



# Ananda Marga

Ātma Mokṣārtham Jagat Hitāya Ca



July, 2023



*Ananda Nagar Newsletter*

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

## : Contents :

- Annual 24 hours Akhanda "BáBá Nám Kevalam" Nám Samíkiirtana at Sidhi-Jelady village
- Practice Camp for Purulia District Football League
- Environment Enhancement Garden (PASAKA)
- Birthday Celebration
- Ananda Nagar News Group
- Progression of Tree Plantation and Afforestation projects in Ananda Nagar
- Ananda Marga High School in Subroto Cup
- Celebration of the Birthday of Late Professor Debayan Debbarman
- Three-Day Seminar First Diocese Seminar
- Spiritualists Sports and Adventures Club (SSAC) Players to Participate in District Football League "B" Division
- Subrata Mukherjee Cup Won by Ananda Marga High School
- Commencement of Road Paving Work on Saccidananda Sarani
- Three Hour Akhanda Nám Samíkiirtana and "D" Dit Level Seminar
- Sewing Training Workshop
- Afforestation Drive
- Funeral Rites Completed According to Ananda Marga Rules
- Excavation Work for Lake
- Sports Kit Distribution by SSAC and One Day "B" Dit Level Seminar
- Sports News

## ❖ *Annual 24 hours Akhanda "BáBá Nám Kevalam" Nám Saṁkiirtana at Sidhi-Jelady village*

On 2<sup>nd</sup>-3<sup>rd</sup> July, 2023 the annual 24 hours Akhanda "BáBá Nám Kevalam" Nám Saṁkiirtana, collective Iishvar Pranidhan, Svádhyáya and Náráyaṇa sevá was organized by Ananda Marga branch of Sidhi-Jelady village for the welfare of humanity.



## ❖ *Practice Camp for Purulia District Football League*

A residential practice and preparation camp is going on at Ananda Nagar from 2<sup>nd</sup> July, 2023 to prepare the players to play in the Purulia District Football League.



## ❖ *Environment Enhancement Garden (PASAKA)*

Water is an essential element in the process of Earth's evolution. It is unthinkable to imagine life without water for humans, animals, plants' survival, and the very existence of the entire planet. Where rainfall occurs, efforts must be made to collect and preserve water in the same location. Ponds, canals, small dams, waterfalls, and reservoirs should be created to store rainwater for use as drinking water.

Another cause of environmental destruction is the uncontrolled exploitation of underground resources.

### **Why there is a drought?**

The main three reasons of droughts are:

**First reason:** Extensive deforestation and destruction of forests.

Solution:

Deforestation leads to increased chances of land erosion, as it prevents the soil from retaining moisture. In normal conditions, the roots of trees absorb excess water from the soil and retain it. When the water table goes down, the roots gradually release water into the soil.

So, the water in the pond surrounded by trees will never completely dry up. The foliage of the trees also helps reduce the evaporation of water. Additionally, evaporation of water from the small pores on the leaves help form clouds, aiding in increased rainfall. Intensive afforestation and extensive reforestation help in this regard.

It is advisable to create forests around the banks of ponds, dams, canals, reservoirs, or water bodies. This method will quickly restore ecological balance in any area.

**Second reason:** The natural phenomenon of the formation of depression over the sea and the ocean.

Solution:

The second and third causes of drought are currently beyond human control. In the future, advancements in meteorological and marine sciences can partially influence the second reason or find ways to mitigate its impact.

**Third reason:** Sudden changes in the angular momentum of celestial bodies such as comets, nebulae, or galaxies, including the Sun.

Solution:

The third reason for drought can only be controlled by the Supreme Consciousness. However, if humans follow the way of positive microvitum and receive the grace of the Supreme

Consciousness, they can also control the third reason if they are established in 'Yama and Niyama'.

### **Development Project in Ananda Nagar:**

Following the directives and direct supervision of Shrii Shrii Anandamurtiji, a comprehensive development project has been undertaken in the barren-gravel land of Ananda Nagar since 1983, despite limited resources and challenges posed by the political elements of the previous state government. In addition to various multifaceted service projects, more than 125 hectares or over 300 acres of land have been transformed into dense forests. Horticulture gardens with diverse fruits and flowers were established, and 8 small to medium-sized check dam (river dams) and embankments were created for water conservation. This endeavor has created a unique local environment and contributed to its conservation and enhancement.



The project of making 85 sanctuaries, hundreds of fruits and flower gardens, thousands of ponds in Ananda Nagar is progressing with the cooperation of you all. At present, besides the construction and development of 24 new sanctuaries in Ananda Nagar, plans have been made to construct a new check dam project also.

- Compiled and edited from Shri Prabhat Ranjan Sarkar's book *Prout's Economics – A New Horizon of Financial Liberation* on the theme 'Conservation of Earth's underground Water Resources'.



## ❖ *Birthday Celebration*

On 11<sup>th</sup> July, 2023 Chitmu resident Chakradhar and Bebi Kalindi's second son Anirban and Anumaya Kalindi's first son Parimal's 5th birthday was celebrated as per Ananda Marga Caryacarya Rule with kiirtan-bhajan, collective lishvar Pranidhan, Svádhyáya. As the occasion was birthday celebrations, the significance and importance of celebrating birthdays and birth anniversaries was explained in the evening followed by a collective dinner.



## ❖ *Ananda Nagar News Group*

Ananda Nagar is a sacred place for the followers of the Ananda Marga philosophy worldwide. The birth and growth of Ananda Marga Mission and Ananda Nagar have happened gradually, overcoming the barriers, adversities, violence, and conflicts caused by negative forces. Now is the time to propel it further in an extraordinary pace for the overall welfare of humanity. For this, I seek the opinions and full cooperation of all, especially the thoughtful, competent, and visionary individuals who have attained spiritual experiences,. With this purpose in mind, the Ananda Nagar News Facebook group has been created for the expression of opinions and development, and propagation of the ideals of Ananda Nagar. I invite everyone to join this group and contribute.

The link to join the "Ananda Nagar News" Facebook group is as follows:

<https://m.facebook.com/groups/1426467814844701/?ref=share&mibextid=NSMWBT>

## ❖ *Progression of Tree Plantation and Afforestation projects in Ananda Nagar*

For everyone's information, here is an update on the progress of the tree plantation projects so far under the efforts to increase greenery in Ananda Nagar in the year 2023:

- 1) Ten thousand different species of saplings suitable for the environment of Ananda Nagar have arrived from a Medinipur nursery.
- 2) Among the trees, there are Shirish, Shishu, Shall, Teak, Banyan, Ashwath, Gamar, Mahogany, Bell, Neem, Amla, Chatim, Karanj, Simul, Kathbadam, Krishna Chura, various colored Baganbelia, Shiuli etc.
- 3) Digging of more than 3000 holes in 15 acres of land has been completed.
- 4) Neem cake, mustard cake, cow dung manure, dry leaves have been arranged as organic fertilizers. But more organic fertilizers are needed.
- 5) Among the projects directed by Gurudev in the said fifteen acres of land are — Durlabha Druma (plants becoming extinct) Sanctuary, Angiras Sanctuary, Rawa Academy and other projects.
- 6) A sayar(pond) has also been dug to retain rain water in the Durlabha Druma Sanctuary.
- 7) In addition, trees will also be planted in Ram Bhutan Compound, Ananda Marga College Compound, Mahaprabhu Trikon (Triangle) Sanctuary, Uma Nivas Kanchan Compound, 'C' Point (Women Jagriti), Matrisneh (Shyampur), Asthipahar, and the Benubatika(bamboo garden) Project.
- 8) A meeting with Divisional Forest Officer Extension, Purulia District was organised. He showed great enthusiasm and agreed to provide the valuable healthy saplings required for Ananda Nagar. Under his instructions, an official present inspected the progress of our proposed project on 11th July '23.
- 9) Five thousand high-quality saplings are being brought from the Medinipur Nursery for the people of Ananda Nagar village. These saplings will be distributed free of cost to enthusiastic individuals and those willing to plant trees.

Requesting everyone's cooperation in this great environmental project.

## ❖ *Ananda Marga High School in Subroto Cup*

On 18th of July, 2023, the West Bengal Council for School Games and Sports organized the Subroto Cup for the year 2023. In this football competition based in Jhalda Sub division (Purulia district), Ananda Marga High School, Ananda Nagar, participated with its team made of students aged 17 and below. The competition was held at the ground of Jhalda Satyabhama Higher Secondary School.



It is also worth noting that in the recently concluded "School District" football competition for participants under the age of 14, which took place from April 28<sup>th</sup> to May 1<sup>st</sup>, 2023 in Jhargram, a student from Ananda Marga High School participated.

## ❖ *Celebration of the Birthday of Late Professor Debayan Debbarman*

On the occasion of the 42<sup>nd</sup> birthday of the late Professor Debayan Debbarman, his wife Mau Debbarman organized a midday meal for the children of the Ananda Marga Children's Home. Late Debayan Babu was a popular English professor at Mallarpur College in Birbhum district. He was intellectually gifted and conducted research on various subjects. Some of his research was published as books during his lifetime, and some were published by his wife. May his departed soul rest in peace.





## ❖ *Three-Day Seminar First Diocese Seminar*

From 14<sup>th</sup> to 16<sup>th</sup> July, 2023, a three-day First Diocese seminar was conducted in Ananda Nagar. Activities like Bhajan-Kiirtan, collective Ishvar Pranidhan, Paincajanya, Nagar Kiirtan and collective meal were also organised. The seminar shed light on the following topics:

- 1) Bhagavad Dharma
- 2) The Primary Causes and Success
- 3) Microvitum and its effects on Human Body and Human Mind
- 4) Dialectical Materialism and Democracy



The seminar was facilitated by Ācāryā Mohanananda Avadhuta and Ācāryā Sutirthananda Avadhuta.

## ❖ *Spiritualists Sports and Adventures Club (SSAC) Players to Participate in District Football League "B" Division*



Twenty five players from the Spiritualists Sports and Adventures Club (SSAC) were signed to participate in the upcoming District Football League "B" Division organized by Manbhum (Purulia District) Sports Association on 16<sup>th</sup> July, 2023.



## ❖ *Subrata Mukherjee Cup Won by Ananda Marga High School*

On 19<sup>th</sup> July, 2023, the West Bengal Council for School Games and Sports organized the 62<sup>nd</sup> Inter School Subrata Mukherjee Cup Football Championship 2023 at Jhalda Sub-Division Level (Purulia district) where eight school teams participated. Three matches are played in a single day. The competition took place at the playground of Jhalda Satyabhama Bidyapith. Ananda Marga High School participated in the Subrata Mukherjee Cup for the first time.



Here, it is worth noting that the majority of the players are regularly practicing at the "Spiritualists Sports and Adventure Club Academy (SSAC Academy)".

In the quarterfinal, Ananda Marga High School defeated Bamania High School 3-0. In the quarterfinal, Krishna Besara scored 2 goals and Kamlesh Mahato scored 1 goal.

In the semifinal match, Ananda Marga High School emerged victorious over Jhalda High School with a score line of 3-0. In the semifinal, Shib Lal Mandi scored 2 goals, and Subhash Soren scored 1 goal.



In the final match, Ananda Marga High School defeated Baghmundi High School with a scoreline of 3-0. Ananda Marga High School became the champion of the Subrata Mukherjee Cup in Jhalda Sub-Division. In the final, Shib Lal Mandi, Snehashish Hembram, Bindeshwar Soren, each scored 1 goal.

### ❖ *Commencement of Road Paving Work on Saccidananda Sarani*

On July 21<sup>st</sup>, 2023, construction work for paving the road from Ananda Rekha crossing to Central Home on Saccidananda Sarani was started. The work is underway under the supervision of Ácáryá Muktananda Avadhuta, the chairman of Ananda Nagar Municipality.



## ❖ *Three Hour Akhanda Nám Saṁkiirtana and "D" Dit Level Seminar*

On 23<sup>rd</sup> July, 2023, the monthly three hour Akhanda Nám Saṁkiirtana was organized at Baba Memorial along with one day "D" Dit Level Seminar. A meal service for children was also organized at Guridih. Ácáryá Yogaksemananda Avadhuta was the trainer in the seminar.



## ❖ *Sewing Training Workshop*

With the aim of empowering the young girls and women of Pogaro village in Ananda Nagar, a sewing training workshop has commenced from 24<sup>th</sup> July, 2023 at the Girls' Proutist Bhawan. Classes will be held every Monday evening at four o'clock. Mr. Yudhishtir Mahato, an experienced trainer, was present during the training.



## ❖ *Afforestation Drive*



On July 25<sup>th</sup>, 2023, work began in Ananda Nagar to plant 15,000 saplings of different species of trees that are compatible with the local climate.

## ❖ *Funeral Rites Completed According to Ananda Marga Rules*

Mrs. Sandhya Rani Mandal, the wife of the respected and devoted Ananda Margi Mr. Manotosh Mandal, a resident of Bokaro District, peacefully left their mortal body at three o'clock on Wednesday, July 26<sup>th</sup>, 2023, seeking refuge in the loving embrace of the Param Pita. For the past few years, she had been suffering from a severe illness and was under treatment at Bokaro Hospital. At the time of her passing, she left behind her spouse, two sons, two daughters, and grandchildren.



On the 27<sup>th</sup> of July, 2023, as per the Ananda Marga's funerary rituals, the final rites were performed, and her last rites were conducted at the Garga cremation ground. She was 71 years old.

A shraddhanjali ceremony was held at 10 am on 31<sup>st</sup> July, 2023 at the Sector Six residence of Bokaro Steel Plant.

## ❖ *Excavation Work for Lake*

On 28<sup>th</sup> July '23, a rare and crucial excavation work is underway at the Durlabha Druma Sanctuary to conserve rainwater and utilize it for various purposes.

### **Noteworthy:**

For Ananda Nagar, Gurudev Shrii Shrii Anandamurtiji has identified over 85 sanctuaries and more than 100 designated reserved areas with the aim to preserve and promote the existence of various flora and fauna, aquatic and terrestrial creatures, and endangered species, through research. Those have been named after historical figures, eminent personalities, saints, sages, and renowned individuals.



Each sanctuary's location, significance, research focus, its name, and the species to be protected within them, including the main trees in the boundary, the trees between the two main trees, and the middle area between them, have been elaborated with detailed instructions. Since 1986 till the end of 1990, numerous plans and directives have been documented in 14 thick notebooks for the development of Ananda Nagar. These have also been digitized later for easier access and archiving purposes.



As a sample, some specific plans and procedures for the Durlabha Druma Sanctuary have been mentioned here.

#### **Durlabha Druma Sanctuary:**

For the "Durlabha Druma Sanctuary," various mangos, blackberry, tamarind, banana which are endangered or on the way to extinction, have to be brought and preserved. Research is also being conducted for their conservation and practical use.

#### **Lake:**

Five lakes are included in this sanctuary, namely: (1) For colorful fishes, named Shila Shaikata, (2) For fishes other than colorful fish, named PASAKA, (3) For aquatic animals named Durlabha Druma, (4) For aquatic tortoise, named Puspa Purodyan, and (5) For terrestrial turtles, named Stamba Staran.

#### **Boundary Plants:**

##### *Main Trees:*

- 1) Malda's Big Fazli Mango, Digha Langra, Safeda, Kapal Vhanga, and Malgoa.
- 2) Murshidabad's Kohittor Mango, Red Star Apple, Shahi Litchi, and Fragrant betel nut.
- 3) Latano Mumbai Mango, Gajani Variety Shal, Garjan, Bokhfool, and Sweet Kamranga.
- 4) Mughal Shah Mango, Sweet Tamarind, Lodhra, and Chamal.
- 5) Baranasi White Langra Mango, Segun, Krsna Banyan, Krsna Makhan Kikatoru, and Gora Krsna Tamal.

### *Intermediate Plants:*

Satkhira's Big Doma Palm and Padma River's bank Gwalanda variety date.

### *Fill-up the gap plants:*

Between the main and intermediate trees, Bankura long stapled Gach Kapas, non-Indian lilies will be planted in a pool. Shadow giving endangered trees from various countries of small, medium and large sizes is to be planted.

Along with them, other plants suitable for the soil, such as betel leaves and ginger should be planted alternately.

Durlabha Druma Sanctuary is also to be treated as Bird Sanctuary (Pakshi Nirbhay Kanan).

## **❖ Sports Kit Distribution by SSAC and One Day "B" Dit Level Seminar**

Today, July 30, 2023, the following activities were completed in Ananda Nagar:

1) Spiritualists Sports and Adventures Club (SSAC) distributed boots to regular football players in Ananda Nagar. The boys were very excited to receive the new boots.



2) The Ananda Nagar "B" Dit Level One-Day Seminar was held in Tatuara village. The trainers at the seminar were Ácáryá Muktananda Avadhuta and Rector of the Women's Division Avadhutika Ananda Sumita Ácáryá.



## ❖ Sports News

The Ácáryá Kirtyananda Avadhuta Gramin Football League and Knock-out Tournament started on 31<sup>st</sup> July, 2023 with a total of 10 rural teams in two groups. The 10 teams are:

### Group 1

- 1) ST Brothers, Chirkamu
- 2) Kongsabati Club, Jabar
- 3) Kaushik Sporting Club, Damratyarh
- 4) SSAC Ananda Nagar (Junior)
- 5) Bagalta

### Group 2

- 1) SSAC Bangidiri
- 2) NSSG Hatinada
- 3) SSAC Ananda Nagar (Senior)
- 4) GSITI College, Pundag
- 5) Star Club, Rarekcha





The league started with a match between ST Brothers, Chirkamu and Kongsabati Club Jabar.

Kongsabati Club, Jabar won the match by 4-2.

The goal scorers for Kongsabati Club were:

- \* Amit Tudu
- \* Durgadas Hembram
- \* Biskash Hembram
- \* Dolan Hembram

The goal scorers for ST Brothers were:

- \* Puran Soren
- \* Dilip Soren



Chief Editor and Published by – Ác. Narayanananda Avadhuta, Rector Master,  
Ananda Nagar, Purulia, West Bengal

Contact No.: 7076432596 / 75969-85799

E-mail: narayanananda100@gmail.com

Facebook page: <https://www.facebook.com/anandanagar>

Website: <http://www.anandanagar.org>

News Editor – Shri Amitabha Paul

Contributions are welcome!