

Contents:

Participation in Calcutta Nursery Football League	Naming Ceremony
Monthly Three Hours Akhanda Kiirtan	First Diocese Seminar
International Yoga Day Celebrated	Sponsor's Review Programme
New House Entry Celebrated	Shraddhanjali at Chitmu village

Participation in Calcutta Nursery Football League

In the interest of future big plans, Ananda Marga Pracaraka Samgha's Sports Cell the "Spiritualists Sports and Adventures Club" (SSAC) is conducting Football merit selection trial camps in all the districts of West Bengal (primarily) and then in other parts of India. For this a Technical Advisory Committee has been formed with eminent football players in Kolkata and West Bengal football. The first such Football Merit Selection Trial Camp will be held at Coochbihar and Alipurduar districts of North Bengal for boys under 13 years on 1st - 3rd July 2022 according to the following schedule.

July 1, 2022, at: Kharija Kakribari Government Primary School Premises, Coochbihar District. Sri Soumen Dutta (Contact No. 7602947642) should be contacted for participation.

2nd July 2022, at: VNC Football Ground, Alipurduar Junction, Alipurduar District. Sri Uttam Bose (Contact No. 9833538411/9339042545/7602947642) May be contacted for participation. Sri Soumen Dutta (Contact No. 7602947642) should be contacted for participation.

Similarly, football player selection trial camps for boys under 12 will also be held in other districts of West Bengal.

Those interested in doing such camps are requested to contact the following person.

Suryavikash Chakraborty, Convener, football technical Committee, Spiritualists Sports and Adventures Club. Contact No. 7980762148/8902121683)

Monthly Three Hours Akhanda Kiirtan

On 19th June 2022, monthly three-hour akhanda "Baba Nam Kevalam" kiirtan and Narayan Seva was completed at Baba Memorial, Anandanagar.



International Yoga Day Celebrated

21st June: International Yoga Day has been celebrated at Ananda Marga Shishu Sadan, Umanivas Girl's College, SSAC Football Coaching Center and Ananda Marga School, Matrisneha, Shayampur, Anandanagar. Incidentally, in every school run by Ananda Marga School, spiritual yoga is practiced regularly every day. Proponent and guru of Ananda Marga Shrii Shrii Anandamurtiji explained about Yoga and Asanas - Through the practice of asana, one can control the various instincts lie in the cakras, one's thoughts of the mind, and one's own conduct.

The word yoga has two meanings: *yuj + ghain* and *yoga*, meaning addition. For example, the number $2 + 2 = 4$. Further the word yoga is formed with *yunj + ghain*, which means unification. Such as the substance that was found in the mixture of sugar and water.

Moreover, there are some other definition also.

- (1) "*Yogashcittavrittinirodhah*" means to block all the instincts of the minds completely.
- (2) "*Sarvacintá Parityágo Nishcinto Yoga Uchyate*" means Yoga is the state when the mind is free from all kinds of thoughts.
- (3) "*Samyogoyogo ityukto jivátma Paramátmanah*" – Yoga in the spiritual level is unification of the unit entity with the Cosmic Entity. There is Mr. X, there is Mr. Y, there is Mr. A, B, C – so many units. And when that unit becomes one with the Supreme, it is *yoga*.

Source: *What Is Yoga? Published in: Ananda Vacanámrtam Part 14*





New House Entry Celebrated

23rd June: Shrii Karam Kumar, a resident of Tatuwara village, constructed his new house. The first House Entry of the new house was celebrated at dawn as per Carya Carya of Ananda Mraga. On this occasion, 6 hours "Baba Nam Kevalam" Akhand Nam Samkiirtan, Narayan Seva and Nagar Kiirtan were performed.



Naming Ceremony

24th June: Naming ceremony of the first son of China and Lalmohan Bauri, a resident of Chamchaka village of Anandanagar was held at Power House this day. There was first the collective Ishvar Pranidhan then the child was named under the priesthood of Acarya Muktananda Avadhuta as per the rules of Ananda Marga Caryacarya.



First Diocese Seminar

24th to 26th June: First Diocese Seminar started in the morning of 24th June at the Power House with three hours of akhanda kiirtan and collective Ishvar Pranidhan. Central Dharma Pracar Secretary Acarya Viitamohananda Avadhuta and senior monk Acarya Mohanananda Avadhuta are the trainers in the seminar.

The three-day Anandanagar First Diocese Seminar concluded on 26th June with a concert of Prabhat Samgiita, kiirtan, Ishvar Pranidhan and various topics. In the seminar, Acarya Vitmohananda Avadhuta discussed in detail the importance of (1) Ista and Adarsha, (2) Human society is one and indivisible, (3) life, death and samskar, (4) the importance and necessity of Sixteen points and Acarya Mohanananda Avadhuta discussed in detail the topic on "Economic Dynamics".





Sponsor's Review Programme

28th June: Two representatives of "Senco Gold and Diamond" Kolkata Jewellery Company visited Anandanagar Umanivas Girls Home for their Corporate Social Responsibility (CSR) Project Review. They talked to the girls at home. They were asked to write about their five-year future plans, the current environment in which they live. They were divided in three groups according to their class of studying. The naming of each group and group leaders is decided by themselves. The group from 1st to 4th grade was named "Anjali". The 5th to 8th grade was named "Spandan". The group of seniors those who go to college was named "Pushpanjali". Each of the group leaders talks about the views of the group after discussing with its members. Everyone in the home was given a backpack, a pen and a notebook as a gift.



Shraddhanjali at Chitmu village

28th June: Budhu Garain, the father of Bhukhal Garain of Kumar para of Chitmu village expired on 19th June. The Shraddhanjali function of his departed soul was conducted on 28th June as per norms of Ananda Marga Carya Carya in his residence. Acarya Muktananda Avadhuta presided over the function.

N.B.: All monthly Ananda Nagar News are now available on the website:

<http://www.AnandaNagar.org>, Published by – Ac NarayananandaAvadhuta, Rector Master, Ananda Nagar

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Contributions are welcome.