



Tapasya

Without Metacognition...

"I am bad at science..."

With Metacognition...

- I didn't revise properly...
- What can I do differently?
- Next time I'll practice more questions!

METACOGNITION

THE POWER OF "THINKING ABOUT THINKING"

- Learn from Mistakes
- Improve Strategies
- Get Better Results!



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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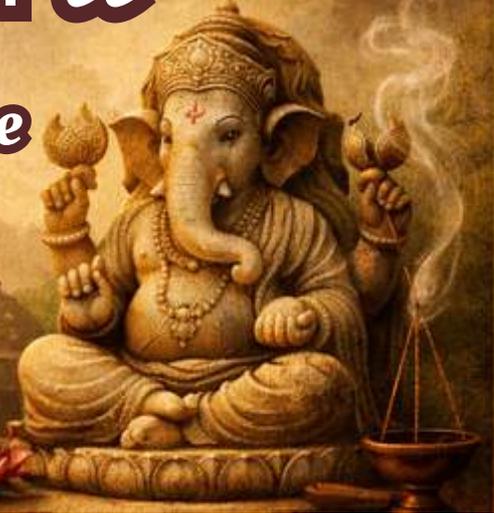
Ajit Telang Sir - Our Inspiration!



॥ सुभाषित बोध ॥

- Vinaya Deo, Pune

DSPPL



**यस्य नास्ति स्वयं प्रज्ञा शास्त्रं तस्य करोति किम्?
लोचनाभ्यां विहीनस्य दर्पणः किं करिष्यति?**

अन्वय - यस्य स्वयं प्रज्ञा नास्ति तस्य शास्त्रं किम् करोति ? लोचनाभ्यां विहीनस्य दर्पणः किं करिष्यति?

अर्थ - जिसे स्वयंप्रज्ञा (आकलन क्षमता / grasping power) नहीं है, शास्त्र उसकी सहायता कैसे कर सकते हैं? जैसे नेत्रहीन / अंधे आदमी को दर्पण से क्या लाभ हो सकता है ?

भावार्थ - इस सुभाषित में कवि बताता है कि किसी भी कला, विद्या ग्रहण करने के लिए केवल साधन काम नहीं आते। उस व्यक्ति की स्वयं क्षमता ही सबसे पहले आवश्यक है। बाद में साधन या उपदेश काम कर सकते हैं। जैसे कि थाली में पूरा भोजन है, लेकिन कैसे खाना ? ये अगर मालूम नहीं तो बच्चा खा नहीं सकता। कटोरी में स्वादिष्ट सूप है, मगर उसमें डूबा चम्मच सूप का स्वाद नहीं समझ सकता। क्योंकि उस चम्मच में स्वाद ग्रहण करने की क्षमता ही नहीं है। वो तो सिर्फ माध्यम है, स्वाद की क्षमता तो भोजन करनेवाले के (यानि मनुष्य) के पास है।

बोधकथा - एक दिन शंकर महाराज के पास एक विषयी आदमी आया। उसने महाराज से पूछा, "महाराज मैं सुखी आदमी कब बनूंगा?"

वो भक्त नहीं था, अपना कुछ फायदा हो इसलिए शंकर महाराज के पास आया था। शंकर महाराज ने ये तुरंत पहचाना और मुस्कुराते हुए उसे जवाब दिया - " 'मैं' मरने के बाद..."

वो बहुत खुश हुआ ! उसे लगा एक न एक दिन मैं सुखी हो जाऊँगा, मुझे धन मिलेगा। मैं भोग कर सुख पाऊँगा। उसकी सोच ही कम थी। वो अबोधक दुबला था। महाराज के वचनों को वो नहीं समझ सका। महाराज के मृत्यु का इंतजार करता रहा।

अब थोड़ा समय गया। उसे न धन मिला न मान, न सुख। क्यों कि उसका सुख विषयों में था। अब चिंतित हो के वो फिर महाराज के पास आया। उसने महाराज से फिर पूछा "अभी तक मैं सुखी न हुआ। कब सुख मिलेगा?"





Continued...

महाराज फिर से बोले - “ ‘मैं’ मरने के बाद...”

उस मुखर्ष ने धैर्य से मन की बात स्वीकार की और पूछा, “वही मैं पूछ रहा हूँ। आप कब मरनेवाले हैं? याने देहत्याग करने वाले हैं?”

श्री महाराज ने पूछा, “मेरे मरने से तुम्हें क्या लाभ?”

लोभी ने तुरंत बताया, “आपने ही कहा ना, “मैं” मरने से तू सुखी हो जायेगा।”

महाराज हँसकर बोले — “पगले ! वो “मैं” मैं नहीं। तुममें स्थित अहंकार के मरने के बाद तू सुखी होगा। ऐसा मतलब है।

देखिए — गुरुकृपा, शास्त्राध्ययन करने से आदमी सुखी नहीं होता जबतक खुद की प्रज्ञा काम नहीं करती। श्री बिडकर महाराज कहते थे केवल “गुरुदीक्षा” काम नहीं करेगी। बिना स्वयं प्रयास, चिंतन, साधना और स्वयं की प्रज्ञा ये सब मिलेंगे तो फिर काम बनेगा, तब तक कुछ नहीं होगा !

Vinaya Deo, Pune

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Uncanny Nexus - A journey beyond

DSPPL

Volume 2: Echoes of the Unknown

Conflicting Revelations - Part 2 of 2

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

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

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

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

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

PREVIOUSLY, AT SHOKA UNIVERSITY, JAPAN—

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

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

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

Exploration became the first rite.

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



Uncanny Nexus - A journey beyond

Volume 2: Echoes of the Unknown

Contd...

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

This statement fuelled further disagreement within the group, as members began to debate the virtues of compassion versus the necessity of victory. Voices rose, opinions clashed, and the room buzzed with tension.

Aidan attempting to mediate, said, "We need to complete our research as a team. It's okay to have different perspectives, but let's not forget our shared goal. Our research will be stronger if we embrace these diverse viewpoints."

Rahul, still feeling the sting of Tairitsu's comment, muttered, "Some things are just too important to compromise on."

Maya, trying to keep the peace, said, "Let's take a break and cool down. We can revisit this discussion with clearer minds." The group reluctantly agreed, but the tension remained palpable. As they dispersed, each member was left to ponder their own beliefs and the ongoing conflict within the team.

Ari, Asanyeo, Aidan, Maya, Rahul, Kouki, Kouji, and Konrad discussed, in low voices, amongst themselves in further about Barbaric and decided to include it in the research.

Kouji looking at Rahul, "So, you are saying that after the war was over there was a debate between the Pandavas as to who killed most of the warriors?"

Rahul smiles and pats him on his shoulder, "Yes indeed"

Aidan curiously asks, "What happened then? Did Lord Krishna intervene?"

Rahul now looking at Aidan says, "As usual whenever Pandavas faced dilemma or argued they used to ask Lord Krishna for answer. So, they went to the Lord Krishna and asked whether who amongst them killed most of the warriors? Lord Krishna then mentioned that since he was in the warfield with them, he was not in the position to judge. They should ask Barbaric who was observing the war from distance. Pandavas agreed and Krishna took them to the place where Barbaric's head was kept."





Contd...

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

Asanyeo, intrigued, "What did Barbaric say?"

Rahul continued speaking, "Barbaric smiled, looked at Krishna and then back at those 5 Pandavas before answering, "I don't know what you are talking about. Krishna was the only one there. He was the killer, defender and the one who got killed. All I could see was Lord Krishna's Sudarshan and Draupadi's veil moving all over the war of Kurukshetra." Rahul paused, sinking in the weight of Barbaric's revelation and resumed his sentence, "The profound truth of Krishna's Omnipresence had left the Pandavas awestruck. While Krishna serenely smiled and blessed him, declaring, 'From this day, you will be revered as Khatu Shyam. All those who worship you will receive my grace.'"

Kauki and Konrad both were so fascinated with this story that they decided to add it to their research.

Days passed by, and soon it was Thursday, 29th July the date to submit their research papers. As the deadline approached, both Team Yuyutsu (युयुत्सु) and Group अनंत (Anant) diligently submitted their research papers.

During the presentation, the team's cohesive delivery and structured arguments impressed the professors. They demonstrated how forgotten historical accounts aligned with their findings, adding authenticity and credibility to their research. The panel recognized the significance of this approach, as it bridged the gap between legend and historical reality.

As Wednesday, 4th August, the day of first term results arrived, the air seemed to be thickened with anticipation as the professors handed out the results. Ensemble अनंत (Anant) sat with bated breath, their hearts pounding in unison, while Group Yuyutsu (युयुत्सु) exchanged quiet whispers, their eyes fixed on the papers. Professor Kobayashi declared that Clique Yuyutsu (युयुत्सु) and Team अनंत (Anant) had passed with flying colours. However, he specifically mentioned "Group Anant's paper stood out remarkably, since their ability to present their findings in unison showcased their seamless teamwork and depth of understanding."



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

As the professor paused Ari, Asanyeo, Aidan exchanged uneasy glances with Yokkyū, Anstrich and Tairitsu. Aidan, Ari and Asanyeo felt like only if Tairitsu, Yokkyū and Anstrich could have cooperated a bit they would have received the first position.

Prof. Kobayashi then mentioned, “Though I personally appreciate Group Yuyutsu (युयुत्सु)’s thorough work on Mahabharata, according to our panel, Group (अनंत) Anant’s research serves as groundbreaking approach. That earns them additional praise for connecting mythological texts to real-world discoveries. Their ability to blend ancient wisdom with modern verification methods made their paper one of the most celebrated submissions of the term.”

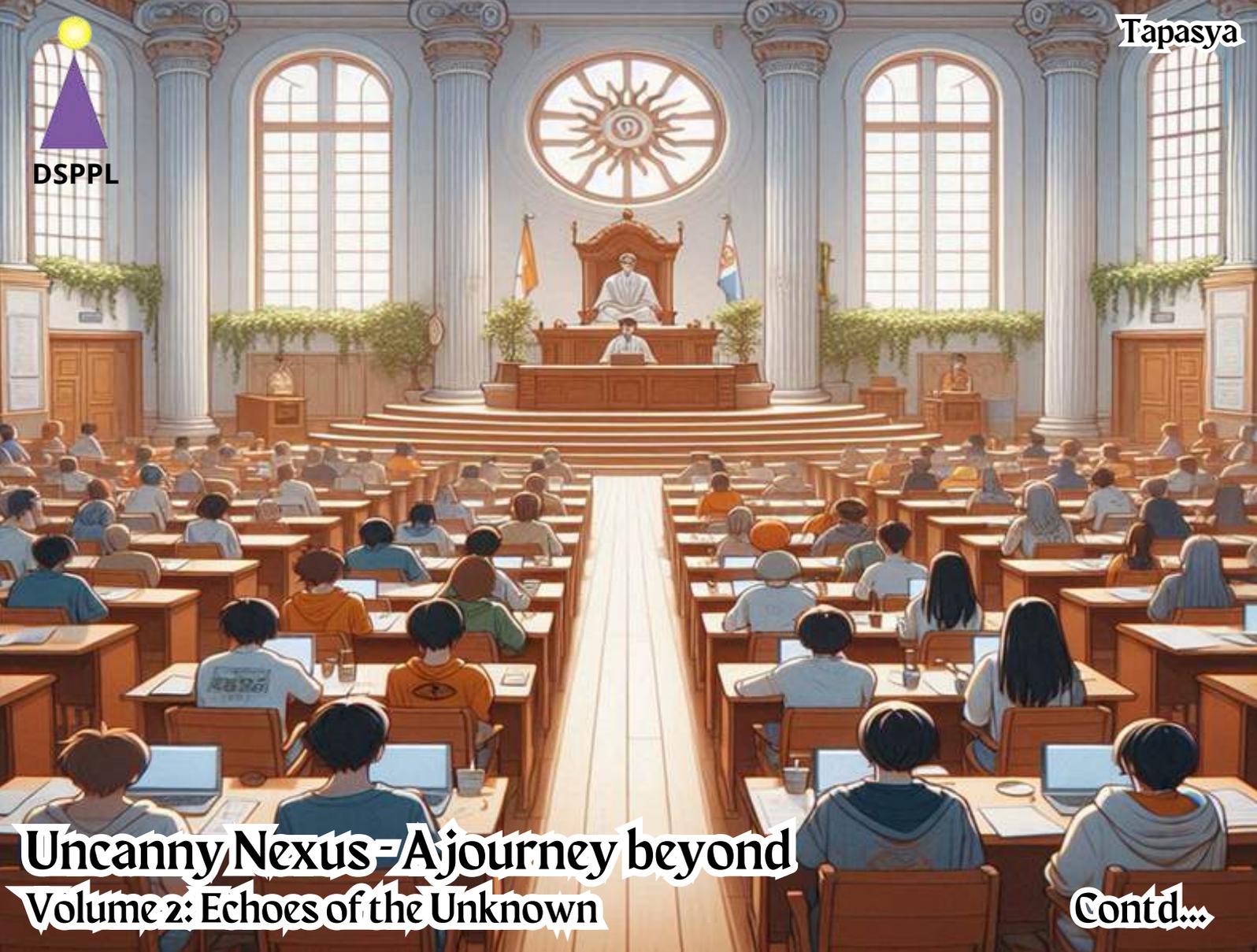
The members of Team Yatharth – Jian Wei, Ethan Stone, Liam O'Connell, Gauri Sharma, Xue Mei, Smith Brookfield, Ishita Pathak, Sora Tanaka, Akihiro Ishikawa, Akshat Oza, Manish Yadav, Ren Saitō and Sopheap Chanthou – looked disappointed at themselves for not been able to score great like Group Yuyutsu or Anant.

Meanwhile, the Professor continues with a slight smile on his face, “What truly distinguished their research was their incorporation of untold stories backed by historical evidence discovered in 2012. Rather than simply recounting traditional interpretations, they brought fresh perspectives, intertwining modern discoveries with ancient texts. Their paper not only detailed the core themes and complexities of the Ramayana but also addressed discrepancies and lesser-known narratives that had been verified through archaeological and historical studies. I would say simply Marvellous!”

Thrilled with their achievement, Ensemble अनंत (Anant) decides to celebrate their success, while Team Yuyutsu (युयुत्सु) feels disheartened as they couldn’t make their first impression as dominating as they expected. Tairitsu, feeling the sting of coming second to Group अनंत (Anant), clenched his fists, frustration brewing beneath his quiet resolve. ‘This can’t happen! I have to find a way to get to the top.’ He barely registered Professor Kobayashi’s next words, but they hung in the air, undeniable.

“Group अनंत (Anant) has not only showcased exceptional teamwork,” the professor said, his smile widening, “but they’ve also redefined the boundaries of research. Your ability to connect the past with the present has left a lasting impression.”





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

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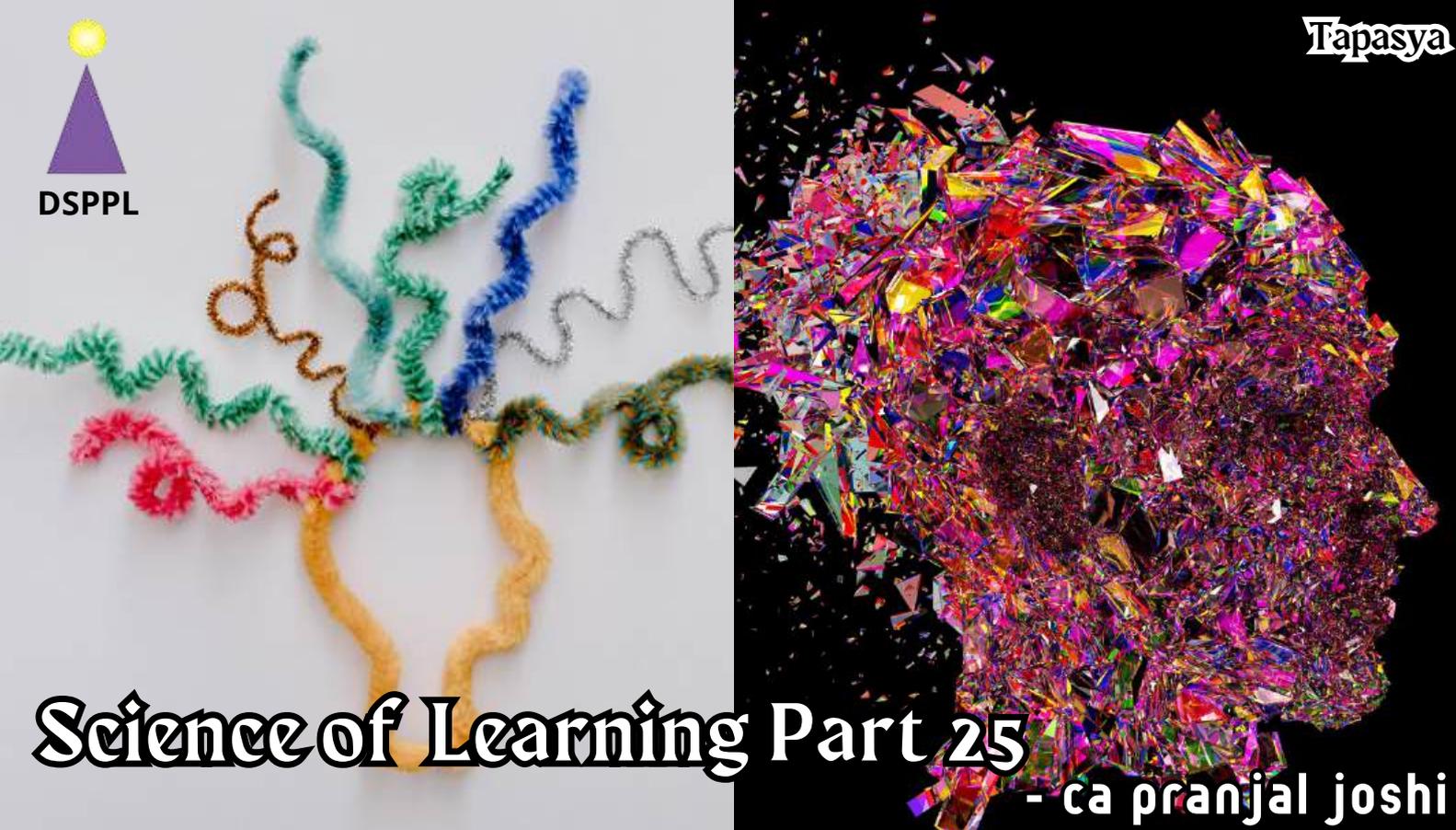
As the summer break officially commenced, the initial excitement of Ensemble अनंत (Anant) morphed into discussions about how to mark their victory. Yuki, Aniya, Dhairya, Haruka and Hyeon excitedly suggested a nearby vacation, envisioning days of relaxation and shared laughter away from campus. While Ved, Avenlee, Daiki and Hiroshi felt a strong yearning to return home, eager to bask in the pride of their families and celebrate their hard-earned success in familiar surroundings. The question hung in the air: would their celebration unfold under a new sky or the comforting embrace of home?



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Science of Learning Part 25

- ca pranjal joshi

The Flickering Mind and the Focused Mind

Recently, we conducted Science of Learning session at two Vadodara Schools for Standard 9 and Standard 11 students. During the session, we performed two simple exercises with the students to experience and observe, the nature and power of the mind.

Exercise 1 - The Flickering Nature of the Mind

In this, the students were asked to close their eyes for one minute and silently count the number of thoughts that arose in their minds. That was all. No further instructions were given. But after one minute, the responses were revealing -

- Many students reported more than 20 thoughts.
- Some reported fewer.
- A few lost count altogether.

Then came a reflective question, “How many of those thoughts were about your exams or career?” and the answer was more interesting - almost none.

This was a powerful moment. Students preparing for board exams, competitive tests, and future careers did not have even a single spontaneous thought about them in one quiet minute.

We also discussed research suggesting that the human mind can generate dozens of thoughts per minute. Some studies estimate the number to be far higher than we imagine. It is about 40 to 50 thoughts per minute. The key insight is clear that the mind is constantly active. It flickers from one thought to another like a restless flame.

Learning 1 - The Mind is Naturally Restless - The first conclusion was simple.

If our mind keeps jumping from thought to thought, without direction, how can it automatically move toward focused academic action?





Science of Learning Part 25

..continued

Just wanting success is not enough. The mind does not naturally stay where we want it to stay.

Exercise 2 - The Power of Directed Attention

In this, the students were again asked to close their eyes. But this time, there was a difference. They were guided to observe their breathing, Feel the air entering and leaving, Listen to structured instructions and Gently bring attention back whenever it wandered.

This continued for three and a half minutes, three times longer than the first activity.

When they opened their eyes, the same question was asked: "How many thoughts did you count this time?" No one remembered. Does that mean no thoughts arose? Certainly not. Thoughts always arise. That is the nature of the mind.

But this time, something else happened. Attention was directed to breathing and to guided instruction. The mind was occupied with a single object. Other thoughts may have come, but they were not entertained. And most interestingly, many students said they did not realize that 3.5 minutes had passed. In the first exercise, one minute felt long. In the second, time disappeared.

Learning 2 - The Mind Can Be Directed - This is the power of the mind. Not the absence of thoughts, but the ability to choose what to focus on. When attention is trained then time feels shorter, distractions are reduced, engagement increases and the inner noise becomes softer.

From Restlessness to Mastery

In traditional Indian philosophy, there is a concept called Pratyahara, the ability to withdraw attention from distractions and direct it inward. Interestingly, today's generation, is blessed with this state naturally.

The issue is not capability. The issue is training. Even the modern neuroscience now suggests that the attention is like a muscle. What we repeatedly focus on becomes stronger.

This directly connects to the core of our Science of Learning methodology (Activity builds our habit, Habits lead to the Character and the Character makes our Nature)-

- 1.Activity** – Practicing focused breathing. **2.Habit** – Developing regular attention control.
- 3.Character** – Becoming disciplined and self-aware. **4.Nature** – Transforming into a focused, calm learner.



FOCUS

Science of Learning Part 25

..continued

Implications for Students, Parents, and Teachers

For Students - Success does not begin with more study hours. It begins with better quality of attention. Starting with 3–5 minutes of daily focused breathing, increasing it to the 15 minutes daily (match it with your age) One can train the mind to stay longer on textbooks, problem-solving, and revision.

For Parents - Instead of only asking, “How many hours did you study?”, ask, “How focused were you during that time?” Attention matters more than duration.

For Teachers - Before expecting deep concentration, we must teach students how to concentrate. Short guided attention exercises can dramatically improve classroom engagement.

The first experiment showed the flickering nature of the mind. The second revealed its extraordinary power. The mind is not the enemy of learning. An untrained mind is.

When one understand this, not just theoretically, but experientially, one can take the first real step toward academic excellence. We all need to understand that the Science of Learning is not just about memory techniques or study strategies. It begins with mastering the instrument through which all learning happens, the mind itself.

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.



HUMILITY

Our Attitude decides our Altitude ***Importance of virtue of Humility***

- Krupa Choksi

Humility is one of the best virtues one should possess. Humility means the quality of not thinking that you are better than other people. Many times name, fame and success in life brings lot of ego and thus we start thinking that we are different from others. We are better in comparison of others. Somewhere we feel that we know better. Many times if we are in a higher position, we feel others are no good. This is because of ego of superiority.

But it is seen that all the avataars viz, Lord, Rama, Lord Krishna, Lord Ganesha, Lord Buddha etc. had lot of humility. Great people nurture this quality.

In the Bhagavad Gita, humility is not viewed as a sign of weakness or low self-esteem, but as the foundational quality for true knowledge and spiritual growth.

अमानित्वमदम्भित्वमहिंसा क्षान्तिरार्जवम् /
आचार्योपासनं शौचं स्थैर्यमात्मविनिग्रहः ॥ 13.8 ॥

Lord Krishna defines true knowledge not as data or facts, but as a series of internal character traits and virtues that allow a seeker to transcend the material world. Foremost among them is Amānitvam (Humility): Freedom from the desire for honour and the superiority complex towards others.

If you look at the name of our series of article, it is same viz. Our attitude decides our altitude. The degree of humbleness decides the quality and height of person.

Recently, I read one story on internet which I would like to narrate to you all.

One day, a man was roaming around a kingdom and lost his way and started looking for someone to ask for directions. After looking for a while, he saw a person who was wearing government uniform. Man went to that official and asked him, "Sir, what is the way to a certain place, please tell me."



That person arrogantly replied, "Fool, don't you see, i am an officer, it is not my job to tell the way, go away and ask someone else."

Man asked politely, "Sir, if a government officer tells the way to a traveler, is there any harm in it? Anyway, I will ask someone else. But before I leave, at least tell me, what post do you hold?"

Officer angrily said, "Are you blind! can't you recognize me by my uniform?"

Man replied, "Perhaps a palace guard?" ; He said, "No, higher than that."

Man said, "Then are you a royal guard?" ; He said, "No, higher than that."

Man said, "Are you a commander?"

Officer said, "Now, you know who i am but tell me what you mean by asking so many questions and who you are?"

Man said, "I am also a government official." Listening to this, commander arrogance subsided a bit. He asked, "Are you a knight?" ; Man said, "No, higher than that."

Now, office started getting nervous and asked, "Are you a minister?"

Man said, "Brother! higher than that." ; Officer looked carefully and saw that it was King Vikramaditya standing in front of him.

Officer was shocked and fell at feet of King begging and apologizing, started asking for forgiveness for his such behaviour.

King said, "There is no need to apologize. true greatness comes with humility, while arrogance is often a sign of insecurity or a lower status. One who have achieved real power or wisdom do not need to boast or act arrogantly, while those who lack true greatness compensate by being prideful."

Hence, we all should first be a good human being having wonderful qualities like humility, patience, forgiveness, kindness, compassion, etc. etc. and then we should become something in life and soar great heights in the field that we have chosen.

Krupa Choksi, Rajkot

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



Thought for the Month

- Viivek, Vadodara

Voices & Noises

**Life comes along with a child in the form of a sound,
Initially, natural and some man-made noises are found.
Some soft and loud, both pleasant and unpleasant,
Anyone can hear them, for those ready and present.**

**Sounds from the vocal tract were put to use,
Talking, singing, laughing, crying and some abuse,
With screaming, yelling, shouting and humming
Came the unvoiced consonants, clicks, whistling and whispering.**

**As the body grew bigger, the range of noises chased,
Horns and traffic, banging and jarring, traced.
The fricatives of friction and the clicks of the button,
The plosives and oscillations of a baton.**

**Voices and their tones come to register,
A phonatory process, a certain vocal timbre.
A singer would use resonance to create a sound/better,
Or the sensitivity towards vibration, a mind clear and clever.**



Viivek, Vadodara

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



Industry Inspirations

Interview with

Mr. Rajesh Khanna

**MBA, more than 25 years in
professional industry**



Welcome Mr. Rajesh Khanna sir and very happy to have your interview for this Month for our DSPPL newsletter

A: I am living in Delhi. I was living an ordinary life with usual twists and turns of life till I came to know about Reiki while living in Rajkot through my brother-in-law. As fate would have it, we enquired about Reiki while Guruji was present in Rajkot and taking a seminar. My wife, along with her father, attended the seminar, followed by me along with my parents, and life since 2001 is very different as my outlook towards life realities changed. I have been fortunate to take Reiki both the levels from Guruji in Rajkot.

Q: It is amazing to know that you had found the right direction from such a young age. Kindly share your professional journey with us.

A: I began my professional journey with C K Birla Group, Hyderabad Industries Ltd, followed by a stint in Cera Sanitarywares Ltd, Dabur, and Hindware Ltd.

Q: It was an upcoming industry in those years. It will be helpful if you can guide us on what qualification is required for this occupation — academic and experience.

A: I completed my MBA degree from BITs Mesra, preceded by B.Sc. in Physics (H).

Q: It is a prestigious institute to be part of. What were the pain areas or challenges of your profession?

A: Dealing with intense market competition and balancing internal office politics.

Q: Managing the competition in the field must have been a tough task. What you can say were the turning points and the learning times and the inspiring times of your journey so far?

A: My risk-taking ability of launching a greenfield project, reviving a sick company, and launching a new vertical in an established organisation.



Industry Inspirations contd...

Q: Taking risk needs courage, isn't it? Do you pursue spiritual practices? How have spiritual practices helped in your career?

A: Reiki has been my constant companion during my professional life, as it helped me immensely in navigating all kinds of situations in my corporate life. As everyone knows, corporate life is full of challenges and ups and downs. There were times when I used to get depressed and panicked, where Reiki practices helped in keeping calm and composure and sail through the situations with ease. I am a regular Reiki practitioner, TM, and Yog Nidra, which helps immensely in focusing on work.

You had already shared your interest in spiritual practices and meeting our beloved Guruji. Even after 25 years, practicing all the spiritual practices shows your dedication and devotion. Thank you for taking time out and writing for our newsletter.



प्यार का भंडारा - जयंती योगेश काटदरे

एक दिन गुरुजी अपने साधकों के साथ बैठकर हाल ही में हुए रेकि भंडारे के बारे में बातचीत कर रहे थे। वहाँ सुधा नाम की एक साधिका भी बैठी थी। वह सब सुनकर सोचने लगी कि ये सब लोग कितने नसीबवाले हैं। अगर मैं ऐसे कुछ करने के लिए बाहर जाना चाहूँ तो न मेरे घरवालों को यह बात पसंद आएगी, न मैं इतना वक्त निकाल पाऊँगी।

उसके मन में जब ये विचार चल रहे थे, तभी गुरुजी ने कहा, "रेकि का भंडारा तो एक दिन ही होता है, पर हम प्यार का भंडारा हर रोज खोल सकते हैं। जो भी आए, उससे प्यार से बात करें, उसे प्यार दें। पर क्या है न, समाज में गुस्से की दुकान खोलने वाले व्यापारी तो बहुत हैं, पर प्यार करने वाले और प्यार का भंडारा खोलने वाले साधक बहुत कम।"

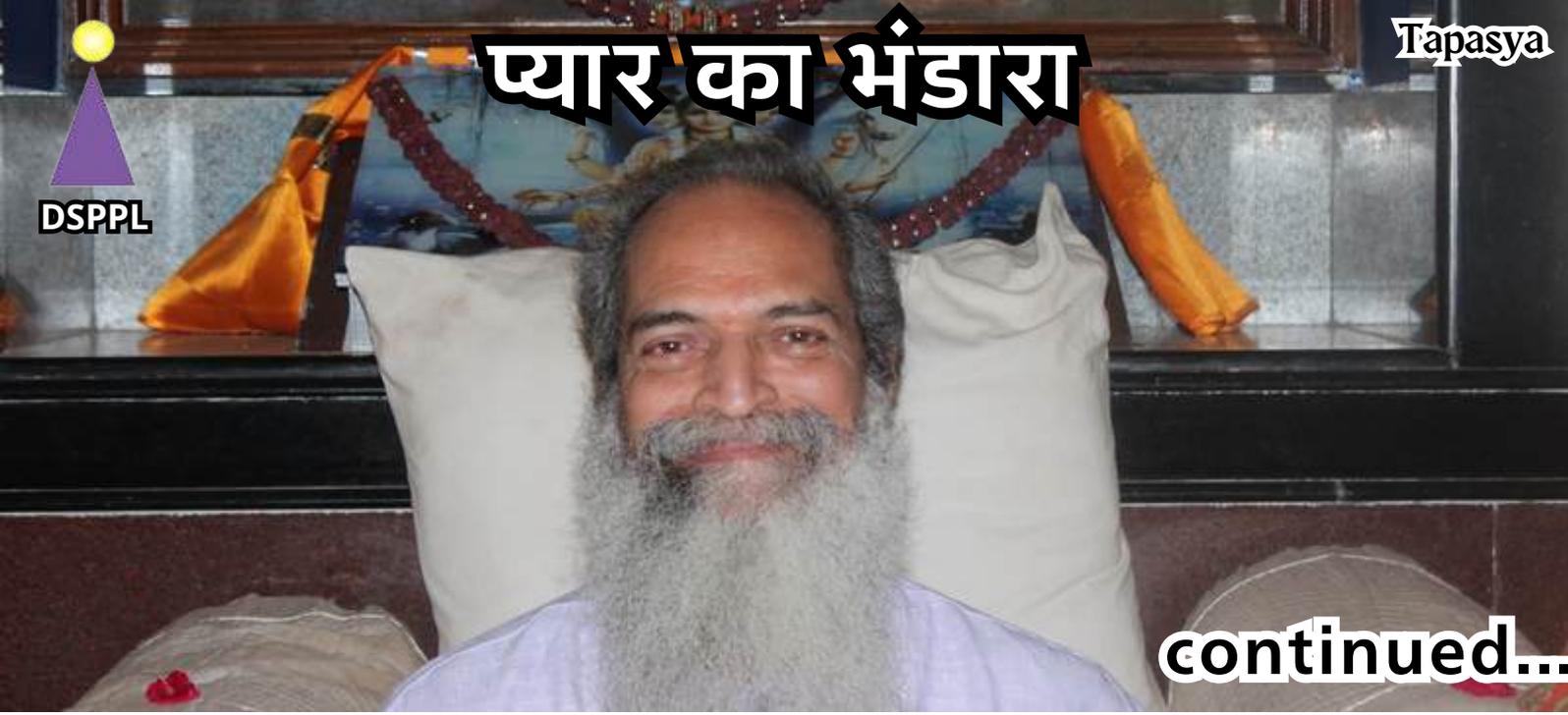
यह बात सुधा को उतनी सच्ची नहीं लगी। उसने गुरुजी से कहा, "गुरुजी, क्या सच में ऐसा हो सकता है? क्या हर वक्त शांति बनाकर हम अपने काम कर सकते हैं? मेरा तो अनुभव यह है कि शांति से अगर कुछ कहें, बोलें तो हमारे घरवाले भी नहीं सुनते। अब देखिए न, मेरे घर में मैं रोज कितना काम करती हूँ, खाना बनाती हूँ, पर फिर भी घरवाले कुछ न कुछ न्यूनता उसमें से निकालते ही हैं। या फिर ऐसा कुछ करते या बोलते हैं कि मुझे गुस्सा आ जाए। मुझे खाना बनाना उतना पसंद नहीं, फिर भी मैं सुबह से उठकर सबके लिए सब कुछ करती हूँ।"

गुरुजी ने कहा, "जिनके पास यह समझ नहीं है, अगर वे गलतियाँ करें तो अलग बात है, पर समझ आने के बावजूद भी अगर इंसान वही गलतियाँ करने लगे तो क्या करें? वह इंसान भी गुस्सा ही इस्तेमाल करने लगे तो क्या करें?" सुधा ने कहा, "गुरुजी, मैं समझी नहीं।"

गुरुजी ने पूछा, "मुझे बताओ, अगर कोई छोटा बच्चा है और उसे गणित नहीं आता है तो क्या करना चाहिए?"



प्यार का भंडारा

continued...

उस पर गुस्सा करना चाहिए या फिर उसे मारना चाहिए?"

सुधा ने कहा, "नहीं गुरुजी, उसे हमें प्यार से समझाना चाहिए।" गुरुजी ने कहा, "पर अगर बार-बार समझाने पर भी उसे समझ नहीं आ रहा है तो?"

सुधा ने कहा, "तो हमें ऐसा तरीका ढूँढना चाहिए जिससे वह बच्चा समझ पाए।"

गुरुजी ने कहा, "वाह! यही बात कभी-कभी बड़ों के साथ भी होती है। हम जो बात उन्हें समझाना चाहते हैं, वह वे नहीं समझ पाते, तो हमें ऐसा तरीका ढूँढना चाहिए जिससे वे समझ पाएं।"

सुधा ने पूछा, "तो क्या गुरुजी, आप ऐसा कुछ तरीका हमें बता सकते हैं जिससे यह हो पाए?"

गुरुजी ने कहा, "रेकि का मूल तत्व यही है। जिसे प्रॉब्लम्स हो रही हैं, वे उसके संस्कार हैं। अगर वह व्यक्ति खुद पर काम करे तो परिस्थिति में अच्छे बदलाव जरूर दिखते हैं।"

सुधा ने कहा, "वही तो है न गुरुजी, मुझे भी नियमित तौर पर अपनी साधना करनी है, पर घर-संसार की वजह से मुझे उतना वक्त ही नहीं मिल पा रहा है। और इसी सोच से मैं बहुत चिड़चिड़ी हो जाती हूँ।"

गुरुजी ने कहा, "तुम्हें क्या लगता है, साधना यानी क्या है? सिर्फ एक जगह पर बैठकर ध्यान करना, या फिर जाप करना, या फिर रेकि लेना? तुम अपने घर-संसार के बारे में बोल रही हो, तो इसकी शुरुआत किसने की है? तुमने ही तो यह जिम्मेदारी ली है न? पहले साधक को यह बात समझनी चाहिए कि वह जिस परिस्थिति में है, जिन लोगों के साथ है, या फिर जो घटना उसके साथ घटती रही है, वह सब उसके ही अस्तित्व का भाग है। अगर कोई भी साधक यह सब छोड़कर भागना चाहेगा तो वह भागकर भी अपनी साधना नहीं कर पाएगा। उसके अधूरे कर्म इस या उस रूप में उसके साथ ही आएंगे।"

सुधा ने पूछा, "तो गुरुजी, फिर कैसे स्वीकार करें इस सब को?"



प्यार का भंडारा

DSPPL



continued...

गुरुजी ने बताया, "अभी-अभी तुमने कहा कि तुम्हें खाना बनाना पसंद नहीं, फिर भी तुम घरवालों के लिए बनाती हो। जब बनाने वाला खुद ही ऐसी सोच लेकर या फिर ऐसी वृत्ति लेकर खाना बनाए तो खाने वाले तो पसंद करेंगे ही नहीं, क्योंकि खाने में हमारे विचार भी उतरते हैं। दूसरी बात, अगर तुम खाना बनाते वक्त यह सोचोगी कि यह सिर्फ खाना नहीं, मैं स्वामीजी का प्रसाद बना रही हूँ, तो हो गया न तुम्हारी सेवा भी और अच्छा सा खाना भी बन गया। यही तो बोल रहा हूँ, हम प्यार बाँटना ही भूलने लगे हैं। अगर प्यार से सोचो तो कुछ न कुछ अच्छे तरीके मिल ही जाते हैं।"

सुधा ने आगे कहा, "गुरुजी, हमें तो बचपन में किसी ने ऐसे नहीं सिखाया। हम तो ऐसे ही डाँट खा-खाकर ही बड़े हो गए हैं। तो हम प्यार का भंडारा कैसे खोलें?"

गुरुजी ने कहा, "वही तो। हमारा अपूर्ण भूतकाल हमारे वर्तमान को भी दूषित कर देता है। तुम्हारे अनुभवों से आई एक बाजू तो तुमने बता दी है, पर दूसरी बाजू मैं तुम्हें बता देता हूँ। जिस व्यक्ति के भूतकाल में कई सारे कटु अनुभव हैं, वह व्यक्ति ऐसे भी सोच सकती है कि उस कटुता को मैं किसी को भी नहीं देना चाहूँगी, क्योंकि उस कटुता से जो दुख होते हैं, वे मैंने सहे हैं। और तुम्हें क्या लगता है, तुम सही हो, तुम्हारे मन में उनके प्रति अच्छे भाव हैं, इसलिए तुम किसी पर भी गुस्सा कर सकती हो? क्या इसकी वजह से तुम्हारे कर्म नहीं बढ़ रहे हैं? क्या तुम्हें गुस्सा करने का लाइसेंस मिला है? व्यक्ति की साधना केवल ध्यान में बैठना, जाप करना या फिर स्तोत्र-पठन करना नहीं होता। साधना उसके पूरे व्यक्तित्व से दिखनी चाहिए।"





सर्वजन हिताय | सर्वजन सुखाय
WELFARE FOR ALL | HAPPINESS OF ALL

India Leads the Charge with "New Delhi Declaration on AI Impact"

- S Ramakrishnan (Thane)

The India AI Impact Summit 2026, held from February 16 to 20 at New Delhi's Bharat Mandapam, concluded this weekend as a landmark event in the global technological landscape. Touted as the world's largest AI gathering, the summit brought together heads of state, tech titans, and over 5 lakh participants to deliberate on a future where artificial intelligence serves as a tool for inclusive growth rather than a source of digital divide.

The "New Delhi Declaration": A Human-Centric Vision

The summit reached its crescendo with the adoption of the New Delhi Declaration on AI Impact. Endorsed by 88 countries and international organizations—including major economies like the U.S., China, and the U.K.—the declaration centers on the principle of "Sarvajan Hitaya, Sarvajan Sukhaya" (Welfare for All, Happiness for All).

Key pillars of the declaration include:

- Democratizing AI Resources: Ensuring affordable access to compute and foundational models.
- AI for Science and Social Empowerment: Leveraging AI for healthcare, sustainable agriculture, and education.
- Trusted and Secure AI: Building ethical frameworks to protect against misinformation and ensure data sovereignty.
- Strategic Milestones and Massive Investments
- The summit was not merely a forum for policy but a major economic driver. Union Minister Ashwini Vaishnaw announced that the event secured over \$250 billion in infrastructure-related investment pledges and \$20 billion in deep-tech venture commitments.





India also formally joined the Pax Silica, a flagship U.S.-led initiative focused on AI and supply chain security. This move signals India's intent to be a foundational partner in the global "Trusted AI" ecosystem.

Voices from the Global Tech Elite

The halls of Bharat Mandapam saw a "who's who" of the technology world. CEOs such as Sam Altman (OpenAI), Jensen Huang (NVIDIA), Sundar Pichai (Google), and Brad Smith (Microsoft) participated in high-level roundtables.

In a notable plenary session, French President Emmanuel Macron echoed India's call for digital sovereignty, asserting that "no country is bound to serve only as a market where foreign companies sell models and download citizens' data."

Looking Ahead

As the curtains fall on the 2026 summit, India has successfully positioned itself as the bridge between the Global North and South. By championing "Sovereign AI"—the development of domestic AI stacks rather than relying solely on foreign models—India is setting a new benchmark for how developing nations can navigate the intelligence revolution.

With the launch of initiatives like the Global AI Impact Commons and Menopause Clinics (a pioneering AI-driven healthcare move), the summit leaves behind a legacy of practical, human-centric innovation that seeks to ensure no one is left behind in the age of automation.

S Ramakrishnan, Thane

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



Article Series - School education for 21st century Skills and the holistic development of students - Part 03

-Dr. Nirav Thakkar,
Ahmedabad

continued from previous edition...

Project-Based Learning Methodology

1. **Identifying a Real Problem for the Project** - Select a broad, interesting, and real-life problem for the project. Example: “How can waste be managed effectively in our school?”
2. **Project Planning and Design** - Teachers and students together plan the following:
 - Learning objectives
 - Tools and resources required for research
 - Required time
 - Expected outcomes
3. **Research and Investigation** - Students will collect information related to the problem through the following sources:
 - Internet and books
 - Field trips and discussions with experts
 - Surveys and data collection
4. **Preparing the Project** - Students will develop different types of solutions:
 - Models and experiments
 - Reports and studies
 - Photographs, videos, and presentation of the report
5. **Collaborative Learning and Communication** - Students will learn by working in groups and helping one another. The teacher’s role will be only as a facilitator or guide.



Article Series - School education for 21st century Skills and the holistic development of students - Part 03


 Continued...

6. **Feedback and Evaluation** - Students and teachers will provide regular feedback. The teacher will guide them through opinions and suggestions and discuss necessary improvements.

7. **Presentation and Evaluation** - Students will present their projects before other students, teachers, or experts.

Assessment of Project-Based Learning

- **Formative Assessment:** During formative assessment, the teacher evaluates students at regular intervals. Throughout the process, students or student groups receive guidance through discussions among groups as well as from the teacher.
- **Summative Assessment:** After the completion of the project, it is evaluated. The assessment is based on the student's or group's creativity in solving the given problem, the research materials used during the process, and the quality of the presentation.

Effective Assessment Methods:

- **Rubrics** – Evaluation based on clearly defined criteria.
- **Portfolio** – A collection of documents and work completed during the project.
- **Self-Assessment and Peer Assessment** – Students evaluate their own work, and the project is also assessed by classmates. Students also evaluate the projects completed by their peers.

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 25 - “You are free to follow your religion, but you cannot force your religion on anyone else.”

Characters:

- Narrator
- Meera – 10 years old
- Riya, Kavya, Amaan, Zaid, Sara, Joseph – (Meera’s classmates)
- Aai (Mother) – warm, friendly, approachable
- Papa – calm, thoughtful
- Uncle – emotional
- Auntie – anxious
- Neighbor 1 & 2 – part of elder group

It is Ganapati Festival at Meera’s home. The house is filled with devotion, sweets, laughter. (Doorbell rings loudly. One by one, the children enter excitedly shouting “Ganapati Bappa Morya”. They stand in a zig-zag line for darshan, pushing playfully)

Riya: No pushing! I’m first in line!

Amaan: Your prayer list must be very long. Let me go first—I just want a passing mark in Maths!

Zaid: Same here... and maybe Science also! Let Sara go first. She’ll pray to become Ms. Xaviers 2025 and make us all famous.

Sara (with mock attitude): I’d rather pray to become School Head Girl and suspend all of you!

Joseph (gasping dramatically): Arre! Then someone please stop her from praying first!

(All burst out laughing and rush together toward the mandap.)

Aai (claps loudly): Hey! Hey! Ganpati Bappa wants discipline, not stampede!

(Aarti begins. All children stand peacefully. Some fold hands, some bow heads. They join the dining room as aai has lovingly cooked lunch for all as prasad)

(Aai is moving around the table serving hot food.)





Understanding Constitution Part 16 (Article 25)

Aai: Everyone hold your plates properly. Hot sabzi coming! (She serves the girls first.)

Amaan (whispering loudly to the boys): Arre, stop her! The girls are on diet, remember?

Zaid (very serious tone): Yes Aai! Girls who diet must not get sweets.

Joseph (nodding wisely): Correct! Especially modaks and kheer. Very dangerous for diets.

Riya (hands on hips): Oh really? Since when did you become diet doctors?

Sara: Next you'll say even air makes us fat!

Amaan (innocently): We are only thinking about your health... and our stomachs.

(All boys hold out their plates extra wide.)

Aai (laughing and tapping their heads): Wah! So much concern! Then you boys should also go on diet— too much jumping, too much talking, too much eating!

(She serves extra sweets to the girls.)

Zaid (shocked): Aai! This is injustice!

Joseph: This is very serious discrimination against boys!

Aai: Yes, and today the Girls' Diet Association is cancelled! (Girls cheer loudly.)

Girls Together: Three cheers for Aai!

Boys (acting defeated): Ganpati Bappa, please save us!

(Everyone bursts into laughter. Elders sit watching TV. Children are eating lunch. News volume is slightly loud so children can overhear.)

Anchor (Voice from TV): "Breaking News: Alleged cases have been reported where some young girls from the Hindu community are claimed to be trapped in the name of love and later forcefully converted. In other reports, certain Christian missionary groups are accused of converting poor and vulnerable people using money, jobs, and false promises of a better life. Authorities have stated that all such cases will be strictly investigated under the law, and no one has the right to forcefully convert anyone against their will."





Understanding Constitution Part 16 (Article 25)

Neighbour Uncle (angrily): The news says some Muslim boys are trapping Hindu girls in the name of love and later forcing them to convert. This is terrifying for parents!

Neighbour Aunty (emotionally): And in some places, Christian missionaries are converting poor people by offering money, jobs, and a better lifestyle. This is not service... this is pressure!

Neighbour Uncle: And what about our own people? Some corrupt Hindu leaders support such acts for votes and power. They remain silent when injustice happens!

(At the dining table, the children slowly stop eating. Their cheerful faces turn serious. They exchange uneasy glances. Silence falls. Aai sense the heaviness in the air and breaks the silence)

Aai (suddenly clapping her hands cheerfully): Arre! What happened to all my mushaks now? Just now you were fighting for modaks

Zaid (looks up slowly) : Are Muslims and Christians bad people?

Amaan (softly): They are talking about our religions...

Sara (confused): So... we are actually all different?

Joseph (sadly): Why does it suddenly feel so uncomfortable?

(The elders freeze. Papa, who is nearby, is suddenly alert. He looks at the children's faces and realises the impact of the discussion. He immediately walks toward them and sits at their level.)

Papa (calm but firm): Oh Zaid... I'm very glad you asked this. And I'm also sorry that our strong words made you feel this way.

No, my child. Muslims are not bad. Christians are not bad. Hindus are not bad.

Bad are only wrong actions done by some people—not the religion they belong to.

Every religion teaches love, kindness, prayer, and helping others.

But sometimes a few people choose the wrong path—and we must never judge an entire community because of them.

My dear children, our country has given us a very special protection through the Indian Constitution. It is called Article 25 Article 25 says that every citizen of India has the right to follow any religion freely.



THE CONSTITUTION OF INDIA

Understanding Constitution Part 16 (Article 25)

You may pray the way you like, believe the way you like, and live your faith peacefully. It also says that if a person truly feels from the heart that they want to accept another religion, they are free to do so—only by their own wish, without any pressure. But forcing someone to change their religion by using fear, money, threats, temptation, or power— that is wrong. That is called forceful conversion, and our law does not allow it.

That is why Article 25 protects every citizen— so that faith remains a matter of choice, not compulsion; of love, not fear; of understanding, not pressure.

Papa (smiling softly): Children, always remember this: You must respect every religion... and never allow anyone to force their belief on you or on others.

(Papa finishes speaking. The children slowly nod, absorbing the lesson. Aai smiles at them warmly.)

Amaan (laughing): Yes! No more serious faces! Modaks, here we come!

Joseph: This is the best lunch ever... festival, friends, and now a little wisdom too!

(Children eat joyfully. Aai smiles, serving more food. Light “Ganapati Bappa Morya” chants continue in the background.)

Kalpita Rakesh Vazhayil, Mumbai

A postgraduate in Inorganic Chemistry from Wilson College, has also completed a Postgraduate Diploma in Materials Management from IIMM and a Certificate Course in Foreign Trade. With over a decade of experience in logistics, her latest venture is Samruddhi Niryat, which aims at promoting health and sustainability through millets. A theater enthusiast who thrives on exploring and learning new fields.



रामायण कथा: चलो राम सिद्धाश्रम के ओर

DSPPL

- भाग्यश्री पुरोहित

पुराने रीतीनुसार चारो पुत्र विवाह योग्य हो गए। पंधराह सोलाह साल के इन तेजस्वी राजपुत्रोंके विवाहसंबंधी दशरथ राजा और राजाके पुरोहित इन में चर्चा होने लगी। उस समय ऋषी विश्वामित्र राजा से भेट करने हेतू वह उपस्थित हो गए। राजा दशरथने विश्वामित्रजी का बडे हर्षसे स्वागत किया। उनका पाद्यपूजन करके उन्हे सुयोग्य आसन पर बिठाया और विनयपूर्वक आने का कारण पुछा। आपकि जो भी आज्ञा होगी वह पुरी कि जाएगी ऐसा आश्वासन भी दिया। ‘आप जो भी मांगोगे वो मै अवश्य दुंगा’ ऐसा वचन भी दिया।

राजाने किये आदरातिथ्यसे और उसने दिये वचनसे विश्वामित्रजी प्रसन्न हो गए। वह बोले, “राजन, मै एक अनुष्ठान कर रहा हुं। दो राक्षस मुझे वह अनुष्ठान पूर्ण करने नही दे रहे है। हरबार अनुष्ठान समाप्तीके समयपर यह रूप बदलनेवाले राक्षस आकर यज्ञवेदीपर रक्त और मांस फैलाते है। अतः सातत्यसे मेरे व्रत में विघ्न आ रहे है। अतः हे राजन, तू मुझे तेरा राम केवल दस दिनोंके लिये दे दो। तेरा राम उनका अंत करनेमें सामर्थ्य रखता है।”

विश्वामित्रजी कि यह बात सुनकर राजा चिंतीत हुवा। रामसे होने वाले विरह के केवल विचार से हि वह दुःखी हो गया। दशरथने विश्वामित्रजी से पुछा, “ब्रह्मन, कौन है वह दो राक्षस? मुझे बताइये।”

विश्वामित्रजी बोले, “ऋषी पुलस्त्य का पोता राक्षसराज रावण जो महाबलाढ्य है। वह दैत्योंके साथ सज्जन लोगोंका छल करता है। उसके आज्ञासेहि यह दो राक्षस हमारे यज्ञ में व्यत्यय बन रहे है। उन दोनो के नाम है, मारीच और सुबाहु।”

विश्वामित्रजीका कथन सुनकर राजा और भी चिंताक्रांत हो गया। मारीच और सुबाहु से युध्द का मतलब साक्षात रावणसे वैर। दशरथ राजा बोला, “मारीच और सुबाहु तो सुंद और उपसुंद दैत्योंके पुत्र है। वह तो बहुत भयंकर है। मेरा राम उनसे युद्ध कैसे कर सकेगा? उसने तो अभीतक युद्धकलामें पूर्णतासे कौशल्य भी प्राप्त नही किया है। वैसे भी रावण से वैर हुवा तो मै स्वयं भी मेरे पुत्र और पुरे सैन्य को लेकर भी रावण से युद्ध करने मे





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अक्षम हूं। फिर भी राम के स्थान पर मैं स्वयं मेरा पुरा सैन्य लेकर आप के साथ आता हूं। उन राक्षसोंको रोकने के लिये मैं जी जान से युद्ध करूंगा। मगर राम को मत लेके जाओ। उसका विरह मैं सहने नहीं कर पाऊंगा।”

दशरथ का कथन सुन कर विश्वामित्रजी अति क्रोधीत हो गए। ‘विश्वामित्रजी के आज्ञा का पालन किया जाएगा’ दशरथ के इस वचन का स्मरण उन्होंने दशरथ को करवाया। रघुकुल कि प्रत्येक व्यक्ति आज तक दिये हुवे अपने वाचानोंका पलन करती आई है। मगर दशरथ आज अपने कर्तव्यपूर्ती करनेमें असमर्थ है। ऐसे बोल कर राजा को जागृत करने कि कोशिश कि।

विश्वामित्रजी बोले, “मैं मांगुंगा वह तुम मुझे दोगे यह वचन तू पुत्रप्रेममें आके तोड रहा है। यह बात अयोग्य है।”

विश्वामित्रजीको क्रोधीत होता देख वसिष्ठजी ने राजा को समझाया कि, राम को दस दिनोंके लिये विश्वामित्रजी के साथ दिया तो उसमे राम का हि कल्याण है। क्योंकि राम विश्वामित्रजी से अनेक हितकारक ज्ञान सिख कर आएगा। पुरे विश्वमें किसीको भी ज्ञात नहीं है ऐसी अस्त्र, शस्त्र का ज्ञान उनके पास है। वैसे देखे तो विश्वामित्रजी उन दो राक्षसोंका अंत करने में समर्थ है। मगर दो राक्षसोंका निमित्त बनाके विश्वामित्रजी राम का कल्याण करना चाहते है। विश्वामित्रजी साथ हो तो राम पुरी तरह से सुरक्षित रहेगा। विश्वामित्रजी के सामर्थ्य पर विश्वास रखने को राजा से कहा।

वसिष्ठजी बोले, “राजन, एकबार दिया हुवा वचन तोडना रघुकुल को शोभा नहीं देता। ऋषी विश्वामित्र कि तपशाचार्या और बल का मुझे जितना परिचय है उतना और किसीको नाही। विश्वामित्रजी भूतकाल और भविष्यकाल का भी ज्ञान रखते है। राम कि क्षमता जानते है। राक्षसोंके संहारके लिये आवश्यक सिख देकर विश्वामित्रजी राम को अच्छी तरह से तैयार करेंगे। आप राम कि थोडी भी चिंता मत किजीए। पुरे विश्वास के साथ राम को उनके साथ भेजीये। उसमे ही राम का कल्याण है।”





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वसिष्ठ जी के कथन से राजा दशरथ प्रसन्न हो गया। उसके मनसे भय नष्ट हुआ। बड़े आनंद से राजा ने राम को विश्वामित्रजी के साथ भेजने की तैयारी शुरू की। राम के साथ उसकी छाया बना लक्ष्मण को भी राम के साथ भेजने की योजना बनाई गई। राम और लक्ष्मण के इस सुमंगल यात्रा के लिये आवश्यक सारी मंगल कार्य करके राम और लक्ष्मण को राजा और परिवार ने प्रसन्नतासे विदा किया।

अपने गुरु हमें जो कार्य देते हैं वह कार्य करने में हमारा ही कल्याण होता है। जैसे विश्वामित्रजी ने दिये कार्य में राम और लक्ष्मण का कल्याण था। इस कार्य में उन्होंने राम लक्ष्मण को अनेक अस्त्र और शस्त्र सिखाए। हमारा कल्याण करने के लिये ही गुरु कुछ निमित्त खोजते हैं। यह बात हमें जाननी चाहिये।

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 POWER YOU CANNOT SEE: THE STORY OF PRESSURE

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

Take a deep breath.

Did you know something invisible is pressing on you right now? It is **air pressure** — the silent force that makes life on Earth possible.

Living Under an Invisible Ocean

We live at the bottom of a huge ocean of air called the atmosphere. Air has weight, and because of that weight, it presses on everything. This is called atmospheric pressure.

But why don't we feel it? Because the pressure inside our body balances the pressure outside. When both are equal, we feel normal.

When Air Becomes Powerful 🥤

Air may look light, but it is strong. If the air inside a metal can is removed or cooled, the outside air pressure becomes stronger and crushes the can. This shows how powerful invisible air can be!

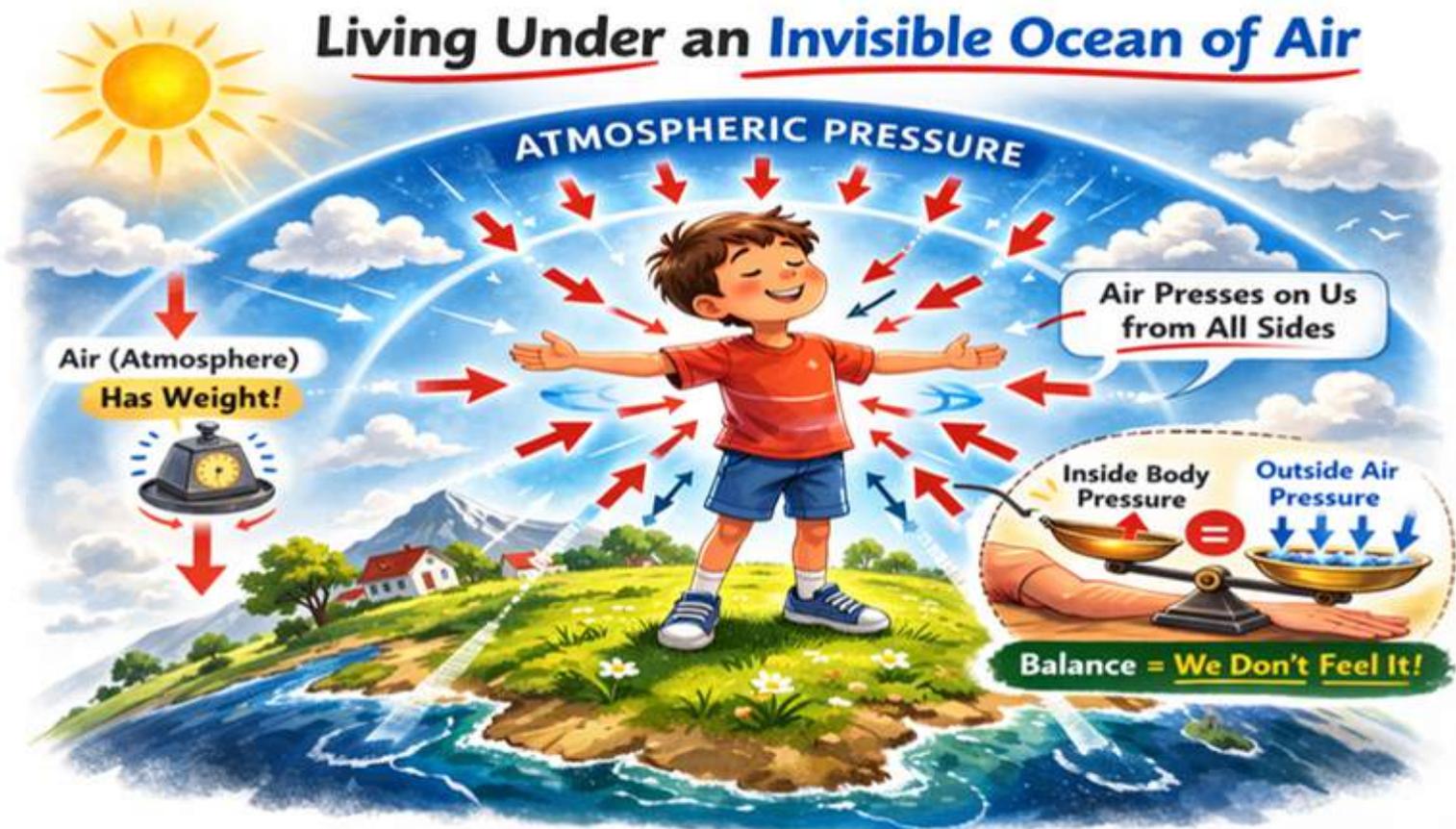
Pressure and Weather 🌤️

Weather changes happen because of pressure differences.

- Low pressure → Clouds and rain
- High pressure → Clear sky

Wind is simply air moving from high pressure to low pressure areas.

Living Under an Invisible Ocean of Air



Why Do Our Ears Pop in an Airplane? 💡

When an airplane rises or lands, air pressure changes quickly. Inside our ear is a thin membrane called the eardrum. If pressure outside and inside the ear is not equal, the eardrum cannot vibrate properly. This causes the “popping” feeling and temporary hearing difficulty. When you yawn or swallow, the pressure balances again.

Why Is Breathing Difficult on Mountains? 🏔️

At high mountains:

- Air pressure is low.
- Air becomes less dense.
- Each breath contains less oxygen.

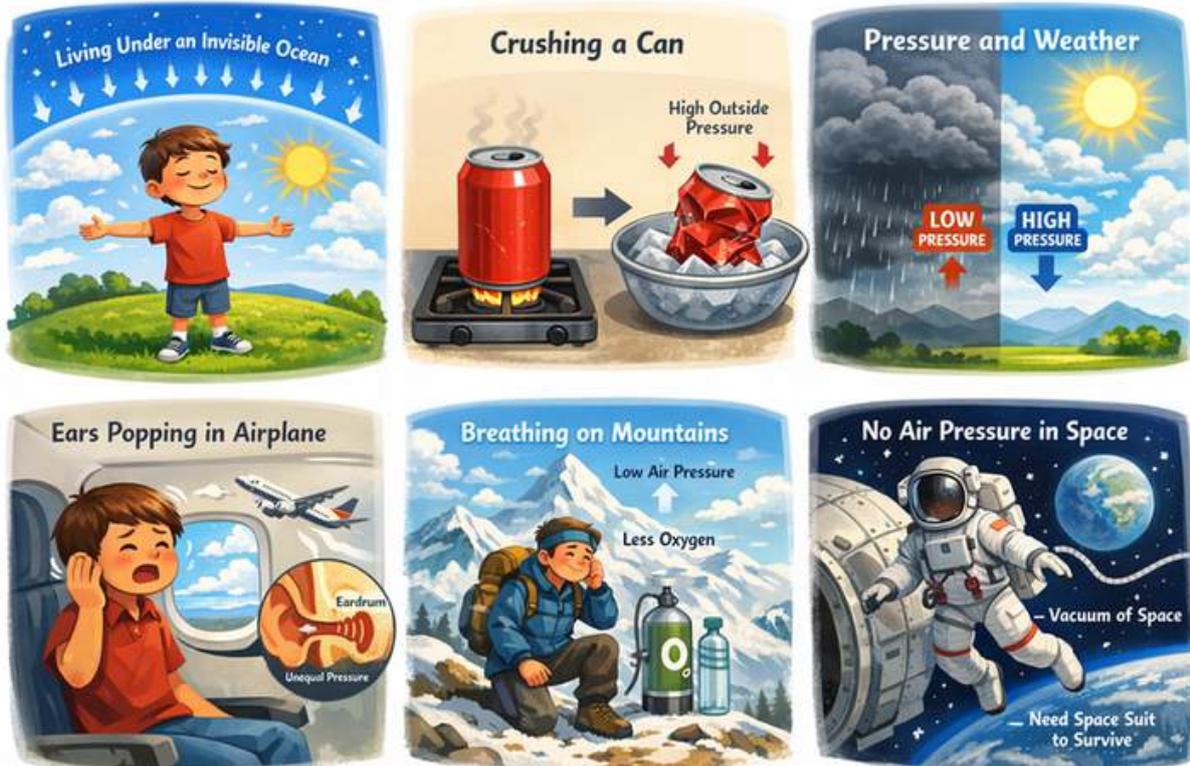
That is why people feel tired and climbers carry oxygen cylinders.

What If There Was No Air Pressure? 🚀

Without air pressure:

- We could not breathe.
- Sound would not travel.
- Life on Earth would not exist.

In space, there is almost no air pressure. That is why astronauts wear special suits to maintain proper pressure around their bodies.



Conclusion: Pressure is invisible, but it:

- Helps us breathe
- Controls the weather
- Affects our hearing
- Protects life on Earth

It is truly the power we cannot see — but cannot live without. 🌍🌟

Lt (Dr) Pankaj Kumar Sharma, Ahmedabad

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



Lt (Dr.) Duhita Lakhatariya, Ahmedabad

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



Unlock Your Voice

Part 04 - Speak with Expression

- Janani Manu, Bengaluru

Zik-Zak was a robot who lived in the center of Rainbow Town. He was helpful, kind, and amiable, but he had one small issue.

He said, "HELLO-I-AM-ZIK-ZAK-I-AM-HAPPY-TODAY."

No emotions. No cadence. No thrill.

He was asked to tell a story at the playground one day by the kids. The kids appeared perplexed as Zik-Zak started speaking in his typical robotic manner.

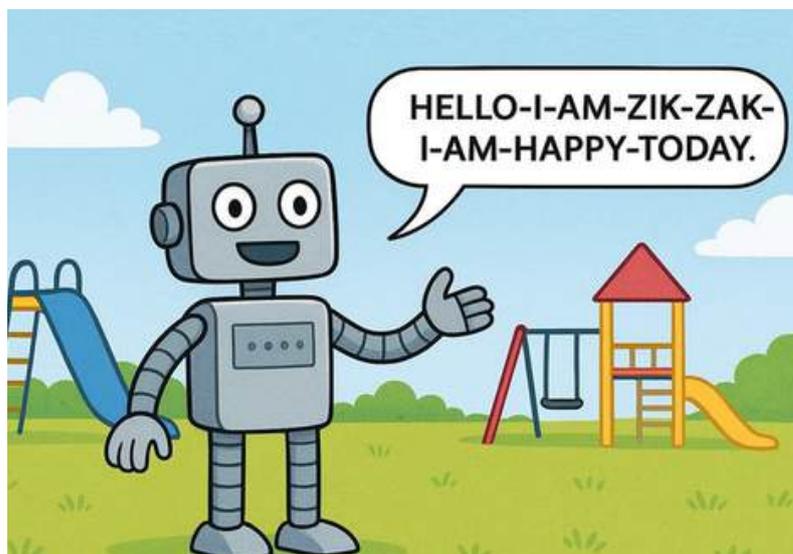
"Zik-Zak, pretend your voice has colors!" exclaimed a young child. "Make use of them!"

Zik-Zak gave it some serious thought. Colors? In his tone?

He made another attempt: "Hello... my name is Zik-Zak... and I'm really happy today!"

Like a rainbow dancing, his voice rose, dipped, and stretched.

The kids gave a loud applause. At last, Zik-Zak's voice was colorful.



What can we learn from this?

Speaking becomes lively and enjoyable when you vary your tone, pace, and emotion.

Simple Expression Exercises:

- Say "Good morning!" in a joyful, drowsy, irate, and enthusiastic manner.
- Read a single line while feeling different emotions.
- Stretch key phrases like "THIS is amazing!"

Rapid Energy Increase:

Before you speak, put on a smile. Your voice automatically changes when you smile.

"A paintbrush is your voice. The color is added by expression."



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

Session on Science of Learning at GSFC School, Vadodara 5th February 2026

Science of Learning session was conducted by Pranjal Joshi at GSFC School Vadodara. Total about 450 Students from 9th and 11th Standard were present for the session along with the teachers and principal of the School. The session basically was aimed at understanding the process of learning, various aspects for achieving excellence in academics and concentration techniques. Students were given notes, 2 exercises were also conducted during the session to understand the "flickering" nature of mind as well as the power of mind.

Students, Teachers as well as Principal of the school expressed deep satisfaction for conducting the session and also expressed willingness to conduct additional programs with DSPPL from the next academic year



DSPPL Events

Session on Science of Learning at Reliance Foundation School, Vadodara - 5th February 2026

Short session on Science of Learning was conducted by Pranjal Joshi at Reliance Foundation School Vadodara for the benefit of 11th standard students. About 50 students, teacher, counsellor and principal of the school attended the session. Counsellor and principal of the school both thanked DSPPL for the session and also discussed about the future programs to be conducted at the school



DSPPL Events

Session on Vishnu Dashavatar and Our Life - MANageing Life - 8th February 2026

Lecture on Vishnu Dashavatar and Our Life - MANageing Life was conducted by Pranjal Joshi on 8th February 2026 at Nityanand Hall for Sr Citizen Association Slnhagad Road Pune. Lecture was attended by about 40 Sr Citizens. After the lecture everyone thanked for this new perspective and positive contribution that SR Citizens can give to the Society at this age as well. Many have expressed desire to learn Reiki and other spiritual practices.



Session on Agnihotra for Students at Devrukh College - 16th February 2026

Session on Agnihotra for Students was conducted by Pranjal Joshi at Late Kakasaheb Pandit Educational Complex Devrukh. Principal, Techers and few students attended this session. Ashish Muley of DSPPL showed demonstration of Agnihotra while Shreya Gokhale, DSPPL Faculty also accompanied for the session. The session presented scientific aspects of Agnihotra as a holistic healing practice. It presented the various aspects of Agnihotra, benefits for the students to excel in life and medicinal use of Agnihotra vibhuti.





DSPPL Events



Online Atharvashirsha Classes - 1st Batch started from December 2025 for Maharudra Sanstan, Vadodara

There are Tribal children staying at the Hamirpura Ashram and Nakhalpura Ashram, both operated by the Maharudra Hanuman Sansthan in Vadodara. An online Atharvashirsha class had been started for them. The first batch began on 21st December 2025. A total of 16 children were enrolled in it.



DSPPL COMICS

Story: Komal Amol

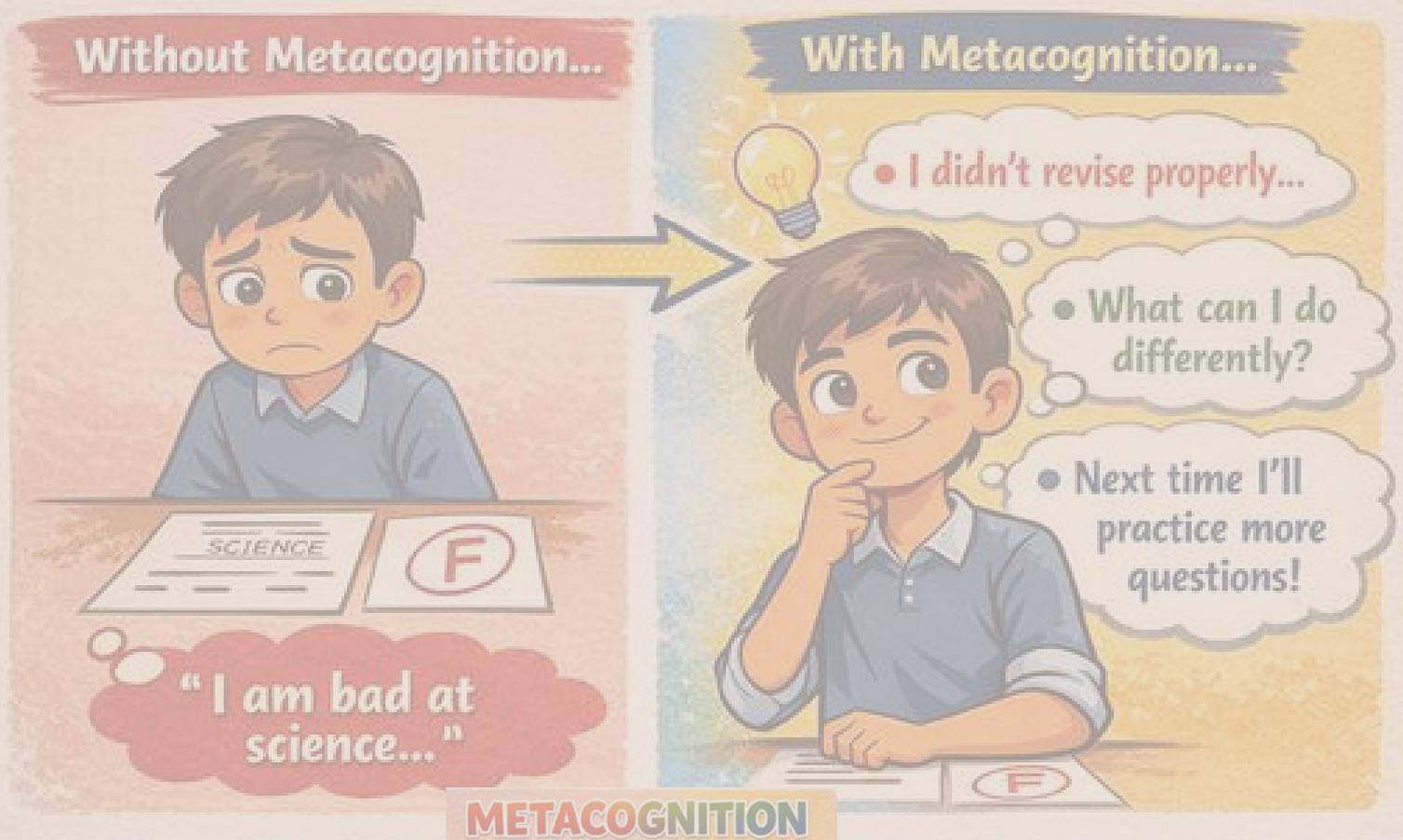
Illustrations: Ashish



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.





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