



# Tapasya



**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!**



## The Crucial Triad: Students, Teachers, and Parents

In the journey of a child's holistic development, the roles of parents, teachers, and the school environment are indispensable. Each plays a unique and vital part in shaping the child's personality, values, and future. As we delve into this topic, it is essential to

understand the profound impact these relationships have on a child's growth and learning. This article aims to explore the intricate dynamics between students, teachers, and parents, highlighting their interconnected roles and the importance of their collaboration in fostering a nurturing and effective educational environment.

### Role of Parents: The First Mentors

Parents are the child's first role models. From the earliest stages of life, children observe and imitate their parents' behaviors, reactions, and attitudes. This early influence is crucial as it sets the foundation for the child's future learning and development. As Benjamin Spock aptly said, "Parental trust is extremely important in the guidance of adolescent children as they get further and further away from the direct supervision of their parents and teachers." Good parental support fosters a positive, healthy, and lifelong learning attitude in children. By encouraging curiosity and providing a nurturing environment, parents help their children acquire essential skills and knowledge from a young age.

Parents who are responsive, understanding, and supportive can significantly boost their child's confidence and eagerness to learn. As Jesse Jackson noted, "Your children need your presence more than your presents." This presence and involvement are what make the difference in a child's educational journey. When parents actively engage in their child's learning process, they create a supportive and motivating environment that encourages the child to explore and excel. In the words of a Sanskrit proverb, "माता पिता गुरु देवो भव" (Mata Pita Guru Devo Bhava),



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**The Crucial Triad: Students, Teachers, and Parents continued..**

which means "Mother, Father, and Teacher are like Gods." This highlights the revered position of parents and teachers in a child's life, emphasizing their crucial role in guiding and nurturing the young minds.

### Role of Teachers: The Guiding Lights

Teachers face the significant challenge of nurturing children's learning and providing them with diverse experiences to navigate the complexities of the world. As the second mentors, teachers play a pivotal role in molding children into responsible and independent learners. They are often the first to introduce children to social skills and fundamental concepts in a structured environment. A teacher's ability to create a comfortable and stimulating learning atmosphere can profoundly impact a child's development.

Mark Van Doren once said, "The art of teaching is the art of assisting discovery." This quote encapsulates the essence of a teacher's role. Open-minded, balanced, and meticulous teachers have the power to inspire positive changes and help children master various skills, guiding them towards independence and self-reliance. Teachers who foster a love for learning and encourage critical thinking help students develop the skills they need to succeed in life.

A Hindi quote beautifully captures the essence of a teacher's role: "गुरु गोविन्द दोऊ खड़े, काके लागूं पाय। बलिहारी गुरु आपने, गोविन्द दियो बताय।" (Guru Govind Dou Khade, Kaake Laagu Paay. Balihari Guru Aapne, Govind Diyo Batay.) This means, "When both Guru and God are standing before me, whose feet should I touch first? I bow to my Guru, for he has shown me the path to God." This highlights the immense respect and gratitude we owe to our teachers for their guidance and wisdom.

### The Teacher-Parent Relationship: A Partnership for Success

The relationship between teachers and parents is a cornerstone of a child's successful learning journey. Trust and mutual understanding between these two pillars are essential for fostering a supportive and cooperative environment. When parents and teachers work hand in hand, they can better understand and address the child's needs, leading to remarkable positive changes in the child's attitude towards learning and school.



PARENT  
TEACHER  
CONFERENCE

*From the Guest Editor's Pen*

## The Crucial Triad: Students, Teachers, and Parents **continued..**

Sara Lawrence-Lightfoot emphasized the importance of this partnership: "Productive collaborations between family and school will demand that parents and teachers recognize the critical importance of each other's participation in the life of the child." A strong parent-teacher relationship encourages children to be more positive about attending school and engaging in their education. This collaboration ensures that both parties are aligned in their efforts to support the child's growth and development.

A Sanskrit quote, "संगच्छध्वं संवदध्वं सं वो मनांसि जानताम्" (Sangachchhadhwam Samvadadhvam Sam Vo Manaamsi Jaanataam), meaning "Walk together, speak in harmony, and let your minds be united," underscores the importance of unity and cooperation between parents and teachers in nurturing a child's development.

### The Student-Teacher Relationship: A Crucible of Learning

The relationship between students and teachers is a critical element of the learning process. This relationship should be built on mutual recognition, respect, honesty, vulnerability, curiosity, openness, and trust. Such a foundation allows both students and teachers to transcend mere perceptions and projections, fostering an environment where true learning and growth can occur.

Albert Einstein once remarked, "It is the supreme art of the teacher to awaken joy in creative expression and knowledge." This joy and curiosity are what drive students to explore and learn. In the realm of spirituality, maintaining trust and safety is paramount, as it involves stepping out of comfort zones and adhering to ethical principles. A strong student-teacher relationship creates a safe space for students to express themselves, ask questions, and take risks in their learning journey.

A Sanskrit proverb, "विद्या ददाति विनयं विनयाद् याति पात्रताम्।" (Vidya Dadati Vinayam Vinayad Yati Patratam), meaning "Knowledge imparts humility, and from humility comes worthiness," highlights the transformative power of education and the role of teachers in instilling these values in students.



## *From the Guest Editor's Pen*

### **The Crucial Triad: Students, Teachers, and Parents** continued..

#### **Qualities of a Good Teacher**

A good teacher leads by example and is willing to admit mistakes. Their purpose is to enhance the student's learning experience through insightful commentary, knowledge sharing, and wisdom. Ultimately, a teacher's goal is to inspire students to fall in love with the pursuit of knowledge and the quest for understanding the deeper truths of life. Teachers should encourage students to test their teachings and recognize when it is time to move on, fostering independence rather than dependency.

As George Santayana wisely said, "A child educated only at school is an uneducated child." This highlights the importance of a holistic approach to education, where teachers play a crucial role in guiding students beyond the confines of the classroom. A good teacher never creates dependency but instead teaches students to value freedom and self-reliance.

**Empowering Students** - Students should be empowered to evaluate their teachers and determine if they are the right fit for their learning journey. It is crucial for students to recognize when they have outgrown a teacher and are ready to move forward. A good teacher never creates dependency but instead teaches students to value freedom and self-reliance. As students reflect on their learning experiences, they should express gratitude, acknowledge their growth, and make amends for any unresolved issues.

Rachel Carson beautifully captured the essence of this relationship: "If a child is to keep alive his inborn sense of wonder, he needs the companionship of at least one adult who can share it, rediscovering with him the joy, excitement, and mystery of the world we live in." This companionship and shared journey of discovery are what make the student-teacher relationship so special and impactful.

In conclusion, the triad of students, teachers, and parents forms the bedrock of a child's educational journey. By fostering strong, supportive relationships and encouraging mutual respect and understanding, we can create an environment where children thrive academically, personally, and spiritually. As we reflect on the words of great thinkers and educators, let us remember that the true essence of education lies in the collaborative efforts of parents, teachers, and students working together towards a common goal.



# Nine Steps Reaching to Seven Guardian Angels

## Step 08 - The Battle begins



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

### Summary

*In a realm where shadows loom and hope flickers faint, **seven children, chosen by fate and divine grace, uncover gemstones of mystical might.** Serendipity binds their hearts, and ancient guardians whisper secrets of the sacred steps. Through trials and tribulations, they tread the spiritual paths, each step a beacon guiding them towards paradise. Their unity, a tapestry of courage and light, weaves a tale of resilience against the encroaching dark. Will their celestial journey and newfound wisdom suffice to banish the shadows and restore the world's delicate balance?*

Continued from previous edition:

### Step 08 - The Battle Begins

Temnyy Iskatel angrily grunted and uttered, "Okay then, you've asked for it." With that, the battle began. Temnyy Iskatel swiftly moved his staff, pointing it towards Amnar, stating, "Isn't he the youngest one? Well, then I'll begin with him and take you all one by one."

Preal laughed loudly, stating, "He might be the youngest amongst us, but he's more than enough to destroy you." Kaunosrei added with a smile, "In fact, if you want your life to be spared, better not target him first."

Listening to them, Temnyy Iskatel furiously pointed his staff at Preal and Kaunosrei, sending dark matter towards them. Seeing this, Kheul dived in from the side, protecting both Preal and




 EPS 8
 

## Nine Steps Reaching to Seven Guardian Angels Episode 08 Contd..

Kaunosrei from the evil attack of the dark forces. His body absorbed and grounded all the negative energy while Amnar manifested his abundant source of positive energy around all seven of them. This process not only shielded the seven youngsters but also helped the trapped innocent souls to escape and reach salvation. It seemed Temnyy Iskatel's staff was now almost empty, so he unleashed dark magic through the use of spells. But the youngsters were fully in command by then.

Preal's body illuminated as he created a protective barrier empowered by the universal energy force, shielding them from the initial onslaught. At the same time, Sarlanha emitted waves of compassion, weakening Temnyy Iskatel's resolve. Tolyphap created illusions, confusing Temnyy Iskatel and making it difficult for him to focus his attacks. In fact, Temnyy Iskatel was so illusioned that he uttered spells half-heartedly. Yet he managed to cast one powerful spell where everybody in the fortress was engulfed by darkness. At that time, Kaunosrei had held Preal's hand as they were about to make an energy circle. But since the darkness was increasing, she couldn't see anything. All she knew was that it was her chance to do something. So, she invoked her inner light. Shining like the Moon, Kaunosrei emitted beams of light that not only illuminated the darkness but also blinded Temnyy Iskatel.

Kheul took a step backward and absorbed the dark energy, rendering Temnyy Iskatel's magic useless. Temnyy Iskatel tried to use his forbidden black magic on Kaunosrei by blocking the moonlight. Kaunosrei realized what he was trying to do and smiled. She then used the technique taught by the monk of becoming invisible to protect herself and kept emitting beams from all directions, completely blinding him. Meanwhile, Amnar created positive energy, which cut through Temnyy Iskatel's body, creating burn marks that forced him to step back.

Despite his immense power, Temnyy Iskatel found himself overwhelmed by the youth's combined strength. "Ahh! This cannot be!" he roared. "I am the Dark Seeker! I am invincible! Ahh!" But the young adults knew that their unity and the power within them were stronger than any dark force in the world.





## Nine Steps Reaching to Seven Guardian Angels Episode 08 Contd..

With a final surge of full-strength energy, they channeled their powers together and emerged into one entity. **Kaunosrei then created a beam of pure light that struck Temnyy Iskatel.**

The dark figure desperately screamed, trying to escape the light enveloping him, but the radiance was too strong for the dark force to even revolt against it. This brightness eventually began to dissolve Temnyy Iskatel's form into nothingness.

As the light faded, the fortress crumbled around them. The young adults stood victorious, knowing that they had finally defeated Temnyy Iskatel.

They had not only protected the stones and the world from darkness but also gained control over their internal powers. Heaving a sigh of relief, they looked at each other with a sense of accomplishment and fulfillment.

As they stood amidst the ruins of the fortress, a soft, ethereal glow began to surround them.  
**To be continued...**



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# Science of Learning Part 17 - ca pranjal joshi

## How to Retain More and Learn Better

The success of learning lies in better retention. Scientific studies suggest that the most crucial factor in effective learning is “Retention Rate”. Basically, it is combination of two steps “Understanding and Assimilation”.

According to research by the National Training Laboratories Institute, different learning methods yield varying retention rates, which are as follows -

- Listening to a lecture given by subject faculty - 5% retention
- Reading a book or class notes - 10% retention
- Watching an audio-visual presentation - 20% retention
- Engaging in group discussions - 50% retention
- Teaching the concept to someone else - 90% retention**

These findings are likely to suffer from certain limitations. Still they help us to know the better methods for effective learning. How we can make use of these findings to improve our Learning ?

In our opinion, the following options can definitely help us -

·**Group Discussions** - Engage in group discussions with peers and teachers. The findings stated above indicate this as better method for improving retention. Discussion leads to communications, in turn to relations and finally to emotions. Learning becomes more effective and retention rate is high when it is attached with emotions.

·**Teaching the subject to peers** – whatever we have learned we should try to teach to our friend. This solidifies our own understanding. We are able to get more clarity on the concepts. We also understand more ways of approaching the same concept or explaining it in easier or better fashion.

“**Teaching is nothing but the learning from the other side**” This is what Ajit Sir always used to tell us. A real teacher always focusses on own learnings.





**•Revision of the concept or subject thrice at specific interval** - As per another scientific study information acquired through our five senses gets stored in immediate and working memory. But this lasts for about not more than 48 hours.

To convert information into long-term memory, 3 revisions are suggested. The scientific study suggests the following as the most appropriate intervals for doing such three revisions –

- 1.Revise within 48 hours of learning a new concept.
- 2.Review again on the 7th day to reinforce the memory.
- 3.Go over it once more on the 30th day to store it in long-term memory.

As per spirituality, the figure 3 is very important and the mind is closely associated with three. As such revising the concept thrice helps.

**•Make use of Yoga Nidra for effective Learning** -Yoga Nidra is a guided meditation practice. This is very useful technique from spiritual perspective. Of late, many scientific research have been performed on this technique. It suggests that Yog Nidra influences Non-Rapid Eye Movement (NREM) sleep, particularly the deeper slow-wave stages. This practice reduces mental activity and enhances relaxation. It also promotes deep rest while maintaining awareness and thus helps release physical and mental tension, making learning more effective.

We hope that the above options will definitely help in improving the understanding and assimilation thereby increasing retention rate leading to effective learning.

## **CA Pranjal Joshi, Pune**

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





# ***Our Attitude decides our Altitude*** ***“Faith can move mountains”*** - ***Krupa Choksi***

According to WHO Report, every year 727 000 people take their own life and there are many more people who make suicide attempts. Every suicide is a tragedy that affects families, communities and entire countries and has long-lasting effects on the people left behind. Suicide occurs throughout the lifespan and was the third leading cause of death among 15–29-year-olds globally in 2021.

Suicide does not just occur in high-income countries but is a global phenomenon in all regions of the world. The link between suicide and mental disorders (in particular, depression and alcohol use disorders) and a previous suicide attempt is well established in high-income countries. However, many suicides happen impulsively in moments of crisis with a breakdown in the ability to deal with life stresses, such as financial problems, relationship disputes, or chronic pain and illness. In addition, experiencing conflict, disaster, violence, abuse or loss and a sense of isolation are strongly associated with suicidal behaviour.

It is because none of the school is teaching how to handle stress and adverse life situations which come into our life. At the slightest gesture, the young generation gets bogged down because of two reasons. One is they are impulsive. Their tolerance level is low and another reason is their mind is weak. The entire new generation is very intellectual. The IQ of entire new generation born after 2000 is very high but their mind and emotions are weak. Mind is a regulator which regulate emotions on one side and intellect on other side. Since the mind of new generation is weak, it is not able to process the abundant ideas which comes to the youth and hence it either directly falls on emotions or it back lashes on intellect which makes a person restless.

In the given condition, when the mind is weak, it loses the sense of appropriateness i.e. Viveka Buddhi. That is the foremost reason why the new generation children and Youth resorts to suicide as their tolerance level is very low. Besides this, many times and parents and teachers are not able to understand them and nags them which leaves them no choice but to quit the world.





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## *Our Attitude decides our Altitude* **“Faith can move mountains”** *Continued...*

**Having known all these, what new generation can and should do?** You can learn spiritual practice and empower yourself. You all can do meditation and develop your mind. The new generation is as such spiritually very elevated. Among the 8 steps given by Maharshi Patanjali to realise ourselves viz. Yama, Niyama, Asasana, Pranayama, Pratyahara, Dharana, Dhyana and Samadhi, this generation is born in Pratyahara stage where only one sense works at a time.

Realising the self or our divine nature and going to Soul consciousness is very easy for you as you are already in the fifth stage where as earlier generation has to work hard and start from Yama and Niyama.

So a message to the new generation is that have faith in yourself and divine. Things will change and so you will. We just have to be witness of everything. And when you don't get any way in any situation, leave everything to the divine. Do not get bogged down with the situations in life as every situation is for learning. Learn from that and elevate. God does not give any paper which we cannot write and any book which we do not understand. Have faith in divine as divine has a divine design for everyone. When the night is darker, the dawn emerges. As it is said Faith can move mountains. This we have seen in lives of many Saints. If God has helped them, he will help you all too provided we keep faith and allow him to work in our life. Any difficult situation in life is to make you strong and unleash your true potential. Remember you are born for a purpose. Purpose to elevate and bring the entire consciousness of the earth to the next dimension. So do not waste time in being depressed and getting bored. Live to fulfil your purpose and help others. That will bring immense happiness to all of you.

### ***Krupa Choksi, Rajkot***

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Authored books like Holistic Parenting & Personality Development for modern Youth, jointly with Ms. Ashwini Telang





## The Digital Parent: Smart or Wise Child?

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

Last month, during one of our EPIC programs, I delved into the concept of the Parent, Adult, and Child states and highlighted how children often imitate their parents, teachers, and other authority figures. This imitative behavior is most pronounced during childhood when our Parental Ego state is forming. In traditional settings, this state is heavily influenced by parental figures. However, in today's digital age, a new dynamic is emerging where search engines like Google are beginning to play a significant role in this developmental process.

Parental figures have always been pivotal in shaping a child's values, behavior, and personality. Children, through observation and interaction, adopt the mannerisms, beliefs, and attitudes of their parents. This is because the Parental Ego state is at its most malleable during early childhood. The presence and guidance of parents provide the necessary input for the development of this state.

Unfortunately, the modern landscape presents a unique challenge. With both parents often working, the direct influence they have over their children diminishes. As a result, children increasingly turn to digital platforms to fill this gap. Search engines like Google become their go-to sources for information, guidance, and even moral direction. The question then arises: What happens when the Parental Ego state is primarily influenced by digital rather than human interaction?

A critical concern is whether children will be able to showcase their emotions and develop empathy in the same way as previous generations. Traditional parental figures provide not just information, but also emotional support, nurturing, and a model for interpersonal relationships. Digital platforms, however, lack this emotional depth. While they can offer vast amounts of information, they do not engage in the same level of emotional interaction. This could lead to a generation that is well-informed but potentially less emotionally intuitive.

Is it valid to say that children imitate parental figures when their primary influence comes from the digital realm? The answer is complex. While children may not imitate search engines



## The Digital Parent: Smart or Wise Child?

continued

in the traditional sense, they do adopt the behaviors and attitudes prevalent in the content they consume online. This includes how they communicate, solve problems, and even perceive the world around them. It is said that emotion is the base of human relationships, but the digital parent is based on logic and information provided by others through prompts or other sources. The world may face chaos if there's no model developed for intellectual-based relationships, which earlier generations have no clue about how to build. These so-called new generations are already grown and are now taking up jobs, leading to a future where the world is intellectual-based rather than emotion-based. In essence, they are still imitating, but the source of imitation has shifted from human to digital.

To conclude, the influence of digital platforms on the development of the Parental Ego state is an evolving phenomenon. While search engines and other digital resources provide invaluable information, they cannot fully replace the nuanced and emotionally rich interactions provided by human parental figures. The basic touch is missing today. As we move further into the digital age, it becomes crucial to balance digital influence with human interaction to ensure that the emotional and empathetic aspects of the Parental Ego state are not lost. The physical proximity to parents or parental figures is crucial at this point to develop regulation in their emotional expressions. Ultimately, the question is not whether children will develop in the digital age, but how they will integrate the vast array of digital information. Will the parental figures be able to provide their experience to help convert digital information into knowledge? If so, this knowledge shall then become wisdom once experienced on the individual level. If not, the information will remain as it is and may lead to disastrous situation in the future.



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# Thought for the Month

## Lost Childhood

- Viivek A Pandey

Dear Students of DSPPL  
And my young friends,

Fortunate are the ones who are loved and cared,  
The joint childhood with cousins spent in arms of family shared,  
Not all are blessed with a tree like shade,  
Most bear the brunt of life and face the sun rays like a blade.

Factors many make a distorted childhood with lasting impact,  
Abuse both physical and mental if one has to see the fact.  
Neglect and emotional support lack in part or full.  
Self-esteem low, anxiety and trust issues lead them to school.

The reasons vary just look around;  
parental divorce, violence or loss can be commonly found.  
Family dysfunction, conflict create unstable environment,  
Done and dusted even before the start a project called youth empowerment.

Poverty rampant with ubiquitous socioeconomic stress,  
Academic struggles and health issues thrive and progress,  
Later these manifest with issues both behavioral and relationship wise,  
Intervention and support early may just save us from a problem vast in size.



### **Viivek A Pandey, Vadodara**

Viivek A Pandey 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.



# Finance Lesson of the Month

# The Dog & his reflection

Finance Lesson  
of the Month

The Dog & his reflection

- **CA Amit Dhadphale and CA Ishan Shaligram**

Did you know that some stories can teach us about money? Continuing with our series on financial literacy for children, we bring you another article that gives a financial twist to a classic bedtime story. We aim to introduce financial concepts to children through simple language and practical examples. We hope you enjoy reading this section.

## The Dog and His Reflection

A dog was trotting home with a bone in his mouth. As he crossed a bridge over a stream, he looked down and saw his reflection in the water. He thought it was another dog with a bigger bone. Greedy and wanting that bone too, he barked at the reflection. As he opened his mouth, his bone fell into the water and sank. The dog was left with nothing and went home hungry, realizing that his greed had cost him his meal.

## Financial learnings and ways to implement these in Our Life

### a) Avoid Greed:

- **Set Realistic Goals:** Instead of constantly chasing after more, set realistic financial goals that align with your needs and values.
- **Avoid High-Risk Investments:** Be cautious with investments that promise high returns with high risks. It's better to have a balanced and diversified portfolio.
- **Practice Gratitude:** Regularly remind yourself of the things you already have and appreciate them. This can help reduce the urge to always want more.

### b) Be content:

- **Budget Wisely:** Create a budget that prioritizes your needs and allows for some wants. Stick to it to avoid overspending.





***continued...***

- **Value Your Possessions:** Take care of the things you own. This can help you avoid unnecessary replacements and expenses.
- **Mindful Spending:** Before making a purchase, ask yourself if it's something you truly need or just a temporary desire.

#### c) **Avoid Impulsive Decisions:**

- **Research Before Investing:** Before investing in anything, do thorough research to understand the risks and potential returns.
- **Plan Major Purchases:** For significant expenses, take time to plan and save. Avoid making large purchases on impulse.
- **Seek Advice:** When in doubt, seek advice from trusted financial advisors or family members. Getting a second opinion can help you make better decisions.

### **Conclusion**

In the story of "The Dog and His Reflection," we learn valuable lessons about greed, contentment, and thoughtful decision-making. Just like the dog lost his bone by wanting more, we can face financial losses if we let greed guide our actions. By being content with what we have and thinking carefully before making decisions, we can build a more secure and happy financial future. Remember, even small actions and decisions can have a big impact on our lives. Let's take these lessons to heart and make wise financial choices every day.

### **Points to ponder**

Can you think of a time when you wanted something so much that you forgot to appreciate what you already had?

### **Happy Reading, Happy Learning!**

CA Amit Dhadphale and CA Ishan Shaligram

PS: Views are personal!



# कथाये विनायक की...

- *Mrunal & Yamini Kutumbale*

गणेश पुराण में वर्णित गणेशजी और तुलसीजी की कथा आज देखते हैं। एक बार श्री गणेश गंगाजी के तट पर तपश्चर्या कर रहे थे। राजा धर्मात्मज की युवा कन्या तुलसी देवी भगवान् श्रीहरि का स्मरण करती हुई विभिन्न तीर्थों का भ्रमण करने निकली थी। भ्रमण करते करते वह गंगातट पर जा पहुंची। वहा पार्वतीनन्दन के कोमल, दैदीप्यमान मुखमण्डल को देखकर मोहित सी हो गई। उनका अलौकिक रूप देखकर उनसे कुछ वार्ता करने के विचार से उनके पास पहुंच गयी। उन्होंने श्री गणेश के अलौकिक रूप का वर्णन कर अपनी और आकृष्ट करने की चेष्टा की। वह बोली, " हे गजानन, हे एकदन्त, आपके मुखारविंद पर करोडो सूर्यों सा तेज है इसका राज क्या है। क्या आपने कोई तपस्या की है ? यदि हा तो वह किस देवता की है ?

श्री गणेश अचानक ही तुलसीजी को अपने सामने देख कुछ हिचकिचाए। और बोले, " देवी, आप कौन है ? मेरे पास आने का क्या प्रयोजन है ? मैंने आपको पहले कभी नहीं देखा। मेरी तपश्चर्या में विघ्न डालने का क्या कारण है ?" तुलसीजी ने कहा, " मैं धर्मात्मज कन्या तुलसी हूँ। आपको यहाँ तपस्या करते देख आपसे बात करने से खुद को रोक नहीं पाई। " यह सुनकर श्री गणेश बोले, " माता, तपस्या में कभी भी विघ्न नहीं डालना चाहिए। इसमें किसीका कल्याण नहीं होता। भगवान् आपका मंगल करे। कृपया आप यहाँ से प्रस्थान करे। " यह सुनकर तुलसी व्याकुल हो गई। उसने अपनी व्यथा गणेश को सुनाई। " श्री गणेश, मैं अपने अनुकूल वर की खोज में भटक रही हूँ। सारे तीर्थ की यात्रा कर ली। अनेक वर देखे। किन्तु मुझे आप पसंद आये हो। मुझे अपनी पत्नी के रूप में स्वीकार कर मेरे साथ विवाह करे। "

श्री गणेश ने तुलसी को समझाते हुए कहा, " माता, विवाह करना जितना सरल है उतना ही कठिन है उसे निभाना। विवाह में सच्चा सुख कभी नहीं मिलता। आप मुझसे अपना चित्त हटाकर कोई और अच्छा वर प्राप्त कर ले। मुझे विवाह नहीं करना। " तुलसी बोली, " एकदन्त, मैं तो आपको ही अपने योग्य वर मानती हूँ। आप मेरी याचना को ठुकरा कर मुझे निराश न करे। मेरी प्रार्थना स्वीकार कर ले प्रभु ! "



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तब गणेश ने फिर से तुलसीजी से कहा की उन्हें विवाह नहीं करना। वो इस प्रस्ताव को स्वीकार कैसे कर सकते है ? तब तुलसी ने रोषपूर्ण होकर कहा , " आपका विवाह तो होकर रहेगा। मेरा वचन मिथ्या नहीं हो सकता।"

उनके ये वचन सुनकर श्री गणेश ने भी तुलसी को श्राप दिया । " देवी, आपने मुझे व्यर्थ ही शाप दिया। इसलिए मैं कहता हूँ , " आपको जो भी पति मिलेगा वो असुर होगा। तथा उसके पश्चात महापुरुषों के शापवश आपको वृक्ष होना पड़ेगा। "

श्राप सुनकर तुलसी को पश्चाताप हुआ। उन्होंने अपनी भूल स्वीकार की।

उन्होंने श्री गणेश से क्षमा याचना की और इस दुःख को दूर करने की बिनती की। तुलसी की बिनती सुनकर श्री गणेश प्रसन्न हुए और कहा , " देवी , आप भगवान् श्री नारायण की प्रिय बनोगी। समस्त देवगण आपसे प्रसन्न रहेंगे। नरलोक में आपके द्वारा मनुष्यों को मोक्ष की प्राप्ति होगी। किन्तु मेरी पूजा में आप सदैव त्याज्य रहोगी। " तुलसी मन में पश्चात्ताप का भाव लेकर वहा से चली गई।

क्या आप जानते है श्री गणेश को तुलसी अप्रिय है, उनकी पूजा में तुलसी नहीं चढ़ाई जाती। इसका अर्थ क्या है ? ये तो एक कहानी है। इसका सही अर्थ हमें समझना है।

आयुर्वेद के अनुसार दूर्वा ( दुब ) और तुलसी के औषधीय गुणधर्म अलग अलग है।

दूर्वा के लिए आयुर्वेद में एक श्लोक है , " दूर्वाः कषायाः मधुराश्च शीता. पित्ततृष्णारोचकवांति हंत्र्याः | सदाहमूर्च्छाग्रहभूतशांतिश्लेष्मश्रमध्वसनतृप्तिदाश्च | "

दूर्वा को आयुर्वेद में शीतलक (शरीर को ठंडा करने वाला) माना जाता है और यह पित्त, रक्त के विकारों को कम करने में मदद करती है।



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आयुर्वेद में तुलसी का वर्णन इस प्रकार से किया है , " तुलसी कटुका तिक्ता, हृद्योष्णा दाहपित्तकृत् दीपनी कुष्ठ कृच्छास्त्र पार्श्व रुक्कफवातपित्" । “

तुलसी कड़वी, तीखी, हृदय के लिए गर्म, और पित्त को बढ़ाने वाली होती है.

दूर्वा कसैली और मीठी होती है। जब कि तुलसी कड़वी और तीखी होती है। दूर्वा ठंडी होती है, लेकिन तुलसी गर्म स्वभाव की होती है।

तुलसी और दूर्वा ( दुब ) के गुणधर्म अलग अलग होने से उनका सेवन एकसाथ नहीं किया जाता । इसलिए पुराण कथा के माध्यम से ये समझाया गया है।

जय गुरुदेव



### ***Mrunal Kutumbale, Vadodara***

A Commerce Graduate and Reiki healer from Reiki Vidya Niketan, Mrunal has contributed insightful articles to ReikiBrahma magazine and translated them into Gujarati and Hindi. A nature lover who enjoys reading and music.

### ***Yamini Kutumbale, Vadodara***

She is a Senior Test Analyst at Civica with 6 years of experience, She specializes in software testing and quality assurance. A Computer Engineering graduate, she is passionate about delivering product excellence. Yamini's love for reading, writing, and traveling reflects her vibrant personality and dedication to growth.





THE CONSTITUTION OF  
INDIA  
PREAMBLE

- **Kalpita Rakesh**

## “The Legacy of Article 16”

### (Article 16 - Equality in Government Employment)

**Opening Scene:** The setting is a cozy living room in the year 2075. An extended family spanning three generations has gathered for a celebratory dinner. The room is lively with chatter.

**Grandchild: (Excited)** "Grandpa, Grandma! I need to write a school essay about Article 16. Can you tell me how it helped India grow into what it is today?"

**Grandfather: (Chuckling)** "Oh, you want a history lesson? Sit down, young one. This is a story worth telling."

"When we were your age, things were very different. Opportunities were not equal. Some people had advantages just because of their caste or family background. Others, especially from certain communities, were denied even basic chances to study or work."

**Grandfather:** "That's when Article 16 came in. It was like a guiding light. It said, 'Everyone has the right to equal opportunity in public employment.' But it didn't stop there. It recognized that fairness isn't always about treating everyone the same—it's about lifting up those who were pushed down for centuries."

**Uncle:** "I remember how frustrated I felt as a young man. I studied hard for a government job, but some positions were reserved for others. It felt unfair at the time."

**Aunt:** "Yes, many of us questioned it. We didn't fully understand why reservations were necessary. But over time, we saw the impact. People from underprivileged backgrounds started catching up, getting educated, and contributing to society."

**Grandfather:** "It wasn't easy for anyone. But looking back, it was a small sacrifice for a much bigger cause. We saw communities rise, people gaining confidence, and our country becoming stronger."



# Understanding Constitution Part 7 (Article 16)

**Grandmother:** "By the time you were born, the effects of Article 16 were everywhere. Metro cities became melting pots of cultures and identities. People stopped caring about caste or religion—they just focused on working hard and building a better life."

**Uncle:** "And it wasn't just cities. Villages began to prosper too. Schools and colleges opened their doors to everyone, and workplaces started valuing skills over surnames."

**Aunt:** "Over decades, the gaps narrowed. Reservations weren't needed as much because everyone had a fair chance to succeed. Article 16 had done its job."

**Grandchild: (Curious)** "So, is everyone truly equal now?"

**Grandfather: (Smiling)** "Yes. Today, India is one of the most progressive countries in the world. Thanks to Article 16, no one is left behind. We've built a society where people help each other rather than compete unfairly."

**Grandmother:** "It's a reminder that fairness takes effort and time. But once you achieve it, the rewards are endless."

**Uncle:** "I'm proud of the journey we've taken, even though it was hard at times. I realize now that those early reservations weren't a hook—they were a ladder for those stuck at the bottom."

**Aunt:** "And today, we all stand on the same level. That's what true progress looks like."

**Grandchild:** "I think I know what I'll write in my essay now. Article 16 wasn't just a law—it was a promise that everyone deserves a fair chance." Grandfather: "And remember, that promise is what built the India you see today."

*The scene fades out as the family shares a laugh, symbolizing unity and progress.*

## ***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.





Once upon a time, there were five monkeys living in a big glass room at the zoo. In the middle of the room stood a tall ladder, and right at the top—guess what? A delicious, yellow banana! One day, one curious monkey climbed the ladder to grab it. But as soon as he did—SPLASH!—freezing cold water rained down on all the monkeys. They screamed, slipped, and scrambled away, shivering. After that, every time a monkey tried to go for the banana, the same thing happened. So they made a new rule: “No one touches the banana!”

Then, something strange started happening. The zookeepers took one monkey out and brought in a brand-new one. This monkey had no idea about the water. He looked up, saw the banana, and thought, “Yum!” But when he started climbing the ladder, the other monkeys stopped him! They pulled him down and shook their heads—no way. Even though the cold water wasn’t turned on anymore, the monkeys still followed the old rule. One by one, all the original monkeys were replaced. And by the end, none of the monkeys in the room had ever been splashed—but not a single one tried for the banana. Why? Because that’s just the way things were always done.

Now, this may sound like a silly story about monkeys, but it actually shows something that happens with people too—especially between kids and grown-ups. Sometimes adults tell kids, “Do it this way,” or “Don’t do that,” just because that’s how they learned it.



## Tradition vs Progress

continued

But guess what? The world has changed!

Today, kids are growing up in a world full of amazing things—like tablets, video games, YouTube, robots, and online art. You can build houses in Minecraft, design outfits on apps, even become a YouTuber or game designer. But sometimes, when kids share their dreams, adults say, “That’s not a real job,” or “You should do something safer,” just like the monkeys pulling each other down from the ladder.

And it’s not just about jobs—it happens with culture, too. Maybe your family has always done things a certain way, like how you dress, what games you’re allowed to play, or what’s considered “good behavior.” Sometimes these traditions are great and full of meaning. But other times, they don’t really fit the world kids live in today. It’s okay to ask “Why?” and even better when adults take the time to answer, not just say, “Because I said so.”

Being truly modern doesn’t mean wearing cool clothes or using the newest phone. It means being open-minded—willing to listen, learn, and maybe even change. Grown-ups need to be open to kids’ ideas, and kids need to be kind and respectful too. The truth is, both grown-ups and kids can be stubborn. Adults think they know better, and kids think they know everything. But if both sides stop talking at each other and start talking with each other, magic can happen. So, what can we all learn from the monkey story? Don’t just follow rules because “that’s how it’s always been.” Ask questions. Think for yourself. Be curious and creative. And if you see someone reaching for a banana—maybe instead of pulling them down, help them climb up.

**Because who knows? That banana might just be the start of something amazing.**

### ***Yamini Kutumbale, Vadodara***

She is a Senior Test Analyst at Civica with 6 years of experience, She specializes in software testing and quality assurance. A Computer Engineering graduate, she is passionate about delivering product excellence. Yamini’s love for reading, writing, and traveling reflects her vibrant personality and dedication to growth.



# असली शत्रु कौन? - Saurabh Malpani

एक बार श्रीकृष्ण जी, बलराम जी और सात्यकि जी यात्रा के दौरान शाम हो जाने के कारण एक भयानक वन में रात्रि विश्राम के लिए ये निश्चय करके रुके कि दो-दो घंटे के लिए बारी-बारी से पहरा देंगे। उस जंगल में एक बहुत भयानक राक्षस रहता था। जब सात्यकि जी पहरा दे रहे थे तब उस राक्षस ने उसे छोड़ा, भला-बुरा कहा, उनका युद्ध हुआ, वो पराजित होकर जान बचाकर बलराम जी के पास आ कर छुप गया।

बलराम जी को भी राक्षस ने बहुत उकसाया, उनके साथ भी युद्ध हुआ, बलराम जी ने देखा कि राक्षस की शक्ति तो बढ़ती ही जा रही हैं तब उन्होंने श्रीकृष्ण जी को जगाया। राक्षस ने उन्हें भी छोड़ा, अपशब्द कहे, उकसाया। तब श्रीकृष्ण ने राक्षस को कहा की तुम बहुत भले आदमी हो, तुम्हारे जैसे दोस्त के साथ रात अच्छे से कट जायेगी। तब राक्षस ने हँसकर पूछा कि मैं तुम्हारा दोस्त कैसे? श्रीकृष्ण जी बोले भाई तुम अपना काम छोड़कर मेरा सहयोग करने आए हो, तुम सोच रहे हो मुझे कहीं आलस्य न आ जाए, इसलिए हँसी-मज़ाक करने आ गए। राक्षस ने उन्हें बहुत छोड़ा, उकसाने की कोशिश की, लेकिन वो हँसते ही रहे। परिणाम यह हुआ कि राक्षस की ताकत घटने लगी और देखते ही देखते एक छोटी मक्खी जैसे हो गया। उन्होंने उसे पकड़कर अपने पीताम्बर में बाँध लिया। श्रीकृष्ण ने दोनों से कहा कि जानते हो यह राक्षस कौन है? तब उन्होंने बताया कि इसका नाम है आवेश। मनुष्य के अंदर भी यह आवेश (क्रोध) का राक्षस घुस जाता है, मनुष्य उसे जितनी हवा देता है, उतना ही वह दोगुना, तिगुना, चौगुना होता चले जाता है। इस राक्षस की ताकत तभी घटती है, जब मनुष्य अपने आपको संतुलित रखता है, हर समय मुस्कुराता रहता है, धीरज रखता है और प्रतिक्रिया देने के पहले विचार करता है। क्रोध रूपी राक्षस की जितनी उपेक्षा करोगे, वह उतना ही घटता जाएगा और जितना बदले की भावना रखोगे, यह बढ़ता चला जाएगा!

## Saurabh Malpani, Mumbai

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



# सूखी बेल

## = जयंती काटदरे

आज भी सुहास ने देखा कि उसके बाबा सुबह से ही उदास होकर बैठे हैं। बुढ़ापे की वजह से वह पहले जैसा काम नहीं कर सकते थे। वह समझने लगे थे कि वह अब किसी काम के ही नहीं रहे। सुहासने उन्हें नाष्टा करने के लिए बुलाया। खाते वक्त उनके हाथ से पानी का गिलास गिरकर फूट गया। उनकी बहू ने तुरंत कहा भी, "बाबा हमारे हाथ से भी तो फूट सकता है ना। हम चाहे तो कल पूरा नया सेट भी ला सकते हैं। आप टेन्शन मत लेना।" पर फिर भी इस बात को उन्होंने दिल पर लगा लिया कि मैं अब एक पानी का गिलास भी नहीं संभल सकता हूँ। उसी दिन शाम को बाबा ने कैची लेकर उनके खिड़की में जो गमले रखे थे उसमें से सुखी हुई बेल को काटकर निकला दिया और घरके लोगोंको बताया, "देखो अभी गर्मी बहुत ज्यादा है और वैसे भी यह बेल सूख गई है कुछ काम की नहीं रही। कम से कम रोज इसे पानी देने का काम तो कम हो जायेगा। इसलिए मैंने इस बेकार बेल को निकाल दिया।"

उसके बाद दो ही दिनों में सुहास ने नोटिस किया की उस बेल के जाने के बाद उसी के बाजू में जो तुलसी का पौधा था उसके हरे पत्ते लगातार गिरने लगे। वह देखकर एक बात उसके समझमें आ गई। अपने बाबा को पुकारकर सुहास ने कहाँ "बाबा देखिए ना, उस सुखी हुई बेल के जाने के बाद यह तुलसी के हरे पत्ते कितने गिरने लगे हैं। लगता है वह बेल जरूर सूख गई थी, पर बेकार नहीं थी। इस तुलसी को कड़ी धूप से बचा रही थी। उस सूखे हुए बेल की वजह से ही यह तुलसी का पौधा अच्छी तरह से जी रहा था। पर अब क्या करें, आपने तो उसे बेकार समझकर निकाल दिया।" बाबा कुछ ना बोलते हुए यह सब गौर से देख रहे थे।

दुसरें दिन सुबह नाश्ते के वक्त सबने देखा कि आज बाबा उदास होकर बैठने की जगह खिड़की में कुछ कर रहे थे। बाबा ने वहां एक पुराना सूती कपड़ा इस तरह से बांधा था ताकि उस तुलसी पर कड़ी धूप ना आए। बाबा ने सबको वह दिखाया और बोले "देखो अब तुलसी को यह कपड़ा कड़ी धूप से बचाएगा।"

तब ही उनको उनके पड़ोसी की बाते सुनाई दी, कि उनके बेटे को बुखार चढ़ गया था पर उन दोनों को भी काम पर जाना ही पड़ रहा था। घर में कोई न होने के कारण उन्हें उस बच्चे को स्कूल भेजना पड़ रहा था। यह सुनकर बाबा उत्साह में उठकर गये और उस पड़ोसी दोस्त को कहाँ "अरे चिंता मत कर, मैं घर में हूँ, मैं उसे संभालूंगा। उसे स्कूल भेजने की आवश्यकता नहीं है सिर्फ मेडिसिंस कैसे देनी है वह बताना। इतना बोलकर बाबा पड़ोसी के घर मेडिसिंस देखने के लिए गये।"

सुहास के चेहरे पर बहुत प्रसन्नता छा गई थी। उस सुखी हुई बेल जाते वक्त अपना काम करके गई थी।





## Industry Inspirations

### Interview with Shri Sunil Kulkarni

**Retired Vice-President, Operations, Mahindra & Mahindra  
Senior Business Process Management Consultant**

DSPPL has started this new initiative of taking interviews of people who have had an illustrious career path. The aim of this is to give our young readers a direct knowledge of the different career paths available in India and also give them a firsthand experiences and learnings of the person. The ultimate success is always when you have the right attitude in life. Youth can learn and grow with the experiences of the seniors and also take the choices with a complete understanding in the future.

#### **Q What was your qualification and any specific role in your career after retirement ?**

I completed Graduation in Production Engineering from VJTI, Mumbai and further did Diploma in Management Studies & Masters in Marketing Management from NMIMS, Mumbai. After retirement, I am supporting Small, Medium and Large Enterprises by providing consultation on implementing the best practices of Manufacturing Excellence and Operations Management.

#### **Q What is the qualification required for this occupation ?**

I have worked with Mahindra and Mahindra for about four decades in the field of Operations Management, Change Management, Business Process Re-Engineering and Total Productive Maintenance. Out of it, for around a decade, I worked as the plant manager of Mahindra, Automotive, Kandivli. So, for providing the consulting services, I have the necessary experience.

#### **Q Kindly share your Academic journey from childhood? Who were your role models.**

I studied at various places in Maharashtra in school and colleges. In the SSC Board Examination , i secured 22nd rank in Aurangabad Division. In Engineering, i was among the top five ranks in all

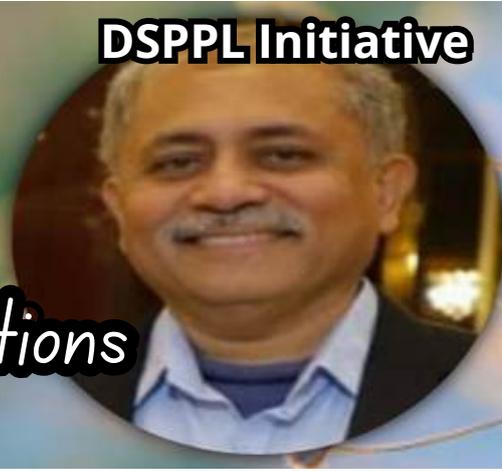




DSPPL

## Industry Inspirations

*continued*



four years. My father was my role model and he was an engineer. I have learnt a lot from my uncles who were also engineers.

**Q It's inspiring to know that your dedication and focus has taken you to the best career option of globally recognized automation company. What is the significant quality which took you touch pinnacle of success ?**

Observation, analytical ability and hard work are paramount to success for every individual in the field that one chooses. There is no short cut to success to productively deliver quality products timely and i am very happy to have played a role in raising the organisation to greater heights such as being one of the ten top twelve organisations globally and to deliver the organisational philosophy of 'Rise' in every field. It's important to earn the organisation's confidence and that keeps one motivated to achieve further milestones.

**Q It is interesting and a sense of awe to know your loyalty to your organization. It is a pride to have connected to a person who is still holding his career and achievements of his company so close to his heart. Can you share with us what you can say were the turning points and the learning times and the inspiring times of your journey so far--**

My learnings are as

- i) For skill and knowledge, one has to be very focused and be pragmatic in learning.
- ii) For quality, one has to be oriented for excellence.
- iii) For customer centricity, one has to be aware of customers, product and process requirements with an outstanding passion for making things happen.

I am indebted to the organisation for providing me the learning opportunities in the field of Technology, Engineering and Management through out the globe .

**Q Skill , orientation for excellence, Focus and above all Passion has made you extraordinary in your career path. Kindly share spiritual practices you follow, How did it help you in your life.**

I learnt Reiki in Feb 2000. I was extremely impressed by the warmth, analytical ability and simplicity of Guruji. Spiritual practices helped me to improve focus and remain composed in taking apt ( उचित - uchit in sir's language) decisions. Reiki as a Sadhana provides me- joy, happiness, energy and a positive approach. I am sharing this with a humility to reach out to our DSPPL youth for their future steps. I remain indebted to my masters...

Jai Gurudev !



# Chemistry in Everyday Life

## Science Experiment - 04

- Saurabh Malpani

What happens when an acid reacts with a base? What is a neutralization reaction? Let's get the answer with the help of this experiment!

### 1. APPARATUS:

- Baking Soda
- Vinegar
- Food Colouring Agents
- Bowls (4x)

### 2. PROCEDURE:

Step 1: After gathering all the required materials, put different colouring agents in different bowls as shown in the image.

Step 2: Add 4-5 tablespoons of baking soda in each bowl.

Step 3: Now slowly add vinegar to each bowl and see the chemical reaction happening and write your observations to us on our email id: [info.dsppl@gmail.com](mailto:info.dsppl@gmail.com).

### PRINCIPLE:

Acids react with bases to undergo a neutralization reaction to form a salt. In this experiment, we also get to see a phenomenon called effervescence, i.e. the same effect when water is added to ENO. When Vinegar (acidic) is added to Baking Soda (basic), then, on reaction, it liberates Carbon Dioxide ( $\text{CO}_2$ ), which causes effervescence, i.e. the fizzing effect. Technically speaking, NaCl (table salt) can be prepared in a laboratory using this concept by reacting NaOH (Sodium Hydroxide) with HCl (Hydrochloric Acid).



# DSPPL COMICS

Story: Komal Taai

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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6th May to 11th May, 2025	SOFT 1 Non- Residential	1/4/2016	31/3/2017	Rs. 1200
6th May to 11th May, 2025	SOFT 2 Non Residential	1/4/2015	31/3/2016	Rs. 1350
6th May to 11th May, 2025	SOFT 3 Non Residential	1/4/2014	31/3/2015	Rs. 1500
19th May to 24th May, 2025	SOFT 4 Residential	1/4/2013	31/3/2014	Rs. 5000
19th May to 24th May, 2025	SOFT 5 Residential	Those who have attended SOFT 4		Rs. 5250
19th May to 24th May, 2025	SOFT 6 Residential	Those who have attended SOFT 5		Rs. 5500
28th May to 1st June, 2025	STRONG 1 Residential	Age Group - 15 to 25 years		Rs. 5750
28th May to 1st June, 2025	STRONG 2 Residential	Those who have attended STRONG 1		Rs. 6000



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 Meena Bhave - 9909925815 / Pranjal Joshi - 9850035736



# DSPPL Events

## Start of EduSPOTs 2025 from 16<sup>th</sup> April 2025

We are very happy to announce start of EduSPOTs program on 16<sup>th</sup> April 2025 for children of 5 to 8 years of age. This is 2<sup>nd</sup> consecutive year of organizing the program. This year the event is happening at 14 centres across India at Devrukh, Mumbai, Pune, Chiplun, Bengaluru, Vadodara, Ahmedabad, Rajkot, Nashik and Hyderabad. Total 130+ students have enrolled for the program which will run till 16<sup>th</sup> May 2025, daily 1 hour from Monday to Saturday. Children are engrossed in doing TAPASYA activities - T - Thought of the Day ; A - Acitivity (Art, Poem, Game) ; P - Prayers, A - Abhyas Katha (Moral Stories) ; S - Stotra ; Y - Yog and A - Abhyas (Homework)





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