



# Ananda Marga

Ātma Mokṣārtham Jagat Hitāya Ca



September, 2023



*Ananda Nagar Newsletter*

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

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## ❖ *"May They Also Rejoice"*

Namaskar,

Sharadotsav is the biggest festival of Bengal and Bengalis. This is the time of the year when people dress-up in new clothes from sasthi to dashami to get into the spirit of Sharadotsav (October 20<sup>th</sup>-26<sup>th</sup>, '23). People like to buy branded and designer clothes for themselves and their family members to share in the joy. But not everyone in our society is financially well-off enough to afford that. Many kids have to spend the Sharadotsav in old clothes. This tradition of joy, therefore unfortunately ends up highlighting the wealth gap in our society.

To alleviate this issue, and spread the joy of the festive season, we can distribute new clothes to the needy children and teenagers of Ananda Nagar for the upcoming Sharadotsav. So that they may also rejoice in Sharadotsav like everyone else, and have smiles on their faces for those festive days.

My request to everyone is to donate some part of your Sharadotsav spending budget to them.

Come forward for the welfare of the poor people of the villages and join and cooperate with the project "Orao Ananda Karuk".

If any organization, company, or individual wants to use the name and banner, they can do so. We will help you by creating a list of actual recipients.

Terms:

- 1) Fifteen days in-advance, we need you to inform us age and gender-wise, the number of clothes that will be distributed.
- 2) Travel, accommodation and food expenses should be borne by the organization, company, or the individual(s).
- 3) The name, address and PAN number of those who will pay must be sent. Details of sources of income are to be submitted in the audit.

Details regarding the requisite mode of payment are mentioned below.

Namaskar,

Ácáryá Narayanananda Avadhuta

Rector Master, Ananda Nagar.

Account Holder:

"Ananda Marga Pracaraka Samgha"

Account Number: 50495781429

IFSC Number: IDIB000P679

INDIAN Bank, Pundag Branch.

GPay and PhonePay: 7076432596

### ❖ *Athletic Competition in Ananda Nagar*

An athletic competition comprising of 100, 200, 400 meters race, high jump and long jump events for boys under 14 and 17 age group of Jaipur and Kotshila police stations of Purulia district was held at Central Ananda Nagar Ananda Marga Primary School premises on Sunday 1<sup>st</sup> October, 2023. Under -17s born after 2007 and under -14s born after 2010 participated in the competition. The event was organized by Spiritualist's Sports and Adventures Club (SSAC), Ananda Nagar.

### ❖ *Annual Akhanda "BáBá Nám Kevalam" Nám Samkiirtana*

Between 2<sup>nd</sup> and 3<sup>rd</sup> September, 2023, Akhanda "BáBá Nám Kevalam" Nám Samkiirtana was organized in Tatuara village. The akhanda kiirtan was followed by collective Ishvar Pranidhan, Varnarghyadana, and Svádhyáya. The theological part of the event ended with a discussion on the significance of kiirtan. And finally, the program concluded with Náráyaða sevá.



### ❖ *Teacher's Day Celebration at Ananda Marga High School*

On 5<sup>th</sup> September, 2023, Teacher's Day was celebrated at Ananda Marga High School, Ananda Nagar with full enthusiasm. To mark the occasion faculty members and students offered flowers to the portrait of India's second President Sarvepalli Radhakrishnan whose birthday is celebrated as Teachers' Day.







Then the students sang Prabhat Samgiita, and recited poetry for their teachers and their peers. School teacher Shri Surendranath Mahato, Ácáryá Sutiirthananda Avadhuta, Central Secretary of Anand Marga Pracārika Saṁgha, and Ácáryá Prajinaṇanda Avadhuta Headmaster of the school, presented speeches on the significance of Teacher's Day, education system and student-teacher relationship respectively.

### ❖ *Observing Kaośikii Dance Day*

Kaośikii Dance Day was celebrated in various schools and children's home of Ananda Nagar on 6<sup>th</sup> September, 2023. The day was observed by collectively performing Kaośikii. The benefits of Kaośikii dance was also explained to the students and children.



### ❖ *Celebrating Janmāṣṭamī*

Like every other year, this year also on the occasion of Janmāṣṭamī, Guridih Ananda Marga Jagriti Bhawan organized a three-hour Akhanda "BáBá Nám Kevalam" Nám Saṁkiirtana on 6<sup>th</sup> September, 2023. The akhanda kiirtan was followed by collective lishvar Pranidhan, Varnarghyadana, and Svádhyáya and Náráyaòà sevá.





At the end of akhanda kiirtan, the Margiis walked in unison from the Jagriti Bhawan to the confluence of Kunti and Dakshina rivers of Guridih Mouza, towards the midpoint of Western Rarh, where the ground was blessed by the touch of the feet of Táraka Brahma Sadáshiva, Shri Krśna and Shrii Shrii Anandamurtiji. After collective lishvar Pranidhan, Varnarghyadana, collective meal was served.



### ❖ *Birthdays Celebration in Uma Nivas Girls Home*

On the occasion of the birthday of Chirsmitta, the only daughter of Sougat and Sunita, resident of Chandrakona Road, West Medinipur, on 6<sup>th</sup> September, 2023, collective meal was organized for the students of Uma Nivas Girls Home.



### ❖ *In the context of Tandava and Kaośikii dance*

The relationship between the human body and the mind is very close. Therefore, it is not possible to develop the mind while neglecting the body. The spiritual teacher Shrii Shrii Anandamurtiji has established certain practices in his system of sádhaná (spiritual practice) that enable the practitioner to elevate the body, expand the mind, and awaken the soul. In Ananda Marga, this system is called the 'Sixteen Points' and two important aspects of the Sixteen Points are Tandava and Kaośikii.

**Tandava Dance:**

Tandava dance is a special component of the tantric meditation practiced in Ananda Marga. The founder of Tandava, Sadāshiva himself practiced this dance. The Nataraja's Tandava Mudra is a unique expression of Indian culture. The Tandava dance energizes all the lymphatic glands in the body, leading to an increase in life force in the blood. It enhances the radiance of the skin and allows the body's vital fluids (semen, for example) to be produced and accumulated more readily. This dance increases virility, dispels mental timidity, cowardice and brings much-needed radiance to the psyche. It also keeps the blood circulation fresh and the nervous system healthy, and helps to improve memory. For those who play sports or are keen on athletics, Tandava dance will be very helpful. This dance brings agility in body movements, strengthens the heart and lungs, dispels inertia, increases muscular strength, and contributes to a longer youthfulness. It also has a positive impact on the cerebellum and cerebrum, by enhancing brain function. It improves digestion, alleviates gastrointestinal problems, and aids in the prevention of various abdominal ailments.

The Tandava dance is exclusively for men.

**Kaośikii Dance:**

On the 6<sup>th</sup> of September, 1978, in Patna, Shrii Shrii Anandamurtiji introduced this dance to his disciples. The word 'Kaośikii' originates from the Sanskrit word 'kosha'. The human mind is pentacellular, meaning it consists of five layers: Kamamaya (the layer of desire), Manomaya (the layer of the psychic), Atimanasa (the layer of the higher mind), Vijñānamaya (the layer of intellect), and Hiranmaya (the layer of bliss). The spiritual advancement of humans, or the progress of the soul, signifies the elevated state of these five layers. In that state, the mind does not run towards the material world of the senses but moves towards the realm of ineffable joy and attempts to establish a relationship with the infinite even from the finite world. This attempt to establish a relationship between the finite and the infinite is called Mysticism. This Kaośikii dance expands the mind of human, helping him/her on his/her way to liberation. Even men can get benefit from practicing this dance. But this dance is mainly for women.

Regular practice of Kaośikii Dance leads to a total of 22 benefits, which include:

- 1) Exercise of all body parts and glands from head to toe.
- 2) Increased longevity for individuals.
- 3) Helps during childbirth.
- 4) Maintains the flexibility of the spinal cord.
- 5) Helps with joint pain (arthritis) in the spine, hips, waist, and other parts of the body.
- 6) Alleviates pain in the spine, hips, hands, and waist.
- 7) Increases mental strength and intensity.



- 8) Helps regulate irregular menstruation in women.
- 9) Helps regulate the secretion of glands.
- 10) Treats diseases of the bladder and urinary tract.
- 11) Enhances control over the body's limbs and extremities.
- 12) Helps improve facial complexion and skin's brightness and beauty.
- 13) Corrects skin blemishes.
- 14) Dispels laziness.
- 15) Helps overcome insomnia.
- 16) Alleviates hysteria.
- 17) Reduces fearfulness and instills courage in body and mind.
- 18) Eliminates hopelessness.
- 19) Helps in enhancing self-expression and skills.
- 20) Relieves spinal discomfort, piles, hernia, hydrocele, nerve pain, and nerve weakness.
- 21) Assists in alleviating kidney, gallbladder, gastritis, acidity, diarrhea, syphilis, gonorrhoea, obesity, weakness, and liver-related issues.
- 22) Maintains physical competence in the body until the age of 75-80 years.

### ❖ *Inspired by Ananda Nagar*

Inspired by the news about Ananda Nagar on social media, several individuals from Raniganj, Durgapur, Asansol, and other areas in West Bardhaman district come to visit Ananda Nagar on September 6<sup>th</sup>, 2023. They explore Ananda Nagar's educational institutions, auditorium, dam and water conservation projects, environment enhancement garden, and health and community development programs. They were impressed by the relentless efforts of Ananda Marga on the path of progress for the common people. Hopefully, their desire will soon transform "Ananda Marga University" into a reality.





## ❖ Ananda Marga Gurukula Day

On September 7<sup>th</sup>, 1990, the great philosopher and educationist Shrii Shrii Anandamurtiji established "Ananda Marga Gurukula" in place of "Ananda Marga Board of Education." He explained in detail the structure of the global Ananda Marga Gurukula, Gurukula University, management methods, and various faculties.

In Ananda Marga, this day is observed as Gurukula Day.



This year on September 7<sup>th</sup>, 2023, Ácáryá Muktananda Avadhuta from Ananda Marga Gurukula organized a discussion session at Ananda Marga High School in Ananda Nagar. Esteemed educator Ácáryá Mohanananda Avadhuta, the accomplished head of Ananda Marga College Shri Tapana Kumar Chattopadhyay, the head master of Ananda Marga High School Ácáryá Prajñananda Avadhuta, Rector Master of Ananda Nagar Ácáryá Narayanananda Avadhuta, and co-teacher Shri Surendranath Mahato participated in the discussion.



## ❖ *Sádhaná Camp*

After morality comes spirituality. To be established in spiritual life requires a clear spiritual perspective. That is why the Sádhaká needs to be familiar with the basic concepts of theology from the initial state.

With these goals in mind, Ananda Marga Sádhaná Camp was organized at "Baba Memorial" from 8<sup>th</sup> to 10<sup>th</sup> September, 2023. The participants were acquainted with the fundamentals of spiritual sádhaná and developing a perspective of Sádhaká.



## ❖ *Literature: Thoughts of Ananda Marga*

Shrii Shrii Anandamurtiji has said, "I call literature the one whose character is to move with the flow of life, in other words, to move along with it. Literature is not some extravagant imagination beyond societal life, nor is it the colorful intoxication of some unreal sky-flower. Literature is the unwritten script hidden in the secret corner of real life. A profound expression of deep inhalation held within the innermost depths. Another meaning of the word 'literature' can be sa + hita= with welfare, meaning existence alongside the welfare. Where there is no sentiment of welfare, I cannot use the word 'literature'."

The word 'hita' is a relative concept in the material world. Its definition may change or can vary based on the country, time, or recipient. However, the concept of 'hita' that leads humans to the ultimate truth is the same universally for every recipient, transcending all borders and all eras. So 'literature' is indeed the name that walks alongside society, igniting the inspiration for service, leading on the path of genuine welfare, on the path of real progress and success. The phrase "Art for Arts' Sake" is not acceptable; rather, it should be said, "Art for Service and Blessedness," meaning "literature for service and well-being."

Keeping "Art for Arts' Sake" at the forefront, many writers, especially in the current commercial era, often search for the bad side of life, focusing on economic success. The sole aim behind their creation of literature is to earn money, and the inevitable consequence is the moral decline of societal life. Those who lack any higher ideals in their lives, do not have a spiritual perspective, may be able to earn money and fame in their literary careers, but serving and welfare through literature is not possible for them.

Writers are societal teachers; they are not only about current talent but also messengers of the past and the future, those who will take the responsibility to lead people from the depths of darkness into the path of light. From the cave of ignorance, one must certainly know these writers as beacons on the way. To put it broadly, spiritually awakened writers are capable of serving and uplifting humanity through true literature, guiding them towards the path of enlightenment. Ananda Marga desires that in every branch of literature - drama, stories, short stories, novels, poetry, essays, musical dramas, and even folk literature - people should find the bright signals of ideal life, actively seek the path to a virtuous life, and listen to the uplifting call of hope in literature.

The founder of the organization, Shrii Shrii Anandamurtiji, has divided the organization's work structure into various divisions and sub-divisions to actualize his universal ideals. With the goal of promoting cultural revolution through the dissemination of spirituality based art, literature, culture, and music, He established the 'Renaissance Artists and Writers Association (RAWA)' division. Additionally, in the intellectual field, with the aim of spreading the universal ideals of Ananda Marga and igniting a new awakening, He created the 'Renaissance Universal (RU)' division.

### ❖ *Prabhat Samgiita and Dance and Art Competition Based on Prabhat Samgiita*

Under the auspice of "Renaissance Artists and Writers Association (RAWA)," a cultural competition celebrating 41 years of Prabhat Samgiita was conducted on September 10<sup>th</sup>, 2023, at Ananda Marga Jagriti in Pundag Bakul Vitan, Ananda Nagar. A preliminary cultural competition was held leading up to the grand finale on September 24<sup>th</sup>, 2023, at the Ananda Marga Central Ashram in Kolkata.



The events are divided into four categories based on age: Category A for those born on or after 1-1-2013, Category B for those born from 1-1-2008 to 31-12-2012, Category C for those born from 1-1-2003 to 31-12-2007, and Category D for those born before 1-1-2003. These four categories offer participants from any institution the opportunity to compete in groups of five to seven individuals, with nearly two hundred competitors participating on average.





Prizes and certificates were awarded to the first, second, and third-place winners in each category. The event was presided over by Ācāryā Muktananda Avadhuta, with chief guest seats held by Professor Tapan Kumar Chatterjee, the esteemed Principal of Ananda Marga College, and special guest Ācāryā Prajīnanananda Avadhuta, Head Master of Ananda Marga High School, Ananda Nagar.

### ❖ *Elephant Troubles in Ananda Nagar*

On the night of September 8<sup>th</sup>, 2023, a group of wild elephants arrived at Ananda Nagar's Bānshagaḍ (under the jurisdiction of the Kotshila Forest Range) and caused damage to the 24-foot-long fence of Ananda Marga Agricultural Farm. Local forest department workers witnessed the incident.



On 12<sup>th</sup> September, a group of elephant visited again at night, this time trampling over rice fields in Bānshagaḍ, Ananda Nagar and causing significant damage. Up to this point this year, there has been very little rainfall in Purulia district, and it hasn't come at the right time either. Rice cultivation has been done with great difficulty and expense. If such losses continue, there may be a food crisis. Local forest department official have been informed. We are drawing the attention of the higher authorities.



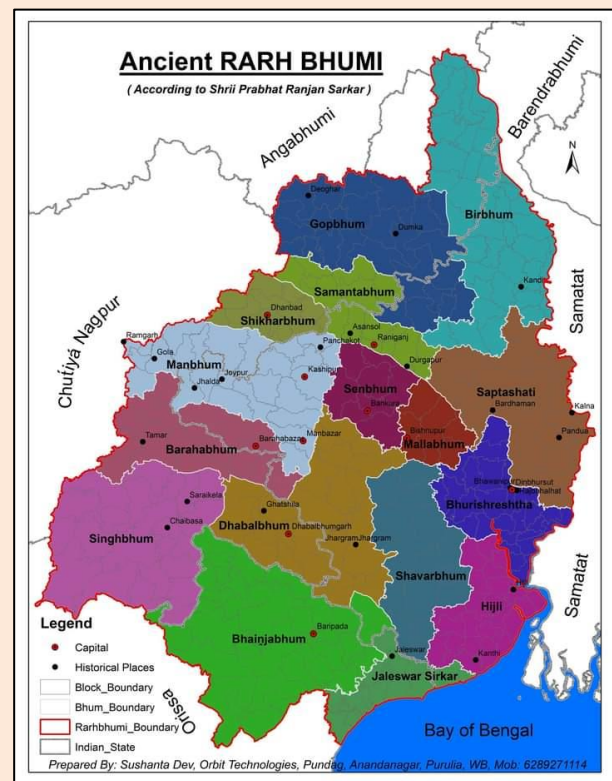
Wild animals in the jungle are not finding enough food. Deep forests are disappearing due to human encroachment, and environmental balance is deteriorating. It won't be long before large wildlife species become extinct from the Earth.

To protect and promote the well-being of wildlife and plant life, Ananda Marga has established a department named "Prevention of Cruelty to Animals and Plants (PCAP)". Ananda Marga is actively engaged in this work, and as a result the population of animals and birds is increasing.

## ❖ *Rárh Bengal*

The founder and proponent of Ananda Marga, Shrii Prabhat Ranjan Sarkar, has stated in the book *Rárh: The Cradle of Civilization* that the origin of humanity occurred at several specific points on Earth. Without delving into a detailed discussion of who came first and who came later, it can be said that the emergence of humans on the land of Rárh is extremely ancient. There is no evidence of an even more ancient human habitation that can be found.

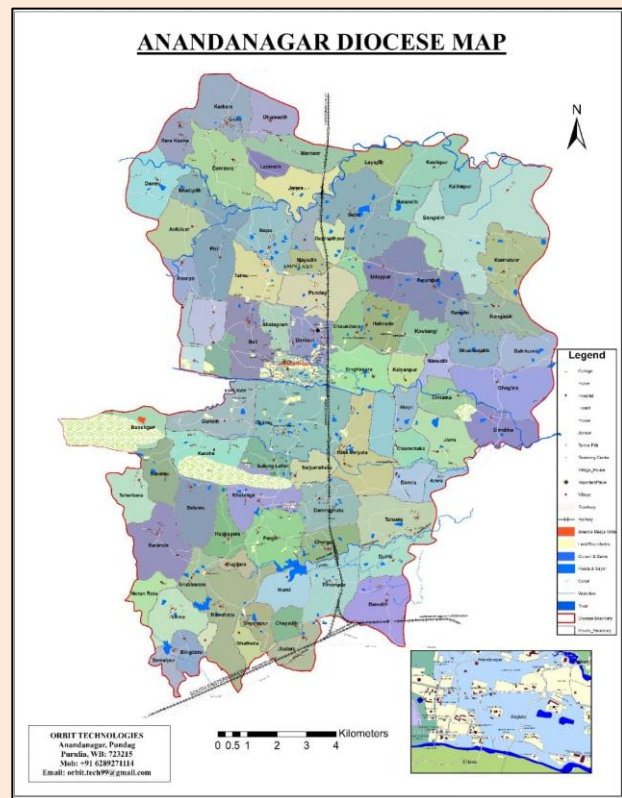
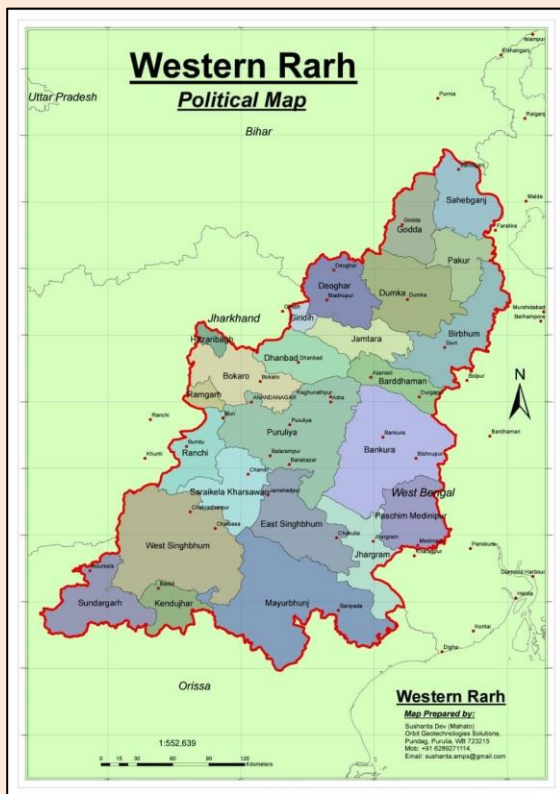
Rárh was not only the initial point of civilization but also the first step in cultural advancement. Through the interactions and amalgamations of various small and large rivers, a civilization emerged in Rárh that was shaped by the exchange of labor and ideologies. Rárh's culture is not exclusive to Rárh alone; its brilliance is like a golden dawn in the lives of humanity that emerged from the dark ages.



The majority of the states or regions in Rárh have/had names ending with 'Bhūm'. Except for a few exceptions, these names ending with 'Bhūm' are a characteristic feature of Rárh. For example—

- 1) Vīrabhūm— Included the Rajmahal and Pakur sub-division of the Santal Pargana district, the Rampurhat sub-division of Vīrabhūm, the Kandi sub-division of Murshidabad, and the western coastal area of the Bhagirathi River.
- 2) Gopabhūm— This Gopbhūm state encompassed the Deoghar and Dumka districts of the Santal Pargana region, along with the Suri sub-division of Birbhūm.

- 3) Samantabhum— Samantabhum included the West Bardhaman district, as well as the Jamtara district of the Santal Pargana region.
- 4) Shikharbhum— Shikharbhum extended to the present-day Dhanbad district and westward to the SametShikhar or Parasnath mountain.
- 5) Mallabhum— Mallabhum state encompassed the Vishnupur sub-division of the Bankura district.
- 6) Senbhum— Senbhum included the Bankura Sadar sub-division.
- 7) Manbhum— Manbhum, also known as Panchkot, Panchet, or Pacheti, included the present-day Purulia district, along with areas like Chaas, Chandankiyari, Bokaro, Giridih district, Jeridi, Peterwar, Kasmar, Gola, and Ramgarh in the Dhanbad district.
- 8) Barahabhum— Barahabhum state included the southern part of Purulia district, which comprised areas like Barahabazar, Balarampur, Bandwan, Baghmundi, Chandil in Sighbhum district, Chandid, Potka, Ichagarh, and Nimdi. It also included areas in the Ranchi district, such as Panchparagniya, including Silli, Sonahatu, Bundu, and Tamar.
- 9) Singhbhum— Singhbhum was situated in the central and western parts of the present Singhbhum district.
- 10) Dhabalbhum or Dhalbhum— This state was formed by taking the Dhalbhum sub-division of Singhbhum district and the Jhargram sub-division of the Medinipur district.
- 12) Bhanjabhum — The ancient name of Mayurbhanj kingdom was Bhanjabhum. The kings of Mayurbhanj also had zamindari in the Naivasan area of Medinipur district.
- 13) Saptashati — Saptashati was a state with the eastern part of Bardhaman and Hooghly districts.
- 14) Bhurishrestha or Bhurshut — Bhurishreshtha or Bhurshut kingdom consisted of southern part of Bardhaman district and western part of Hooghly district and Howrah district.



The word 'Rárh' is derived from the ancient Austroasiatic language, meaning a land of red clay. Ananda Nagar is situated in western Rárh, which is the center for synthesis of Shaevatantra, Jaenatantra, and Baoddhatantra. Therefore, Ananda Nagar is the greatest tantra center for spiritual practice.

### ❖ *In the Context of Prabhat Samgiita*

One of the most important aspects of culture is music. Just as the lower forms of music awaken the hidden animalistic nature within humans, similarly, higher forms of music awaken the dormant divine nature within humans. The world of music has not been spared from the total degradation of the present society. For the purpose of arresting this degradation and help in the emergence of a new dawn in the arena of culture, the "Prabhat-Samgiita" was composed by Shrii Prabhat Ranjan Sarkar. A total of 5018 "Prabhat-Samgiita" songs and tunes were created by Him.

The pillars of music are four – feeling, language, melody and rhythm. In this, the application of language is limited but the application of feeling, rhythm and melody is universal. Prabhat-Samgiita songs are in eight languages – Bengali, Hindi, Sanskrit, Angika, Urdu, Maithili, Magahi and English but most the songs are in Bengali.

Prabhat-Samgiita songs inspire us with mysticism. What is mysticism? The continuous effort to ascertain the relationship between the infinite and the finite is mysticism. It is for this reason that the songs of Prabhat-Samgiita are so imbued and sweetly adorned that they have found a place in the vast arena of world culture, transcending the borders of India.

However, despite the underlying mysticism in Prabhat-Samgiita, it encompasses various facets of human life. Thus starting from philosophical and spiritual contemplation it includes elements of philosophy and spirituality. Also it extends to societal consciousness, optimism, neo-humanism, nature, reality, dreams, social events, devotional songs, emotional songs, songs for different seasons, folk music, patriotism, jhumur, baul, kiirtan and bhaᅅga kiirtan, ghazals and bhaᅅga ghazals, qawwali etc. Shiva-themed songs, Krśńa -themed songs, narratives and biographical songs have found a place in it.

Prabhat-Samgiita is unparalleled in the world of music for its richness and expansiveness of language, profoundness in emotion, diversity in rhythm, and the heart-touching melodies.



Today consumerism or materialism, like a rampant demon, has extended its grasp and rendered the entire human cultural environment unhealthy and diseased. As a result, the backbone of humanity is breaking and people are becoming spiritually impoverished. Against this toxic environment of consumerism, it is imperative for the conscious individuals of society to stand up with unity and roar. Mere criticism won't impede its progress. It is essential to dispel the darkness of the mind with the touch of elevated ideals. The light of the luminous soul must overpower the darkness within the heart.

In the realm of philosophy, there is the Ananda Marga philosophy; in the domain of spiritual practice, there is the methodology of Ananda Marga; in the socio-economic world, there is the 'Prout' philosophy; in the socio-intellectual arena, there is 'Neo-humanism' just as the extraordinary creation of Shrii Prabhat Ranjan Sarkar. In the world of music, the Prabhat-Samgiita is another incomparable contribution. Its all-encompassing appeal cannot be easily



disregarded. These songs will continue to serve as an endless source of inspiration in life and death, in laughter and tears, in happiness and despair etc.

On September 14<sup>th</sup>, 1982, in Deoghar of Jharkhand, Shrii Prabhat Ranjan Sarkar's life-long journey of composing Prabhat-Samgiita began and on October 20<sup>th</sup>, 1990 (the night before Mahaprayan) at 11:30 PM, the 5018<sup>th</sup> and last Prabhat-Samgiita song was composed by Him. This last song was related to the proposed Ananda Marga University.

### ❖ *First Rice Ceremony*

On 15<sup>th</sup> September, 2023, Tatuara residents Narsingh and Archana Kumar's first daughter was named and her first rice ceremony was completed according to Ananda Marga Caryácarya rules under the priesthood of Avadhutika Ananda Sumita Ácáryá. The baby has been named Tanuja. Three hours of Akhanda Nám Samkiirtana, collective Ishvar Pranidhan and Náráyaòà sevá were organized for this occasion as well.



### ❖ *Demand for Resumption of Train Stops at Pundag Station*

In light of the resumption of the Ranchi-Dumka Express train stopping at Pundag Railway Station, on behalf of the Ananda Marga Pracārika Saṃgha, the following "APPEAL" was handed to esteemed Member of Parliament for Purulia, Shri Jyotirmoy Singh Mahato, demanding the resumption of train stops that used to stop at Pundag until before the 2020 lockdown:

To,

Shri Jyotirmoy Singh Mahato,

Member of Parliament, Purulia, Government of India.

Subject: Application to Resume Trains at Pundagh Railway Station until before the Lockdown.

Respected Sir,

Until before the lockdown in 2020, Pundagh Railway Station had ten pairs of trains stopping. Currently, only three pairs of trains are operational. Due to the presence of the international organisation Ananda Marga's central office in Ananda Nagar, workers and devotees come from all over the country and abroad regularly. Additionally, various educational institutions of the organisation have gained popularity, attracting thousands of students from different places in the state, leading to their stay in hostels. The travel of their parents is facing obstacles.

Furthermore, numerous government educational institutions, various government offices, police stations, hospitals, and banks have been established in this region. The employees of these government institutions are facing transportation issues.

1) We should be taking the first step towards the economic growth of the general public in terms of transportation; instead the opposite arrangement is in place. With the increase in the country's population, there is a need for an increase in the number of trains. Instead, the number of trains has been reduced from ten pairs to three pairs.

2) Passenger trains have been transformed into express trains, but there hasn't been any other improvement. Only the fare has increased threefold.

3) Express trains have been converted into superfast trains. Additionally, fares have increased, and trains are no longer stopping at important stations.

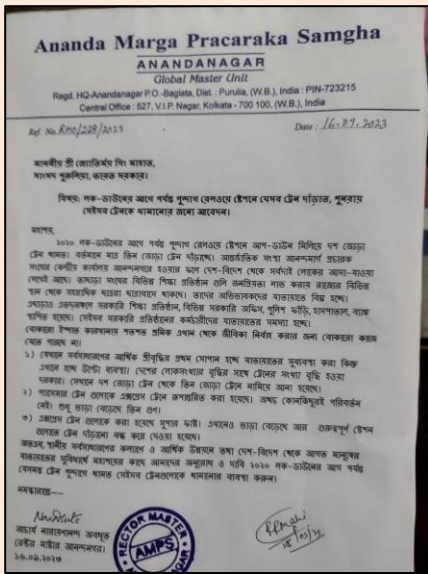
Therefore, for the welfare and economic development of the local population, as well as for the convenience of people coming from both within and outside the country, we request and demand that arrangements be made to halt all the trains that were previously stopping at Pundag until before the 2020 lockdown.

Sincerely,

Ácáryá Narayanananda Avadhuta

Rector Master, Ananda Nagar.

16.09.2023



❖ *Three Hour Akhanda "BáBá Nám Kevalam" Nám Samkiirtana*

On 17<sup>th</sup> September, 2023, the monthly three hours Akhanda "BáBá Nám Kevalam" Nám Samkiirtana was organized at Baba Memorial. The event also included collective Ishvar Pranidhan, Guru Puja, Svádhyáya and Náráyãða sevã.





## ❖ *Girls Football Competition*

Girls Volunteers, Kolkata, organized the Avadhutika Anandpraceta Ācāryā Girls Football Tournament, a one day knock-out football tournament on 17<sup>th</sup> September, 2023. It was held at Central Ananda Nagar Ananda Marga Primary School premises. The following were the match-ups between the six participating teams:

- 1) SSAC Bangidiri vs. Gurukul Kotshila
- 2) Dadhika-Mohalitola vs. Kadam Jhara, Pogro
- 3) KMFC (Kedatyarh Mahila Football Club), Jaipur vs. SSAC Ananda Nagar.



The winning champion team was awarded Rs 5,000 and a champion trophy and the runners-up team was awarded Rs 4,000 and a runners-up trophy. Other than that, the best players, best goalkeepers, highest goal scorers were also awarded. All the members of the winning champions and runners-up teams were felicitated with medals.



KMFC (Kedatyarh Mahila Football Club), Jaipur, became the champion with a score of 3-0 against SSAC Bangidiri. The individual awards were as followed:

- 1) Best Player - Swapna Bagati, KMFC
- 2) Top Scorer - Puja Mahato, Bangidiri
- 3) Best Goalkeeper - Kalyani Mahato, Bangidiri
- 4) First Goal Scorer in the Final - Shila Bagati, KMFC
- 5) Best Defender - Doli Bagati, KMFC
- 6) Best Player in the Final Match - Pinki Bagati, KMFC.



### ❖ *Seeking Your Considered Opinion*

Respected Margii Dadas and Didis, as well as esteemed sannyasi Dadas and Didis,

Warm greetings to all! Just as Baba envisioned and nurtured Ananda Nagar, similarly, He proposed plans and programs to entrust us with the job of nurturing Ananda Nagar. I believe that if we all come together and make an effort, we will certainly be able to bring to fruition His vision. I am inviting your well-thought-out input on the following matters by October 31<sup>st</sup>, 2023:

Agenda:

- 1) What will be our objectives for Ananda Nagar until the completion of 75 years of propagation by Ananda Marga Pracāraka Saṁgha in 2030?
- 2) What will be our time-based plan for the comprehensive development of Ananda Nagar?

- 3) What steps should we take if each of our projects is to become financially self-sufficient?
- 4) What should be done to enhance the performance of the ongoing projects?
- 5) How will the whole plan be implemented?

Warm regards,

Ácaryá Narayanananda Avadhuta

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### ❖ *Infant's Játakarma*

Játakarma is the naming ceremony and feeding of solid food for the first time to an infant as per the Ananda Marga Caryácarya rules.



When a child is born, it brings the memory of its previous life. Before being familiar with this world, it sometimes laughs and sometimes cries at its own. Then gradually it identifies with this new world through its five sensory organs. The culture and experience of this birth begin to be associated with those of the previous birth. Its attitude started gradually becoming active. So it needs a name at this time to be associated with this world properly by forgetting the old life. This name needs to be associated with auspicious-meaning. Then the child will have a tendency to do well in this world. The following rules and procedures are to be followed:

- 1) The child should be of six months to one year old.
- 2) At least five members of Ananda Marga will gather together on a convenient day.
- 3) The child will be lying in front of them.

4) The Ácáryá, or an appropriate older person present if no Ácáryá is available, will be selected for the priesthood.

5) First, the selected Ácáryá or person will recite first the mantras. For the convenience of all, the mantra (verse) will only be read in sanskrit and everyone will follow.

6) After reading the mantra (verse), Ácáryá will recite the oath in the name of gracious Brahma in local understandable language or in their mother tongue and then all the others present there will follow. - "O gracious Brahma, may we unitedly be able to arrange for the upkeep, medical care and physical growth of this infant who has entered our society today."

7) After the oath, everyone present will take one container of water (cool or lukewarm, according to the season) and pour it into a big vessel.

8) After the water pouring, Ácáryá will read the mantra again and all others will follow.

9) After the reciting of the mantra, everybody will take oath in the same manner to improve mental development of the child as follows: "O gracious Brahma may we be able to provide adequate education for the mental development of the infant who has entered our society today".

10) After the oath, again all will pour one container of water each into the same vessel and recite the verse in the same manner.

11) After the reciting the mantra, everybody will take oath in the same manner to improve spritual development - "O gracious Brahma may we be able to provide adequate education for spritual elevation of this infant who has entered our society today".

12) After the oath, again all will pour one container of water each into the same vessel and recite the verse in the same manner.

13) Everyone will pray in the same manner to the lord,

"O gracious Brahma, may we be able to see Your pervasive manifestation in this infant, in the form of which You have appeared to us today."

We collectively give this baby the name.....

14) Thereafter, the guardian of the infant will bathe the child with that sanctified water.

15) Then the child will be dressed with new clothes and seated.

16) Then the child will be fed solid food for the first time.

17) For the celebration of this ceremony, the arrangement of the social feast depends entirely on the desire and the financial position of the guardians concerned.



18) Taking a loan or incurring a debt for this purpose of celebration of this ceremony is strictly forbidden.

19) When possible, naming should be in Sanskrit language, and the name will be used for entire social and spiritual purpose. All the languages of the world are equal and honorable.

20) Twenty-one days after the birth of a child, both the child and its mother, after bathing, will be considered generally free from impurities.

The Sanskrit Mantras (verses) are as follows:

ॐ madhu vātá rtáyate madhu ks'arantu sindhavah;

Mádhviirnah santvośadhiih.

Madhu naktamutaśaso madhumat pàrthivam rajah;

Madhu dyaorastu nah pitá.

Madhumáño banaspatir madhumáñ astu sùryah;

Mádhviirgávo bhavantu nah.

ॐ madhu ॐ madhu ॐ madhu.

Its meaning in English is as follows:

May the wind bring blessings with it! May the ocean yield felicity! May our herbs be blissful! May the day and night be sweet! May the dust particles be blissful! May the world's spiritual realm of the divinities and the venerable ancestors prove sweet! May our plants be charming! May the sun shower felicity! May our domestic cattle be blessed! Brahma madhu , Brahma madhu, Brahma madhu.

### ❖ *Football Tournament in Honour of Former Players*

On 24<sup>th</sup> September, 2023, a knockout football tournament was organized on the field of Ananda Nagar Primary School for the entertainment and in honor of former football players. The winning team was awarded 10,000 (ten thousand) rupees, and the runners-up received 8,000 (eight thousand) rupees. A total of eight teams participated in the competition, namely (1) SSAC Ananda Nagar, (2) SSAC Darikuri, (3) KFC Kosangi, (4) SFC Shikhartyand, (5) Asu-11, Purulia, (6) Guridih Navin Jagrat Sangha, (7) Abodo Aboga Janam Disham Puranadi, and (8) RNC Ramnagar.

RNC Ramnagar became the champion, and SFC Shikhartyand became the runners-up.



## ❖ *Three Hour Akhanda Nám Samkiirtana*

On 27<sup>th</sup> September, 2023, a three-hour Akhanda "BÁBÁ Nám Kevalam" Nám Samkiirtana was organized at the residence of Shri Manabodh Mahato in the Kurmidih village of Ananda Nagar, with the aim of promoting collective mental peace and spiritual well-being. The akhanda kiirtana started from 9 AM up to 12 PM. It was followed by collective Ishvar Pranidhan, Svádhyáya and Náráyaòà sevá.



## ❖ *"B" Division District Football League*

Manbhum (District) Sports Association, Purulia is currently organizing a knock-out football competition for the "B" Division league. On 18<sup>th</sup> September, 2023, SSAC (Spiritualists Sports & Adventures Club) met KFC (Keitaka Football Club) in Simulia ground of Purulia for the 1<sup>st</sup> round of the 2nd stage of the competition. KFC is a very old club. No goals were scored in the scheduled 70 minutes of play. SSAC Ananda Nagar eventually won 4–3 in the tiebreaker. With this win, SSAC Ananda Nagar reached the Super Six round.



On September 29<sup>th</sup>, 2023, in the 2<sup>nd</sup> round, SSAC Anandnagar defeated Vivekananda Academy 1-0. The match was held at the Hutmura ground in Purulia. Vikram Murmu scored the only goal of the match. With this win, SSAC Anand Nagar has advanced to the semi-finals



The semi-final football match between SSAC Ananda Nagar and Bangabari Football Club will be held on the same ground on October 3<sup>rd</sup>, 2023. The final match will be held on the same ground on October 7<sup>th</sup>, 2023.

We are praying for good wishes and blessings from everyone.



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