



# 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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# DSPPL Events

## Festival of Lights - Diwali Event (Participation - 90 students) Vadodara, Bengaluru , Dadar, Hyderabad, Pune, Vikhroli



One Day program on Festival of Lights was held in various DSPPL centres across India with intention of introducing Ancient Wisdom behind celebrating the 5 day festival of Diwali and also introducing ancient technology for helping students increase their focus, learning power, boosting their memory - **Agnihotra The Healing Fire**. Various sessions like **Story telling** and **Science behind Diwali Festival** were also conducted. Children made **Diya**s from clay, painted them beautifully made **Rangoli** too.



# DSPPL Events

## Festival of Lights - Diwali Event (Participation - 90 students) Vadodara, Bengaluru, Dadar, Hyderabad, Pune, Vikhroli

In Pune Centre Program, notable feature was visit by Sr Agnihotra Sadhak Mr Shyamsundar Gandhe (Age 84). He is direct disciple of Gajanan Maharaj, Akkalkot, learned Agnihotra in 1967 and was Agnihotra pracharak for many decades. He excitedly visited program as it contains session about "Agnihotra for Students"



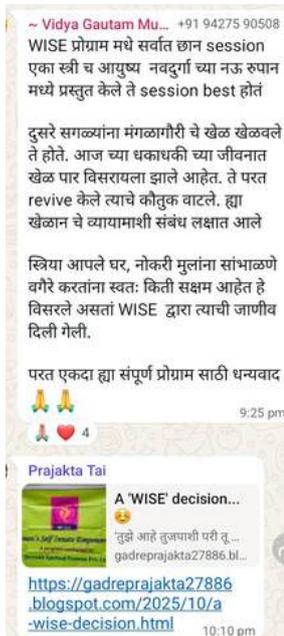
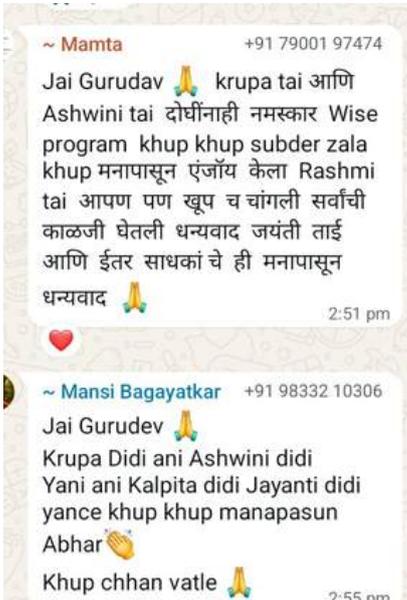
## WISE (Women's Innate Self-Empowerment) Program at Devrukh Ashram - 25<sup>th</sup> & 26<sup>th</sup> October 2025



# DSPPL Events

## WISE (Women's Innate Self-Empowerment) Program at Devrukh Ashram - 25<sup>th</sup> & 26<sup>th</sup> October 2025

WISE (Women's Innate Self-Empowerment) program was conducted on 25<sup>th</sup> and 26<sup>th</sup> October, 2025 by Ms. Krupa Choksi and Ms. Ashwini Telang at Devrukh Ashram. The program got overwhelming response with 36 participants. In this program various topics such as difference in chakras of Male and Female, the innate qualities of a lady and role of Lady as a Daughter, Wife, Mother and Grandmother was explained in detail. It was also taught how to invoke our innate qualities and lead a better life by forgiving everyone. The program ended with a meditation on the divine qualities and cleansing of chakras. The session were combination of Theory as well as practical games like treasure hunt and there was also a session on Mangala Gauri and its importance for females. Besides this, the participants were also taught pranayama and chanting by Ms. Kalpita Keer. All the participants appreciated the program. Few feedback shared below.



# Uncanny Nexus - A journey beyond

## Volume 01: The Awakening of Seekers

### Escort Explorers

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

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

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

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

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

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

### **Escort Explorers**

As they discussed, they realized that Lord Hanuman's character was a common thread in all the versions. His qualities of strength, devotion, and selflessness stood out.

While compiling their notes, they stumbled upon an intriguing detail. Avenlee mentioned, "In the **Kamban Ramayan**, it says that Dasharatha was unconscious, not dead. That's quite different from what we know."

Jigyasa added, "And in the **Valmiki Ramayan**, Maharshi Valmiki mentioned 'they lived happily ever after' in the second last chapter. But the last chapter seems to have been added much later. Who could have added that whole chapter?"





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

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This question puzzled them. They realized that different versions of the Ramayana had variations and additions that reflected the cultural and temporal contexts in which they were written.

Yuki suggested, “Let’s include this mystery in our presentation. It shows how epics evolve over time and how different interpretations can coexist.”

Everyone agreed, and they began to compile their notes and prepare their presentation. They were excited to share their insights and learnings with the rest of the class—including the intriguing question about the parallel timelines, the evolving narratives, and that mysterious added chapter that made them wonder who, or what, is shaping the stories as time moves forward.

Interestingly, while searching for books, Ved had accidentally found a unique-looking object that wavered in his mind for a long time. He waited for a week for the compilation of their notes and preparation of their presentation. Once everything was ready and in place, he decided to tell the others about that unique-looking, weird thing in the library.

Unfortunately, it was Sunday, and the library was closed to students. But since their leader had changed and Rutva had taken charge, she decided to go inside the library unnoticed. As she touched the door of the library, it automatically opened as if someone wanted them to go in. Rutva asked Haruka to plan their little adventure, as by this time everyone knew Haruka was determined and had the ability to understand the unknown possibilities.

Avenlee was asked to save her energy in case they needed any backup plan at the last moment.

“Everything till now is up to our plan,” said Haruka as they entered the library. Ved took them directly to the place where the object was lying down. They clicked photos of it on their mobiles and came back to search online for this object. But when they saw the pictures, all they saw was white light and nothing else. Rutva perplexed said, “That’s weird. How did all the photos we took look okay there, but as we come here, none seem to be there?”



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

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What we see is only a white light?" Yuki told her not to get frustrated and said, "I can always draw it by hand so that we can scan and search for what it is."

Jigyasa, now curious about what exactly the object was and why they found it, started to ask questions to Ved and Yug. Both Ved and Yug seem to be baffled by the disappearance of the photos taken and white light appearance instead. Hiroshi and Hyeon were silent yet thinking about this mysterious object. Breaking the silence, Hyeon said, "Hey! I think it might be related to our research. As Yuki mentioned, everything is our reflection. Probably, it wants us to explore."

Yuki nodded, "That makes sense. Maybe this object is connected to the Ramayana in some way. We should investigate further."

Ved added, "I agree. There's something about this object that feels significant. Let's try to find more information about it."

Haruka, always the planner, said, "Okay, let's split up the tasks. Yuki, you can draw the object. Rutva, you and I can look through the library's archives for any references to similar objects. Jigyasa, you and Yug can search online for any clues. Hiroshi and Hyeon, you can help us cross-reference any findings."

Everyone agreed and got to work. Yuki carefully sketched the object from memory, capturing its unique details. He then handed it over to Rutva, who immediately scanned it. But to their astonishment, there seemed to be no object like this in any online search. Haruka took Rutva to the library on Monday morning, where they found several books mentioning similar objects, yet each object had its unique abilities. So, they couldn't make out what the object really could do or what it was. They tried to cross reference, but none seem to be right.

Haruka asked Rutva, "Do you really want us to tell others about what we found about the object?" Rutva answered coolly, "Why not? We are all on the same boat, don't you think so?"



# Uncanny Nexus - A journey beyond

## Volume 01: The Awakening of Seekers

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Haruka sighed as they both walked out of the library and finally entered their class where their team was awaiting their arrival. As all the teammates were there, Yuki declared, "As we all know, today is Monday, which means the leader should change. And as per what we had prepared, today is Jigyasa's chance to become our leader."

As Jigyasa stood, everyone applauded, though there was a hint of concern in the air. Jigyasa, sensing the unease, smiled reassuringly. "Thank you, everyone. I know we have a lot on our plate, especially with this mysterious object. Let's work together and uncover its secrets."

Haruka glanced at Rutva, who gave a subtle nod, but before they could say anything, Jigyasa, out of concern, asked, "Rutva, Haruka, can I ask you both why you skipped your breakfast today? Was it because of that object? Do you think that object is more important than your health?"

Rutva and Haruka sighed. Rutva then mentioned their discovery that the object has a unique ability which can only be known if they allowed themselves to explore it. Haruka quoted one of the scriptures, "अन्वेषणं अनुभवाय, अनुभवः अभ्युदयाय" (anveshaNam anubhavaay, anubhava abhyudyaay)

Rutva translated on the spot, "Exploration leads to experience, and experience leads to elevation." Jigyasa thoughtfully nodded, "Does that mean we need to explore that object to experience new vistas before ultimately reaching the heights of realization? Anyway, whatever it may be, we'll explore it after class. But let me remind you both—Rutva and Haruka—to take care of yourselves. We need everyone at their best to solve this mystery."

Rutva and Haruka exchanged a glance, appreciating Jigyasa's concern. "You're right," Haruka admitted. "We'll make sure to take better care of ourselves."

Just then, Avenlee suddenly looked at the library clock and realized they had only 5 minutes left to reach their class for their lecture. "Oh no, we only have 5 minutes left! We need to hurry!" she exclaimed. The group quickly packed up their things and rushed to their Sanskrit literature class. After the class, they gathered for lunch, discussing their next assignment, which was to complete their research on the Epic they had chosen.



As they settled down with their meals, Jigyasa broke the silence, “So, let’s complete our research on the Ramayana today. As we need to take out its printing, then go for bookbinding with a black cover and embossing it with golden letters - that’ll take a hell of a lot of time.”

Haruka, munching on a sandwich, suggested, “Why don’t we give the task of printing and bookbinding to these guys here?” Her eyes shifted towards Dhairya, Daiki, and Hyeon, who were sitting next to Jigyasa.

Avenlee, Rutva, Yuki, and Yug immediately agreed before Jigyasa could respond. Jigyasa, smiling, mentioned, “Okay, यथेच्छसि तथास्तु.” (yathēcchasi tathaastu)

Spontaneously, Avenlee translated Jigyasa, “As you all wish, so shall it be.”

Daiki said, “Well then, I’ll look after the printouts.”

Hyeon responded, “I’ll negotiate on the pricing aspect of the bookbinding and cover.”

“And I’ll look after the quality and proofreading aspects,” added Dhairya.

Jigyasa, as a leader, cleared her throat and uttered, “Okay then, fellows, let’s head back to solving the mystery.”

Saying so, Group अनंत (Anant) went to the library where the object was awaiting them.

As the team अनंत (Anant) approached the object, something weird happened. Aniya noticed that the object had started glowing the moment they went near it. While pointing it out to Avenlee, she exclaimed, “Hey Ave! Did you see what I saw?”

Daiki interrupted, “Uhm Ave, I think she is referring to the glow that is emitted by the object.” He then turned to Aniya and reconfirmed, “Ann, am I right?” Aniya nodded in affirmation.

Looking at the glow oozing out of the object astonished everyone. Yuki, Yug, and Haruka spontaneously reacted, “WOW! How is it glowing? Till yesterday it wasn’t. Is there something special today?” As they spoke, they looked at each other with surprised expressions, realizing their thoughts were so much in sync. Yug added, “It’s like it is pulsating rainbow colours from within.” On the other hand, Ved was stunned and awestruck to see rainbow colours emitting out for the object and found himself speechlessly drawn towards it. Jigyasa’s curiosity rose to a newer level altogether looking at what was happening.



# Uncanny Nexus - A journey beyond

## Volume 01: The Awakening of Seekers

Contd...

Rutva excitedly commented, "This is amazing!" As Rutva uttered it a little louder, the librarian looked in their direction and was about to come near when suddenly Hyeon took Karunashankar and Haruka in front of the librarian, asking for a book. As they distracted the librarian, Jigyasa, who had been observing thoughtfully, said, "I think there's something more to it. We need two teams here. One team will stay here, observe, and even distract the people around if needed, while the other will explore the object. What do you all feel? Shall we split up the group?"

Hiroshi whispered to the group, "I think Jig is right. We need to split into two groups to accomplish our little secret mission of exploring the object." Daiki asked Yug, "Hmm, do you also vote for the same?" Yug replied, "Yes, I too feel it would be ideal to split. But..." As he abruptly stopped, everyone turned to him with questioning faces. Dhairya asked, "But what? Do you have any reservations in mind? If so, spit it out."

Hesitatingly, Yug mentioned, "Uhm, hmm, nothing much. I was just thinking, who will wait here, leaving behind the excitement of exploration?" This question made everyone think and ponder upon it. Their thoughts were interrupted by Haruka, who broke the silence, inquisitively asking, "What are all of you thinking about?"



### ***Dip. SAC Ashwini Telang, Mumbai***

Technical Content Head , Faculty & Monthly magazine chief editor  
Dip SAC and NCFE Certified Industrial Psychologist and transactional analyst with specialization in Clinical Psychology. Reiki Master conducting training programs in India and abroad, co-author for books Holistic Parenting and Personality Development for modern youth Managing Partner- Synergesic - a Business Research firm



# Diwali Poem

*Dip. SAC Ashwini Telang, Mumbai*

*When the darkest nights of the year arrive,  
And silence deepens where shadows thrive,  
One by one, we light the flame —  
Not to banish fear, but to call our name.*

*Each diya placed with mindful grace,  
Illuminates more than time or space.  
It burns through veils of doubt and guise —  
Till truth beneath shall shine and rise.*

*Let each lamp, placed with utmost care,  
Guide the soul through subtle air.  
Melting the veil of illusion's disguise —  
Rekindling the self where true light lies.*



# Thought for the Month

## Scary Space



Dear Students of DSPPL  
And my young friends,

### Scary Space



On a night with a full moon around,  
In a dream not so true, I found,  
Floating in space without any base.  
The only thing that lit up was my face.  
The space can get scarier than scare,  
Without any light, can anyone dare?  
The lack of gravity spells fear,  
Also, the fact that none is near.

The stuff of science and movies, B-grade,  
Amidst a billion stars without any shade.  
Small and big asteroids are found orbiting,  
The chance of a collision, not entirely missing.

Discovering comets and asteroids amidst dark skies,  
With no ray of light or life or any hope flies.  
Only now could I appreciate the magic on earth called life,  
On our planet, they all flourish, be it good or rife.

The things that we usually grumble about and complain,  
In this short sojourn, let us move jovially and plain.  
The day and night, the pleasure and pain, the ifs and buts,  
Accept it all, face it with glee, and resolve the issues with all your guts.



### **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.*



# The Golden Touch: A Story About Knowing What Truly Matters - CA Amit Dhadphale



## The Original Story

Once upon a time, there was a king named Midas who loved gold more than anything. One day, he helped a magical stranger who granted him a wish. Midas wished that everything he touched would turn to gold. At first, he was thrilled: his palace sparkled! But soon, his food, his flowers, and even his beloved daughter turned to gold at his touch. Realizing his mistake, Midas begged for the wish to be undone. The magic was reversed, and Midas learned that some things: like love, family, and happiness: are far more valuable than gold.

## Financial Lessons from the Story

- **Value What You Have:** Chasing only money can make us forget the true treasures in life: family, friends, health, and happiness.
- **Beware of Greed:** Wanting “more and more” can lead to losing what’s truly important.
- **Understand Needs vs. Wants:** Not everything that glitters is worth having. Sometimes, what we want isn’t what we need.
- **Think Before You Wish:** Quick decisions about money can have big consequences.
- **Know Where to Stop:** The most important aspect about finances and investments is to know where to stop: if one gets carried away with the flow, greed or wants, it may lead to a financial difficulty.

## How Can We Implement These in Our Life?

- **Make a “Treasure List”:** Write down what’s most important to you: like family, friends, and fun activities. Remember, not all treasures are gold!
- **Set Limits:** Decide how much of your pocket money you’ll save, spend, and share. Don’t let the wish for “more” take over your life.





## The Golden Touch: A Story About Knowing What Truly Matters



*continued...*

- **Pause Before You Buy:** Before spending, ask: “Do I really need this, or am I just excited by something shiny?”
- **Talk About Feelings:** If you ever feel jealous or greedy, talk to your parents or friends. Sharing your feelings can help you make better choices.

### ← END Conclusion

King Midas learned the hard way that gold isn't everything. The real magic is in the love and happiness we share with others. Money is important, but it's not the only thing that matters. By valuing what we have, making thoughtful choices, and remembering what's truly precious, we can all become wiser and happier: without needing a golden touch!

### ★ New! “Golden Moments” Activity

- Every week, write down one thing that made you happy that money can't buy: a hug, a laugh, a fun game, or a kind word.
- Decorate your “Golden Moments” jar and see how full it gets. You'll discover that your life is already filled with treasures!

Happy Reading, Happy Learning!

CA Amit Dhadphale

*PS: Views are personal! GenAI was used to develop an iteration of this article. The end product was reviewed and edited by the authors before publication.*



### **CA Amit Dhadphale, Pune**

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





# Industry Inspirations

## Interview with Wg. Cdr S.S. Yegnaswami

served Indian Air Force as an Aeronautical Engineer (Electronics) and D.R.D.O. as a Senior Scientist.

**Q :** It is indeed an honour to have your interview who has dedicatedly served our Nation. Kindly tell us more about yourself.

Born in a family of teachers, my paternal grandfather was a school teacher and my father was a College Professor. In a joint family system prevalent those days, discipline and religious faith were imbibed in me from my childhood. The love for New India that was born in 1947, patriotic lessons, moral science that were taught in my childhood, my training in Junior and Senior division NCC made me choose a career in serving the nation through Indian Air Force.

After completing School education from a reputed school in Chennai (then Madras) I got my BSc degree with Physics major from the renowned Vivekananda college under Madras University and B.E degree with Electrical Engineering from the oldest and prestigious College of Engineering Guindy of the Madras University.

I have served in various establishments of Air Force like Operational Squadron, Base Repair facilities as an Aircraft production Engineer in the repair and overhaul of a fighter aircraft, Officer commanding of a NCC, Air Technical Squadron at IIT Madras, Radar System Installation Engineer. Apart from this I was an instructor in the Institute of Flight Safety and I was teaching



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Aircraft Accident prevention and Investigation and flight safety, being a qualified Aircraft Accident investigator. I also worked in the DRDO Head Quarters as an Air Force officer and later became a Scientist in one of the establishments of DRDO Bangalore. I superannuated as a senior Scientist and Group Director on 31st January 2007.

**Q: It is very commendable to know your family and professional qualifications which has indeed become a foundation for your life. Kindly share your professional journey with us.**

After completing my Engineering degree, I worked as a Mgmt.

Trainee in a reputed MNC near Mokamaghat in Bihar. The inspiration to join the Indian Airforce was still there due to my disciplined upbringing and instilling patriotism at home and in the academic institutions and my NCC Training where I had become a Senior Under Officer while in my BSc degree course. In 1971 while serving in Mokamaghat along with other Management Trainees I used to go to the railway station to see the Army troops being transported by train to East Bengal (now Bangladesh). I used to serve them tea and snacks and wishing them success. This experience made me rethink of my future career in Air Force as an Engineer and leave the better paid MNC. I was already selected for the Air Force career in the Air Force Services Selection Board (SSB) at Mysore about six months before. I resigned my Management Trainee job and joined the Air Force Technical College (AFTC) at Bangalore in January 1972. The training laid more emphasis on physical training, converting me into an Aeronautical Engineer (Electronics) apart from Management, Administration and Air Force Law.

After completing my AFTC Training which was for one year and 6 months, I was posted as an Engineering Officer in a fighter Squadron in Eastern UP and maintained fighter aircrafts for 3 years in the unit. My experience as an Engineer and Technical Manager grew through my postings in operational units, Aircraft Maintenance Depo and other establishments. Installation experience as a Radar System Engineer, and these professional experiences were acknowledged by Indian Air Force (IAF) when I was sent for a special course to IIT Kanpur for one semester. After the course I was sent abroad for maintenance of a modern fighter aircraft with latest computers and other Avionics. This training at a Western European country enabled me develop my skill level in Computerised testing of Aircraft Avionics Systems.

I was a very safety conscious Engineer and was taking keen interest in maintenance and operations. This combined with a Training course of 3 months in Flight Safety and Accident Investigation resulted in my being deputed by IAF to go as an investigator (Technical) along with an Investigating team headed by the Director General Civil Aviation (DGCA) to Canada for milking out the data of the Digital Flight Data Recorder (DFDR) of the ill fated A310 Aircraft of Indian Airlines crashed at Bangalore HAL Airport in Feb 1990. This and my training abroad





I consider as a reward for my professionalism.

My knowledge on modern Avionics combined with Aircraft maintenance was appreciated by DRDO Head Quarters and resulted in my posting to DRDO Head Quarters and subsequently to a Laboratory in Bangalore. I enjoyed my DRDO service and the high point was my interaction with Dr. Abdul Kalam, then Secretary Dept. Of Defence R and D and Scientific Advisor to Rakshamantri.

Since he was Chairman of Aero R and D Board, the Secretariat of which was taken care of by me at the DRDO Head Quarters New Delhi. Overall my professional journey both in the Air Force and DRDO was fulfilling and enabled me get good experience and recognition.

**Q: Such an illustrious career is inspiring us too. The peak is of course working with our Scientist and President Dr. Abdul Kalam sir. Can you share what is the qualification is required to join Air Force or DRDO.**

For joining Indian Air Force Engineers can write the Air Force Common Admission Test (AFCAT) or the Combined Defence Services Examination (CDSE). For the technical branch via AFCAT, a separate Engineering Knowledge Test (EKT) is also required. The selection process involves a written exam, the Services Selection Board (SSB) (optional) interview and a medical test. Graduates are eligible for CDSE primarily for the flying branch.

For joining DRDO as a Scientist 'B' one has to primarily go through a selection process based on their Graduate Aptitude Test in Engineering (GATE) score. Eligibility is a first class Master's degree in Science or First class Bachelor's degree in Engineering/ Technology and a final selection based on the written exam and interview.

**Q: We thank you for the valuable information given to our young readers who will be interested in this prestigious career. Can you share what were the pain areas or challenges of your profession.**

As far as the Indian Air Force is concerned the pain areas were that 24/7 is the working hours and you may be called for duty if required at any time. Frequent transfers within 2 or 3 years disrupting family life, children education, separation from family sometimes due to non-availability of family accommodation in remote Air Force establishments. The challenges were in meeting the targets during war exercises and Project PDCs.

When a person is serving the nation the whole family contributes by giving their support in every way. Travel and postings would have given you and your family a lot of opportunities to learn from across India and its varied culture too. What can you say were the turning points, learning times and inspiring anecdotes of your journey so far.



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The first turning point in my professional career was my decision of quitting an MNC company and joining the Indian Air Force as an Engineer driven by discipline, patriotism and the Bangladesh Liberation war. Again with my improved technical knowledge acquired through continuous training both in Air Force Training Establishments, Academic Institutions like IIT, I enjoyed my professional journey so far.

The above combined with my quest for innovation, making Aircraft and Aero Engines and related components for Aircraft manufacture and the challenges of Aircraft and component design enabled me learn a lot to think of “Atmanirbhar” now,

insisted by our present Prime Minister Mr Modi. The foreign nations from whom we were importing were exorbitantly charging us. I felt the only way out for India is self-innovation and improving Indigenous Defence R and D and production centres to realise Atmanirbhar, which is now happening with India exporting Defence equipment like Aircraft, helicopters, Brahmos missiles and other Defence systems to foreign countries to earn us the name of a developed nation with a sound economy.

**Q: It is an amazing “Athmanirbhar” moment for all the Defence people where your years of dedication and commitment has brought colours when our missiles and aircrafts are exported to foreign developed countries. Do you pursue spiritual practices? How these practices helped you in career?**

Yes. I am really involved in spiritual and religious practices from childhood due to my orthodox family background. During my student days and professional career, it was more of religion than spiritual, since time was not available for other than professional activities and family affairs. However, I attend religious and spiritual congregations’ lectures. In 2008 I got trained in reiki healing Level 1 and Level 2 by Gurus Solanki Sir and Ajit Telang Guruji of Reiki Vidya Niketan, Devrukh, Maharashtra and practice Reiki. The lectures on spirituality by Brahmakumaris, Wave of Faith program of Reiki Vidya Niketan apart from chanting Rudra and Lalitha Sahasranamam. I practice yoga. Whenever I find time Gurucharitra Parayan and Sai Satcharitra Parayanams are in my regular routine. After my retirement, when the children started settling down I could give time for spiritual activities.

As mentioned by me earlier my upbringing in childhood years in a joint orthodox family, where religious festivals used to be celebrated in a grand style, had laid the foundation for good values such as honesty, sincerity, discipline and patriotism, which helped me in my career to discharge my responsibilities without fear or favour.

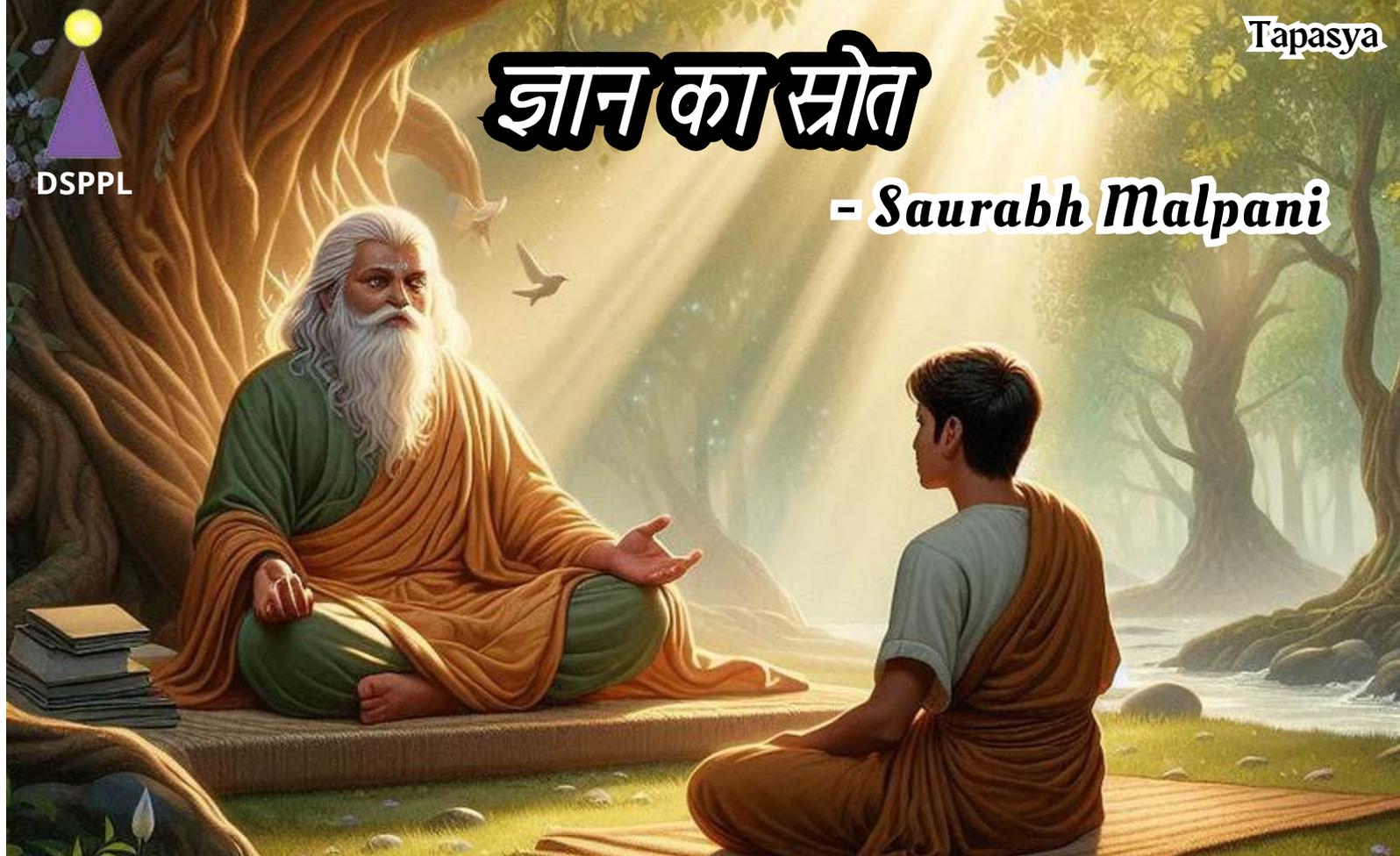
**Thank you so much Sir for taking time out and sharing your industrious professional journey and spiritual choices came much later which helped you to stay connected with the divinity through the life for health happiness and harmony throughout the life.**



# ज्ञान का स्रोत

- Saurabh Malpani

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एक समय की बात है, एक छोटे से गाँव में एक युवा ब्राह्मण रहता था। उसका नाम नंदन था। नंदन बहुत ही मेहनती और उत्साही था, लेकिन वह ज्ञान की खोज में भ्रमित था। वह जानता था कि ज्ञान ही जीवन की सच्ची राह है, लेकिन वह यह नहीं समझ पा रहा था कि उसे कहाँ से और कैसे ज्ञान प्राप्त होगा। नंदन ने सुना था कि दूर एक बड़े आश्रम में एक महान गुरु रहते हैं, जिनके पास सभी ज्ञान का भंडार है। वह तुरंत अपने गाँव से निकल पड़ा और कई दिन की यात्रा के बाद उस आश्रम में पहुँच गया। वहाँ पर वह गुरु के पास जाकर बोला, "गुरुजी, मुझे ज्ञान चाहिए, मुझे सच्ची राह दिखाइए। मैं किसी भी प्रकार का त्याग करने के लिए तैयार हूँ।"

गुरु ने उसे ध्यान से देखा और कहा, "तुम तैयार हो तो तुम्हें ज्ञान मिलेगा, लेकिन पहले तुम्हें एक कठिन परीक्षा देनी होगी।"

नंदन ने गुरु से पूछा, "वो परीक्षा क्या होगी, गुरुजी?"

गुरु मुस्कराए और बोले, "तुम्हें तीन दिन तक एक पेड़ के नीचे बैठना होगा, बिना कुछ खाए-पिए। और तुम्हें अपनी इच्छाओं और सोच को शांत रखना होगा। यदि तुम यह परीक्षा पास कर पाते हो, तो ज्ञान तुम्हारे पास आ जाएगा।"

नंदन को यह चुनौती कठिन लगी, लेकिन उसने गुरु के आदेश को स्वीकार कर लिया। वह तीन दिन तक बिना कुछ खाए-पिए पेड़ के नीचे बैठा रहा, अपनी इच्छाओं को काबू में रखने की कोशिश करता रहा। पहले दिन वह बहुत बेचैन हुआ, लेकिन धीरे-धीरे उसने अपनी इच्छाओं और बुरे विचारों को नियंत्रित करना शुरू किया।





दूसरे दिन उसकी शरीर में कमजोरी आ गई, लेकिन उसने हार नहीं मानी। तीसरे दिन, जब उसने अपनी आत्मा में शांति और संतुलन महसूस किया, गुरु ने उसे बुलाया।

गुरु ने नंदन से पूछा, "तुमने तीन दिन तक यह कठिन परीक्षा कैसे दी?" नंदन ने कहा, "गुरुजी, पहले तो मुझे बहुत कठिनाई महसूस हुई, लेकिन अब मुझे एक सच्ची शांति और संतुलन का अहसास हो रहा है। मैं समझ गया कि सच्चा ज्ञान सिर्फ बाहरी दुनिया से नहीं, बल्कि हमारे भीतर की शांति से आता है।"

गुरु मुस्कराए और कहा, "तुमने ज्ञान को सच्चे दिल से प्राप्त किया है। जब तुम अपनी इच्छाओं और अहंकार को नियंत्रित करते हो, तो ज्ञान स्वाभाविक रूप से तुम्हारे भीतर समाहित हो जाता है। यही सच्चा गुरु का मार्ग है।"

नंदन ने गुरु की बातों को समझा और अपने जीवन को पूरी तरह से बदल लिया। वह अपने भीतर की शांति और ज्ञान को पाकर सभी संसारिक कष्टों से मुक्त हो गया।

## **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.



# वेदनाओं का महत्व - जयंती काटदरे

DSPPL



एक बड़ी सी नदी के किनारे पर एक साधु नियमित रूप से साधना करने आते थे। वहाँ का शांत जल, नदी का घाट, वहाँ चलने वाले पूजा-पाठ, मंदिरों में बजने वाली घंटियाँ, मंत्रोच्चारण और आने-जाने वाले भाविक — यह सब वातावरण ही मंगलमय और पवित्र बनाते थे।

एक दिन हमेशा की तरह साधु जी अपनी जगह पर जा बैठे और सामने के विस्तृत जल-पात्र को ध्यान से देखने लगे। कुछ नन्हे बच्चे माँ का हाथ छोड़कर इधर-उधर दौड़ रहे थे। उनमें से एक बच्चा खेल में इतना व्यस्त था कि माँ ने कई बार पुकारने के बावजूद भी वह अपना खेल-कूदना छोड़ना नहीं चाहता था।

एकाएक रोने की आवाज़ से साधु जी ट्रांस से बाहर आए। देखा तो वही भागने वाला नन्हा बच्चा गिरकर चोटिल हो गया था। अब वह दौड़कर अपनी माँ के पास चला गया। माँ उसे संभाल रही थी, तभी वह रोते हुए पूछने लगा — “माँ, यह दर्द, वेदना क्यों होती है? मुझे नहीं चाहिए यह दर्द।”

इस पर माँ हँसकर बताने लगी — “अगर वेदना नहीं चाहिए तो ऐसे मत खेलो जिससे चोट आए।”

उनके संवाद को सुनकर साधु जी फिर से अंतर्मुख हो गए और सोचने लगे कि हमें वेदना क्यों होती है? फिर उन्हें जवाब मिला कि वेदना हमें हमारे पैटर्न बदलने के लिए मजबूर कर देती है, जो जीवन में बहुत ज़रूरी है। जैसे कि खेल को छोड़ना नहीं चाहने वाले उस बच्चे ने तुरंत अपना खेल छोड़ दिया।

और दूसरी बात सोचकर उनके चेहरे पर एक हल्की सी मुस्कान आई, आँखें थोड़ी नम हो गईं, क्योंकि साधु जी ने सोचा कि यह वेदना ही उन बच्चों को, जो खेल में सब कुछ भूलकर भटक गए हैं, वापस माँ की गोद में लेकर आती है।



# CONSTITUTION OF INDIA

- **Kalpita Rakesh**

## *Article 21 : The Right to Life and Privacy*

Characters:

- Father (calm, wise)
- Son (Arjun, 11 years old) (curious and playful)

Scene: Living room. A suspense thriller movie is playing on TV.

(On TV: A cop is listening secretly to a phone call to catch a murderer.)

**Arjun:** (eyes wide, whispering) Papa... did you see that? The police are listening to the phone calls!

**Father:** (smiles) Yes, Arjun. They are trying to catch the criminal.

**Arjun:** (suddenly worried) But papa... what if the police start listening to our calls? I talk to my friends every day. What if they hear my secrets?

**Father:** (laughs softly, puts his hand on Arjun's shoulder) Don't worry, Arjun. In real life, police cannot just tap anyone's phone like in the movies.

**Arjun:** (relieved but curious) Really? Why not?

**Father:** Because our **Constitution** protects us. There is a very important Article—**Article 21**. It says every person has the right to live freely and safely, with dignity and privacy.

**Arjun:** Privacy too? That means... nobody can just read my messages or hear my calls?

**Father:** Exactly! Unless the government has a very strong reason—like if someone is a real danger to society—they cannot disturb your life or your privacy.

**Arjun:** Wow... that feels safe. But papa, is Article 21 only about privacy?

**Father:** Good question! No, Arjun. Article 21 is even bigger. It talks about the Right to Life. That means no one can take away your life unfairly. Your life is precious.



# Understanding Constitution Part 12 (Article 21)

**Arjun:** (innocently) Is that why suicide is considered a crime, papa?

**Father:** Yes, Arjun. Because our life is a gift. The Constitution says life is so important that even ending your own life is not right. Instead, the law tries to protect and help people who are sad or troubled.

**Arjun:** Hmm... so, Article 21 is like a safety net for every person?

**Father:** Exactly! Let me give you a few examples:

- If factories pollute the air or water, people can go to court saying it harms their **Right to Life**.
- If children are forced to work instead of going to school, that also affects their **Right to Life with dignity**.
- Even the **right to sleep** peacefully at night is protected by Article 21.

**Arjun:** (smiling) Papa, that means when our neighbor plays loud music late at night, I can complain using Article 21!

**Father:** (laughs) Yes, beta! You could. Article 21 protects every small and big part of living a good life.

**Arjun:** (happily) That's amazing. So Article 21 is like India telling us—"Your life matters, and your freedom matters."

**Father:** (nods proudly) Perfectly said, Arjun.

*(They continue watching the movie. Arjun looks more relaxed and safe knowing about Article 21.)*

## ***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.



# Chemistry in Everyday Life

## Science Experiment - 08

- Saurabh Malpani

*Do you have old silver coins or utensils? Have you seen them becoming dull over time? Let's try and make them shine like before and understand the chemistry behind it!*

### Apparatus:

- Tarnished silver coin(s).
- Lemon juice (fresh or bottled)
- Salt (about 1 teaspoon)
- A small bowl or cup
- A soft cloth or paper towel (for drying)



### Procedure:

1. Prepare the Lemon Juice by pouring about 1/4 cup of lemon juice into the small bowl or cup, then adding about 1 teaspoon of salt to the lemon juice & stirring gently until the salt is dissolved.
2. Place the tarnished silver coin(s) into the lemon juice solution and you'd see some fizzing or bubbling as the lemon juice reacts with the tarnish.
3. Let the coin(s) stay soaked in the lemon juice for 5-10 minutes. (After soaking, use a soft toothbrush or cloth to gently scrub the coin if there is still some tarnish left and rinse it and dry).

### Principle:

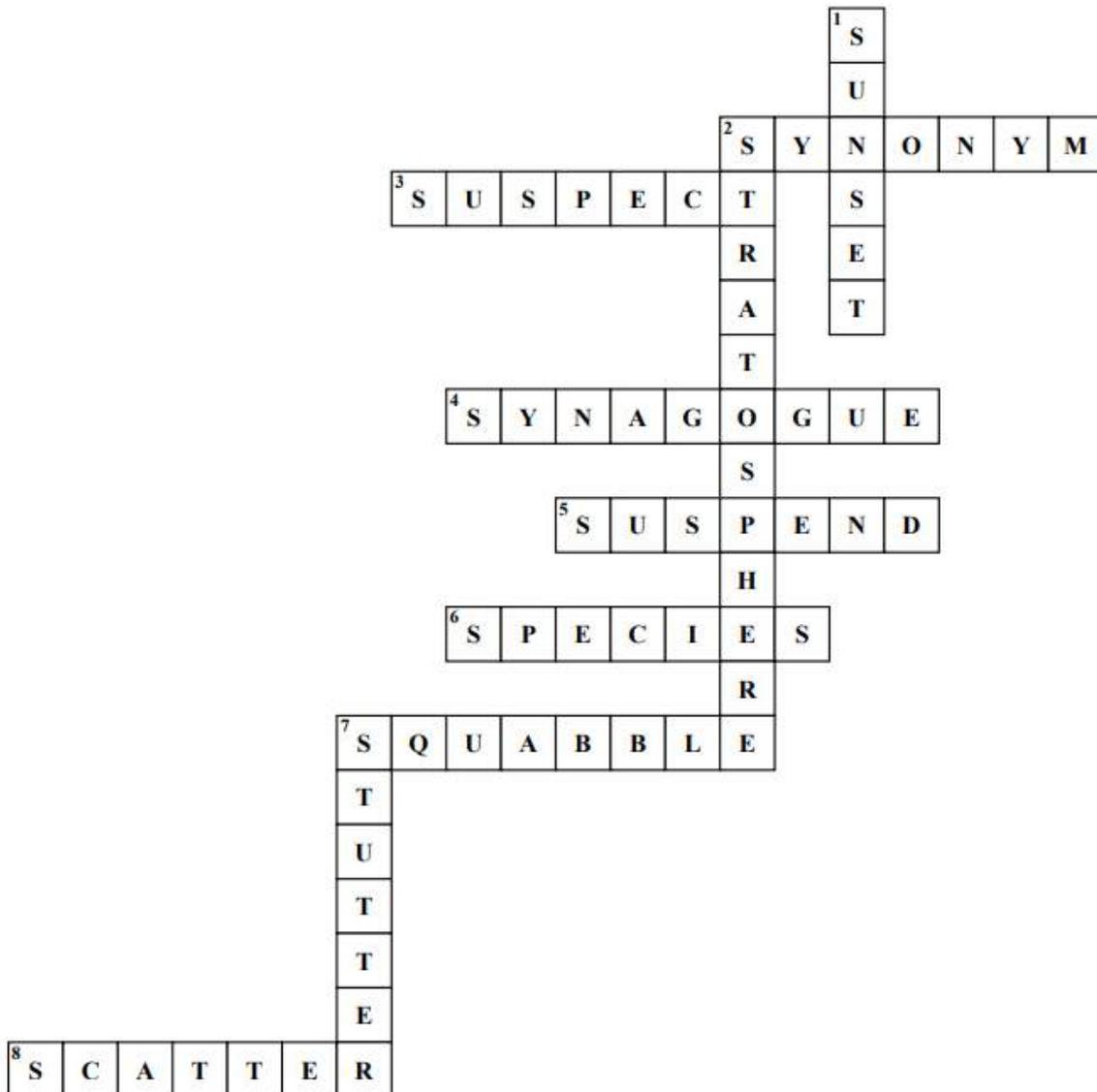
Why does lemon juice clean coins?

- The lemon juice is citric acid which is acidic, which helps break down the silver sulfide ( $\text{Ag}_2\text{S}$ ) that causes tarnishing. The salt works to enhance the cleaning process by acting as an abrasive, helping to remove stubborn tarnish. This combination of acid and abrasiveness is what makes the coins shine again!



# Answer to Last Month's DSPPL Crossword Puzzle

## Solution



### Across

- [2] a word with the same meaning as another word.
- [3] to imagine someone to be guilty
- [4] Jewish place of worship.
- [5] the temporary prevention of something continuing.
- [6] a type of living organism; different \_\_\_\_\_?
- [7] a small argument or fight (usually over something silly)
- [8] to throw or spread things in different directions.

### Down

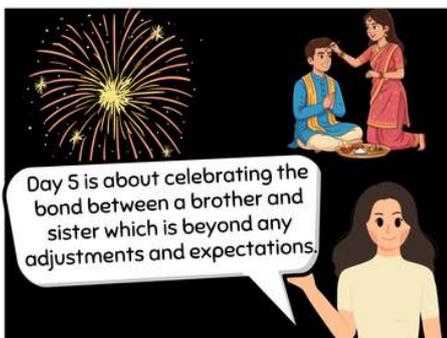
- [1] the descent of the sun below the horizon.
- [2] high altitude layer of the atmosphere.
- [7] the speech with involuntary disruption or blocking of speech.



# 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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