



# Ananda Marga

Ātma Mokṣārtham Jagat Hitāya Ca



June, 2024



*Ananda Nagar Newsletter*

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## *Heartfelt Congratulations for an Inspiring Initiative!*

*I hope this message finds you well!*

*We all know about the grand project that is "Ananda Nagar", undertaken by Shrii Shrii Anandamurtiji, the proponent, founder, and Spiritual Guru of Ananda Marga with the aim of realizing his ideals. He has initiated multidimensional projects focusing on the economic, social, cultural, and spiritual development of the local people, centered on Ananda Nagar.*

*I am writing to bring to your attention the efforts of Margiis from Mumbai to further develop Shrii Shrii Anandamurtiji's vision of Ananda Nagar and facilitate its holistic development. The Margiis of Mumbai have formed the "Community Projects: Building Anandanagar" team. The coordinator of this team is the Mumbai General Bhukti Pradhan, Dr. Ashwini Sandhu. Currently, the team comprises of thirty members, each contributing five hundred rupees monthly towards the development of Ananda Nagar. Additionally, they are also actively involved in providing separate assistance for important initiatives and projects, most notably, donating a scooty to the Anandamarga Women's Division of Ananda Nagar diocese and providing financial assistance for the urgent repair of the Dimdiha Check Dam.*

*We extend our heartfelt congratulations to them for this noble and inspiring initiative. We kindly request you to join hands with the "Community Projects: Building Anandanagar team" and contribute to the development of Ananda Nagar.*

Namaskar,

Ácáryá Narayananda Avadhuta,

Rector Master, Ananda Nagar

## ❖ *Ananda Purnima Dharma Mahasammelan Celebrated with Grandeur in Ananda Nagar*

From 31<sup>st</sup> May to 2<sup>nd</sup> June, 2024, the international Ananda Marga Dharma Mahasammelan took place in Ananda Nagar to celebrate Ananda Purnima. The event commenced on 30<sup>th</sup> May, 2024, at 3 PM with a 72-hour Akhanda "BáBá Nám Kevalam" Nám Sańkiirtana, amidst a congregation of devotees from various countries to create a highly spiritual ambiance. Each day began with prabhat pheri (morning processions) accompanied by prabhat kiirtan and a collective Páñcájanya at 5 AM, marking the spiritual awakening of the event.



In addition to these, the schedule included collective Iishvar Prańidhán, singing and connotation of Prabhat Samgeet, and performances of Táńđava and Kaośikii dance every morning and evening.

One of the highlights of the evening cultural programs was the captivating performance of the famous folk dance "Chhau" from Western Rááh. The evening cultural programs were followed by collective Iishvar Prańidhán and discourses by Marga Guru's representative, Ácáryá Vikasánanda Avadhuta, all of which were conducted with proper solemnity and grandeur.



On the final day of the Mahasammelan, the program concluded with blessings and Varábhaya Mudrá from Marga Guru Shrii Shrii Anandamurtiji through a video message, bringing the event to a fitting close.

## ❖ *Repair Work of Dimdiha Check Dam*

During the 2023 monsoon, heavy rainfall in the Ráfh region and the resultant heavy flow of water from the adjacent fields eroded the northern section of the "Dimbagiri Jalbandha" (Dimdiha Check Dam) project. The fill soil of the dam was also washed away by the water's force. As a result, part of the concrete on the northern section of the dam broke and collapsed. There was a high likelihood of further damage in the upcoming 2024 monsoon season.

To prevent further extensive damage, repair work on the dam had been started expeditiously.



On 13<sup>th</sup> June, 2024, under the initiative of General Bhukti Pradhan of Mumbai, Dr. Ashwini Sandhu and with the financial assistance of Mumbai Bhukti, the repair work of Dimdiha Check Dam was completed. As a result, the area has been saved from the potential threat of increased damage during the 2024 monsoon. This work also alleviates the water scarcity issues faced by local wildlife, and people during the scorching summer heat.



## ❖ *Study Circle*



On 15<sup>th</sup> June, 2024, a study circle was organized at the Ananda Marga High School for tenth-grade students, conducted by Ananda Nagar Renaissance Universal Club. The topic was — “The flaws in the current democratic system and electoral process. How is a true democratic system possible?” The speeches were presented by Ácáryá Mohananda Avadhuta and Ácáryá Kishan Singh Sood.

## ❖ *Sayar (Lake/Pond) Excavation and Renovation in Banshgarh, Ananda Nagar*

To alleviate the issue of water crisis, Gurudev Shrii Shrii Anandamurtiji has devised various plans since the beginning of the 1980s, focusing on afforestation and rainwater storage. He emphasizes conserving and utilizing rainwater by constructing small dams, ponds, and lakes. This is why He has incorporated a lake into every project in Ananda Nagar. To further support the ecology around these water bodies, He has also recommended planting various trees and aquatic plants in and around the water body based on the water volume (in gallons). This means that along with aquatic plants like Loma or Wapa in the water, various colored water lilies, water chestnuts inside the water, trees like coconut trees, palms trees, betel nuts, lavender, medicinal creepers, jasmine vines, jasminum sambac, black peppers, etc., will also be planted around the ponds/lakes in Ananda Nagar.



To further fulfill these instructions and goals given by Baba, the excavation and renovation work of a pond was initiated and completed in the month of June in Bansgarh, Ananda Nagar. The pond is 250 feet in length and 200 feet in width. Along with fulfilling Baba's vision, this pond will be a welcome addition for the local populace and the local flora and fauna.

## ❖ *Monthly 3-hour Akhanda "BáBá Nám Kevalam" Nám Samíkiirtana*



On 16<sup>th</sup> June, 2024, monthly 3-hour Akhanda "BáBá Nám Kevalam" Nám Samíkiirtana was organized at Baba Memorial. The kiirtan was followed by collective Iishvar Prañidhán, Guru Puja, Svádhyáya, collective meal and Náráyaòà sevá.

## ❖ Visit of Senior Officials to Ananda Nagar

On 16<sup>th</sup> June, 2024, DIG Security Kolkata, Mr. Sukhendu Hira, Professor Soumen Rakshit from Bankura, and five of their fellow colleagues visited Ananda Nagar. They first visited the Baba Memorial and then came to Ananda Rekha Bhavan. Here, discussions were held with them about the thoughts and activities of Ananda Marga. They were presented with a souvenir written about Ananda Nagar.



Before leaving, they purchased books worth approximately three thousand rupees from the Ananda Marga publication department, including titles like *PROUT er Ruprekha*, *Bangla and Bangali*, *Human Society*, *Microvita in a Nutshell*, *Laghu-nirukta*, *Shrii Shrii Anandamurtiji - Biography and Discourses*, and others. One of the well-wishers promised financial assistance as well.

## ❖ Annual 6-hour Akhanda "BáBá Nám Kevalam" Nám Samkiirtana

On 17<sup>th</sup> June, 2024, a 6-hour Akhanda "BáBá Nám Kevalam" Nám Samkiirtana was organized in the premises of Ananda Marga School in Bar-rola Dubrajdi village by Mr. Mihir Kumar. The akhanda kiirtan was followed by collective meditation, Varnárghyadán, and Svádhyáya, following which there was an arrangement for collective meal.



## ❖ *International Yoga Day Celebration in Ananda Nagar*



On 21<sup>st</sup> June, 2024, International Yoga Day was celebrated with full gusto in various educational institutions in Ananda Nagar. Students from Ananda Marga Boys High School, Ananda Marga Girls High School, Ananda Marga Girls College Umanibas, and Ananda Marga Primary Schools participated in special yoga sessions to commemorate the day.



## ❖ *Shrii Shrii Anandamurtiji on "Asana" and "Yoga"*

### **Asana:**

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

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



## Yoga:

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

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

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

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

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

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

## ❖ *Renovation of Pasaka Well*

This "Indrakup" is located within the central Ananda Nagar Parivesh Sangbardhan Kanan (Pasaka) and next to Lilavati Sayar. This well supplies necessary water to Pasaka, the high school, and the Ananda Marga Sevalal building. As it is an important source of water, renovation work has been ongoing in the well in the month of June. In the early 1990s, water was supplied to Madhya Ananda Nagar through pipes from this well.



## ❖ *63<sup>rd</sup> Inter-School Subrato Mukherjee Cup Football Championship, 2024*



On 20<sup>th</sup> June, 2024, the 63<sup>rd</sup> Inter-School Subrato Mukherjee Cup Football Championship 2024 for boys under 15, organized by the West Bengal Council for School Games and Sports, was held at the Satyabhama Vidyapith ground in Jhalda sub-division (Purulia district). Ananda Marga High School, Ananda Nagar, defeated Jillinglahar High School 3-0 to become the Jhalda Sub-division champion. Santosh Dev of Ananda Marga Shishu Sadan (Children's Home) scored all three goals. It is noteworthy that six players from the team, including Santosh Dev regularly train at the Spiritualists Sports and Adventures Club Academy (SSAC Academy).



On 24<sup>th</sup> June, 2024, the Purulia district football semifinal took place at the playground of Manbhum Victoria Institution. Ananda Marg High School defeated Pancha Nawada High School 1-0. The sole goal was scored by Shovan Dev.



The final match was on the same day that afternoon, and the match was played between Manbhum Victoria Institution and Ananda Marga High School. At the end of the stipulated time, the score was tied at 1-1. In the tiebreaker, Ananda Marga High School lost. It must be noted that Ananda Marga High School participated in the under-15 category of Subrata Cup football competition for the first time this year.

### ❖ *Distribution of High-Quality Rice Seeds*

On 26<sup>th</sup> June, 2024, thanks to the Ananda Nagar Development Society's initiative Neo Humanistic Relief, high-quality rice seeds were distributed to over a hundred farmers in various villages of Ananda Nagar. Each farmer received 10 kilogram of seeds for the upcoming seed rowing season in the monsoon.



### ❖ *SSAC, Ananda Nagar Players' Name Registration*



On 27<sup>th</sup> June, 2024, at the Manbhum (Purulia District) Sports Association office, the names of the players from SSAC, Ananda Nagar were registered to participate in the "A" (First) Division Football League. The league matches are likely to start in the second week of July, 2024. The schedule of the matches may be announced by the end of the first week.

- SSAC, Ananda Nagar in its short history has accumulated many achievements:
  - 1) The SSAC-Ananda Nagar Academy officially commenced on April 1, 2021 and was registered with the District Sports Association.
  - 2) In 2022, they participated in the "B" Division Football League for the first time and reached the semifinals.
  - 3) In 2023, they participated in the "B" Division League for the second time and did not concede any goals throughout the league.
  - 4) In 2023, a total of 39 teams participated in the football league. They surpassed all and became champions in the "B" Division, earning promotion to the "A" Division.

We seek your best wishes and blessings so that our players can perform well again and achieve their goals.

- Challenges in the path to more success:
  - 1) A full-sized field is required for 11-11 player matches. We have 95% of the necessary land, and only 5% more is needed.
  - 2) The land needs to be made suitable for playing football.
  - 3) Residential hostel facilities are required.
  - 4) A gym suitable for football training is needed.
  - 5) Proper management for overall operations and financial support is necessary.

### ❖ *Grafting in Ananda Nagar Nursery*



The Ananda Marga Farm Department is carrying out grafting work for their nursery using mother plants of various high-yielding and superior quality fruits. The grafting work being carried out under the supervision of experienced personnel includes plants like mango, guava, sweet lime, pomegranate, lychee, sapodilla, pomelo, etc.



## ❖ *First Diocese Seminar in Ananda Nagar*

From 28<sup>th</sup> to 30<sup>th</sup> June, 2024, the First Diocese Seminar was successfully held in the serene natural environment of Ananda Nagar Agricultural Farmhouse, located at the foothills of the Jabar-Simni mountain range in the village of Bansgarh. The event included Prabhat Samgiita, akhanda kiirtan, three days of collective Iishvar Prañidhán, Varñárghyadán, self-study, morning processions (Prabhat Pheri), and competitions of Táñdava and Kaośikii dance.

The topics discussed at the seminar were:

1. Cosmic Attraction and Spiritual Cult - The Source of Internal Stamina
2. The Source of Internal Stamina
3. Prama – Dynamic Equilibrium and Equipoise
4. Economic Democracy

Ácáryá Mohanananda Avadhuta, Ácáryá Kalyaneshwarananda Avadhuta, and Ácáryá Sarveshwarananda Avadhuta were present as trainers.



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