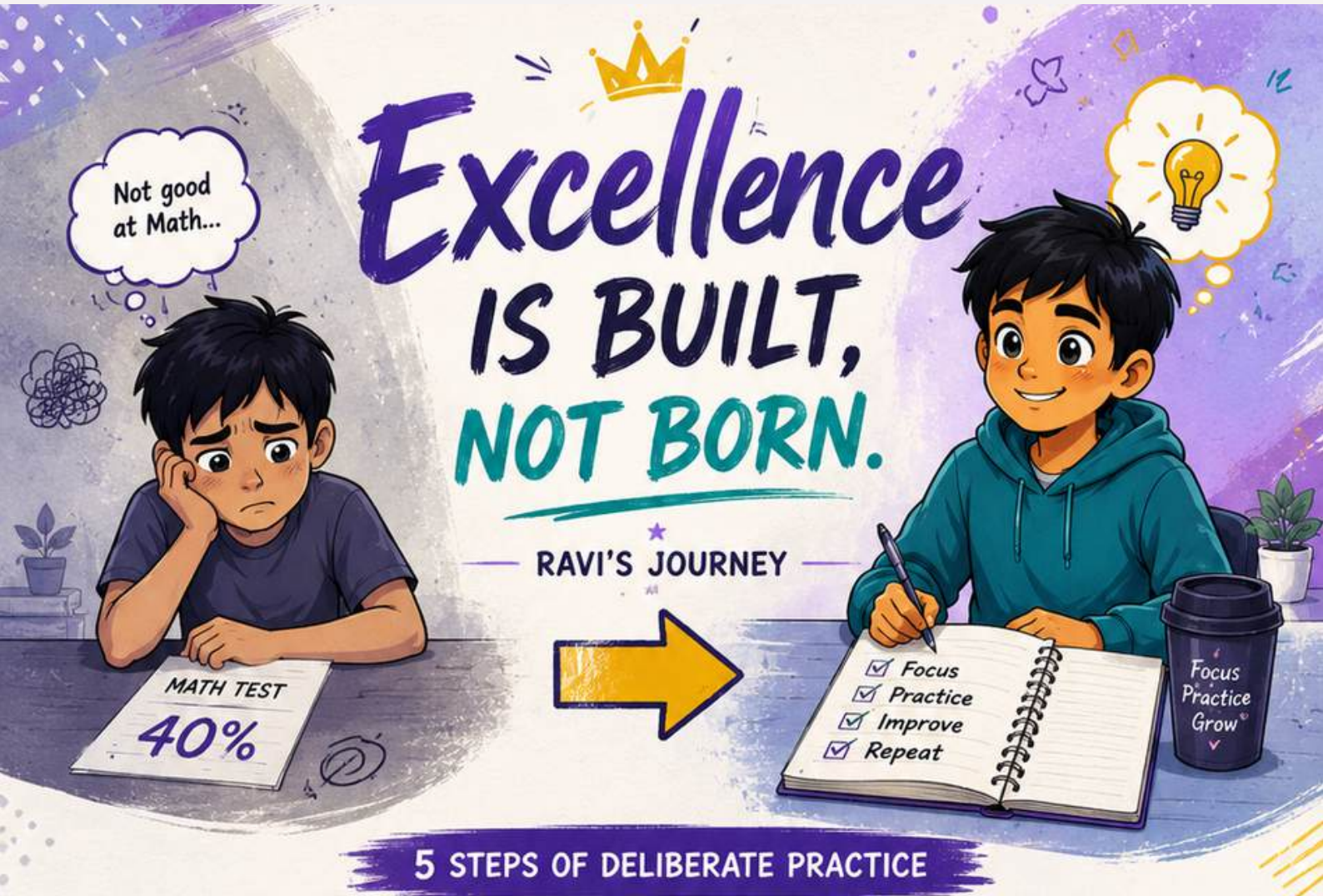
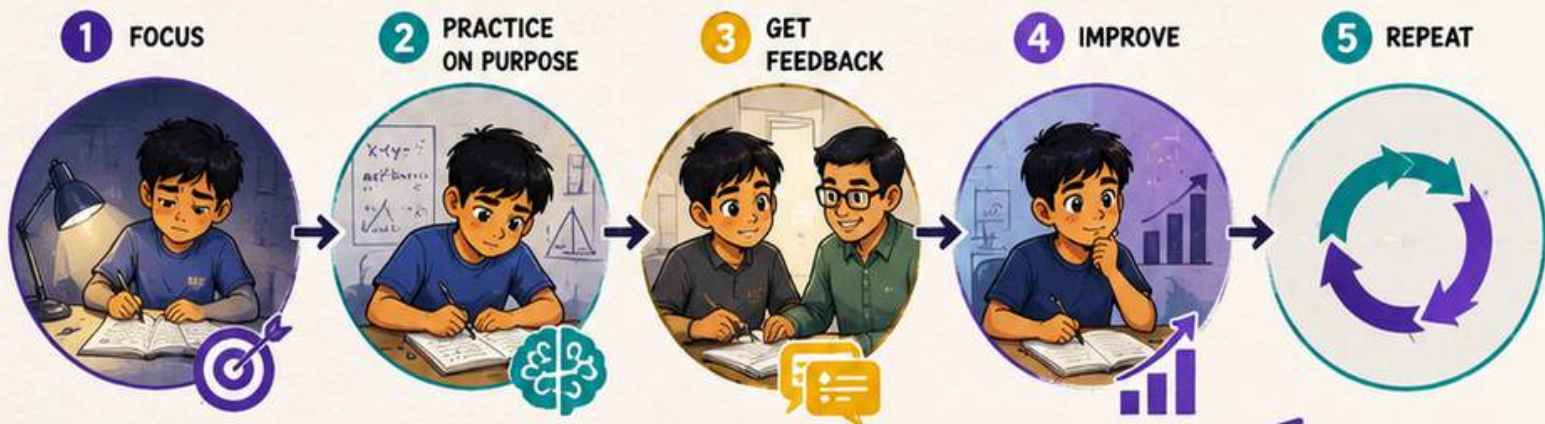




TAPASYA



5 STEPS OF DELIBERATE PRACTICE



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

DSPPL



**मनःकृतं कृतं कर्म न शरीरकृतं कृतम् ।
येनैवालिङ्गिता कान्ता तेनैवालिङ्गिता सुता ॥**

अन्वय - मनःकृतं कर्म कृतम् शरीरं कृतं न कृतम् (इव), येन (शरीरेण) कान्ता आलिङ्गिता तेन एव (शरीरेण) सुता (अपि) आलिङ्गिता ।

सन्धि - येन + एव + आलिङ्गिता = येनैवालिङ्गिता, तेन + एव + आलिङ्गिता = तेनैवालिङ्गिता

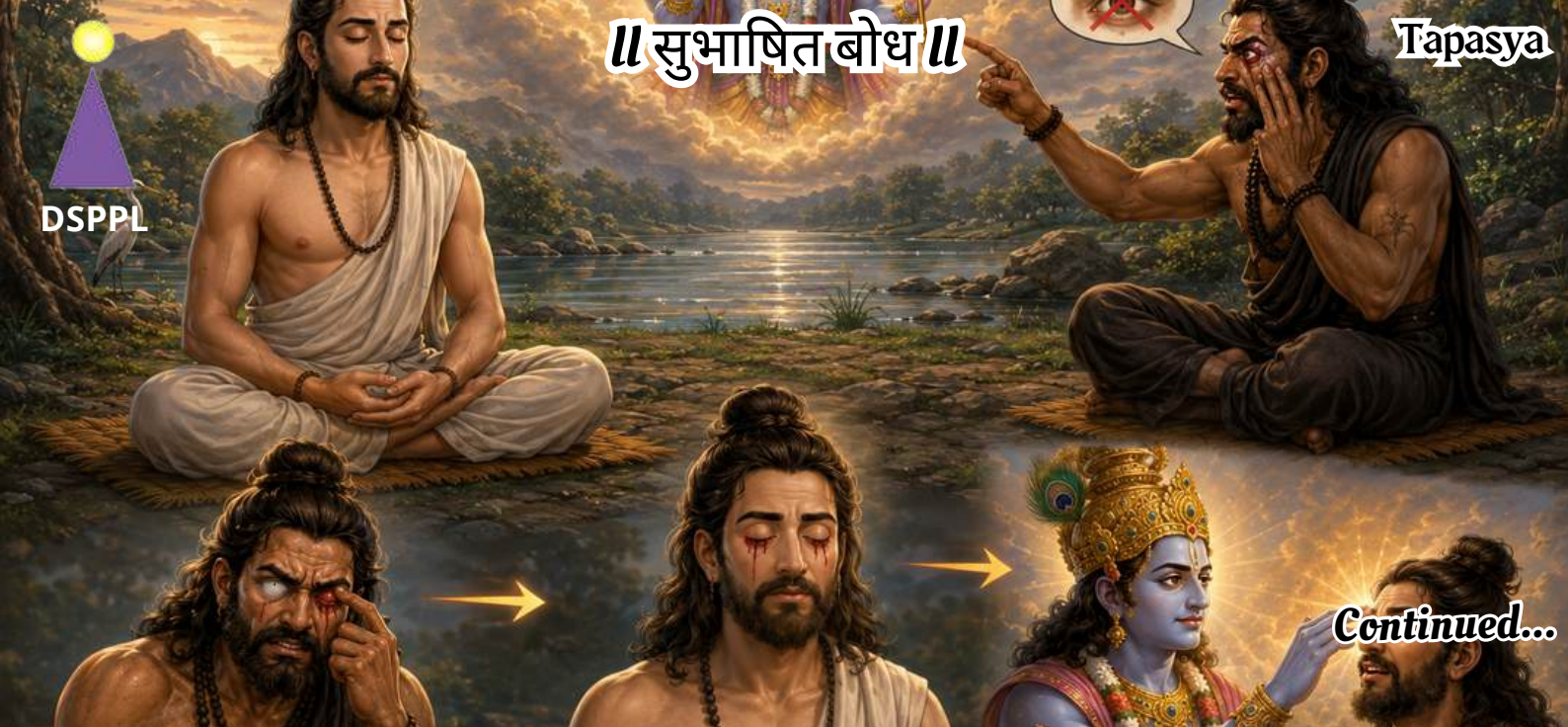
भावार्थ - केवल शरीर के माध्यम से जो क्रिया की जाती है वह परमार्थ से कर्म नहीं होती । शरीर के साथ "मन" मिलकर जो क्रिया मानव से संपन्न होती है उसेहि कर्म कहते हैं ।

मानव के दश इंद्रिय है - पांच कर्मेन्द्रिय है तथा पांच ज्ञानेन्द्रिय है । पञ्च ज्ञानेन्द्रिय (त्वचा, नेत्र, जिह्वा, कान और नासिका) । पर इस दश इन्द्रियोन्से एकादश इंद्रिय "मन" सर्व श्रेष्ठ है । त्वचा से स्पर्श का अनुभव करते है । नेत्रसे रूप देखते है । जिह्वा से स्वाद या रस का अनुभव करते है । नाक से गन्ध का । पांच ज्ञानेन्द्रिय उनके पांच विषय इनका संयुक्त होते समय मन यह छठ इंद्रिय - ज्ञानेन्द्रिय अतिमहत्वपूर्ण है । क्योंकि शरीरसे होने वाली क्रिया "कृति" है और शरीर के साथ मन हो तो वह कृति "कर्म" बन जाती है।

फौज में फौजी, सो दुष्मनो को मारता है, तो विजय पदक से गौरवान्वित होता है । मगर घर में शक से, पत्नी का खून करें तो उसे कारावास भुगतना पड़ता है । कृति समान है, पर रणांगण में "देश सेवा" का पवित्र हेतु था, घर में शक के कारण पत्नी को मारा यानी "हत्या" करने का हेतु था । कृति एक, परिणाम एक, पर कर्म भिन्न, एक "देश सेवा" का कर्म था और दूसरा अतिक्रोध के कारण "हत्या" का कर्म बना । ऐसा क्यों ? क्योंकि इस कृतिमें मन के विचार भिन्न थे । कृति के पीछे की भावना, सोच अलग थी । कृति एक, पर सोच अलग तो कर्म का फल भी अलग !

भागवत सबने सुना, पर धुन्धुली पापी होकर भी पाप मुक्त हुआ । पर बाकी लोग नहीं हुवे, ऐसा क्यों ? धुन्धुली पश्चाताप कि भावना से अति प्रामाणिक मन से भगवत कथा सुन रहा था । बाकी लोग केवल एक उपचार है ऐसे मन से कथा का श्रवण कर रहे थे । मन की तीव्रता थी ही नहीं, क्रिया समान पर मन कि, चित्त कि तीव्रता के कारण धुन्धुली का श्रवण - "भक्ति" बन गया और अन्य लोगो का केवल श्रवण तक ही सिमित रहा, कथा सुनना इतना हि सिमित रह गया ।





बोधकथा - एक बार एक सुजान तप करने के लिए बैठा। मत्सर से लिप्त उसका पड़ोसी भी उसीके बगलमें तप के लिए बैठा। योगी भी ध्यान करे और बगुला भी ! कृति समान थी, पर हेतु भिन्न ! भगवान संतुष्ट हुए उन्होंने बोला "वर मांगो"। दुर्जन लोभ और क्रोध से बोला, मैं पहले वर मांगने का अधिकारी हूं। भगवान भी चतुर है, सर्वज्ञ है। उन्होंने बोला, पहले जो मांग करेगा दूसरे को उससे दुगना में दूंगा। अब लालची पहले उलझन में पड़ गया, पर बाद में दुर्बुद्धि ने उसने कहा "मेरी एक आंख फोड़ दो"। भगवान अचंबे में पड़ गए। ऐसी मांग क्यों ? अब दूसरे की दोनों आंखें फूट जाएगी। भगवान भी उलझन में पड़ गए। दुर्जन का तप "क्रिया" था। तप का उद्देश्य चित्तशुद्ध करना यह नहीं था। सुजानका तप भगवत प्राप्ति के लिए था। भगवान ने वचन निभाया। दुर्जन की एक आंख चली गयी, सुजान की दोनों आंखें गयी। पर अगले ही क्षण, भगवान ने सुजान को संतोष से दृष्टांत दिया, दिव्य चक्षु दिए, अपना दर्शन करवाया और आंखें वापस दे दी।

इसके उदाहरण के लिए कवी कहते हैं, मानव अपनी छोटी बेटी को उठता है और गले लगाता है। तब वह बच्ची होती है। आगे जाकर ससुराल जाने लगती है, तो भी रो कर गले लगाता है। वही मानव अपनी पत्नी को भी प्यार से गले लगाता है। दोनों जगह कृति एक ही है, मगर मनका हेतु अलग अलग है। बेटी को गले लगाने वाला "पिता" है, वहां वात्सल्य है। तो पत्नी को वही मनुष्य गले लगाता है, वहां रति या पत्नी प्रति आकर्षण, यह श्रृंगार भाव है। तो कृति समान सदृश्य दिखाई देगी, मगर भाव भिन्न है। और उस भावसे ही, वह कौनसा कर्म है यह सुनिश्चित होता है। गोकुल में कन्हैया माखन चोर कहलाता है। छोटा बच्चा लड्डू चुराए तो वह भूख के कारण, मगर वो पाप नहीं। क्योंकि बच्चा निष्पाप है, भूख के कारण वह लड्डू चुरा रहा है। छोटा कन्हैया, घरमें घुसता है और माखन चुराता है। भगवान श्री कृष्ण माखन चुराते और गोपिया उनको चुराने को उदयुक्त भी करती। क्यों की उसमें हेतु भक्ति और प्रेम काथा। उत्तम माखन अन्य गोकुल के बच्चों कोही मिलेयही भगवानका उद्देश्य था।

आध्यात्मिक हेतु, किसी भी कथा, शास्त्र और व्यवहार से "मम" सत्व को खोजने की कोशिश करना। मन का "मंथन" करके जो सत्व निकालता है, उसे रूपकात्मक "नवनीत" या "माखन चोर" भगवान श्रीकृष्ण कहते हैं। वे मन के मंथन से, हमारे भीतर की बुराई छीनतेहैं, औरअच्छाई बाहरलाते हैं। हरिकथा भीसुनना यापढ़ना तो "कर्म" हो ऐसे पढ़नाया सुनना। एक उपचारके लिएमत पढ़नाया सुनना। किसी गुणवान का मत्सर ना करे, धनिक का धन न चुराए। पर उनके "सामर्थ" गुण का जरूर हरण ना करे, उसे जरूर ग्रहण करे। उससे, हमारी प्रगति होगी। उस सामर्थ्य को खुदके चित्त में स्थापना करके सुन्दर व्यवहार करने को सीखना !

Uncanny Nexus - A journey beyond

Volume 2: Echoes of the Unknown

Unveiling the Secrets - Part 2 of 2 Encountering Eunice Effect - 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.



Asanyeo who was observing this from distant worriedly asked, “Yok, now that the object has vanished what are we going to say to Hyeon? Are we going to act as if we never knew?”

Yokkyū smiled, “Why worry about that? Let’s not say anything about that.”

Tairitsu immediately agrees to Yokkyū and says, “Let them get worried where it went and search for it for some time. Let’s sit back and enjoy.”

Ari seems to feel disgusted by Tairitsu’s response, “Tairitsu, I guess you love to create conflicts.” Anstrich sensing the tension intervenes, “As a leader of the Group let me provide my verdict on this.”

Tairitsu getting angrier says, “What are you going to say that can change this eternal conflict? None of you understands Winning is important come what may.”

Ari clenched her jaw, torn between walking away and confronting Tairitsu outright. “Winning isn’t the only thing that matters, Tairitsu. Maybe someday you’ll realize that.”

Asanyeo calming down Tairitsu’s anger, states, “I guess, Winning is important along with little cooperation from the group. It’s a group activity, a group project. We can’t be extremists.”

Anstrich then speaks, “Well said Asanyeo. We’ll tell the group अनंत (Anant) of the disappearance of the object only if they ask us, okay? Is it alright for all?”

Everyone unanimously agrees with this decision. Simultaneously, at this very moment, in Karuizawa, Team अनंत (Anant) suddenly felt the urge to return to their university.

Ved unexpectedly feeling unease spoke, “Guys! I am feeling as if a part of me is missing, I mean... that something’s not right at the university campus.”

Haruka added, “Ved, even I feel like we need to go back to our university. I sense that something is awaiting us there.”





Encountering Eunice Effect Part 1 of 2

Contd...

With their minds still buzzing from the discoveries in Karuizawa, Team अनंत (Anant) returned to their university, ready to tackle new challenges. Little did they know what happened over here in the institute campus.

As they walked in the campus, Hyeon saw Anstrich and Asanyeo curiously looking at them from a distance.

Hyeon signalled Haruka, "It's weird... why are Anstrich and Asanyeo staring at us with curious and mystical looks on their face?"

Haruka replied with a nod, "hmm. I think it's better to let Jig and Ave know about this."

Hyeon then let's Jigyasa and Avenlee know about how curiously and mystically, Anstrich and Asanyeo, were glancing at them.

Jigyasa, sensing something, whispered to the Ensemble अनंत (Anant), "Looks like Group Yuyutsu (युयुत्सु) is up to something. Let's stay alert."

Ved and Dhairya exchange looks at each other before whispering to the group अनंत (Anant). Dhairya, trying to make sense out of the looks they were given by Asanyeo and Anstrich softly mentions, "Judging by the way both of them are looking I guess, they already have done some kind of mischief."

Ved adds, "Maybe that's the reason why we felt the impulsive urge of returning back from our vacation."

Haruka put forth her thoughts, "Oh I guess Ved, you are on dot. That uneasy feeling of something abruptly felt by us might have to do something with this."

As they were discussing, they could see Tairitsu Watanabe along with his teammates, coming from the other side of the hallway.



Encountering Eunice Effect Part 1 of 2

He had a sly smile playing on his lips as he saw Team अनंत (Anant) in front of him.

Tairitsu, looks at the Group अनंत (Anant) top to bottom with the same smile, "Well, well, if it isn't Team अनंत (Anant) I heard about your little vacation. Must have been fun."

Yug, maintaining his composure, replied, "Indeed, Tairitsu... It was refreshing. We had a wonderful time exploring new places and learning new things."

Dhwani who was beside Tairitsu, chimed in, her voice dripping with sarcasm, "Oh, learning new things, huh? So, it seems like you are done with learning, right?"

Ved calmly responds, "Well, learning is never ending process. We always keep on learning if we are eager and open for it."

Tairitsu, intervening, "Well, whatever it is, I hope you're ready for some real competition. We've been working hard on our projects, and we're determined to come out on top."

Rutva, unfazed, replied, "We're always ready for a healthy competition. Let's see what you've got."

Yokkyū, unable to resist a challenge, stepped forward, "Healthy competition? Ha! We're here to dominate, not just compete. You better watch your backs."

Anstrich with a calculating look, added, "And don't think we haven't noticed your little secrets." Looking at Hyeon, he continued, "We know you've been hiding something. It's only a matter of time."

Li Tǔ Wūrán, always looking for an edge, smirked, "Let's just say we have our ways of finding things out. So, watch your step, Team अनंत (Anant)"

Jigyasa, keeping her cool, said, "We're not hiding anything. Our work speaks for itself. If you want to compete, we welcome it. But let's keep it fair and respectful."



Encountering Eunice Effect Part 1 of 2

Contd...

Tairitsu's smile widened, "Fair and respectful? It doesn't sound good from your mouth Ms Jigyasa." He continues after throwing a glance at Ved, "Where's the fun in that, right Ved? We'll see who comes out on top, from now on. Plus, we'll write a critical review on your so-called research paper submitted on Ramayana."

As Group Yuyutsu (युयुत्सु) walked away, Aniya turned to Hyeon, "Do you still have the object with you?"

Hyeon replied, "Yes. It's in my room. Why are you asking all of a sudden?"

Aniya deeply thinking responds, "Well, the way they were acting... I think... the object may not be there."

To Be Continued...



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Science of Learning Part 29

The Invisible Rope – How Habits Shape Our Lives

- ca pranjal joshi

There was once a potter who owned ten donkeys. Every month, he would take all ten of them to the riverbank to collect clay for his pottery work. The task consumed an entire day. He would gather clay, fill sacks with it, load the sacks onto the donkeys, and return home late in the evening.

One month, as usual, the potter took his ten donkeys to the river. By the time he had collected enough clay, it was already afternoon. He decided to eat his lunch and take a short nap before beginning the long journey back home.

As he prepared to tie the donkeys to nearby trees, he suddenly realized that he had brought only nine ropes. Nine donkeys could be tied securely, but what about the tenth one? If left untied, it would wander away. The potter desperately wanted to rest, but he knew that a donkey rarely stays in one place unless restrained.

As he worried and grew increasingly frustrated, an elderly man who had been watching from a distance approached him with a smile.

“Why are you so troubled?” he asked. The potter explained his problem.

The old man laughed and said, “Simply pretend to tie the donkey to the tree. Go through all the motions exactly as if you were using a rope.”

Although doubtful, the potter followed the advice. He placed an imaginary rope around the donkey's neck and acted as though he were fastening it to the tree.

To his surprise, the donkey stood perfectly still. Relieved, the potter enjoyed his meal and took a peaceful nap.

Later, when it was time to leave, he loaded the clay onto all ten donkeys. The nine tied donkeys began walking immediately. However, the tenth donkey refused to move. It stood exactly where it had been all afternoon.





Science of Learning Part 29

The Invisible Rope – How Habits Shape Our Lives **contd...**

The old man was still there. Smiling, he said, “You pretended to tie it, but now it believes it is still tied. Go and pretend to untie it.”

The potter walked over to the donkey and acted as though he were removing the rope. Instantly, the donkey began walking with the others.

The potter was amazed. He happily returns home with clay bags and the donkeys.

The Power of Habits

Activities which gets repeated automatically become our habits. Once formed, they require very little conscious effort. Whether good or bad, habits influence our thoughts, decisions, behaviour and hence the results for every day. Our actions are not controlled by us consciously but are taken over by invisible ropes of our own habits.

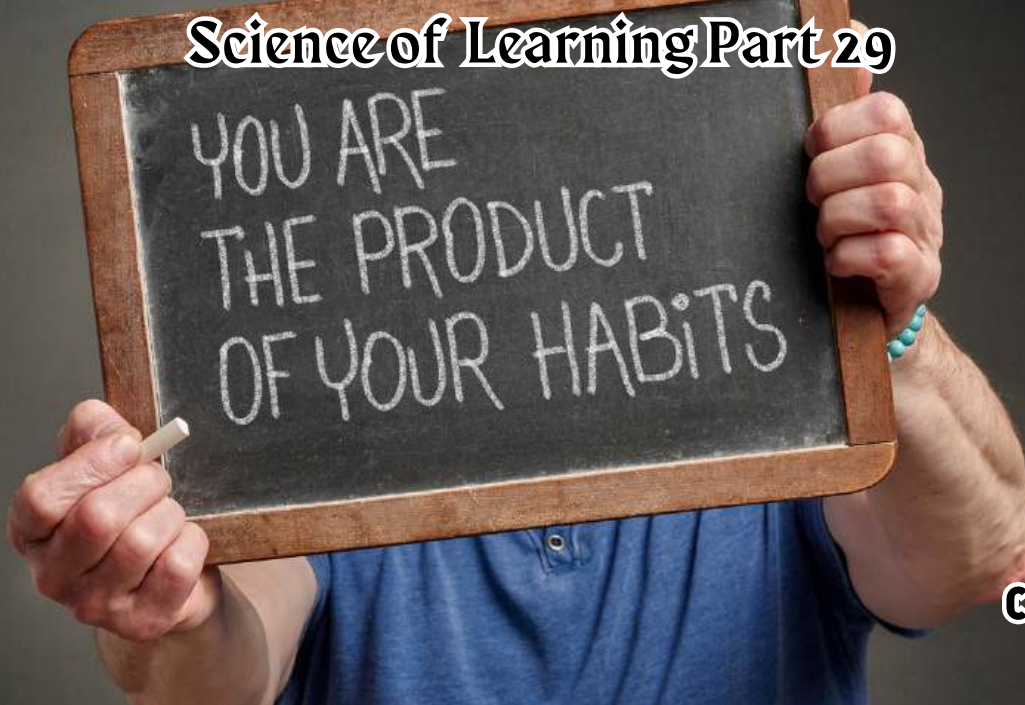
A person who reads for thirty minutes daily may become knowledgeable without consciously trying. A person who exercises regularly becomes healthier over time. Likewise, someone who procrastinates repeatedly develops a habit that can limit growth and achievement.

Modern Scientists have discovered that every repeated action strengthens neural pathways in the brain. The more frequently we perform a behaviour, the stronger and more efficient these pathways become. Over time, the brain begins to perform the action automatically.

This process is called neuroplasticity, the brain's ability to reorganize itself through repeated experiences.

Similarly learning is not merely about acquiring information. It is about creating patterns that become part of our thinking and behaviour. Students who develop the habit of daily study learn more effectively than those who rely on occasional bursts of effort. Excellence is rarely the result of a single grand effort. More often, it is the result of thousands of small habits





continued...

repeated over time.

The ancient wisdom hidden in this story is simple. Every person will be bound by habits. The real question is not whether we will be bound, but by which habits.

If we must be tied, why not tie ourselves to discipline, learning, honesty, service, exercise, and self-improvement?

Another encouraging lesson from the story is that invisible ropes can be removed just as they were created.

The donkey moved the moment it believed it was free.

Similarly, people can transform their lives when they challenge limiting beliefs and replace harmful habits with constructive ones. The process begins with awareness.

Conclusion

The potter's donkey teaches a profound lesson about human nature. We are often held back not by circumstances but by invisible habits and beliefs that we have accepted without question.

Therefore, the most important question is not whether habits will influence our lives. They certainly will. The real question is – **Which habits are we choosing to strengthen today?**

If we are destined to be bound by something, let it be by habits that lead us toward knowledge, character, discipline, service, and growth.

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

From where do I get my poem...

*In the time idle and blasé,
To make a steadier life and its pace.
Picked up a pen and a paper blank,
Deactivate the world and activate my think tank.*

*Where does the poem come from?
Sitting aghast or while dancing at a prom.
The conscious mind couldn't get a thought,
Rhyming words were never available to be bought.*

*Was it the latent talent of the mind's subconscious part?
Or the heavens would dawn upon me and show the cart,
Words filled with rhythmic patterns that fit,
To make the poem readable and an instant hit.*

*You become a creator while you create,
But this very fact makes me baffle and hate.
When thoughts disappear, and words fall short,
That ugly feeling pops up with a mind unsort.*

*After a long while of staying stuck with but and yet,
A wonderful epiphany struck the poet.*

*Struggling with the mind and making an effort is not the way,
The poem comes effortlessly when the mind is calm and making hay.*



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.



The Garden That Looked Empty for Weeks

- CA Amit Dhadphale

Dear Readers,

Continuing with our series to convey financial literacy for children by picking up simple bedtime stories and adding a money twist: we are back with a fresh story in this issue. As always, the idea is to keep the language simple, direct, and fun, so that the key take: always quietly sit in the child's mind (and stay there!).

So, with schools reopening, the first rains arriving, and fields getting ready for sowing... let's step into a small garden and see what a few quiet seeds can teach us about money.

The story

Every morning before school, Siya ran to the corner of the balcony where she had planted a few tiny seeds in a pot. She would bend low, squint hard, and check if something had come out.

Nothing. Just brown soil.

The next day... still nothing. Then another day. And another.

'I think these seeds are sleeping forever,' she declared with great seriousness.

Her grandmother laughed, 'Or maybe they are just busy growing where you cannot see them.'

Siya kept watering them anyway. Then one morning: there they were. Tiny green shoots. Thin, shy, almost magical.

Siya gasped, 'When did this happen?'

Grandmother smiled, 'Little by little. Every single day.'

a) Unwrapping the suspense from the story itself

That is exactly what makes this story special. The garden looked empty: but it was not empty at all. Work was happening. Growth was happening. It was simply happening silently.

Money habits often behave the same way. When we save a little, learn a little, or stay disciplined for a few weeks, it may feel like 'nothing is happening'. But that is only because the roots are forming underneath.

The suspense in the story is not loud. It is quiet. It sits in that little gap between effort and result. And that gap is where patience does its real job.



b) Financial learnings / takeaways

- Big results usually begin as very small, almost invisible efforts.
- What we start early gets more time to grow.
- Not seeing progress immediately does not mean the effort is wasted.
- Daily discipline often looks boring in the beginning: but becomes beautiful later.
- Giving up too soon is like digging up a seed just to check whether it is growing.

c) How can we implement these in our life?

Let's keep it practical: here are actions a child can actually do (starting this week):

1) The Seed Rule

- Pick one savings goal and plant it properly: give it a name (new books, a raincoat, a sketch set, etc.).
- Add something to that goal regularly, even if it is small.
- Do not keep changing the goal every three days; seeds do not enjoy confusion.

2) The Watering Habit

- Choose one fixed day every week to put money into your Save jar.
- Do it on the same day each week: like watering a plant.
- Small, regular drops help more than one dramatic splash and then nothing for a month.

3) Growth Tracker

- Make a simple chart with four boxes for the month.
- At the end of each week, mark: Did I save? Did I stay on track?
- Do not ask, 'Has it become big yet?' Ask, 'Did I continue?'

4) The Magic Question

- Whenever you feel like quitting, ask: 'Is nothing happening... or is it just happening quietly?'
- That one question can rescue many good habits.





continued...

d) Conclusion

The little garden did not become green in one day. It became green because Siya kept showing up, even on the days when there was nothing exciting to see.

That is how savings grow too. First, they test your patience. Then, slowly, they reward it.

So, the next time your progress feels invisible, do not panic. Keep watering. Some of the best things in life take time to appear.

Financial take: away of the month: If you keep watering the right habit, growth will quietly arrive.

Points to ponder

- Have you ever stopped doing something just because results were not visible quickly?
- What is one small money habit you can 'plant' this month?
- If your savings were a seed, how would you help it grow?

Happy Reading, Happy Learning!

CA Amit Dhadphale

PS: Views are personal. Designed to build financial awareness and healthy money habits among children through stories. GenAI was used to develop an iteration of this article. The end product was reviewed and edited by the author before publication.



CA Amit Dhadphale, Pune

CA Amit Dhadphale is an experienced professional and works with one of the Big 4 accounting firms in India



Industry Inspirations

Mr. V Radhakrishnan

A very warm welcome to Mr. V Radhakrishnan, a veteran retired ONGC employee with experience of working in some of the harshest conditions a professional career can offer.

Q: Kindly Introduce yourself

A: My Introduction - Early Life and Education

I am Venkatesan Radhakrishnan, born in 1946, pre-Independence, and turning 80 this August. I was born in the village Kunthalampet, 25 km away from the great Arunachalaeswar temple in the city of Tiruvannamalai. My family was a joint one of 5 brothers, two sisters, my parents, my grandparents and my great grandmother.

That background was the greatest advantage in shaping my personality, learning values, and traditions from three generations above me. Living in a village for up to 15 years gave me an experience of rural life which stood me in good stead when I moved to an urban environment in later years.

My primary education was in my Village Panchayat School, started by my father, and I attended high school in the town of Avalurpet, 5 km away from my village. Those were great days and great teachers who left no stone unturned to make the education the best in spite of the constraints.

I got All India Merit Scholarship to continue my College education based on my SSLC performance, and did my graduation in Physics in Vivekananda College Mylapore, Chennai. My dream was to become an engineer, but due to paucity of funds I chose a science degree.

Personal Life

I got married in 1976 and have two daughters who are married and well settled. Now, I live a retired, peaceful life with my wife in Chrompet, Chennai.

Q: It is inspiring to know that you had to sacrifice your dream course Engineering initially. Kindly share your professional journey further.

My Professional Journey - My first job was in India Meteorological, Department of Civil Aviation, and the first posting in Bengaluru Airport in 1968. I got myself transferred to the Pune Instrumentation laboratory to do my Graduateship in Electronics and Telecommunication Engineering, which is equivalent to AMIE.



Mr. V Radhakrishnan



My dream to become an engineer came true. In 1982, I got an opportunity to change my job to join ONGC at Dehradun and served there for four years. Later, I served in Thar Desert Rajasthan for 7 years, three years in Jorhat Assam, and the remaining years in Chennai to retire in 2006.

Challenges - As a forty-five days old child, I was operated for a wound in my left leg and small, rotten bones were removed. This resulted in the stunted growth of my left leg, which posed me a problem while looking for a job. I cleared my Railway Service Commission exams and interview and was selected for a job in MRF Chennai, but was rejected medically for left leg disability, as they called it.

I never lost hope and went on trying and got my GOI job by constant effort. Thankfully, I was cleared for a scientific job by a panel of doctors formed by the GOI. I finally got a job.

Q: You have travelled across from Tamilnadu to Rajasthan. You have faced challenges physical level but your determination and passion to become an Engineer is commendable. Also share your challenges in this industrious journey.

A: Profession challenges started for me right at the recruitment level – but I neither lost hope, nor stopped my attempts. When I applied for my ONGC job, I was 35 but competing in written exams and interviews with boys who just finished their Engineering Degree at 22 years old. Still, I could get selected high in the selection list.

In my first job there were not many challenges, but in ONGC, I had both personal and professional challenges. When one works for ONGC, you work in tough terrains like desert, sea, jungles, in camps, or in drill sites. ONGC is one of the best organisations to provide all facilities to its employees.

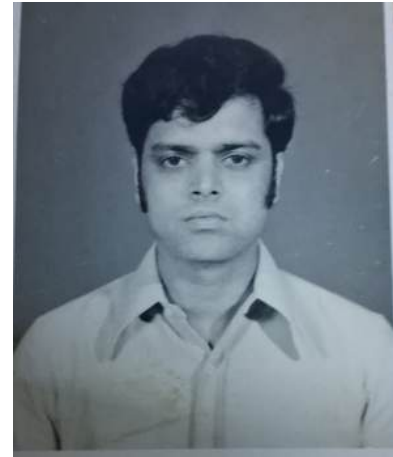
My life in Dehradun was fine for four years except for the biting cold. Rajasthan posed a problem – I had to stay away from my family for 21 days in a month in the desert, leaving only 10 days to devote to my family, and especially my children's education. My family was living in Jodhpur and I was in the Thar desert, which was around 600 km away, even sometimes across the Pakistan border, for most of the month. During this period, my wife Usha stood by me as a rock, supporting me in the bringing up of our daughters.

Professionally speaking, I was responsible for the repair and maintenance of all the instruments used for the oil exploration in my crew with another team member. Sitting right inside the desert, at a time when communication is possible only on HF radios and VHF Walkie talkies



Mr. V Radhakrishnan

(which became difficult over the sand dunes), one has to work alone (if the other team member is on his home shift) and make the instrument available for exploration work. The toughest challenge was when the machine was under repair as you do not have another engineer to consult, you were unable to contact expertise at HQ, and the difference in time zones made it impossible to contact the Original Equipment Manufacturer. The pressure from the higher up mounts since the expenses involved per day is in lakhs. This is true of Assam Jungles too, but the Chennai region did not have such problems.



Q: Filled with Challenges, family sacrifices It is a learning how family support every professional journey. What were the turning points ?

A: My Turning Point and Time of Inspiration

I learnt to live in a little India on my transfer from Bengaluru to Pune. On reaching Pune by train on my transfer from Bengaluru I went in search of one Mr. Subramanyam, who I happened to know for a room in lodge accommodation. Since it was October and there were many holidays, the guy had gone home and I was disappointed. I did not know anyone, or any Hindi or Marathi. But I could speak Tamil, English, and was working on the Kannada I had picked up in Banglore. Suddenly one man approached me from my friend's section and started talking in Hindi. I apologised and said I did not follow. He offered to help me in fixing a bed in his three bedded lodge room half a kilometre away. My joy knew no bounds. Imagine who he was? One Mr. Mohammed Taher Farooqui and a native of Kannauj. What a contrast – I came for the help of Subramanyam and Farooqui helps me.

A week after I started living in a lodge in Pune, a Sardarji, Mr. Ajit Singh from Delhi, comes and occupies the third bed in the room. Later, when we became friends, I came to know that he was a refugee from Karachi and his family crossed into India via Thar Desert to stay in Delhi during the Partition.

From October 1969 till almost January 1976, we lived together when both were transferred to Delhi, and I got married in July to shift to my colony. Our room was called the Secular room. I started learning Hindi and Punjabi. My neighbours were all from Karnataka and Bengal, a mini India. So this was the great turning point in my life. My Hindi improved a lot and now people mistook me for Radhakrishnan Aggrawal instead of Venkatesa Iyer Radhakrishnan. We parted with heavy heart in 1976.





This was not only a turning point in my life, but it provided the inspiration to look at real India as a whole, without a regional biased angle. What my friend Ajit Singh told me when he boarded the train was, “mere jaise sardar tume nahin milega aur tere jaise madrasi mujhe nahin milega” (You wouldn’t meet another sadarji like me and I wouldn’t meet another madrasi like you).

Q: The experiences you have had in those days in India is touching the hearts. Thank you for sharing such an inspiring journey.

What are the spiritual practices you had followed?

A: Spiritual Practices- I learnt Yoga through my office deputation; I used to practise, but now age prevents me. Instead, I opt to listen to devotional songs. I listen to Vishnu Sahasranamam, Hanuman Chalisa, Rudram, and Shiva Puranam every morning in Tamil. I try to understand the meaning of all these from the internet.

Mr. Radhakrishnan sir, thank you for taking time out at this age and still remembering every moment of your life as though it happened just recently. Thanking you once again for the interview.



एनर्जी बॉडी

DSPPL

- जयंती योगेश काटदरे



जब से नीरज ने साइंस की एक मैगज़ीन में किरिलियन फोटोग्राफी के बारे में पढ़ा, तब से वह ऑरा यानी अपनी ही एनर्जी बॉडी के बारे में जानने के लिए बहुत उत्सुक हो गया था। गूगल पर सर्च करके उसे जानकारी तो मिल गई थी, पर नीरज उस एनर्जी बॉडी का हमारी जिंदगी पर होने वाले असर को समझ ही नहीं पा रहा था। नीरज के साथ-साथ उसका छोटा भाई सूरज भी इस एनर्जी बॉडी के बारे में जानने के लिए बहुत उत्सुक हो गया। तब उनके पापा ने कहा कि हमारी एनर्जी बॉडी सच में होती है, जो हमारे शरीर के आस-पास ही स्थित होती है। हम शरीर से, भावनाओं से, मन से जो-जो भी अनुभव करते हैं, वह सब हमारे एनर्जी बॉडी यानी ऑरा पर पहले ही आ चुके होते हैं।

"पर इस पर यकीन कैसे करें?" नीरज ने फिर से अचरज से पूछा, "यह तो लाइट्स का खेल भी हो सकता है। इसका हमारे जीवन में होने वाली घटनाओं से क्या संबंध है? यह कैसे हो सकता है?"

"इसीलिए तो सोवियत इन्वेंटर्स ने 1939 में किरिलियन फोटोग्राफी को डिस्कवर किया," पापा ने जानकारी दी। "सोवियत इन्वेंटर्स!" सूरज को बहुत आश्चर्य हुआ, "मतलब वे लोग भी इस पर यकीन करते हैं?"

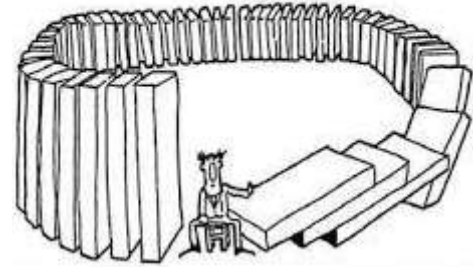
"बच्चों, जो वाइज़ इंसान होता है, वह चाहे किसी भी संस्कृति या देश का क्यों न हो, वह अपने अभ्यास, रैशनल थिंकिंग और तर्क से अपने विचार और विश्वास तय करता है," पापा ने बहुत समझदारी से कहा।

"पर जो एनर्जी बॉडी दिखती ही नहीं, उसकी फोटो भी कैसे आ सकती है?" सूरज अभी भी उलझा हुआ था। यह बात उसकी समझ से परे थी।

"वैसे ही जैसे हमारा एक्स-रे होता है," वहाँ बैठे दादाजी ने कहा, जो यह सब चर्चा सुन रहे थे।

"एक्स-रे!" सूरज और नीरज एक साथ बोले। "हाँ, जब हमारे शरीर का एक्स-रे निकलता है, तब वह किरणें दिखती तो नहीं हैं, पर फिर भी रिपोर्ट तो आती है न?" "हाँ, सच में!" दोनों भाई अब एक साथ बोले।





"वैसे ही एनर्जी बॉडी का अपना एक अस्तित्व है। कुछ लोग अपनी आँखों से भी उसे देख सकते हैं," दादाजी ने कहा। "क्या सच में?" बच्चों के सवाल से ही उन्हें लगा हुआ धक्का साफ़ दिख रहा था।

"हाँ," उनके पापा ने कहा, "इस प्रकृति में ऐसी कई चीज़ें हैं जिनको समझना शायद शरीर की मर्यादाओं के परे है। जैसे चमगादड़ यानी बैट्स अपने विशेष सिग्नल्स को इस्तेमाल करके बिना टकराए उड़ सकते हैं। अगर भूकंप या सुनामी आने वाली है तो जानवरों को हमसे पहले पता चल जाता है।"

"हाँ, वह तो है। उनके सेंस हमसे ज़्यादा काम करते हैं। पर हमारी एनर्जी बॉडी जो हम आसानी से देख भी नहीं सकते, तो फिर उसका प्रभाव हमारे रोज़ के जीवन पर कैसे होता है?" नीरज ने पूछा।

"वही तो!" सूरज ने वही पॉइंट पकड़कर आगे कहा, "हमारे ही साथ कुछ होगा और हमें ही नहीं मालूम! हमारा जीवन कोई और कंट्रोल करेगा!"

"तुम्हारे सवाल का जवाब हाँ और ना, दोनों भी हो सकता है," दादाजी ने कहा, "क्योंकि हम केवल शरीर नहीं हैं!" "क्या?" दोनों बच्चे इतने जोर से चिल्लाए कि दादाजी भी कुछ पलों के लिए अपना आगे का वाक्य भूल ही गए।

"हाँ, हम केवल शरीर नहीं होते। हमारा अस्तित्व उससे भी बड़ा है। हमारे पिछले जन्मों के कर्म और इस जन्म के कर्म हमारे एनर्जी बॉडी यानी ऑरा पर असर करते रहते हैं। यह बहुत गहन अभ्यास का विषय है, पर तुम दोनों अभी के लिए इतना याद रखो कि कोई भी चीज़ हमारी आँखों को या फिर इंद्रियों को महसूस नहीं होती, तो उसका अस्तित्व ही नहीं है, ऐसा नहीं होता। हमारे अच्छे कर्म हमारे एनर्जी बॉडी को स्ट्रॉन्ग करते हैं और बुरे कमज़ोर। यह हमारा एक तरीके से शील्ड यानी कवच भी होता है।"

"दादाजी, यह सब मेरे लिए इतना नया है कि मैं इस पर कुछ बोल ही नहीं पा रहा हूँ," सूरज ने कहा।

"कोई बात नहीं, सिर्फ इस पर सोचते रहो और अपने कर्मों को संभालते रहो।"

"दादाजी, क्या इसका मतलब यह है कि यह किरिलियन फोटोग्राफी हमारे ऑरा की मैपिंग करती है, जिससे हम उसे देख सकें और कुछ-कुछ समझ सकें?" नीरज बहुत सोच-समझकर बोल रहा था।

इस पर पापा बोले, "सही कहा। उस एनर्जी का फोटो देखकर एक्सपर्ट लोग उसकी रीडिंग करके आने वाली प्रॉब्लम्स के बारे में थोड़ा तो बता सकते हैं। जो घटनाएँ हमारे ही कर्मों की वजह से होने वाली हैं, वह घटनाएँ होने से पहले हमारी ऑरा पर ही आती हैं। जिनके पास यह देखने की या रीडिंग की क्षमताएँ हैं, वे इन घटनाओं को पहले ही समझ सकते हैं।"





Continued...

"सूरज, अगर तुम्हें मैं आसान भाषा में बताऊँ तो बारिश आने से पहले ही मेंढक चिल्लाना शुरू कर देते हैं, कुछ कीट एकाएक पैदा हो जाते हैं," इस पर माँ ने कहा, "भारतीय संस्कृति में इस एनर्जी बॉडी यानी आभामंडल का अभ्यास बहुत पहले से हो रहा है। इसीलिए देवी-देवताओं के चित्रों में उनके पीछे ऊर्जा वलय दिखाते हैं।"

इतनी देर शांति से सुनने वाला नीरज अब बोलने लगा, "ओके, अब यह बात मेरे समझ में आ गई। हम जो भी करते हैं उसका परिणाम स्थूल या फिर एनर्जी फॉर्म में बनता है। स्थूल परिणाम को हम महसूस कर सकते हैं, पर एनर्जी फॉर्म में जो होता है वह एनर्जी बॉडी में स्टोर होता है न? और ऐसे ही प्रक्रिया चलती रहती है।"

"बहुत अच्छे नीरज," दादाजी ने खुश होकर कहा, "और यह एनर्जी फॉर्म एनर्जी बॉडी पर एक प्रोग्राम की तरह रन होता है, जो बाद में हमारे शरीर पर या फिर स्थूल यानी वर्तमान में दिखता है। अगर किसी की एनर्जी बॉडी बहुत स्ट्रॉन्ग है तो बुरी घटनाएँ या तो नहीं घट सकतीं या फिर बहुत कम मात्रा में हो सकती हैं। इस एनर्जी बॉडी का स्ट्रॉन्ग रहना कुछ हद तक हमारे हाथों में यानी कि हमारे कर्मों पर निर्भर होता है।" दादाजी की बातें सब लोग ही बहुत ध्यान से सुन रहे थे।

तभी दादी बाहर से वहाँ आई, जिन्होंने बालों में मोगरे का गजरा लगाया था। उसकी सुगंध उस कमरे में तुरंत फैल गई और सबकी नज़रें उन पर गईं। वही बात पकड़ कर दादाजी ने आगे कहा, "देखो, दादी के मोगरे के गजरे की खुशबू सबको पसंद आई, इसलिए सब लोगों ने उनकी तरफ देख लिया। वैसे ही हमारे एनर्जी बॉडी में जो-जो भी स्टोर हुआ है, वह चाहे हमें दिखे या न दिखे, पर लोगों को उनकी एनर्जी बॉडी महसूस होती ही है। और उसी हिसाब से लोग या तो हमें पसंद करेंगे या फिर हमसे दूर रहना पसंद करेंगे।"

"दादाजी, इसका मतलब अगर हम हमारी एनर्जी बॉडी पर काम करें तो जैसा जीवन या आस-पास का वातावरण, स्थिति हमें चाहिए, क्या हम वह पा सकते हैं?"

"नीरज, तुम्हारी समझ बहुत अच्छी है। पर फिर एक बार मैं यही कहूँगा कि हमें इसके लिए हमेशा कोशिश तो करते ही रहना है, पर फिर भी उसका परिणाम हमें चाहिए वही आए या न आए, यह हमारे कर्म निश्चित करेंगे। हमारा अधिकार केवल कर्म संभालना, इतना ही है।"

सौ. जयंती योगेश काटदरे





CONSTITUTION OF INDIA

- **Kalpita Rakesh**

Article 29 - The Right to Belong

- **Narrator**
- **Ananya** – New student from Himachal Pradesh
- **Ms. Meera** – English teacher
- **Riya**
- **Sara**
- **Aditi**
- **Principal**
- **Other students**

(School corridor. Students are chatting before class.)

Narrator:

Sunrise International School in Mumbai was known for its bright students, grand celebrations, and excellent teachers. One Monday morning, a new student walked into the classroom. She had recently moved from a small town in Himachal Pradesh. Her name was Ananya. A very talented, warm, beautiful girl from a serene, small town of Himachal Pradesh. The ambience of the city school made her nervous and hesitant to speak because of her non fluent English.

Teacher: Class, let's welcome our new friend, Ananya!

Students: Welcome, Ananya!

(She smiles shyly.)

Teacher: Today we have an exciting announcement! Next Friday, we'll have our Creative Story Writing Competition. The best story will be published in the school magazine. So today this class we dedicate to writing the story for the competition.

Narrator:

Ananya wasn't out of ideas. In her mind lived a beautiful story. She knew every sentence...
...but only in her mother tongue.

(Teacher senses her nervousness and gently walks over.)





Understanding Constitution

Article 29

Teacher: Ananya...Is everything alright?

Ananya (hesitantly): Ma'am...I know my story.I can tell it beautifully. But I cannot write it properly in English.

(Teacher smiles kindly.)

Teacher: Would you tell me your story?

(Ananya narrates enthusiastically with expressions and hand gestures.)

The teacher listens with amazement. When she finishes...

Teacher: That was wonderful! What imagination! What beautiful emotions! Tell me...

In which language do you usually write?

Ananya: Our local Pahari language.

Teacher (smiling): Then why should such a beautiful story remain hidden?

Your language is not stopping your creativity.

(Teacher calls the whole class together.)

Teacher: Class...I'd like to make a small change to our competition. Everyone has been asked to write in English. But today I realized something important. India is home to hundreds of languages.Every language carries stories, songs, poems and traditions.So here is our new rule. You may write your story in English... or in your mother tongue. Later, we'll help each other translate and understand them.

Let's discover India's stories together!

(The class goes silent for a moment... then bursts into applause.)

Riya: Can I write mine in Marathi?

Sara: I'll write in Gujarati!

Aditi: I'll ask my grandmother to help me write in Tamil!

Another student says, **Student:** I speak Bengali at home!

Another says, **Student:** Can I write in Malayalam?





Understanding Constitution - Article 29

Soon every child begins talking excitedly. The classroom fills with names of languages... Suddenly Riya stands up.

Riya: Ma'am! Why stop with stories? Can we also perform our regional dances?

Another student: And sing folk songs!

Another: Can we wear our traditional clothes too?

Teacher (laughing): Slow down! One idea at a time!

(Everyone laughs.) A week later...The school auditorium is decorated like a map of India. Students tell stories in different languages. Friends help translate them. Children learn new words. They clap for every language. Every dance receives loud applause. Every song tells a different story. Ananya confidently tells her story in her own language.

(The auditorium falls silent. The Principal walks onto the stage and addresses the students.)

Principal: What a wonderful performance! Today, every one of you reminded us that India is beautiful not because we all speak the same language, but because we speak many languages... sing different songs... dance in different styles... and yet stand together as one nation.

Do you know? Our Constitution makers had imagined this long before we were born. They knew that India's greatest strength is its diversity. That is why they included a very special Fundamental Right in our Constitution. It is called Article 29.

It says: **"Any section of the citizens residing in the territory of India or any part thereof having a distinct language, script or culture of its own shall have the right to conserve the same."**

In simple words, this means that if you have your own language, your own script, your own songs, stories, dances or traditions, **you have the right to protect and preserve them.**

No language is small. No culture is ordinary. No tradition is less important than another.

Today, Ananya reminded us of something very special. She did not lack imagination.

She did not lack talent. She simply expressed her ideas in a different language.

And when we gave that language a place in our classroom, something magical happened.

One story became many stories. One language became many languages. One competition became a celebration of India.

That is India's superpower.





Article 29 of The Indian Constitution

Protection of interests of minorities.

Our Constitution protects this diversity because it knows that every language carries the wisdom of generations, every song carries history, and every tradition tells a story.

Children, never laugh at someone's language. Never make fun of someone's accent. Instead... Learn a new greeting. Ask about a new festival. Listen to a new story.

When we respect another person's language and culture, we don't lose our own identity—we make our own world bigger.

Let us promise today that we will not only learn different subjects in school...

We will also learn from each other. Because that is the true spirit of Article 29. Thank you, and may you continue to keep India's beautiful heritage alive.

Jai Hind!

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.



Article 3: The Power of the Sentence

- Janani Manu, Bengaluru

Have you ever noticed that some sentences feel like a sprint, and others feel like a slow walk? That difference is not an accident. It is a choice a writer makes.

Learning to control how your sentences feel is one of the most powerful writing skills you can build.

Read these two versions of the same moment:

Version A: "She ran. She fell. She got up. She kept going."

Version B: "She ran as fast as her legs would carry her, stumbled on a loose stone, hit the ground hard, and then, without stopping to think, pushed herself back up and kept going."

Both versions tell the same story. But Version A feels rushed and choppy. Version B lets you feel the moment. You can almost hear her breathing.

Short sentences are like quick drumbeats, sharp, urgent, powerful.

Long sentences are like flowing rivers, they carry you gently from one idea to the next. Great writers use both.

Reflect: Read the two versions again. Which one made you feel more? Write two sentences explaining what was different about how they felt to you.

Quick tip: Try mixing your sentence lengths. Write one short, punchy sentence. Then follow it with a longer one that explains or describes. This creates a natural rhythm, and rhythm is what makes writing enjoyable to read.

Challenge: Think of an exciting moment, a goal scored, a surprise, a close call. Write about it in exactly four sentences. Make two of them short and two of them long. Then read it aloud. Can you hear the rhythm?

When your sentences have rhythm, your reader does not just read your words, they feel them.



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

Performing Agnihotra - The need of the hour

On 6th June 2026 our Sadhak Anuradha Chaudhary and Winay Chaudhary have organised session on Agnihotra at Chaitrban Society Aundh Pune

Chaudhary family is shifting their residence from this area and hence decided to organise get together in a meaningful and innovative way. This session was arranged for their neighbors, friends and Society members.

Two sessions were organised, first by Dr Supriya Gugale on Ayurved for healthy Body and Mind, followed by session on Agnihotra by Pranjal Joshi.

Both the sessions were appreciated by all the participants. Interestingly few participants used to perform Agnihotra in the past but have missed it for past several months due to various reasons. They strongly committed to restart this practice. Two Yog teachers attended the session and expressed willingness to start Agnihotra practice as well as conducting this session for their community.

We thanked Chaudhary family for this wonderful initiative. The celebration done in a true Sadhak way.



Half Day Workshop on Science of Learning at Dadar on 21st June 2026

First half day Workshop on Science of learning was organised at Ash Lane School Dadar. The program was organised by DSPPL and Rashmi Ambukar acted as main coordinator. 15 students and their parents attended this workshop. The program was designed to have this 2 session half day workshop for Students in 10th and 12th standard or pursuing graduation along with their parents.



DSPPL Events

Pranjal Joshi conducted these sessions which included Principles of learning, process of learning and practical applications for the benefit of students. Study notes were also provided to students and parents. Session also provided insights on Mind and simple techniques for training the mind.

All the participants thanked DSPPL for organising this workshop.



Reiki Seminar for STRONG students

On 20th and 21st June , first degree Reiki Seminar was organised specifically for STRONG program students of DSPPL.

It was organised at Dadar at Dr Kamat's residence and was attended by 19 participants.

Krupa Choksi, Founder Director of DSPPL and Reiki Teacher conducted this Seminar.

Everyone expressed satisfaction and thanked Reiki Vidya Niketan for this wonderful initiative.



DSPPL Events

Yog for happy and healthy Life

15 days Online Yog Shibir was organised by DSPPL from 14th June to 28th June 2026. Our seasoned faculty Ajitha Soman guided all the participants.

Shibir included Sukshma Kriya, Asanas, Pranayam and Meditation. The objectives of the shibir is to empower participants for Releasing Stress & Anxiety, Improve Flexibility, Reduce Aches and Pains, Relaxation, achieving Mental Peace & Balance, Improve Sleep as well as Digestion, Boost Immunity and Develop Self Awareness & Confidence

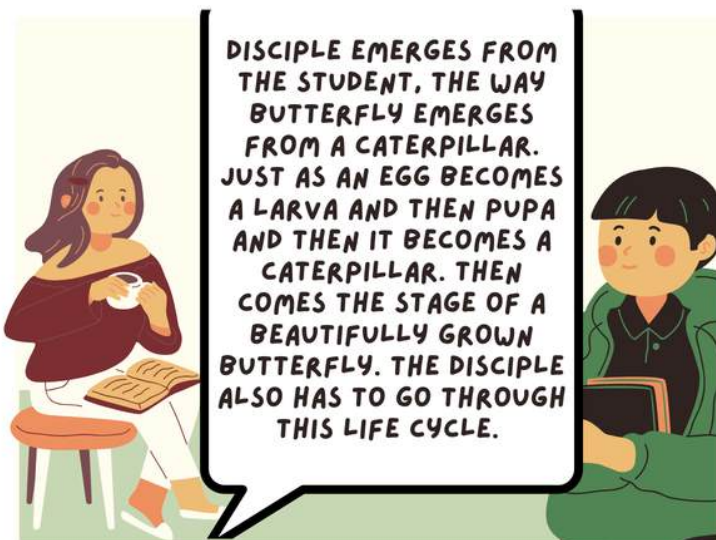
The program helped participants in overall well-being and harmony



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.



DSPPL

Not good
at Math...

Excellence IS BUILT, NOT BORN.

RAVI'S JOURNEY



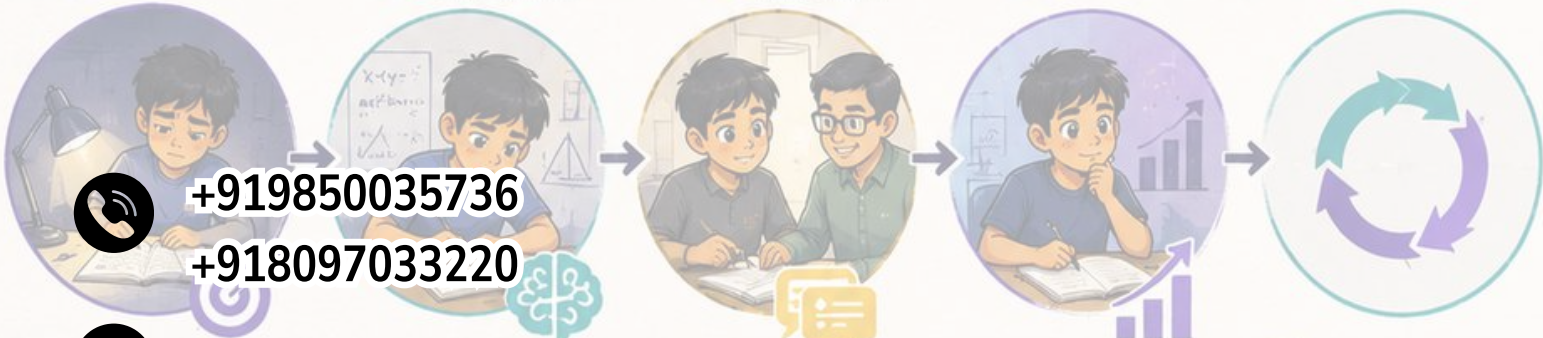
5 STEPS OF DELIBERATE PRACTICE

1 FOCUS

2 PRACTICE
ON PURPOSE3 GET
FEEDBACK

4 IMPROVE

5 REPEAT



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