



Ananda Marga

Ātma Mokṣārtham Jagat Hitāya Ca



October, 2023



Ananda Nagar Newsletter

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

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❖ *Baby Girl's Játakarma Ceremony*

On 1st October, 2023, Chitmu residents Sunita and Rajesh Garain organized their first daughter's Játakarma ceremony according to the Ananda Marga Caryácarya rules. The joyous ceremony, which included naming of the child and Annaprashan (first rice feeding), was held at the Ananda Nagar Baba Memorial. In accordance to Caryácarya rules, Avadhutika Ananda Tapahshila Ácáryá presided over the rite.



The ceremony started off with melodies of Prabhat-Samgeet, followed by "BÁBá Nám Kevalam" Nám Samkiirtana, collective Iishvar Pranidhan, and Svádhyáya. The ceremony was concluded by naming the baby girl Joyapriya. A brief explanation regarding the significance of name was given. The event was wrapped up with a collective meal for all those present.

❖ *First Heavy Rainfall of the Year*

Ananda Nagar endured heavy rainfall for the first time in 2023 on 1st October, due to a meteorological depression. As a result, water was overflowing over our Baba Memorial Dam and at the Dakshina Jalbandha (Dam) water was flowing above the danger level.



❖ *SSAC, Ananda Nagar Win the 'B' Division District Football League*

On October 3rd, 2023, the semifinal match of the 'B' Division District Football League between SSAC, Ananda Nagar and Bangabadi Club was organized by the Manbhum (Purulia) Sports Association at the Hutumura Ground, Purulia.

SSAC, Ananda Nagar emerged victorious with a score of 2-0. The goals were scored by Gurupada Tudu and Bullet Hansda. The win not only earned them their spot in the final, but also secured their eligibility to play in the 'A' Division League next season.



The final match was held on 7th October, at the Hutumura Ground as well. SSAC, Ananda Nagar's opponent for the championship was Adivasi United from Balarampur. With the boundless grace of the Almighty and the blessings of all of you, SSAC, Ananda Nagar

emerged as the champions of the Purulia District League's 'B' division. The sole goal scorer of the match Gurupada Tudu, won the best player prize as well. Following the match, SSAC, Ananda Nagar got the Champions Trophy, and received the prize money of ₹7000/-.



I extend my heartfelt gratitude to all the players, coaches who worked tirelessly, those who provided financial support, and all the well-wishers who supported us in various ways.

In particular, I would like to acknowledge and express my heartfelt gratitude to the two individuals whose invaluable contributions were instrumental for success in formative phase of our academy - former player and captain of East Bengal Club, Mr. Suryakabikash Chakraborty, and Mr. Rupesh Kumar Singh from Patna, Bihar.

Suryada contributed his time, effort, and resources without any remuneration. Selflessly, Suryada and his technical team members visited Ananda Nagar several times, providing guidance, courage, and enthusiasm to our players. In Kolkata, they have facilitated the introduction of SSAC, Ananda Nagar team to various other teams and made arrangements for playing and training on different playgrounds to boost the morale and confidence of our players. Additionally, they have fostered acquaintances among distinguished athletes and helped establish a technical team consisting of esteemed and established football coaches and athletes in Kolkata to assist SSAC. They have conducted scouting camps in various districts as well.

Mr. Rupesh Kumar Singh on the other hand independently financed the expenses of running the SSAC Academy for the first year, starting from April 1st, 2021 to March 31st, 2022. He has spent approximately eight lakh rupees for the development of football in Ananda Nagar.

❖ *About SSAC (Spiritualists Sports and Adventures Club), Anand Nagar*

Preface:

In this age of internet and smart phones, various addictive and detrimental distractions are very easily available to the teenagers, youth, and even children. They facilitate the younger generations' rapid movement towards self-destruction.

With the aim of providing an alternative path for saving the youth of the region from self-destruction and promoting a healthy lifestyle through sports and games SSAC (Spiritualists Sports and Adventures Club) was formed. It all started in Ananda Nagar on April 1st, 2021, with the initiation of a football academy. Regular football training has been ongoing since then.

The Journey Begins:

In 2022, SSAC, Ananda Nagar participated in the "B" Division League of the District Sports Association and managed to reach the semi-finals without conceding a single goal in their first year of participation. That year, 42 football teams participated in the league. This year, in 2023, 39 teams are participating in the league. They reached the final without conceding a goal in any match and with your blessings and the grace of the Parama Purusha, went on to win the 'B' Division League. They have been promoted to the "A" Division for their exploits as well.

Our Objectives:

1. To promote physical and mental development through sports alongside education for the villages' boys and girls.
2. To nurture talent and professionalism among the youth through vocational training.
3. To strengthen the mind and improve academic performance, as regular participation in sports reduces school dropout rates.
4. To reduce the likelihood of the youths engaging in negative activities, by increasing involvement in sports and studies.
5. To promote discipline, mental strength, and physical fitness.
6. To grow self-esteem and respectability in society.
7. To help individuals establish themselves as responsible citizens in society.

Main Goal:

The main goal of SSAC is to establish a "Sports Culture" in Ananda Nagar. Every person likes some sort of sports and people especially love football more than any other sport in the world. Through sports, we can instill discipline and a healthy way of life in children and young adults alike. However, sports have not played a significant role here.

To establish a "Sports Culture" in Ananda Nagar, it is essential to provide training in various sports to the boys and girls of the area and attract them to sports. Talented athletes will emerge from among them, which will lead to their rapid progress. This way, they will soon become role models for the young generation of Ananda Nagar.

Infrastructure required in Ananda Nagar:

1. Besides football, training in other sports have to be initiated.
2. A standard ground is necessary, which will improve the quality of the game. Hosting larger games or competitions will be possible as well.
3. Accommodation facilities and infrastructure for athletes are needed.
4. A modern gym is required.
5. Establishing new sports fields, environments, and infrastructure in neighboring villages of Ananda Nagar is crucial.
6. Financial support from sponsors is definitely necessary for the development of sports and regular coaching.
7. Direct cooperation of experienced and skilled coaches and administrators is required for the development of sports.
8. Sincere financial assistance from everyone is very important always.

Best regards,
Ácáryá Narayananda Avadhuta
President,
Spiritualists Sports and Adventures Club (SSAC)
Ananda Nagar.
Contact: 70764 32596

Bank Details:
Spiritualists Sports and Adventures Club
Current Account Number: 7206779593
IFSC Code: IDIB000P679
Indian Bank, Pundag Branch, Purulia.

GPay and Phone Pe: 70764 32596

❖ *Kiirtan Divas*

On October 8th, 2023, a three-hour Akhanda "BáBá Nám Kevalam" Nám Samkiirtana was organized at the Madhu Malaya Margaguru Bhavan in Ananda Nagar. It is worth remembering that on October 8th, 1970, in Jharkhand's Amjhariya, Margaguru formally channeled the power of this Maha mantra for the mental and spiritual well-being of all by introducing "BáBá Nám Kevalam" Nám Samkiirtana to Margiis.



❖ *The Greatness of the Mahámantra (Magnificent Hymn) "BáBá Nám Kevalam"*

What is Kiirtan?

The word kiirtan originates from Saṁskṛta 'kiirtta' dhatu which means to praise someone loudly. When God's praises come out of human mouths and enter the ears of others, it is called 'Kiirtan'.

Why "BáBá Nám Kevalam"?

Here "BáBá" means the dearest, the most adored being. This beloved entity is the Supreme Entity. "Kevalam" means the only name of the One Supreme Being. There is no other original being except Him.

There is only one entity inside or outside the infinite illimitable universe. He is the Supreme Entity or Parama Puruśa. And so only the Parama Puruśa is everyone's goal -- everyone's meditative. "BáBá Nám Kevalam" is sung only for Him. That is, I am taking the name of that one and unique original supreme spiritual entity Parama Puruśa.

Why is it necessary to do kiirtan?

The Supreme Entity is within all— inherent within all beings, regardless whether it's inanimate or consciousness. What should be done to get that Supreme Entity, to know Him, to be united with Him, to realize His grandeur? One should churn his own mind well. What is this churning, and how to do it? Just as butter is hidden in milk, the Supreme Being is also hidden in the mind. By churning the butter of the mind, one should get, should know the Supreme Entity i.e. Parama Puruśa. How to do this churning? — Calm the mind through sádhaná (meditation).

If the mind is scattered in various ways, one cannot reach **Parama Puruśa**, the Supreme Entity. The mind has to be focused; the mind has to be calmed, and to achieve that kiirtan has to be done.

What happens in kiirtan?

By doing kiirtan, the mind gets elevated, and as a result, the mind feels a kind of peace. So if one sits in *sādhaná* after kiirtan then one feels a kind of joy in the mind. So there is a need for kiirtan in the world of *sādhaná* i.e. kiirtan is essential for *sādhaná*. Kiirtan is helpful in *sādhaná*.

What is kiirtan then?

The mind and the ear are trained by doing kiirtan, so that only to take the name of the **Parama Puruśa** is there in the mind.

Kiirtan has three primary benefits:

"**BáBá Nám Kevalam**" Mahamantra (magnificent hymn) is **Astákshari** (eight words - in **Saṁskṛta**) **Siddha Mahámantra** (divine alchemical hymn). **Siddha Mahámantra** means powerful in special spiritual power. This **Mahámantra** also has special spiritual power. Thus, kiirtan is very helpful in all situations.

(1) In the physical sphere i.e. the worldly realm:

Kiirtan will cure worldly ailments, remove obstacles, and remove social dangers. If people perform collective kiirtan with fervent devotion during natural calamities like flood, drought, famine, epidemic etc. or during man-made calamities, people's sufferings will be alleviated immediately.

(2) In the metaphysical world i.e. the psychological realm:

As a result of doing kiirtan, many mental afflictions are also alleviated. All the dangers that have already come, and all the dangers that are yet to come but are being signaling their arrival, are all eliminated. If the kiirtan is done in advance, then the forthcoming obstacles and dangers are removed at the initial level before they come.

(3) In the spiritual realm:

The goal of meditators is to move towards the supreme element, and kiirtan makes that movement a lot faster. Man feels that he is not insignificant, and inferior. It reminds people that they are children of the Supreme Father.

When and who can do kiirtan?

There is no discrimination based on time and space, race or gender, or intelligence when it comes doing kiirtan. Wherever kiirtan is performed, it not only benefits those who are performing kiirtan, but also those who are not actively engaged in it and are just in the vicinity. And those who don't like it will also be benefited. If they listen with their heart, then surely they will be benefited. If they do not listen attentively, listen with disrespect and neglect, even

then it will be good for them too. It follows the principle of "Shrāddha Helaya Ba", i.e. it will be beneficial you if you listen with respect, but if you listen with neglect, it will also be beneficial.

Where is the favorite abode of the Supreme Entity or Parama Puruśa?

In the scriptures, the devotee asked the Supreme Entity — "O Lord, You are everywhere. But not all places may be to your liking. I am very interested to know, which is your favorite abode?" The Supreme Entity replied, "O dear devotee, I do not live in Vaikuntha, or in the hearts of yogis. My beloved place (abode) is where my dear devotees are chanting kiirtans remembering me with full heart".

- Based on the book, *Bhaktiras and Kiirtan Mahima* by Shrii Shrii Anandamurti; Edited by Ācāryā Narayanananda Avadhuta.

❖ *Navin Varan & Annual Cultural Event at Ananda Marga College*

On 12th of October, 2023, the Navin Varan (Welcome Ceremony of new admission students) of Ananda Marga College, along with the annual cultural event and prize distribution ceremony of various sports competition took place at the Ananda Nagar Rotunda Auditorium. The cultural event featured a drama on Victory of Dharma, Prabhat Samgita, recitation of



The event was presided over by the Central General Secretary of Ananda Marga, Ācāryā Sutiirthananda Avadhuta, and the chief guest was Dr. Arup Kanti Konar, the principal of Jhalda Ashruram College. Among the special dignitaries were Dr. Prabhat Kumar Mandal, the principal of Kotshila College, Ācāryā Priyakrishnananda Avadhuta from Ananda Marga Gurukula, and Central ERAWS Secretary Ācāryā Tathagatananda Avadhuta.



❖ *Player from SSAC, Ananda Nagar in the State Team*

On the 13th of October 2023, in Kolkata, West Bengal District Council for School Games and Sports organized the selection of the state football team for players under the age of 19. Two individuals were chosen from Purulia district. Shimul Majhi, a regular football player from the Spiricualists Sports and Adventurers Club (SSAC), was selected for the state team. The location for the first football match as a state team has not been announced yet. We wish Shimul all the success in this endeavor.



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

From 13th to 14th of October 2023, the Ananda Marga Guridih Village Branch organized their annual 24-hour Akhanda "BáBá Nám Kevalam" Nám Samkiirtana. The akhanda kiirtan was concluded with collective Iishvar Pranidhan, and Svádhyáya, philosophical discussions, and Náráyada sevá.



❖ *Distribution of Clothes In Ananda Nagar*

On the occasion of Shardsotsava, the "ORAO ANANDA KARUK (May They Also Rejoice)" project has taken up the mantle to ensure the welfare of the poor people of the villages all over Ananda Nagar. To that end, on 18th October, 2023 new clothes were distributed to the boys and girls of Rangadi, Vuchungdi, Damrughutu and nearby villages with the financial support of well-wishers.



❖ *Social Work by Girls Volunteers, Ananda Nagar*



In order to practice and inspire the idea of "All of us for everyone, each of us for others " in a way that has practical implications, Girls Volunteers, Ananda Nagar organized a street cleaning campaign on 18th October, 2023. The youthful bunch of volunteers descended upon the area around Uma Nivas in Buchungdi village with groundskeeping tools. Their collective efforts have increased the convenience of the public in the area.

❖ *Distribution of Clothes at Girls Children's Home*

On 19th October, 2023, well wishers Gautam Roy and his wife, residents of Chunchura district of Hooghly, distributed new clothes on the occasion of Sharadotsav to the girls of Ananda Marga Girls Children's Home, Uma Niwas, Ananda Nagar.



❖ *Residential Sports Hostel for SSAC in Ananda Nagar*

Namaskar,

With the goal of nurturing professional and skilled football players in an ideal environment, 'SSAC Residential Sports Hostel' will be made operational in Ananda Nagar starting from January, 2024. Football players here will have the following opportunities and facilities available for their development:

- 1) Regular coaching and training by experienced coaches in conjunction with Ananda Marga High School and College students.
- 2) Continuous supervision and training by retired, experienced sportsmen and coaches.
- 3) Education in a clean and natural environment conducive to physical and mental health.
- 4) Opportunities for boys aged 14, 17, and 19 to participate in various sports competitions under the "West Bengal State Council for School Sports and Games" through Ananda Marga High School at the state and national levels.
- 5) The chance for football players aged 14 and 17 to participate in the International Subrata Cup.
- 6) Football players pursuing college education can have the opportunity to represent the state and national teams through university-affiliated intercollegiate sports.
- 7) Admission and training arrangements for boys from the fifth grade to the twelfth grade.

Best regards,

Ácáryá Narayanananda Avadhuta,

President,

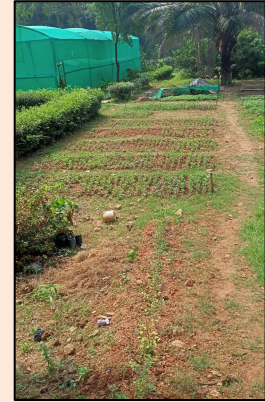
Spiritualist Sports and Adventures Club,

Ananda Nagar

Mobile Number: 70764 32596

❖ *Ananda Marga Flower Nursery*

In Indian climate, the dry winter season is the time when many colorful flowers bloom their petals. Here in Ananda Nagar, the Ananda Marga Farm Department is preparing for the arrival of the bees, by planting and cultivating flower saplings for the winter.



❖ *Mahaprayan Divas, 2023*

On the 21st of October, 1990, the proponent and founder of the Ananda Marga Pracārika Saṃgha, and spiritual guru Shrii Shrii Anandamurtiji (also known as Shrii Prabhat Ranjan Sarkar) relinquished his mortal body.



In remembrance of that day and as a mark of devotion to the Supreme Father, every year on 21st October, a three-hour Akhanda "BáBá Nám Kevalam" Nám Samkiirtana is organized in Ananda Nagar. This year as well, an akhanda kiirtan was organized to mark the somber occasion, which concluded with collective Iishvar Pranidhan, and Svádhyáya.

❖ *Celebration of Sharodotsav in Kamukhap*

Under the leadership of local physician Mr. Vijay Mahato, Mahastami of Sharodotsav was celebrated with a 24-hour Akhanda "BáBá Nám Kevalam" Nám Samkiirtana from 21st to 22nd October, 2023, in Kamukhap, near Ananda Nagar, Jaypur Block.



The spiritual program also included collective Iishvar Pranidhan, philosophical discussions, and social welfare services like free medical camp, distribution of clothing to the needy, and service to the elderly people. The event was concluded with an evening of cultural program. More than two thousand people were benefited through the various service activities.



❖ *One Day Sports Science Workshop*

Venue: Ananda Marga High School
Ananda Nagar, P.O.: Baglata
Dist: Purulia-723215, West Bengal
Date: 10th December, 2023, Sunday
Timings: 10 AM to 4 PM

Enterprising and Management: Spiritualists
Sports and Adventures Club (SSAC), Ananda
Nagar
With Cooperation of: AKD's Fitness Studio and
Physiotherapy & Institute

Dear Coaches and Athletes,

Namaskar,

For the convenience and future welfare of the coaches and sportspersons in Purulia district, the Organized Sports Science (Sports Medicine and Treatment) workshop will be held on 10th December, 2023 at Ananda Marga High School, Ananda Nagar with the support of AKD's Fitness Studio and Physiotherapy Institute under the initiative of Spiritualists Sports and Adventures Club (SSAC), Ananda Nagar. The workshop has facilities for every major local sport to help athletes of all fields to further enhance their abilities and skills like, understand modern concepts of injury prevention, conducting CPR and other life saving skills.

Therefore, we sincerely request you all to participate in this workshop and enrich yourselves.

Best regards,

Ácáryá Narayanananda Avadhuta,

President,

Spiritualist Sports and Adventures Club,

Ananda Nagar

Mobile Number: 70764 32596

Special Note:

- 1) We request you to confirm your attendance through Whatsapp message to 70764 32596 by 3rd December, 2023 for smooth management of the workshop.
- 2) Lunch will be served at 1 pm.
- 3) Registration Charge ₹100 (One Hundred)
- 4) Google Pay and PhonePe number: 7076432596

Schedule:

The workshop will discuss the following topics:

- 1) Sports Mentoring, Sports Injury Management and Prevention Methods: Ashish Kumar Das, Senior Physiotherapist, Strength & Conditioning Coach, Ex-Apollo Hospital ERF, Hyderabad
- 2) Stress Management and Decision Making Skills: Dr Vidyut Mukherjee, CAB Physician, Eden Sports Psychological Counselor & Eminent Cricket Coach
- 3) CPR and Emergency Handling Techniques: Mr. Subir Kar, Operation Theater Technologist, Apollo Specialist Hospital, Kolkata
- 4) Adolescence and Sports, How to Manage: Mr. Amlan Kusum Roy, Physiology Teacher, National Coach, Powerlifting Association

5) Mrs. Tithika Das Kar, Applied Sports Biomechanics Physiotherapist, Ex-R.G. Kar Medical College Hospital, Kolkata.

On-ground sessions:

- 1) Scientific Warm-up and Neuro-cardio pulmonary activation
- 2) Speed development techniques
- 3) High intensity workout sessions
- 4) Negative isometric muscle training
- 5) Pre-match therabend activation training
- 6) Cross-training
- 7) Endurance development the easy way
- 8) Core development: Static Less, Dynamic More... etc.

❖ ***An Important Message***

This is an important message meant for all Margiis and especially those who want to buy land in Ananda Nagar. Gurudev Anandamurtiji gave various plans for Ananda Nagar till the last day of his life in 1990, which are written down in 14 volumes. He gave a boundary for Ananda Nagar known as Ark. He has forbidden Ananda Margiis from buying land within that perimeter. In recent times, many Ananda Margiis are buying land in Ananda Nagar without knowing that they are prohibited by Baba Himself from doing so in particular areas. Moreover, many people are falling prey to the land broker cycle while they are violating Gurudev's instructions. Additionally, many people are falling prey to the exploitative practices of land brokers and are incurring financial losses and meanwhile problems are also arising with the Mission.

Therefore, I request all of you to buy land after contacting the office of the undersigned to make sure they do not unwittingly violate Baba's instructions and to ensure our fellow Margiis do not become victims of local land brokers.

Thanking you,

Ácáryá Narayanananda Avadhuta,
Rector Master, Ananda Nagar.
Mobile number: 7076432596

25.10.2023

❖ *Voluntary Blood Donation Camp*

Date- Monday, 6th November, 2023

Timing – 11:00 AM to 1:30 PM.

Venue -Ananda Marga Ava Seva Sadan Composite Charitable Hospital,
Ananda Nagar, P.O.: Baglata, Purulia.

Blood plays a vital role in our bodies as it is responsible for sustaining all other bodily functions necessary for our survival. In certain situations, when the body experiences a shortage of blood and it is not transfused within a specific timeframe, it can lead to the loss of a person's life. It's important to note that blood cannot be artificially produced. Only one person can save another person. Donating blood is akin to giving the gift of life. Just like last year, we are once again organizing a blood donation camp on November 6th, 2023 (Monday) at our Ananda Marga Ava Seva Sadan Charitable Hospital in Ananda Nagar. Individuals between the ages of 18 to 60, weighing at least 45 kg, are eligible to donate blood. It's worth noting that women can donate blood every four months and men every three months without any adverse effects on their health.

Our earnest appeal to all compassionate and conscientious individuals: Please step forward and contribute to the success of our Blood Donation Camp.

Namaskar,

With best regards,

Ácáryá Atmadhyanananda Avadhuta,

(On behalf of Ananda Marga Abha Seva Sadan Composite Charitable Hospital),

Ananda Nagar, P.O.: Baglata, Purulia.

Contact - 9547829095, 9932814949

❖ *Distribution of New Clothes at Boys Children's Home*

On 27th October, 2023, Shri Vishwanath Byapari and Shri Abhijit Byapari, former students of Bishnupur Ananda Marga Primary School in Bankura district, generously donated new clothes to the boys residing at the Boys Children's Home.



❖ *Three-hour Akhanda "BáBá Nám Kevalam" Nám Samkiirtana*

On 28th October, 2023, Sri Niranjan Mahato organized a 3-hour Akhanda "BáBá Nám Kevalam" Nám Samkiirtana to mark the auspicious inauguration of his new shop at Pundag Bazar. After the akhanda kiirtan, Iishvar Pranidhan, and Svádhyáya were conducted to conclude the auspicious event.



❖ *Enriching and Enlightening Visit to Ananda Nagar*

From 27th to 30th of October 2023, Margiis from Kenya, Tripura, and East Midnapore embarked on a trip to visit to Ananda Nagar. They were enthralled by the warm and welcoming reception they received. They were left amazed by the remarkable karate performance showcased by the girls of Uma Nivas Girls' Home, and the harmonious and instrument-free rendition of Prabhat Samgiita.



During their stay, they had the opportunity to explore the natural beauty of the area, including Tantra Piitha, significant archaeological sites, Deulghata's ancient Jain temple, the mysterious Navachakra cave, dormant volcano at Dimdiha, water dam project, Malta Mosambi garden, mango garden, cashew garden, and environment enhancement gardens. Their visit left them profoundly inspired and deeply supportive of the numerous community service and public welfare projects in the region undertaken by Ananda Marga.

❖ *Sharaddhanjali Ceremony*

On the morning of October 22nd, 2023, Smt. Pramila Garain, 57-year-old wife of long-time Ananda Margii Shri Bhakteswar Garain and a resident of Guridih, passed away. At the time of her death, she left behind four sons, three daughters-in-law, and grandchildren. On October 31st, 2023, a somber sharaddhanjali ceremony was organized by her family members. The event was organized at her residence and the rituals were conducted following the Ananda Marga Caryácarya rules.



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