



Ananda Marga

Ātma Mokṣārtham Jagat Hitāya Ca



June, 2023



Ananda Nagar Newsletter

Edited & Published by – Ac Narayanananda Avadhuta,
Rector Master, Ananda Nagar

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❖ Roof Laying Work for the Extension of Dimdiha Ananda Marga Jagriti and School Building

On 1st June'23, the roof was laid in the ongoing work for the extension of Dimdiha Ananda Marga Jagriti (Meditation Hall) and school building in the remote eastern Ananda Nagar village of Dimdiha.



❖ Six Hours Akhanda "Baba Nam Kevalam" Nam Sankiirtan

On 4th June'23, an akhanda "Baba Nam Kevalam" nam sankiirtan was organized from 6 AM to 12 PM at the residence of Mr. Mihir Kumar in Badorola, Ananda Nagar. The nam sankiirtan was followed by Narayana seva.



❖ *Marriage of Jyoti and Mithun Gorain*

On 5th June'23, the auspicious marriage ceremony of Jyoti, the only daughter of Sri Dilip and Srimoti Alomoni Gorain, residents of Olgara, Pindrājōrā, District Bokaro, with Mithun, the third son of the Chitmu residents Sri Shaktipad and Srimoti Parubala Gorain, took place at the Olgara. The marriage was solemnised through Prabhat Sangiita, Kiirtan, and collective lishvar Pranidhan in a harmonious and divine atmosphere. Prior to the wedding ceremony, Acarya Mohanananda Avadhuta, explained the significance of the Ananda Marga marriage system to all those present. The duty of priesthood was performed by Acarya Japakrishnananda Avadhuta for the groom's side and by Acarya Avdhutika Ananda Tapahsila for the bride's side.



❖ *Monthly Three Hours Akhanda Baba Nam Kevalam Nam Sankiirtan*

With the aim of seeking mental peace and tranquility, on 18th June'23, three hours of akhanda "Baba Nam Kevalam" nam sankiirtan, collective lishvar Pranidhan, Svadhyaya and Narayan Seva were organized at Baba Memorial, Anandnagar, and at the residence of Tatuara-Majidi's Kaushalya Garain.



❖ *Plan and Program of "SSAC Academy" (Spiritualists Sports and Adventure Club Academy) for Engaging Boys and Girls in Sports Activities in Ananda Nagar*

Objectives:

In rural areas, it is not possible for boys and girls to find government or private jobs or establish themselves in life solely through traditional education. Moreover, the quality of education for most boys and girls is very low, which makes the foundation of higher education much weaker. Additionally, mobile phones are an increasing distraction these days which contribute towards the number of school dropouts as well. To increase their interest in academics, we need to redirect their focus towards sports.

SSAC Academy (Spiritualists Sports and Adventurers Club Academy) is taking initiatives in Ananda Nagar and nearby villages to increase interest in sports among boys and girls from 5th to 10th grade through various sports programs. By promoting regular participation in sports and regular engagement with competitive events, the aim is to increase their enthusiasm and develop skilled athletes. The following advancements are being made with this objective in mind:

- 1) In 2021, football coaching at a professional level was introduced in Anand Nagar. Within two years, the coaching program has achieved significant success.
- 2) Soon, arrangements will be made to initiate training in modern kabaddi in Ananda Nagar.

Decisions will be made through review:

- 1) A review (field survey) will be conducted among boys and girls aged 11-16 from all Ananda Marga Schools in Ananda Nagar and government-aided schools. Their interest in various sports events will be noted.
- 2) Arrangements will be made for selection trials for boys and girls in various sports in Ananda Nagar and surrounding areas.
- 3) The selection trials will include: (a) Short-distance run, (b) Long-distance run, (c) Long jump, (d) High jump, (e) Shot put, (f) Discus throw, (g) Javelin throw.
- 4) After selection in different events, emphasis will be placed on regular practice in those events for boys and girls, and they will be provided with guidance from time-to-time.
- 5) Arrangements will be made for providing training to all the boys and girls to participate in various competitions at the block, sub-division, district, and state levels.

6) In this way, the interest of all boys and girls in the area will be increased in sports, and assistance will be provided to enhance their physical, mental, and moral aspects.

7) Through regular practice, when they become skilled athletes, opportunities for earning will open up for them. They will have job opportunities in various organizations related to sports.

8) This will provide boys and girls an opportunity for economic development among the people in an economically backward district like Purulia.

9) Apart from the aforementioned sports events, arrangements have been made to start Taekwondo and yoga education in Ananda Marga schools.

10) In this way, through sports training students will participate in various government-approved competitions, as well as in school-based competitions organized by the S.G.F.I. (School Games Federation of India).

I seek the cooperation and blessings from all of you.

Namaskar,
Acarya Narayananda Avadhuta,
President,
Spiritualists Sports and Adventurers Club,
Ananda Nagar
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❖ *An Appeal Regarding Reusing and Repurposing "Unused Items"*

Namaskar,

Every household has many unused items that are still in good condition but are not being used. These include electronic items, educational supplies, clothes, medicine, and other materials that accumulate unnecessarily in our homes. These items can be used for the benefit of financially disadvantaged individuals, in educational activities, daily use, and for providing relief from illness. In order to achieve this goal, we have initiated a campaign to collect and distribute these unused items in Ananda Nagar. We request everyone to submit or send the following items for the mentioned purposes to the address mentioned below:

1. Medicine Bank: Unused and unexpired medicines can be sent to our health center to serve the patients in need.

2. Educational Supplies: Books, notebooks, pencils, uniforms, etc., can be distributed to underprivileged children in various villages, and more valuable books can be preserved in a library to be made available to everyone.

3. Electronic Goods: Computers, mobile phones, tablets, etc., can be used for training the boys and girls in the villages and make them more technologically literate.

4. Wearable Clothes: Clothes that have not been used much can be donated for those in need. Distribution centers have been arranged for this purpose.

5. New Clothes: Special attention is given to children and teenagers who are interested in receiving gifts or donations for their birthdays or other occasions. They became very happy when they receive new clothes.

Regards,

Acarya Narayanananda Avadhuta,

Rector Master, Ananda Nagar

Mobile and WhatsApp Number:

70764 32596

❖ *International Yoga Day, 2023*

On 21st June'23, International Yoga Day was celebrated in Ananda Nagar at Ananda Marga Boy's High School, Ananda Marga Girl's High School, Uma Nivas, and Ananda Marga Primary School, Pogro.



The founder and propagator of Ananda Marga, Shrii Shrii Anandamurtiji, has spoken about "Asana" and "Yoga" as follows:

Asana:

There is a close relationship between the body and the mind. The expression of the mind depends on the functioning of the propensity, and the strength of the propensity depends on the secretion of specific hormones from each gland. When there is a proper secretion of hormones or when there are no defects in the glands, the strong expression of specific emotions can be observed. Due to this, even if there is a desire, many people cannot practice meditation properly because the mind cannot concentrate, and it gets distracted by some external thoughts. If one wants to control the mind, they need to eliminate the defects in the glands. Asana helps in this process to a great extent, so it is a significant aspect of meditation practice.

Asana is a form of exercise. Through regular practice of asanas, the body remains healthy and active, and many diseases are cured. The state of being comfortable in a posture is called asana —"Sthirasukhamāsanam."

Yoga:

The word "yoga" is derived from the Sanskrit root word 'yunj' combined with the suffix 'ghain'. Alternatively, it can also be derived from 'yuj' combined with the suffix 'ghain'. When 'yunj' is combined with 'ghain', the word "yoga" is formed. In the context of 'yunj+ghain', the meaning of the word "yoga" represents addition or the act of adding, such as when the numbers 2 and 2 are added together to obtain the number 4.



However, when 'yuj' is combined with the suffix 'ghain', the meaning of the word "yoga" signifies unity or unification, such as the union of sugar and water resulting in the formation of an object. When sugar and water are mixed together, the individual existence of sugar cannot be separately identified.

In contrast, in the first scenario, even though 2 and another 2 are added together, the individuality of the first 2 and the second 2 remains distinct. Adding two mangos with two more mangos, results in four mangos. However, their separateness is derived from their individual existence.

Apart from these two derivations of "yoga," there are other definitions as well. Maharshi Patanjali described yoga as "Yōgaścittabṛttinirōdhaḥ," which means restraining or controlling all the propensity of the mind. The human mind is said to have fifty propensities. If these propensities can be restrained in a particular way or if their expression or activity can be suspended, it will lead to the cessation of mental activity. This state of complete restraint of the mind is called yoga. However, the interpretation of yoga that we have discussed earlier represents union or connection. The term "restraining propensity" does not imply the union of these propensities. This interpretation does not clarify how one propensity is connected to another. Therefore, this definition is not widely accepted.

The second explanation is -"Sarvachinta Parityadyago Nishchinto Yoga Uchyate" – which means "When the mind remains free from all kinds of thoughts, that state is called Yoga." In this context, Yoga is achieved when the mind is completely devoid of any form of thoughts. However, even though the mind is free from thoughts, it does not necessarily result in any profound connection. When a person is in deep sleep and is not experiencing any dreams, when the mind is in a state free from thoughts or in an unconscious state, what would that state be called? No, it would not be called Yoga.

Lord Shiva has given another explanation- "Sanyago Yoga Ityukto Jibatma-Paramatman"- meaning "The connection between the individual soul and the Supreme Soul is called Yoga." This means that when the individual soul, or the jiva, is connected with the Supreme Soul, or the Paramatma, that is true Yoga. This is considered the highest and most comprehensive scientific explanation of Yoga.

❖ *Discovery of New Birds in Ananda Nagar*

During the "Palash Utsav", held from 6th to 8th March, poets, writers, artists, researchers, newspaper editors, and professionals from various other fields of society came to Ananda Nagar from different districts of West Bengal. Among them was a bird expert, field researcher, regional historian, and the chief editor of the evening-daily "Nirvik Kantha" newspaper, Mr. Swapan Kumar Das, a resident of Kacharapara in North 24 Parganas district of West Bengal. He discovered an additional 28 species of birds while exploring the Asthi Hills and Dimdiha Hills in Ananda Nagar. Portuguese Ananda Margii, Sister Sarda, could not visit these two places. Swapan Babu stated that in his lifetime, after traveling to various places, of all the places he has visited, Ananda Nagar has seen the most birds, after Bhutan. His belief is that Ananda Nagar is home to over a hundred species of birds. I also believe that in the places not explored by Sister Sarda and Swapan Babu, there are undoubtedly more new species of birds. The list of birds from number 63 to 90 has been prepared by Mr. Swapan Kumar Das. Swapan Babu has also created a list of all the birds' names in Bengali. Recently, he has written a book titled "Ba'ngla'r Rakta'kto Itihas" where he describes the incident of the Bijan Setu Sanyansi's murder in 1982. I extend my best wishes, greetings, and heartfelt thanks to him from the residents of Ananda Nagar.

❖ *Preparation of Land for Afforestation Drive*

In Guridih Mauza of Ananda Nagar, 15 acres of land is being dug to promote dense afforestation.



❖ *Football Tournament Schedule*

To promote interest, enthusiasm, experience, and development of boys and girls in the village of Ananda Nagar, the "Spiritualists Sports and Adventurers Club (SSAC)" has organized an age-grouped football tournament. The schedule is as following:

- 1) From 22nd July'23, Acarya Kiirtyananda Avadhuta Rural Football League will commence, and the final match will be held on 13th August'23.
- 2) On 14th -15th August'23, a knockout football tournament will be organized in the memory of Acarya Vivekananda Avadhuta for children aged below 12.
- 3) On 20th August'23, a knock-out football tournament will be organized in the memory of Dr. Amar Nath Chakraborty for children aged below 14.
- 4) On 23-24 August'23, the knock-out Football Tournament will be held in memory of Acarya Amitananda Avadhuta, for those below age 17
- 5) On 1st October'23, the knock-out Women's Football Tournament will be held in memory of Avadhutika Ananda Pracheta Acarya.
- 6) On 28-29 October'23, the Football Tournament for below age 19 will be held in memory of Acarya Gunmayananda Avadhuta.
- 7) On 4-5 November'23, the knock-out Football Tournament will be held in memory of Acarya Asiimananda Avadhuta.

The clubs or football teams interested in participating are requested to contact the club secretary or team managers:

- 1) Acarya Nityanaviinananda Avadhuta: 89181 07844 / 99329 94814
- 2) Acarya Pratyagatmananda Avadhuta: 82501 47612 / 99339 06778



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Contributions are welcome!