



Ananda Marga

Ātma Mokṣārtham Jagat Hitāya Ca



December, 2023



Ananda Nagar Newsletter

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Rector Master, Ananda Nagar

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A Resolution for the New Year

Namaskar,

On the occasion of the international New Year, I extend my heartfelt respect, love, and best wishes to all the good-hearted people of the world. The most precious jewels in the path of human life are truth, simplicity, and courage. Let us vow never to abandon truth in any situation, never to resort to cunning or deceit except for the defense of Dharma, and to keep ourselves humble and simple in every field. Let us be mindful that the flame of courage within us never gets obscured by dust. In dogma there are none of these three: truth, simplicity, and courage. Therefore, let us firmly reject that and work together towards building a new world.

Ácáryá Narayanananda Avadhuta,

Rector Master, Ananda Nagar,

27.12.2023

➤ Selection Trial Match for SSAC, Ananda Nagar

A trial match was held on 1st December, 2023, to select players for the newly-promoted SSAC, Ananda Nagar football team for the 2024-25 season. The match was held at 8am at the playground of Central Ananda Nagar Ananda Marga Primary School.



❖ 24-hour Akhanda "BÁBÁ Nám Kevalam" Nám Samákiirtana

From 2nd to 3rd December, 2023, the local branch of Ananda Marga Pracāra Saṁgha organized a 24-hour Akhanda "BÁBÁ Nám Kevalam" Nám Samákiirtana in the premises of the A.R.M office compound in Pundag Bazaar.



The 24-hour kiirtan was commenced at 12pm on 2nd December. It was followed by Iishvar Pranidhan, Svádhyáya, and finally Náráyaḍa sevá to conclude the event.

❖ *What is puja or pújana, arcá or arcaná, prárthaná, vidhipújana, Ideation of Brahma?*

- 1) Puja or Pújana: When a person, with or without any selfish motive offers his or her deep reverence to an entity with undivided concentration, with or without external paraphernalia such as flowers, bel leaves, sandal wood paste, Ganges water, basil, bananas, rice, etc., that is called Puja or Pújana.
- 2) Arcá or Arcaná: The type of worship which is performed with selfish motive and external paraphernalia is called arcá or arcaná.
- 3) Prárthaná: The type of worship which is performed with or without selfish motive, but certainly without any specific external paraphernalia, is called prarthaná.
- 4) Vidhipújana: These systems of worship are further divided into certain stages of priestly ritual, for instance: aunganyása [bodily gestures], karanyása [hand positions], ácamana [sipping holy water], shikhabándhana [tying ritual hair-knots], áváhana [invoking the deity], mályadána [garlanding the deity], tilakadháraná [smearing the forehead with vermilion or sandal wood paste] and visarjana [immersion of the deity in water]. This systematic mode of worship is called Vidhipújana.

It does not require much mental effort to understand that while performing this latter vidhipújana, the worshipper's mind does not at all flow towards his or her íśta, nor does it even flow towards the idol of that íśta; the mind rather flows towards the physical gestures which must be performed, etc.

- 5) Brahmasadbháva: The special type of puja which is performed without any selfish motive or external paraphernalia is called Brahmasadbháva [ideation of Brahma].

The literal meaning of Brahma is "One who is great", and its metaphorical meaning is Brhattvád Brahma, Brmhanattvád Brahma: "One who is great and has the capacity to make others great also". Now, there may be a person who tries to destroy others by squashing them like ants or trampling them underfoot. Such a person may be "great" according to the word's literal meaning, but certainly not in the noble spirit of the term. One who opens new paths for the development of others, one who elevates them from degradation, is great. This is the underlying spirit of the word Brahma: He does not wish the destruction of anyone. He wants to establish all in the exalted state of expansion. He wants all to shine in the brilliance of their existence.

Thus to all the entities of the universe, He is Púrña Brahma [Full Brahma] - only He is Brahma. He is the unparalleled Brahma, the incomparable.

❖ *Ácáryá Asimananda Avadhuta Memorial Knockout Football Tournament*

On 9th December, 2023, the one-day Ácáryá Asimananda Avadhuta Memorial Knockout Football Tournament was held at the Central Ananda Nagar Ananda Marga Primary School playground. Eight teams participated in the competition. In the final, Jaipur Thana beat SSAC, Ananda Nagar with a score line of 1-0.



The winning team was given thirty thousand rupees in cash and the runners-up team was given fourteen thousand rupees in cash. In addition, the following players were also awarded:

Best Goalkeeper - Jit Mahato

Best Player - Ratan Mahato

Top Scorer - Subhash Mahato

Man of the Final Match - Hemant Mahato

❖ *Sports Science (Sports Medicine and Treatment) Workshop*

In a pioneering initiative by SSAC, various local athletes received a one-day sports science workshop on physical and mental well-being that was conducted by AKD'S Fitness Studio Physiotherapy & Institute on December 10th, 2023 in Ananda Nagar. The workshop was led by sports mentor Mr. Ashish Kumar Das, with support from his team and former captain and sports enthusiast Mr. Surya Bikash Chakraborty from East Bengal Club.





Notably, this marks the first of its kind sports workshop in Purulia district.

The event started with the resonant voice of Ācāryā Deepanjanananda, accompanied by Prabhat Samgita. Welcoming words were shared by Ācāryā Narayanananda Avadhuta. The workshop was presided over by Ācāryā Prajīnanananda Avadhuta, the head master of Ananda Marga High School.

❖ Akhanda "BáBá Nám Kevalam" Nám Sańkiirtana in Jeodaru & Patamjuri

On 10th December, 2023, with the initiative and support of the well-wishers of the villages and local Ananda Marga branches, three hours of Akhanda "BáBá Nám Kevalam" Nám Sańkiirtana was organized in both Jeodaru and Patamajuri villages of Ananda Nagar. The kiirtan was concluded with collective Iishvar Pranidhan, Varnarghyadana, Svádhyáya and Náráyaṇa sevá.



❖ Dimdiha Ananda Marga Jagriti Bhavan Nearing Completion

Work at the Dimdiha Ananda Marga Jagriti Bhavan has been going on in full swing and is now entering its final stage. Final coats of paint are being applied now, and soon the building will be open for local Margiis.



❖ *Distribution of Blankets Among Girls*



On 14th December, 2023 girls from Uma Nivas, Ananda Nagar and Ananda Marga Girls High School distributed blankets on behalf of the school to the needy girls of the local village.

❖ *Ácáryá Gunmayananda Avadhuta Memorial Under-14 Knockout Football Tournament*

On 15th December, 2023, a one-day, eight-team under-14 knockout football tournament was organized by the former Ananda Marga Children's Home boys at the Ananda Nagar Ananda Marga High School ground.

SSAC Children's Home defeated Dahityand 2-0, securing the championship.



The champion team received a trophy, footballs, one thousand five hundred rupees, and medals for all players.

Runners-up team was awarded a trophy, footballs, one thousand rupees, and medals as well. Varun Dev, Sagar Majhi, Shobhan Dev were awarded Best Player, Best Defender and Best Goalkeeper prizes respectively.



❖ *Child's Naming and Annaprásaana (First Rice) Ceremony*

On 15th December, 2023, the naming and Annaprásaana ceremony for Shishupal and Renuka Mahato's first daughter was conducted following the Ananda Marga Caryácarya rules in Amara village. On this occasion, from 9 am to 12 pm, a three-hour Akhanda "BáBá Nám Kevalam" Nám Samíkiirtana was organized. The kiirtan was followed by collective Iishvar Pranidhan, Svádhyáya, and a discussion about the criteria for naming a baby and the type of name to be given. Ácárya Aamlina Brahmacharini presided over the event. At the end of the ceremony, the baby was named Tanumayi.



❖ *Nabanna Festival*



Nabanna is a traditional festival of Bengal. The staple food of Bengal is rice, which is harvested from paddy. In November-December, the new paddy crop is harvested. At this time, almost every household makes Nabanna with new rice and celebrates the festival.

On 16th December 2023, in the Chitmu upper para unit, as every year, this year also there was a three-hour Akhanda "BáBá Nám Kevalam" Nám Samíkiirtana on the occasion of Nabanna festival. The kiirtan was followed by collective Iishvar Pranidhan, Svádhyáya, after which collective meal was served.



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

On 17th December, 2023, the monthly three-hour Akhanda "BáBá Nám Kevalam" Nám Sańkiirtana was organized at Baba Memorial. The kiirtan was followed by collective Iishvar Pranidhan, Guru Puja, Svádhyáya, a collective meal and Náráyaða sevá.



❖ *Nursery in Ananda Nagar*

Various seasonal flower, fruit and vegetable seedlings are available in nurseries in Ananda Nagar.

Contact: **96095 68600**



❖ *Akhanda "BáBá Nám Kevalam" Nám Sańkiirtana in Chamchaka Ananda Marga School*



On 21st December, 2023, three hours Akhanda "BáBá Nám Kevalam" Nám Sańkiirtana, collective Iishvar Pranidhan, Svádhyáya and Náráyaða sevá was organized at Chamchaka Ananda Marga School.

❖ *Date Jaggery of Ananda Nagar*

A lot of date and palm trees have been planted in Ananda Nagar. But shiuli (craftsmen who collect the sap) are not found here. They have to be brought from outside at a higher price. As a result, the cost of production becomes high. Thanks to the best efforts of Ácáryá Sureshananda Avadhuta Dada, In-charge of Banshgarh Branch of Ananda Marga Farm Department, the production of date molasses started last year and received great response. Production has started this year as well. It is available at Banshgarh branch for two hundred rupees per kg.

Contact: **89109 34306**



❖ *Annual Sports Competition at Dimdiha Ananda Marga School*

On 23rd December, 2023, Dimdiha Ananda Marga School held its annual sports competition and prize distribution ceremony.



❖ *Birthday Celebration with a Difference*

From 22nd to 26th December, 2023, well-wishers and Anandamargiis from North 24 Parganas and Hooghly districts visited Ananda Nagar. Among them were Dhruva and Subarna Ruidas, the residents of Chandannagar, and their daughter Samriddhi who decided to celebrate her birthday by giving gifts, instead of just receiving them. To that end, the proud parents, along with their daughter donated school uniforms to the boys of Ananda Nagar Children's Home and bed sheets and mosquito nets to the girls of Girls Home on the occasion of their only daughter tenth birthday.



❖ *Suruchi Canteen*



Suruchi Canteen has been opened in Ananda Nagar. In addition to stocking products made locally in Ananda Nagar, such as powdered spices, soaps, pickles, and artificial garland, etc., you can also enjoy delicious snacks and meals here. With ample space for sitting, this can be a great place to socialize.



❖ *Villagers Pave the Way for Girls Volunteers Office*

The residents of Ananda Nagar have finally seen some progress in the construction of the Girls Volunteers Office, which has been delayed for 34 years due to land disputes. The villagers have cooperated to clear the land for transportation, but the road work has faced challenges due to the poor conditions. However, with the blessings of Param Purusha and the support of the local community, the road work has begun on 29th December, 2023, aiming to cover three thousand square feet.



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