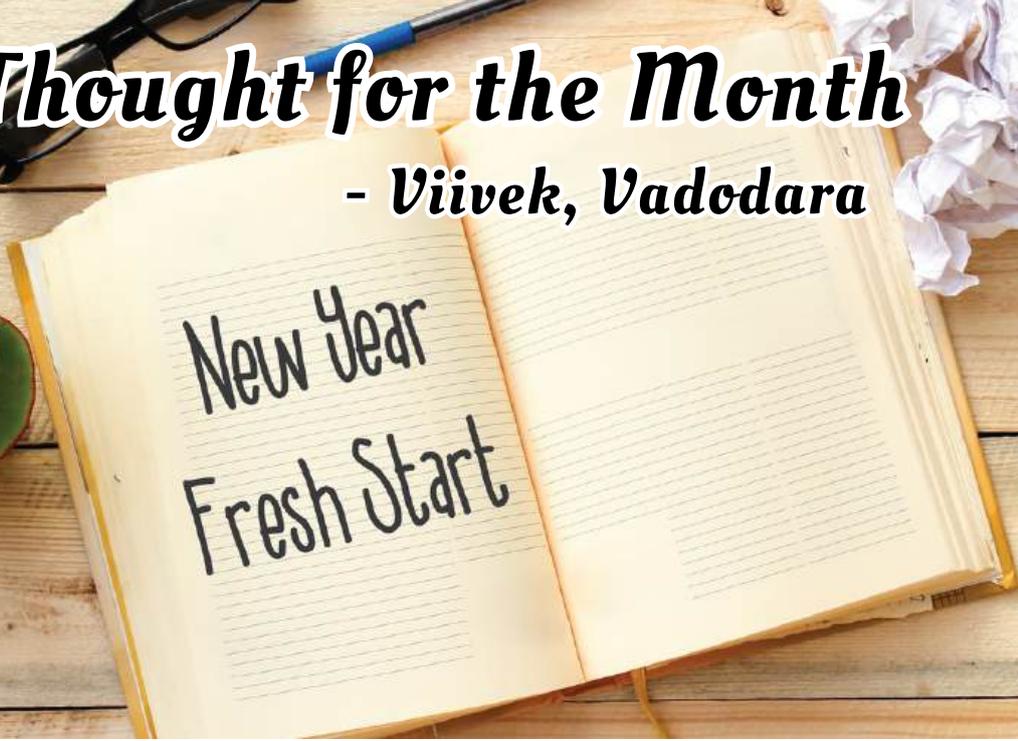
Founder Director of DSPPL, Managing partner of CA firm with 22+ Years of experience. Corporate trainer & visiting Faculty for various Management Institutes. Trustee & Financial Advisor to various domestic and International Trusts/NGOs working in the field of sports, medical, employment and Spiritual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



# Thought for the Month

- Viivek, Vadodara

DSPPL



*Dear Students of DSPPL*

*And my young friends,*

**Fresh Start...**

Somewhere in the end, December ends. People await the start of a new calendar year, and with that, the dawn of a bright future in their lives. A completely blank 2026 awaits us all. The optimistic souls look up to the new year to shower good health, wealth, and blessings. New beginnings mean a fresh start, a chance to leave the past behind, and embrace positive change, growth, and renewal, symbolizing a "reset button" for life, jobs, or new phases, offering hope and the opportunity to redefine oneself and create a better future. It's about moving forward with new energy, even if it's a small shift, allowing for personal evolution and breaking old patterns.

In order to make a fresh start, one must have energy in their feet. It is quintessential to be healthy in terms of your physicality. Young people do have a lot of energy. However, they must revise their eating habits and schedules if they are not in order. Since the digestive system, at this age, allows one the liberty to eat anything. One musn't eat at anytime they want. This will help you avoid any issues related to digestion, and you will always end up accomplishing tasks on time. Life is a play of time and energy. So, to make the most of it, one needs to be conscious of their physical health.

A fresh start can also mean dropping the emotional baggage of the past. Whatever has happened is gone, and nothing can be done about it. One must visualize a bright future and move ahead every time the past haunts one. The resolve should be to cultivate healthy emotions in every aspect of life. This will help one sail through relationships, work, and all other aspects of life. If the emotions are heavy, the body cannot move with ease. If the emotions are light, one can accomplish big tasks with ease. Feeling good and secure at all times has to be the resolution of 2026 every single day.





*Continued...*

For those who can think, learning to manage one's mind should be at the top of the chart. The mind precedes the emotions, which in turn precede any action. Every time one encounters a dilemma, one should simply not pay heed to those thoughts that are not worthy of being converted into deeds. Prioritizing thoughts and setting the mind like a spearhead for daily tasks would do a world of good. One must also cultivate the habit of taking accountability for unfinished tasks.

When it comes to the ideating part. Using one's brain and finding new ways to finish things with finesse becomes the base. Not using old methods and discovering new methods to solve problems can result in saving time and effort. The whole idea of celebrating the New Year is to live the whole year from a completely fresh perception. Dropping old patterns and living differently every single day can make it a truly new year. Imagining the whole act even before beginning it can lend perception.

The next 365 days can be truly yours if you choose to make the most of them. Pausing, analyzing, and looking forward to freshly accomplishing most tasks would make all days full of hay. Even in relationships, one can put in the effort to revise the equations. Take the initiative, talk to people, move out, and express yourself. Don't just turn the pages of a calendar. Don't allow 2026 to scroll through. Let 2026 be different from the years gone by.



### ***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 Mrs. Asha Muthanna

Retired Principal - Deeksha College & Vice Principal, CMR NPS Bengaluru

We welcome you Mrs. Asha Muthanna for this interview.

**Q. Kindly introduce yourself to us.**

A: I feel humbled to contribute to this Tapasya newsletter of the spiritual world. When Reiki Master Aruna asked me to share my successful journey, I was taken aback. My achievements cannot hold a candle to the efforts of the reiki fraternity ---- instilling spiritual respect and understanding in generation Z is a divine project. Reiki Master Aruna pointed out that as a Vice-Principal of a renowned academic institution, I have channelised the direction of hundreds of students. So here I am---- Asha Muthanna ( M.A.; B.Ed.) [ a PhD degree is mandatory now] I was a teacher at various schools, having covered numerous subjects at different levels. Beginning at the grassroots is what gave me the unshakeable foundation to grow to the level of Vice principal CMR NPS and then, Principal of Deeksha college. Now I am a senior citizen, retired from formal work but still in touch with learning through a contractual job. From face to face evaluation I have graduated to online assessment, upskilling is the way forward. ***If you want to be a butterfly, come out of your comfort zone, push yourself out of that caterpillar's cocoon!***

**Q: It is inspiring to know your learning spirit and leadership qualities which have earned you prestigious positions in your career. Kindly share what qualifications are needed to be in this profession.**





A: The Master Chefs of today have gone through the grind, yesterday. They had to lay the tables, make the bed and even clean toilets as part of understanding ground realities and customer satisfaction. No one sees that or talks about it as it is a mundane backbreaking routine. Their rise to fame is when glamour surrounds them in TV cookery shows. Once the show is over, they are back to their daily responsibilities; who actually

enjoys their pay check --- their families. Likewise, as a child, my class-teacher was my role model --- to me, the position was one of dignity and power. For a couple of years, the only way I revised was by wrapping a veil around like a sari and walking up and down mimicking the teacher and making notes on my study door! As I grew older, the focus was on my Principal, a nun in my school. I just imagined myself standing at the podium, making announcements, declaring results, giving away awards ---. Not once did it cross my mind, how much midnight oil she might have burnt, to get to that podium. Passion backed by hard work is a stepping stone to success.

**Preparation is the next milestone of success.** I noticed that I had a stronger affinity towards teachers who were all rounders. Thus began my participation in whatever competition was open to us ---- sports, debate, drama, needlework ----. I had three to four thick friends, so to leave them and join a professional college was daunting but I convinced myself that friends could meet over the weekends but I should not compromise with my career goals. I joined the Regional College of Education and to my joy, two of my friends joined me. My parents wanted me to teach in a college. Parents always have their children's good in view, so instead of ranting and raving, we had a deal --- I would first finish my post graduation and then come back to do my B.Ed.

My next step towards success was the most challenging. During the last month of my B.Ed. course circumstances compelled us to move from Bhubaneswar, after 20 odd years, to our native town in the south. The nights haunted me, how could I leave my childhood place but the mornings brought wisdom and hope, I resolved to adapt. I picked up a job as a lecturer in my native town. I got married, started a family and shelved my career goals for later years. Never give up, was my next practical lesson. I joined as a teacher in an Army school in Delhi. This was a cultural shock of sorts both because it was in North India and because 60% of the students were pampered and spoilt, as their fathers were serving in the National borders. These brats needed discipline and how did I go about it---- with love, attention and empathy. How do I know it worked? I was in that school for only 4 years. **14 years later, when I was the Principal of Deeksha college, a young colleague asked me--- Mam, were you in Delhi Army school? That remembrance is gratitude enough. Then, 25 years later a new joinee went to my son in his office and asked him ---- is your mother's name Asha Muthanna? You look like her. He was a student from that same Army school. I feel doubly blessed.**





**Q: What were your challenges, learning points and inspiring times.**

A: Between jobs, I was offered the position of a std. 2, science and hindi teacher. The opportunity of bettering myself was knocking and I answered it. I got to peep into the mindset of little children ---- they thought, we have moved on to the 3 std. but

Mam is still in the 2 std. Why don't the senior students wish the teachers in the primary or middle section ---- a teacher is a teacher! Another eye- opener was when a muslim student said --- I want Pakistan to win the cricket match against India. That was like losing my wicket!! I was shattered for the moment but being a teacher , I mechanically asked why and moved on. Whatever wholesome development we teachers try to inculcate, can be wrecked at home but I knew that I should never never turn the students against their parents. Just infuse the power to think for themselves. So far I had handled students of mediocre academic intellect and then I arrived at CMR NPS ; here, love, attention and empathy were not enough to grip their attention, they were "marks" oriented and truly hungry for knowledge, particularly for science and maths. How do I infuse interest in my subject --- social studies ---- history? That is when the next inspiration for success came. I introduced Play activities with improvised costumes in some classes and pot-luck lunch in others.

Success in academic institutions involves other stake holders besides students; colleagues, management, all levels of administrative staff and parents. A smile and polite attitude can be a strategy to maintain that precarious balance. That is what propelled me to the position of Vice-Principal. I was a nervous wreck when I first addressed the school but I could not let that show because I knew that in that Assembly line there were several pupils who would dream to be like Asha Mam! An educational figure head cannot lead two separate lives ---- professional and personal. How you behave, what you wear, outside the institution, becomes an integral part of your professional career. This became evident when I joined Deeksha college. Students here were more mature and career minded, yet impressionable. This age group was also torn between moral values and love pangs. As I was approachable, some would walk into my chamber and talk about their dilemma. You have to invest time and respect their confidentiality, not dismiss it by transferring it to their parents. Building trust and shouldering responsibility is a major chunk of success. It is easy to play the blame game ---- my learners did that, my teachers did not listen --- --- at the end of the day, it your institution, own it, accountability is the pivotal pillar of success.

**Q: Teacher is a student who grooms herself/ himself is my learning from your experience. What spiritual practices helped you in this journey of life\*to be balanced and have a calm demeanor.**





## Industry Inspirations contd...

A: What helped me keep all these nuggets of wisdom together? What guided me along this precarious path ---- undoubtedly, my spiritual angle! We can pray anywhere at any time owerer, praying formally before Gods' photos was a practice I had developed as a child and I continue to follow it . During my bad days, I berate my God but I always pray. As a teacher I was initiated into reiki by Dr. Reiki Master Rajeshwari and Reiki Master Ajit Telang and since then I have incorporated reiki and practise gratitude, in my daily life. It is the unobtrusive power of reiki that keeps my mind comparatively clean and gives me clarity of thought. Today's children may find it unnerving to express that they follow reiki. I suggest that you tell each other ---- you know, ABC follows reiki, how cool is that. It has made her/him so disciplined and increased class concentration.. Encourage and motivate others to keep a congenial environment. Success comes to those who have the courage of conviction!

**Thank you so much for taking time out and sharing the professional journey across India. Truly inspiring Asha mam.**



# कर्मकांड और पूजा - जयंती काटदरे

एक बुजुर्ग आदमी थे जो कर्मकांड और पूजा करते थे। वह पूजा-पाठ करते तो थे, पर उस विषय में उनकी ज्यादा रुचि नहीं थी। वह सोचते थे, "यह सब क्यों करना है? क्या इससे सच में हमें फायदा होता है या फिर हमारे पूर्वजों ने किया इसलिए हम कर रहे हैं?" एक दिन उन्हें इसका जवाब मिल गया। हुआ ऐसे कि उनके एक मित्र ने उनसे एक स्तोत्र मांगा। यह बुजुर्ग आदमी उस स्तोत्र का रोज पाठ करते थे! उन्होंने सोचा, उसमें क्या बड़ी बात है? इस बुजुर्ग आदमी ने बताया कि अभी से परसों वह लिखा हुआ स्तोत्र दे देंगे। जब वह खुद लिखने बैठे, तो उन्हें समझ में आया कि स्तोत्र लिखते वक्त उनसे कई गलतियां हो रही हैं। कई पंक्तियां उन्हें लिखते वक्त याद ही नहीं आ रही थीं। इसलिए भूल होने लगी और बार-बार लिखना पड़ने लगा। 2 दिन वह केवल स्तोत्र के बारे में ही सोच रहे थे। अंत में उन्होंने अच्छी तरह से वह स्तोत्र लिखकर अपने मित्र को दे दिया। बाद में उन्हें पता चला कि जब हम कुछ कर्म करते हैं, तो हमारा मन भी उस कर्म से जुड़ना चाहिए। जब ऐसा होता है, तभी वह कर्म अच्छी तरह से होता है। यही बात है हमारे पूजा-पाठ के बारे में। जब हम मूर्तियों को नहलाते हैं और बाकी के उपचार करते हैं, तब कुछ क्षण तो सही हमारा मन भगवान से जुड़ जाता है। ये सारे उपचार हमें एकाग्रता पाने में सहायता करते हैं!



**लेखमाला 01****अनघाष्टमी पूजाव्रत - प्रक्रिया, महत्त्व और विज्ञान**  
**- 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।

सामान्य मनुष्य गलत धारणाओं का अक्सर शिकार हो जाता है। आध्यात्मिक साधनाएँ इसका एक प्रमुख उदाहरण हैं। कई गृहस्थ लोग यह मानते हैं कि आध्यात्मिक साधना केवल सेवा निवृत्ति के बाद ही करनी चाहिए। उन्हें यह भी गलतफहमी होती है कि यदि आप आध्यात्मिक साधना शुरू कर देते हैं तो आप भौतिक जीवन की गतिविधियों से ऊबने लगते हैं। कुछ लोग तो यह भी सोचते हैं कि आध्यात्मिक साधना आपको अपने परिवारजनों और अपने कार्य-क्षेत्रसे दूर ले जाती है।

गुरुजी अजीत तेलंग सर ऐसी सभी गलत धारणाओं पर हँसते थे। वे हमें समझाते थे कि यदि मनुष्य एक है तो फिर जीवन दो कैसे हो सकते हैं ? एक आध्यात्मिक और दूसरा भौतिक? वास्तव में जीवन एक ही है। हाँ, गतिविधियाँ अलग-अलग जरूर हो सकती हैं और दृष्टिकोण भी अलग हो सकता है। हर क्षण, यदि हम उसे सही ढंगसे समझें, तो वह आध्यात्मिक क्षण ही होता है। अभी भी, जब मैं यह लिख रहा हूँ और आप इसे पढ़ रहे हैं, यह भी एक आध्यात्मिक क्षण है। इस लेखन के माध्यम से हमारी आत्माएँ आपस में संवाद कर रही हैं।

गुरुजी अजीत तेलंग सर पवित्र ग्रंथ “गुरुचरित्र”से उदाहरण देते हुए बताते थे कि पूरे गुरुचरित्र ग्रंथ में एक भी गुरु ऐसा नहीं है जो अपने शिष्य को संसार (भौतिक जीवन) त्याग ने की सलाह देता हो। इसके विपरीत,



## अनघाष्टमी पूजाव्रत

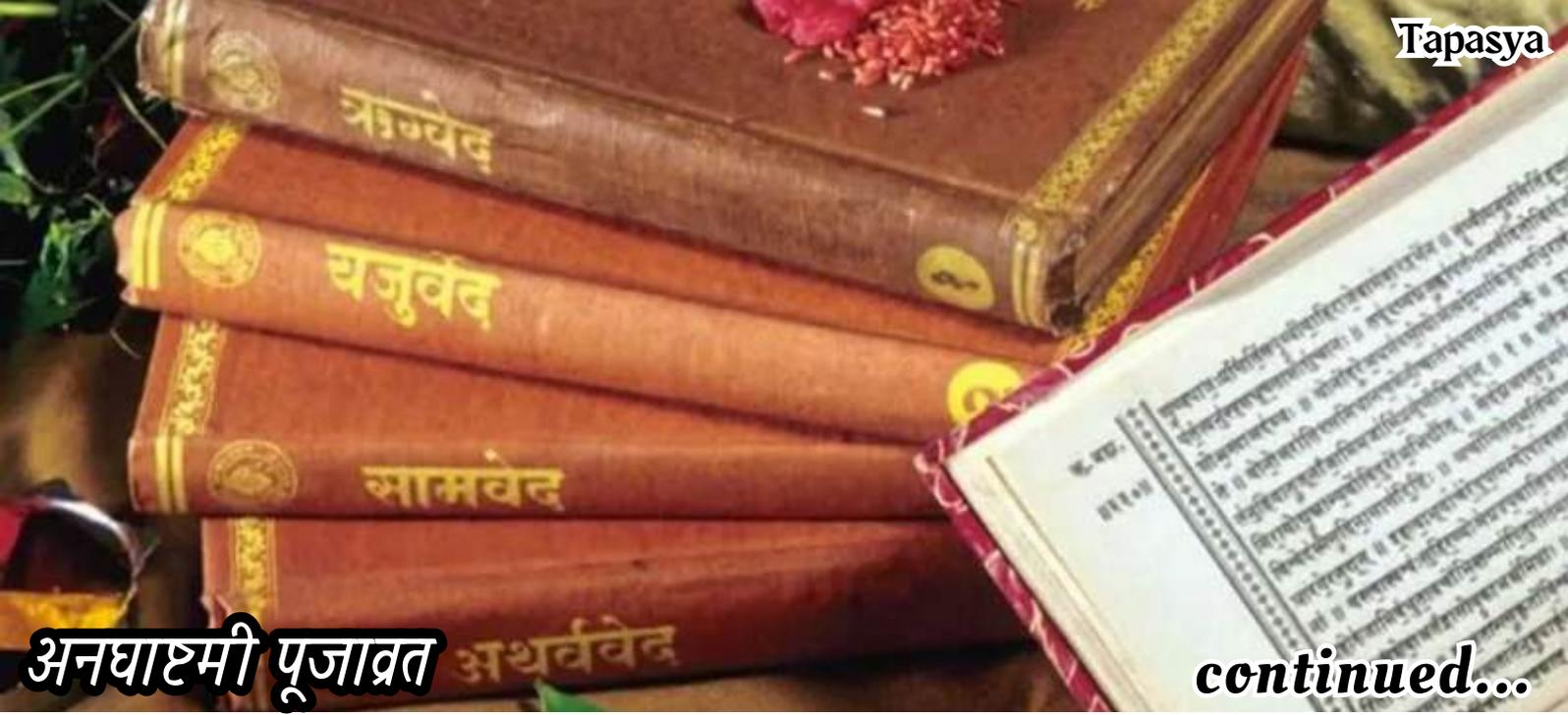
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गुरु पहले शिष्य को सशक्त बनाता है और फिर उसे आशीर्वाद देता है कि अब तुम संसारिक कर्तव्यों को निभाने के लिए योग्य और समर्थ हो गए हो। जाओ, अब संसार करो !

इसलिए जो भी व्यक्ति भौतिक जीवन में कार्यरत है, उसके लिए आध्यात्मिक साधना अत्यंत आवश्यक है। हम बिना स्वयं को सशक्त बनाए तथाकथित भौतिक संसार में प्रवेश कर जाते हैं — यही असली समस्या है। यह ऐसा ही है जैसे बिना किसी ज्ञान या ड्राइविंग लाइसेंस के मोटर कार चलाने का प्रयास करना। गुरु की दीक्षा शिष्य के लिए ऐसा ही एक “लाइसेंस” होती है, शिष्य को वो दिशा देती है जिससे वह संसारिक कार्यों को सही ढंग से करने के योग्य बनता है। इसलिए जब हम आध्यात्मिक साधना शुरू करते हैं, तो हम अपने भौतिक कर्तव्यों को निभाने में और अधिक सक्षम व सशक्त बनते हैं। अध्यात्म से संसार छूटता नहीं, बल्कि सुलभ और सहज बन जाता है।

और एक बात, लोग यह सोचकर डरते हैं कि भगवान दत्तात्रेय संन्यासी हैं, तो उनकी साधना तो संन्यास लेने वालों को करनी चाहिए। इसमें भी दो गलतफहमियां हैं (१) पहलेतो, संन्यास शब्द का मतलब है "सत" का न्यास, सतयाने अच्छा, सत्य, सात्विक। और न्यास याने रहना। सत्य के साथ रहने, अच्छे चीजों के साथ रहना, सात्विकता से रहना, ये संन्यास है। संन्यास तो आंतरिक अवस्था है। खामखा हम बाह्य कपड़ों से किसीको संन्यासी पुकारते हैं जो गलत है (२) दूसरा हम ये भूल जाते हैं कि भगवान दत्तात्रेय का गृहस्थ अवतार “अनघ देव और अनघा देवी” है, और उनसे संबंधित उपासना “अनघाष्टमी व्रत पूजा” है। अनघाष्टमी व्रत पूजा शुरू करने के पीछे गुरुजी का मूल उद्देश्य यही है। अनघाष्टमी पूजा परिवार में सुख, शांति और स्वास्थ्य प्रस्थापित करती है। इसीकारण DSPPL ने इसे प्रारंभ किया, क्योंकि DSPPL संस्था का मूल उद्देश्य ही है “आने वाले कल के लिए एक बेहतर संसार का निर्माण करना।”





## अनघाष्टमी पूजाव्रत

continued...

तो इस तरह की आध्यात्मिक साधनाएँ सेवा निवृत्ति के बाद करेंगे तो तब तक तो संसार का बहुत सारा खेल हम खेल चुके होंगे। बिना सीखे, बिना समझे खेल खेलेंगे तो दिक्कत तो आनेवाली ही है। खेल खेलनसे पहले या खेलते वक्त अगर समझ आ जाये तो सुधार संभव है। संसार के इस खेल को सावधानता से खेलने की संभावना है। गुरुजी अजित सर ने इस तरह से हमें मार्गदर्शन दिया और इसलिए हम सब ये व्रत पूजा संकल्प आगे बढ़ा रहे हैं।

एक सच्ची घटना मुझे याद आ रही है, हमारे एक रेकी सेमिनार में सीखने के लिए एक बार एक बुजुर्ग व्यक्ति आये थे। कुछ बीमारी से वो ग्रस्त हो गए थे, तो केवल शरीर व्याधि का पर्यायी उपचार रेकी हो सकता है, इतना ही सुनकर सेमिनार में आये थे। पर सेमिनार जैसे जैसे आगे बढ़ता गया और पहले दिन के चार सत्रपुरे हो गए, तो निकलते वक्त उन्होंने रेकी टीचर को कहा "मैंने शायद बहुत देर करदी, ये सीखने के लिए। आज मेरे जीवन के कई प्रश्नों के उत्तर मिले" आखिर मैं उन्होंने एक हिंदी शेर भी हमें बताया "जिंदगी भर यही गलती करते रहे, धूल चहरेपे थी और आइना साफ करते रहे"

भगवान दत्तात्रेय को "भुक्ति मुक्ति दायकं" ऐसा कहा गया है, भुक्ति याने भौतिक जीवनकी सभी चीजे प्रदान करने वाला और मुक्ति याने मोक्ष देनेवाला। तो अनघ देव और अनघा माता ये तो - भौतिक और आध्यात्मिक दोनों चीजे प्राप्त करने में सहाय्यता करने के लिए ही तत्पर है। उनके पास जाना तो हमें ही पड़ेगा। जैसे अगर हमें कॅश चाहिए तो बैंक याएटीएम में जाना तो पड़ेगा। बिना बैंक गए या एटीएम गए कॅश तो नहीं मिल सकती है। कोई भी पूजा विधि उन तक पहुंचने का एक रास्ता है। अनघाष्टमीव्रत ऐसा ही एक सुन्दर रास्ता है।

पूजा है, तो पवित्रता है, सात्विकता है, सत का न्यास है ! हमारे विचारों का हमारे कार्य पर परिणाम होता है, येतो हम जानते हैं। पूजा करने का भाव, उसके पीछे का विचार ये तो सात्विक और अच्छे ही रहते हैं। तो सात्विकता से जुड़ने का, उसमें रहने का ये एक जरिया है।



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## VEDAS

## 4 Vedas

- Rig Veda
- Sama Veda
- Yajur Veda
- Atharva Veda

## UPANISHADS

## 108 Upanishads

(As per Muktikopanishad)

- 10 in Rig Veda
- 16 in Sam Veda
- 19 in Yajur Veda  
(Shukla)
- 32 in Yajur Veda  
(Krishna)
- 31 in Atharva Veda

## PURANAS

## 18 Maha Puranas

400,00+ verses

- Agni | Bhagavata
- Bhavishya | Brahmanda
- Brahmavavarta | Garuda
- Kurma | Linga | Markendya
- Matsya | Narada | Padma
- Shiva | Skanda | Vamana
- Varaha | Vayu | Vishnu

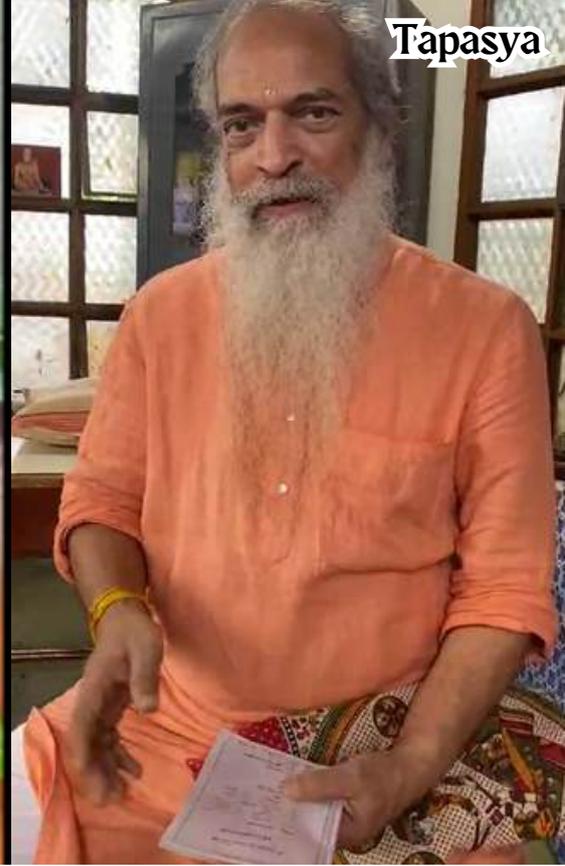
18 Upa Puranas  
(Minor Puranas)*continued...***अनघाष्टमी पूजाव्रत**

वेद याने "पूर्ण ज्ञान", वेद हमारे आज्ञा चक्र (दो भौहों के बीच) के स्तर पर है, जब हम इस पूर्ण ज्ञान से दूर जाते हैं तो हमें वेदना (वेदों का न रहना) होती है। वेदों में सत्य है, सत्व है, जीवन के मुलभुत तथ्य है। पर सामान्य लोग इसे समझ नहीं पाए। हमारे ऋषि मुनि दयालु थे, उन्होंने कहा की ये ज्ञान सब को प्राप्त होना ही चाहिए, तो उन्होंने "उपनिषद्" की निर्मिति की। उपनिषद् विशुद्धि चक्र (शरीर पर गले के बिच) की स्तर पर है। उपनिषद मैं वेदों में जो सत्य बताया उसका सविस्तार विवेचन है। उपनिषद याने जिसे वेदों के सत्य समझे हैं ऐसे गुरु के पास बैठकर उसे सीखना। इसमें गुरु और शिष्य दोनो की योग्यता का महत्त्व है। पर सामान्य लोग इसे भी न समझ पाए, न ऐसे गुरु के सानिध्य मैं बैठकर सीखने के लिए समय निकाल पाए।

पर हमारे ऋषि मुनि चाहते थे की वेदों का ज्ञान सबको मिले। तो फिर उन्होंने पुराणों की निर्मिति की। पुराणोंमें कथा है और वे एक स्तर और निचे मतलब अनाहत चक्र (हृदय का स्थान) जो भावनाओं का स्थान है, वहाँसे ताल्लुक रखते हैं। कथा है, मनुष्य की भावना है - तो वही वेदों का सत्य पर अब कथा के माध्यम से - फिर उस कथा मैं राजा आया, ऋषि आया, मनुष्य स्वभाव के सारे गुण और दोष भी आये। उद्देश्य वही की वेदों का ज्ञान सामान्य से सामान्य इंसान समझ सके। काल चक्र आगे बढ़ता गया और सामान्य मनुष्य कथा सुनने के लिए भी समय नहीं निकल पा रहा था। ऋषि मुनियोंने ये देखा, और फिर तय किया की और एक स्तर निचे आएंगे, सामान्य मनुष्य की हर रोजकी गतिविधियाँमें ही इस ज्ञानको उतारेंगे। तो ऋषि मुनियोंने कर्म-कांड, पूजा विधि इनकी निर्मिति की। मणिपुर चक्र के स्तर, शरीर का स्थान। उद्देश्य वही की वेदों का ज्ञान सामान्य से सामान्य इंसान समझ सके।

अनघाष्टमी पूजा इसका एक अद्भुत अविष्कार है। पूजा की शुरुवात होती है "आवाहन" करने से। मतलब जो पूजा सामग्री ली है उसमें उस सर्वव्यापी चैतन्य को प्रस्थापित करने के लिए आवाहन किया जाता है (Transition from Subtle to Gross)। फिर सारे १६ उपचार (षोडश उपचार),





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Tapasya

और अंत में कर्पूर आरती की जाती है। कर्पूर आरती ही क्यों ? जब कर्पूर आरती करते हैं तो क्या बचता है ? कुछ भी नहीं। मतलब (Transition from Gross to Subtle)।

हमारे जीवन का प्रवास ऐसा ही है। चैतन्यमई अवस्था से अपूर्ण कर्म संस्कारों के कारण ये शरीर धारण किया, कर्म करते करते साधना को उससे जोड़ा तो, एक दिन वापस शरीर से उस चैतन्यमें समिलित हो जायेंगे। पर कर्म दोबारा अधूरे रह गए तो ?। इसकी याद दिलाने के लिए। पूर्ण कर्म करने के लिए। अपूर्ण संस्कारों के ताप से निवारण करने के लिए और इस जीवन को भगवान का आशीर्वाद बनाने के लिए तो अजित सर ने एक और माध्यम दिया - इस पूजा विधिका। अनघाष्टमी व्रत का ! साधना के मार्ग पर संसार को न छोड़ते हुए आसानी से चलने का सुलभ मार्ग। संसार के राह पर एक दूसरे को साथ देते देते पति और पत्नी और पूरा परिवार आनंद में रहे, संतोष से आगे बढ़े, ये आशीर्वाद देने वाले "अनघ देव" और "अनघ देवता", भगवान श्री दत्तात्रेय का संसारी रूप।

**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.**

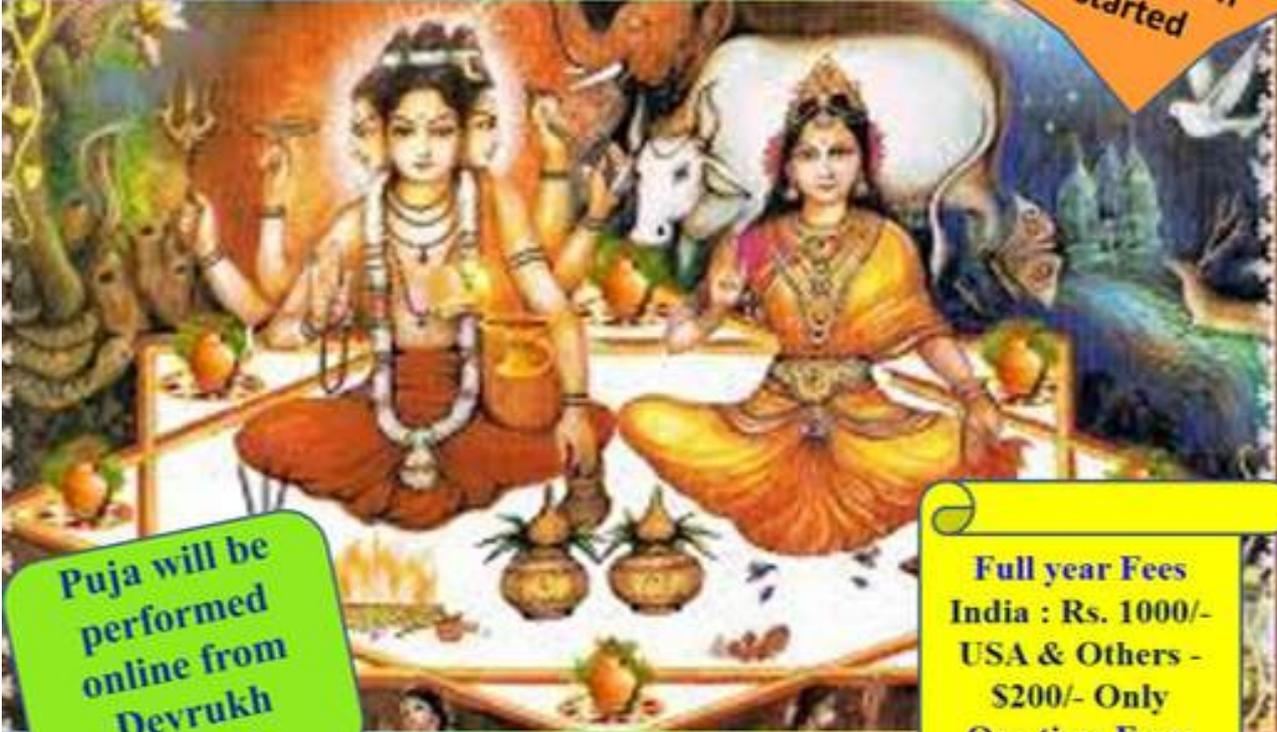
**Contact for Puja Details and registration details,  
Mr. Alhad Purohit - 9422773446**





## 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](mailto:anway.entp@gmail.com)**
- **For USA - Vaishali Vedvyas – [vaishalirakesh@gmail.com](mailto:vaishalirakesh@gmail.com)**

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

Contact for Puja Details and registration details,

Mr. Alhad Purohit - 9422773446



# The Magic of Bada Din: A Christmas Guide for the Children of India

- S Ramakrishnan (Thane)

As December winds bring a gentle chill to the air, India begins to glow with a different kind of light. From the snow-capped peaks of Shimla to the sun-kissed beaches of Goa, a familiar rhythm takes over: the hum of carols, the scent of baking plum cakes, and the sight of bright red stars hanging from balconies.

In India, Christmas is affectionately called “**Bada Din**” (The Big Day). While it celebrates the birth of Jesus Christ, it has grown into a beautiful tapestry of shared joy that belongs to every child, regardless of their background.

## A Christmas with an Indian Heart

In India, Christmas traditions have a unique "desi" twist that makes them extra special.

- **The Mango and Banana Trees:** While the world talks about pine and fir trees, many Indian families in villages and small towns decorate mango or banana trees with ornaments and lights!
- **Star Lanterns and Clay Lamps:** Walking through a neighborhood on Christmas Eve, you'll see giant paper stars floating between houses. In South India, children often place small oil-burning clay lamps (diyas) on their roofs, showing that the "Light of the World" has arrived.
- **Christmas Baba:** Forget the reindeer and sledges! In India, you might see Christmas Baba (Santa Claus) arriving in a colorful horse and cart or even a decorated rickshaw to distribute sweets to children.

## Why it Matters More Than Ever Today

In our fast-paced world of screens and schedules, Christmas brings three essential "gifts" that are incredibly relevant for you today:

1. **The Spirit of Giving (Not Just Getting):** The true magic isn't in the toy you receive, but in the joy of sharing. Whether it's sharing a piece of cake with your neighbor or donating old toys to those who have none, Christmas teaches us compassion.





No act of kindness, Tapasya  
no matter how small,  
is ever a waste.

*Merry Christmas*

*continued...*

1. **Unity in Diversity:** India is a land of many festivals. Just as your friends join you for Diwali or Eid, Christmas is a time for everyone to come together. It reminds us that kindness and love don't have a religion.
2. **The "Pause" Button:** At the end of a busy school year, Christmas offers a chance to slow down, sit with family, and reflect on the year gone by with gratitude.

### How to Relish the Season

To truly enjoy Christmas, don't just watch the festivities—be a part of them! Here is your "Joy Checklist":

- **Bake and Create:** Help your parents in the kitchen. In Goa and Mumbai, try making Kulkuls (curly sweet pastries) or Neureos. In Kerala, enjoy a slice of traditional plum cake.
- **Handmade Heart:** Instead of buying a gift, make a handmade card or a small craft for your "Secret Santa" at school. A gift made by hand always carries more love.
- **Be a "Light":** Use this holiday to do one "random act of kindness" every day. Help an elder, feed a stray animal, or simply say a heartfelt "thank you" to someone who helps you daily, like your school bus driver or the person who helps clean your home.

### A Message for You

Christmas is not just a date on the calendar; it is a feeling in your heart. It is the warmth of a hug, the sweetness of a cake, and the glow of a star. This year, as you see the lights twinkle across the streets of India, remember that you are the brightest light of all.

Merry Christmas to the young hearts of India! May your Bada Din be filled with wonder.

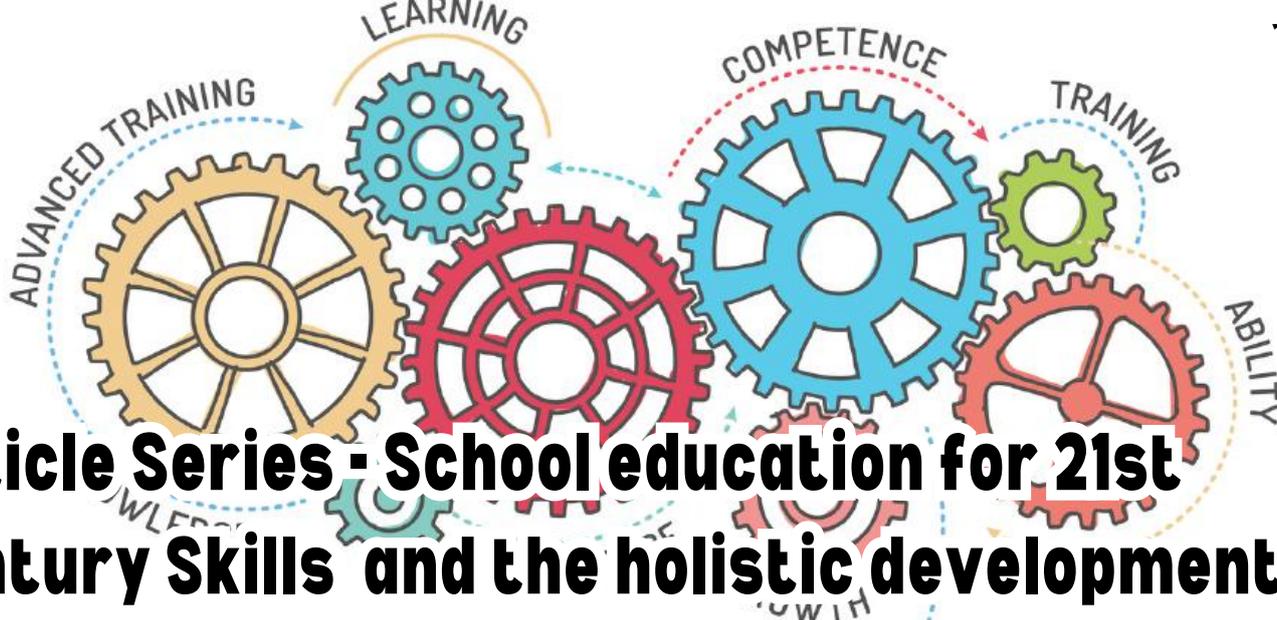
## ***S Ramakrishnan, Thane***

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).





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# Article Series - School education for 21st century Skills and the holistic development of students - Part 01

- Dr. Nirav Thakkar,  
Ahmedabad

## Skill

### Challenges of Change in Society and the Educational World:

In the 21st century, large-scale changes are taking place in technology, society, and the economy, of which we are witnesses. These changes are so rapid that, because of them, it has become extremely necessary to make fundamental and basic changes in the education system. Now education is not limited only to remembering information given in textbooks; rather, it has become a medium to encourage critical thinking, creativity, collaboration, and adaptability.

For teachers and school administrators, the meaning of this change is that they should adopt modern educational methods, which prepare students for a competitive and continuously changing dynamic world. Traditionally, the teaching methods used in schools were focused mainly on passive learning and textbook-based study; instead of that, now education is being imparted through student-centered and interactive learning methods.

When school administrators provide a supportive school environment, attention should be focused on those aspects by which school education, instead of being merely the accumulation of knowledge for students, teaches them the practical and real-life application of knowledge.

### To Equip Students with 21st Century Skills:

To equip students with 21st century skills, teachers will have to implement modern educational methods such as Project-Based Learning, Inquiry-Based Learning, Technology Integration, and Personalized Learning. These methods help in awakening curiosity among students, developing problem-solving abilities, and nurturing independent thinking, so that they can face academic as well as real-life challenges.



# Article Series - School education for 21st century Skills and the holistic development of students - Part 01


 Continued...

## 21st Century Skills

These skills can be divided into three main parts:

### 1. Learning and Innovation Skills (4Cs)

- Problem solving and critical thinking skills (Critical Thinking)
- Creativity and innovation (Creativity)
- Communication
- Collaboration

### 2. Information, Media, and Technology Skills (IMT)

- Information literacy
- Media literacy skills
- Technology literacy

### 3. Life and Career Skills (FLIPS)

- Flexibility and adaptability
- Leadership and responsibility
- Initiative and self-direction
- Productivity and accountability
- Social and cross-cultural skills

## ***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 23 – Freedom from Exploitation*

Characters:

- **Father (Lawyer)**
- **Mother (Social worker)**
- **Aarav (5-year-old son)**
- **Dhaba Owner**
- **Two Child Workers**
- **Police Officer**

( A family is on a road trip. The father is a lawyer, the mother a social worker, and their little son Aarav is 5 years old. After a long drive, they stop at a roadside dhaba for tea.)

**Aarav:** (looking around curiously) Papa, look! Those children... they're my age! Why are they carrying trays and washing cups?

**Father:** (noticing) Hmm... you're right, Aarav. Children this young should be in school, not working here.

**Mother:** (gently) Aarav, go say hello. Maybe offer them some biscuits from our bag.

*(Aarav goes to the kids, smiles, and gives them biscuits. The children accept shyly. Father and mother exchange a serious glance.)*

(The father is moved by Aarav's innocent gesture. But as a lawyer, he senses something suspicious.)

**Father:** (quietly to mother) These kids don't look like they belong here. Something is wrong.

**Mother:** (nodding) Yes... this could be a case of bonded labour or trafficking.

*(Father steps aside, makes a few phone calls. Within minutes, a police jeep arrives. The police confront the dhaba owner.)*

**Police Officer:** (firmly) You are under arrest for employing children illegally and suspected human trafficking.

*(The dhaba owner tries to protest, but is taken away. The children are guided safely to the jeep to be taken to a shelter.)*



# Understanding Constitution Part 14 (Article 23)

**Aarav:** (confused) Papa, why did the police take that uncle away? Did he do something bad?

**Father:** (gently, turning to Aarav) Yes, beta. He was making small children like you work at his dhaba. Sometimes, children are taken away from their homes and forced to work for little or no money. That is called human trafficking and bonded labour.

**Mother:** And remember, Aarav, it's very unfair. Children deserve love, care, and education—not to be treated like workers.

**Father:** (explains clearly) Our Constitution has Article 23. It says: No one can buy or sell people, no one can force anyone to work against their will, and no child should be treated like a slave.

**Aarav:** (eyes wide) Oh! So those kids were not just helping, they were being forced?

**Father:** Yes, beta. And that's a crime. **Article 23 protects every person's dignity and freedom.**

**Mother:** (smiling) And today, Aarav, your kindness helped us notice them. You gave them hope with a biscuit and a smile.

**Aarav:** (proudly) Then I also helped save them!

**Father & Mother:** (together) Yes, you did!

## ***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.



# समायण कथा: यज्ञ का फल मिलेगा निश्चित

## भाग्यश्री पुरोहित

बडी पुरानी बात है। एक रावण नाम का राक्षस था। जो बडाही पराक्रमी और ज्ञानी था। पुरे विश्वमें कोई भी उससे ज्यादा पराक्रमी ना हो ऐसा हमेशा उसे लागता था। अति अहंकारी और खुदको सेवोच्च समझनेवाले रावणने पुरे विश्वमें उत्पात मचाके रख्खा था। सारी पृथ्वी और देवी देवता रावणके छल से परेशान हो गए। रावण अति उन्मत्त हुवा। अनेको वर्ष शिवजी कि तपस्या करके वह बहुत बलशाली हुवा। शिवजीके द्वारा उसे अनेक प्रकार कि दिव्य शक्तीया और अस्त्र, शस्त्र मिले थे। इन शक्तिओंका वह दुरुपयोग किया करता था। देवताए और मनुष्योंको उसने त्राही त्राही किया। विशेषतः तपस्वी, साधू पुरुष, सदाचारी लोगोंका उसने छलकरना शुरू किया। वह उनके यज्ञ, अनुष्ठान, पाठ-पूजा जैसे सत्कामोंमें विघ्न डालता था। उसने सारे ग्रह, तारे, देवी-देवता इनपे अपना वर्चस्व प्रस्थापित किया। संपूर्ण पृथ्वीपर भय का वातावरण बना हुवा था। रावण इतना शक्तीशाली होचुका था कि देवता भी रावणसे भयभीत रहती थी। निसर्ग के चक्र में भी रावण मनमाने बदलाव निर्माण किया करता था। यह बदलाव निसर्गके नियामोंके विरुद्ध थे। उसने तो प्रत्यक्ष ब्रह्मदेव को ही अपने पुरोहित के पद पर नियुक्त किया था। इस कपटी, अहंकारी राक्षस को कौन और कैसे नियंत्रित करेगा? सबके सामने यह प्रश्न था।

बहुत काल पहले रावण ने ब्रह्मदेव कि तपश्चर्या कर के वरदान प्राप्त किया था कि गंधर्व, यक्ष, देव, राक्षस इसमें से कोई भी उसका वध नहीं कर सकता। अतः मनुष्यके अलावा और किसी से भी रावण को मृत्यू का भय नहीं था। मनुष्यों को तो वह यःकिंचित और तुच्छ मानता था। जहा देवोंका का भी कुछ चल न सका वहा मनुष्य का क्या? रावण अपनेही घमंडमें था। ऐसे सामर्थ्यवान राक्षस से छुटकारा देने वाले कोई हो तो वह थे श्री विष्णुदेव यह बात सब लोग जानते थे।

इसी समय पृथ्वीपर दशरथ नाम का राजा पुत्रेष्टी नाम का यज्ञ कर रहा था। दशरथने यज्ञमें अर्पण किया हुवा अपना अपना हिस्सा लेने के लिये देवी, देवता, गंधर्व, सिद्ध, महर्षी अदृश्य रूपसे यज्ञ वेदी के पास एकत्रित हुए। उस अदृश्य यज्ञ सभामें ब्रह्मदेव, विष्णुदेव और सारे देव उपस्थित थे। रावण के बढ़ते छल को लेके सबमें घमासान चर्चा हुइ। सब ब्रह्म देव के पास चले गए। ब्रह्मदेव ने कुछ विचार विमर्श किया। मनुष्यके सिवा कोई भी रावण को मार नहीं सकता। मगर ऐसा शक्तीशाली मनुष्य पृथ्वी पर कोई नहीं था। अब क्या करेंगे?





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आखिर में मदद मांगने के लिये सब नारायण के पास गए। “त्राही माम भगवन्!! त्राही माम!!” सब देवताओंको देखके नारायण के होटोंपर स्मीत आया। ब्रह्मदेव विष्णुदेव से बोले, “ हे नारायण, सृष्टीके हित को लेके मैं आप पर एक कार्य सौपता हूं। रावण का अंत करने के लिये आप अब मनुष्य योनी में जन्म लिजीए। अयोध्याका राजा दशरथ बडाही पुण्यवान है। उसने किये हुवे पुत्रेष्टी यज्ञ के फल के तौर पर आप चार रूपो में दशरथ के तीनों रानियों के उदर से पुत्र के रूप में प्रकट हो जाईए। रावण के साथ सब दैत्य और राक्षसों का विनाश किजीए। ”

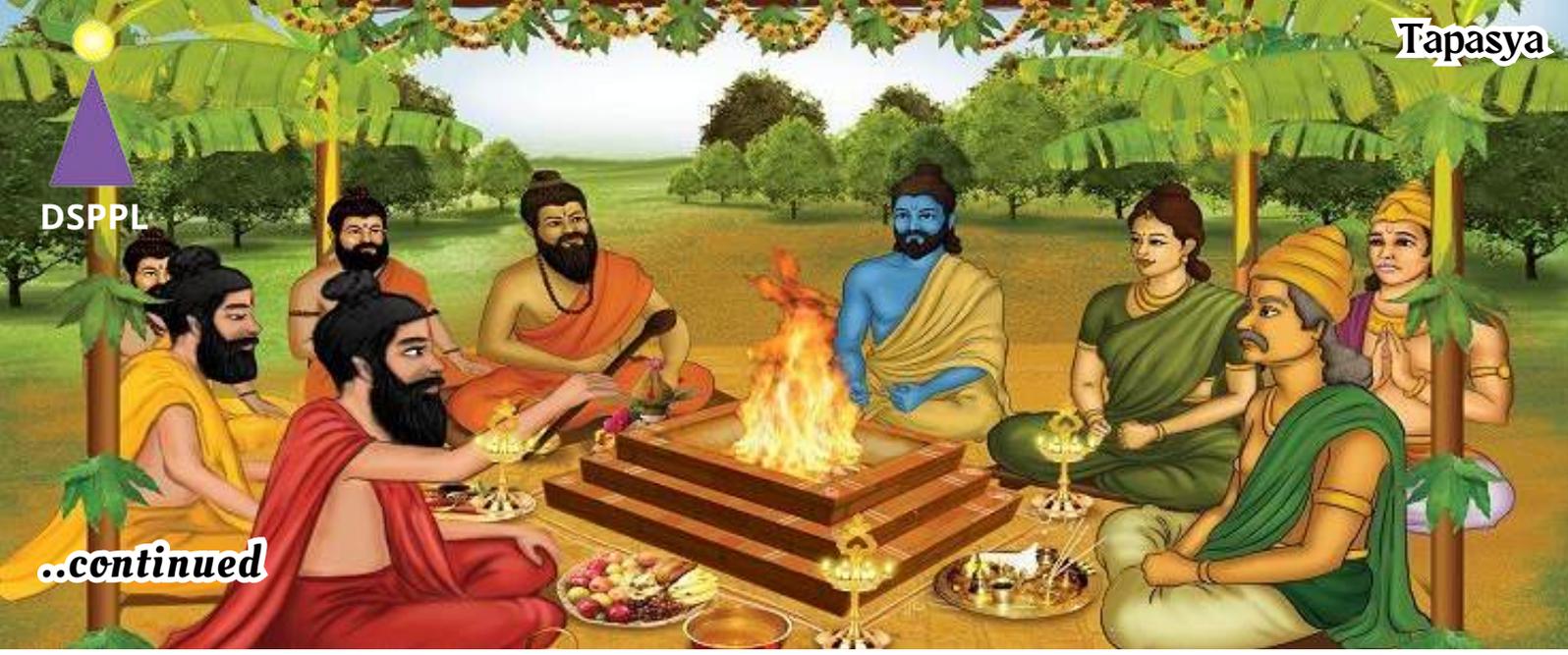
विष्णुदेव ने कहा, “मैं दशरथ के घर में जनम लुंगा। आप सब निश्चित रहो। ” पुत्रेष्टी यज्ञ करनेवाले पुण्यवान दशरथ राजाका पिता के रूप में श्री विष्णू ने चयन किया। राजा दशरथ को इस यज्ञ का फल निश्चित रूप से प्राप्त होगा यह सुनिश्चित हो गया। रावण के विनाश हेतू भगवान श्री विष्णू ने सभी देवताओंको पृथ्वीपर वानर और भालू आदि योनिमें प्रकट होने कि आज्ञा दे दि। आगे जाके ये वानर - भालू आदि गण श्री रामजी को रावण के विनाश हेतू सहाय्यभूत हो गए। भगवान विष्णू ने दशरथ के घर उसके पुत्र के रूप में जन्म लेने का निर्णय किया। इसप्रकार श्री राम के अवतरण कि पार्श्वभूमी तैयार हो गई। भगवान विष्णू के साथ शंख, चक्र और विष्णू का प्रिय शेषनाग ये तीनों भी अवतार लेनेके तैयारी में लग गए। जिस दशरथ के घर जनम लेना भगवान ने तय किया था वह दशरथ था कौन? उसका राज्य था कहा?

बहुत पुरानी बात है। उत्तर भारत में कोसल नामक एक विस्तीर्ण प्रदेश था। यह प्रदेश शरयू नदी के तीर पण स्थित था। इसी प्रदेश में वास्तुकला का यथोचित उपयोग कर के सुनियोजित पद्धतीसे बसाई गयी नगरी अयोध्या थी। यह नागरी फल, फूल, दूर दूर तक फैले हुंए खेत और गोधन से समृद्ध थी। यह नगरी स्वयं महाराज मनु ने बसाई थी। महाराज मनु यानी श्री राम के पूर्वज। ऐसा मूलपुरुष जिससे श्री राम कि कुलपरंपरा का विस्तार हुवा।

ब्रह्मदेव से मरीची नाम के ऋषी उत्पन्न हुंए। मरीची के पुत्र कश्यप ऋषी। कश्यप के पुत्र विवस्वान। विवस्वान का पुत्र मनु। जिन्होंने अयोध्या का निर्माण किया। मतलब, ब्रह्मदेव को महाराज मनु के परपरदादा कह सकते है। महाराज मनु को इक्ष्वाकू नाम का बडाही तेजस्वी पुत्र हुआ। इक्ष्वाकूही अयोध्याका प्रथम राजा हुआ। अतः श्री रामजी के कुल को इक्ष्वाकू कुल के नाम से जाना जाता है। इस कुल के सभी राजाओंने अयोध्याका और प्रजाजन का पुत्रवत पालन किया।



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इसी कुल में आगे जाके दशरथ नाम का बडाही पराक्रमी राजा का जन्म हुआ | यह राज पराक्रमी तो था ही | साथ में न्यायी भी था | अतः उसके राज्य में अन्याय – अत्याचार को कोई स्थान नहीं था | राज्य में कला को अलग महात्पूर्ण स्थान था | इतना सब कुछ अच्छा होने के बावजूद उसके जीवन में एक ही कमी थी | राजा को कोई पुत्र नहीं था | पुत्र न होने से अपने मृत्यु के बाद प्रजा का पालन कौन करेगा? ऐसी चिंता दशरथ को लग रही थी | पुत्र प्राप्ती हेतु राजाने अनेक प्रकार के दान, धर्म, अनुष्ठान किये मगर सब व्यर्थ हुए | एक दिन ऋष्यश्रुंग नामक एक ऋषी कि कीर्ती दशरथ तक पोहोच गई | उन ऋषी के हाथो किए यज्ञ यशस्वी हो जाते है | अतः ऋषी ऋष्यश्रुंग को अयोध्या में लाकर उनके मार्गदर्शन में राजाने अश्वमेध अज्ञ और बाद में पुत्रेष्टी यज्ञ करना आरंभ किया | इसी यज्ञ के फलस्वरूप भगवान विष्णू अपने प्रिय शेषनाग, शंख, चक्र के समेत दशरथ के पुत्र के रूप में प्रकट हो गए |

बुरे कर्म करने वाले व्यक्ति को यदाकदाचित उसके कामोंका फल तुरंत नहीं मिलेगा | मगर वह फल देनेकेलीये भगवान हमेशा योजना बनते है | वह योजना पूर्ण होने तक उस व्यक्ति को अपनी भूल सुधारने का अवसर बार बार दिया जाता है | जैसे रावण का विनाश करने कि योजना देवताओंने बनानी शुरू कि | भूल नहीं सुधारेंगे तो विनाश निश्चित है | इसके विपरीत सत्कर्म करने वाले व्यक्ति को भी उसका फल दिलवाने कि योजना भगवान बनाता रहता है | वह फल मिलने तक संयम रखना पडता है | जैसे राजा दशरथ ने संयम रखा |

## ***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.



# The New Year and Yoga for Students

- Ajitha Soman (Vadodara)

The New Year has arrived. Every new beginning brings with it excitement, hope, endless possibilities, and positivity. It is always an opportunity—an opportunity to grow, to stretch, and to expand our abilities. Let us make this year more fruitful and joyful by adopting yoga as a part of our daily routine. In today's fast-paced and competitive lifestyle, yoga is truly the need of the hour.

## WHAT IS YOGA?

“Yoga is not an ancient myth buried in oblivion. It is the most valuable inheritance of the present. It is the essential need of today and the culture of tomorrow.” – Swami Satyananda Saraswati  
Yoga is the science of right living. The word yoga is derived from the Sanskrit term “Yuj,” which means union, alignment, or oneness. Yoga signifies the union of body, mind, and soul. In spiritual terms, the ultimate goal of yoga is the union of individual consciousness with universal consciousness. On a practical level, yoga helps balance and harmonize the body, mind, and emotions. This is achieved through the practice of asana, pranayama, and meditation.

## WHAT IS ASANA?

Asana is the third limb of Ashtanga Yoga, the eightfold path described in the Yoga Sutras by Maharishi Patanjali. In the Yoga Sutras, asana is defined as “Sthiram Sukham Asanam,” meaning a posture that is steady and comfortable. The purpose of practising asana is to enable the body to remain still and relaxed for extended periods of meditation. The various asanas practised today are a part of Hatha Yoga. Yogasanas are inspired by nature. The Hatha yogis discovered that practising asanas helped open energy channels and activate psychic centres. By gaining control over the body, they were able to achieve control over the mind and emotions.

## BENEFITS OF YOGA FOR STUDENTS

- Improves flexibility, strength, and immunity
- Enhances awareness and attention
- Improves grasping power and memory
- Develops focus and concentration
- Promotes a calm and clear mind
- Helps build patience
- Supports excellence in academics and co-curricular activities





## ASANA FOR THE MONTH

### TADASANA (THE PALM TREE POSE)

Age Group: Suitable for all age groups.

Stand erect with your feet together and arms by your sides.

Step 1: Inhale deeply, raise your arms sideways, and join the palms above the head. Stretch the arms, shoulders, chest, and the entire body upwards.

Step 2: Relax the head, gently close the eyes, and balance the body.

Awareness: Be aware of the stretch, the posture, and the breath.

Holding: Hold the posture comfortably for about 20 seconds and gradually increase the duration with practice.

#### RELEASING THE POSE (IN REVERSE ORDER)

Step 1: Gently open the eyes.

Step 2: Exhale slowly and lower the arms back to the sides.

Breathing: Inhale while raising the arms, breathe normally while holding the posture, and exhale while lowering the arms.

## BENEFITS OF TADASANA

- Stretches the entire body, relieving stiffness and improving posture
  - Elongates and loosens the spine, reducing congestion of spinal nerves
  - Supports height growth by stretching muscles and ligaments during growing years
  - Improves physical, mental, and emotional balance while fostering a positive attitude
- Yoga is a powerful tool for students to achieve a healthy body, a calm mind, and a balanced life.

## ***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.





## Why Do We See Sparks and Light in Woollen Clothes During Winter?

**Friction Creates Static Electricity**

Negative Charges (-) → Positive Charges (+)

Electrons Transfer Between Materials

**Static Discharge**

— Dry Winter Air —

Charge Build-Up!

**Tiny Spark & Crackling Sound!**

FLASH!

**Electric Spark (Light)**

**Crackling Sound**

### Everyday Examples of Static Electricity

- Hair Standing Up
- Carpet Shock
- Clothes Sticking Together!

**Science in Action! Physics in Daily Life! Static Electricity in Woollen Clothes!**

## Why Do We See Sparks and Light in Woollen Clothes During Winter?

During winter, many of us notice tiny sparks, crackling sounds, or flashes of light when we remove woollen clothes or touch a metal object after wearing them. Sometimes our hair even stands up! This interesting phenomenon can be explained with the help of physics, especially a concept called static electricity.

**What Is Static Electricity?** Static electricity is the accumulation of electric charges on the surface of an object. Normally, matter contains equal numbers of positive and negative charges. However, when certain materials are rubbed together, this balance gets disturbed.

**Why Woollen Clothes Create Sparks?** When we wear or remove woollen clothes in winter, friction occurs between the wool and our body or other clothes. Due to this rubbing:

- Electrons move from one material to another.
- One object becomes negatively charged (gains electrons).
- The other becomes positively charged (loses electrons).

This transfer of electrons creates static electric charge on our clothes and body.

**Why Is This More Common in Winter?** In winter, the air is usually dry and contains less moisture. Moist air allows electric charges to flow away easily. Dry air, on the other hand, does not conduct electricity well. As a result:

- Electric charges remain accumulated on woollen clothes.
- When the charge suddenly discharges, we see tiny sparks or flashes of light.

**Why Do We See Light or Hear a Crackling Sound?** When the accumulated static charge suddenly moves from one object to another (for example, from your clothes to your hand or a metal door handle), a small electric discharge occurs. This discharge:

- Produces light, which we see as a spark.
- Produces sound, which we hear as a crackling noise.

This is similar to lightning, but on a much smaller scale.

## Everyday Examples of Static Electricity

- Hair standing up when removing a woollen cap
- Getting a mild shock after walking on a carpet
- Clothes sticking together after coming out of a dryer

## Conclusion

The sparks and light we see in woollen clothes during winter are caused by static electricity, which is produced due to friction and dry air conditions. This simple yet fascinating phenomenon helps us understand how basic principles of physics work in our daily life.

Physics is not just in textbooks—it is all around us! ⚡

# Unlock Your Voice

## Part 02

2nd 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 Magic of Eye Contact



A small squirrel named Nibby was gathering nuts for the winter on a stormy afternoon. He was ecstatic even though his paws were full. He had amassed the biggest pile ever!

Suddenly, a tall owl descended. The owl said courteously, "Nibby, may I take one nut?" Nibby gave a nod. But the owl remained motionless. Nibby gave another nod. Nothing yet.

"My dear Nibby, I can't understand if you don't look at me while answering!" exclaimed the owl. "Yes!" said Nibby, looking directly into the owl's eyes, "You may take one." The owl grinned. "People can hear your heart too when you look at them while you speak."

**What can we learn from this?** Making eye contact helps people understand you better and conveys confidence and respect. Simple Eye Contact Techniques:

- If making direct eye contact makes you uncomfortable, look at your friend's brows or forehead.
- Take a quick look at your teacher when responding to a question in class.

- Practice looking up every time you say a sentence with your family at home.

**Quick Advice for Confidence:** Imagine that a tiny light is shining from your eyes. Let that light connect with the person you are speaking to. ***"When your eyes speak, your words shine brighter."***



### ***Janani Manu, Bengaluru***

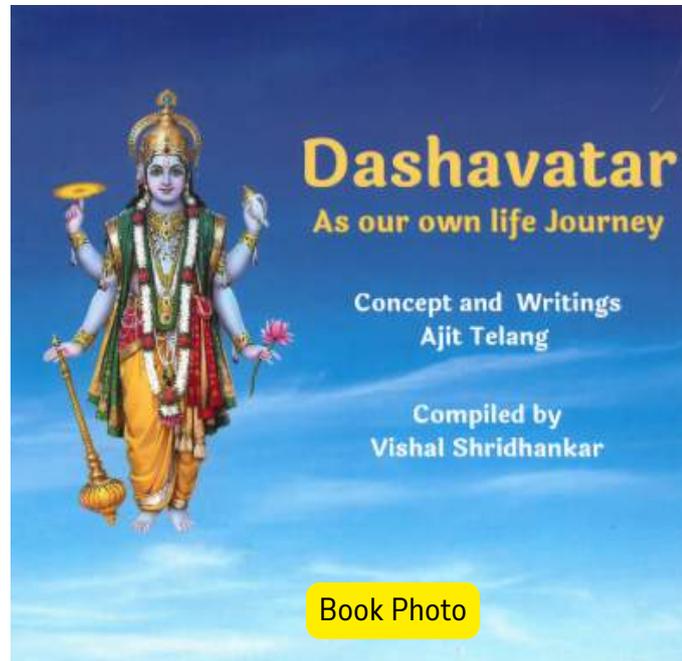
A teacher trainer and public speaking coach for children, have been working with children for 15 years now. Specialise in teaching with innovation and creativity 🤗🙏



# DSPPL Events

## 7th December 2025 - Lecture at Upasana Kendra, Pune

On the occasion of Brahmchaitanya Gondavalekar Maharaj Punyatithi Utsav, Lecture of our Sadhak Pranjal Joshi was arranged at Upasana Kendra, Pune. The topic for the session was "10 Incarnations of Lord Vishnu and its relevance with Sadhaks;s Life" This was based on our Guruji Ajit Telang Sir's teachings and concept. The session covered energy aspects and its dimensions and how it can be aptly used for our own benefit. It covered how 10 incarnations of Lord Vishnu are actually our own transitions in life. If we understand it properly and make use of the energies appropriate in each of such transitions, then all of us can live a happy, healthy and holistic life. Session was attended by naamdharaks from Upasana Kendra. Everyone was thankful for the new dimension of Lord Vishnu's incarnations with our own life transitions. The interesting fact about Sadhak's role was also appreciated by everyone. Our monthly TAPASYA newsletter contributor CA Amit Dhadphale was instrumental in arranging this session. So thanks to him as well.



# DSPPL Events

## 14th December 2025 - Lecture on Ram Raksha

As a part of Brahmchaitanya Gondavalekar Maharaj Punyatithi Utsav, Lecture on "Ram Raksha" by our Sadhak Pranjal Joshi was arranged at Bhagyalaxmi Residency Wadgaon Budruk Pune. The session was attended by devotees of the Gondavalekar Maharaj. Session started with Chanting of Hanuman Stotra and Shri Ram Raksha. Spiritual and Scientific aspects related to Ram Raksha Stotra were discussed during the session. It was based on research and presentations made during the "Wave of Faith" program started in 2021 by Guruji Ajit Telang Sir. He has provided many insights related to this which have been included as a part of the session. All the participants shared pleasure in attending the session and expressed that though they have been chanting Shri Ram Raksha for several decades, these finer aspects were not known to them. Lecture was arranged by Shri Mohan Pitke and Shri Prakash Joshi who are devotees of Brahmchaitanya Gondavalekar Maharaj. So thanks to them as well.





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