

# আগমনী

কার্তিক, ১৪৩০ বঙ্গাব্দ

Bengali Association of Greater Nashville

October, 2023





Prehistoric India (History)



King Ashoka (History)



Brave Little Parrot (Jata...



Mulyaprapti (Tagore)



Savitri (Mahabharata)



Beggar King (Folktale)



Prajapati



Festivals of India



Bed Time Stories of Hu...



Hug the Trees (Folktale)



Dasharatha (Ramayana)



AGII Video

1.93K subscribers

HOME

VIDEOS

And Many More...

## A Letter from Grandpa...

"Since the making of my first video, I have produced nearly 250 video stories and they are all available on <https://www.agiivideo.com/>

These stories have a broad base – stories of human value, religious, mythological, ancestral, social, folktale and many more. These were taken from numerous sources and the target audience had always been Indian families. My grandchildren have made these videos available to you on Youtube. I am grateful to my wife, Bibha Mukherjee, who encouraged me at every step and to my grandchildren who have made this possible. I feel so very thankful to each member of my family and to my numerous friends – both Indian and American who have inspired me in every phase of my success."

Grandpa/Dadu

*A Very Happy Durga Puja to All of You*

*From All of Us*

*Ashish, Anuradha, Rohini, Monisha, Ritwik & Samsaara*



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# Bengali Association of Greater Nashville

## Committees and Teams 2023-2024

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Chair Person:  
Prodipto Mitra

Grant Subcommittee

Sujoy Bhattacharya  
Indrani Ojha  
Sujit Das

Nomination Committee

Koushik Chakraborti  
Sonia Chaudhuri  
Deeparati Mukhopadhyay

Charity

Subcommittee

Reeta Bandyopadhyay

Volunteering

Subcommittee

Rajib Ali

Constitution

Amendment Committee

Ashok Saha  
Arup Bandyopadhyay  
Swastik Brahma  
Siddhartha Kalasikam  
Prodipto Mitra

Treasurer:  
Dipendra Chattopadhyay

Sub-committee

Amitabha Chakrabarti  
Indrani Ojha  
Anindita Roy  
Anindya Mukhopadhyay

Festival Coordinator:  
Diya Ghosh

Sub-committee

Nandita Bandyopadhyay	Arati Saha
Tanusri Roy	Sumita Banerjee
Sudaxina Ghoshkundu	Supratim Pal
Supti Chaudhuri	Tanusree Singha
Nandita Chakraborty	Dolly Das
Arnab Kar	

Secretary:  
Pratyush Singha Roy

Sub-committee

Siddhartha Bhunia  
Niloy Datta  
Abhishek Mukherjee  
Souvik Chaudhury  
Biplab Adhikary  
Dilip Mallik

Decoration Team

Subhajit Biswas	Dilip Mallik
Siddhartha Bhunia	Sanghamitra Mishra
Niloy Datta	Debeshi Majumdar
Souvik Chaudhury	Rasmita Paul
Abhishek Mukherjee	Pooja Sonar Datta
Biplab Adhikary	Swarnali Das



# Bengali Association of Greater Nashville

## Committees and Teams 2023-2024

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Food Coordinator:  
Mohit Montu

### Sub-committee

Subhajit Biswas  
Siddhartha Kalasikam  
Subham Chakraborty  
Ujjal K. Singha  
Koushik Chakraborti  
Rajib Ali

Cultural Coordinator:  
Kakali Chakrabarti

### Sub-committee

Nandita Bandopadhyay  
Mahashweeta Mahi Chakraborty  
Subhajit Ghosh  
Debaleena Debnath Mukherjee  
Rupayan Paul  
Sabyasachi Paul

Publication Coordinator:  
Sanghamitra Mishra

### Sub-committee

Arup Bandyopadhyay  
Amitabha Chakrabarti  
Abhirup Patra  
Ishani Ganguly  
Sreshtha Mishra  
Ishan Chakrabarti  
Asleshta Sengupta

### Fund Raisers

Sreemont Roy	Sudaxina GhoshKundu
Subhankar Sarkar	Pratyush Singha Roy
Riddhi Chakraborty	Sabyasachi Paul
Abhirup Patra	Swarup Mishra
Mohit Montu	Lajuli Das

### Website:

Dipendra Chattopadhyay, Amitabha Chakrabarti.

### Social Media:

Ishani Ganguly, Sanghamitra Mishra, Dolon Bhakta,  
Siddhartha Kalasikam, Prodipto Mitra, Niloy Datta

### Special Thanks To:

Tennessee Arts Commission For providing us Financial Support  
Achintya Ray and Anindya Mukhopadhyay for performing the puja.  
Nandita and Arup Bandyopadhyay for Idol Storage and Logistical Support





প্রচ্ছদ শিল্পী - মৃগাঙ্কি দত্ত

পত্রিকা পরিকল্পনা, অলংকরণ ও রূপায়ণ -

শুভঙ্কর মুখোপাধ্যায়, অমিতাভ চক্রবর্তী ও সংঘমিত্রা মিশ্র



আন্তর্জাল (Internet) থেকে নেওয়া বিষয় ও তার সূত্রঃ

Picture of Dhak: [http://en.wikipedia.org/wiki/File:Dhak\\_2010\\_Arnab\\_Dutta.JPG](http://en.wikipedia.org/wiki/File:Dhak_2010_Arnab_Dutta.JPG)

Happy Durga Puja image on inside page(s): Freepik.com

বি এ জি এন - ঘর ছেড়ে এসে পেয়েছি ঘর



# Message From The Chairperson



Hello friends,

Welcome to the Durga Puja festivities. This is a unique time of the year, each year, when we put aside our “day to day” routine and come together to celebrate the victory of Good over Evil. We all look forward to making new memories with our extended family and participate in this joyous occasion with fun, food and laughter.

The greater Nashville area is growing by leaps and bounds. More and more people are coming in for various reasons and finding us. Our BAGN Group and family is also growing. Along with that comes new opportunities to expand our experiences and horizons. I see so many people enthusiastically pitching in and contributing in so many ways in each and every event organized by BAGN. It is great to see new faces and new people coming forward with new ideas and help out in so many different areas.

Covid taught us all many things, one among which is the importance of connection and family. We must work together to make this a sustainable and welcoming place for all to have fun, help and work with others while making meaningful connections and relationships.

In order to create a better organization for all we are currently trying to alter our policies to make our group even more inclusive, welcoming and effective. Please support us in our various initiatives by becoming active members in BAGN and participate in our events wholeheartedly. Please also feel free to give us your input on how we can make your experience even better.

Thanks and enjoy the pujo with blessings from Ma Durga.

Yours respectfully,

Prodipto Mitra

## Editorial



This year, Bagn reaches its 31st year of providing Bengalis a place to get together and celebrate our roots. Being the publication coordinator for this year's souvenir for the organization was a great pleasure, opening doors to new connections and stronger bonds with the members of this community. We increased Bagn's social media presence and spread the word about the community that served as my second home. From opening an Instagram

account to being more active on Facebook, we extended the reach of this organization.

I tried my best to maintain the legacy left by the previous year's Publication coordinator. The magazine experienced a drastic change last time, seeing improvements in all sectors ranging from better graphics to the feel of the magazine. There was color and gloss among the pages that wasn't present till last year. Hopefully, I've lived up to the raised expectations, but I couldn't have done it without all the help I received.

I want to thank my sub-committee members Arup Bandyopadhyay, Abhirup Patra, Amitabha Chakrabarti, Ishani Ganguly, Sreshtha Mishra, Asleshtha Sengupta, and Ishan Chakrabarti for their support. I'm so thankful to the following Bagn friends for their generosity in making efforts to reach businesses through their network of acquaintances, both personal and professional: Subhankar Sarkar, Riddhi Chakraborty, Sreemont Roy, Abhirup Patra, Sudaxina Ghoshkundu, Pratyush Singha Roy, Sabyasachi Paul, and Swarup Mishra.

I want to thank our Bagn families for contributing to the fund with their sponsorships. Finally, I'm so profoundly grateful to Tennessee Arts Commission and all the businesses for their generous sponsorship that made this event possible.

May the immortal spirit of the festivities enrich our soul and help us see the beauty of the seemingly insignificant elements of life. This year Maa Durga shall bless us all with the courage to combat the battles and hardships of our lives. Happy Durga Puja to you and to your family and friends!

Thank You  
Sanghamitra Mishra  
Publication Coordinator,  
Bengali Association of Greater Nashville



Bengali Association Of Greater Nashville (BAGN) cordially invites you to  
join the upcoming celebration of Durga Puja 2023 at

Sri Ganesha Temple in Nashville  
527 Old Hickory Blvd, Nashville, TN 37209



## Durga Puja 2023



### Friday - Oct 27

Bodhon and Sasthi Puja: 2:15 PM-3:45 PM

Dinner: 6:00 PM

Sandhyarati : 6:10 PM

Cultural Program: 6:30 PM - 9:30 PM

### Saturday - Oct 28

Saptami Puja : 8:15 AM - 10:15 AM

Saptami Puja Anjali & Prasad : 10:15 AM - 10:30 AM

Ashtami Puja : 10:35 AM -12:30PM

Saturday Lunch : 1:00 PM

Yagna and Sandhi Puja: 1:15 PM - 3:00 PM

Sandhyarati : 5:50 PM

Cultural Program : 6:00 PM - 9:00 PM

Dinner : 9:15 PM onwards

### Sunday - Oct 29

Nabami Puja : 9:00AM -11:30AM

Nabami Puja Anjali : 11:30 -12:00 Noon

Dashami Puja - Bisarjan and Shanti Bari : 1:30 PM -2:30 PM

Sunday Lunch : 12:30 PM

Durga Baran : 3:00 PM -4:00 PM



শুক্রবারের শারদ বাসর

October 27, 2023

6:30 pm onwards

Welcome note:

Shri Prodipto Mitra, BAGN Chairperson

Smt. Kakali Bhattacharya Chakrabarti, BAGN Cultural Coordinator

### **Guest Performance by Ujjaini Mukherjee Live (UML)**

Ujjaini Mukherjee – Lead Vocalist

Ujjaini started her musical training at an early age. She learnt Hindustani Classical from Pt. Ajoy Chakraborty & Pt. Biresh Roy, Ghazal from Balu Dutta, and Opera/Western Vocal Techniques from Celia Lobo. She has sung in multiple Indian languages as playback singer in films, advertisement jingles and indie projects.

Ujjaini won “Sa Re Ga Ma Pa - Ek Main Aur Ek Tu” in 2006, the only International Finale held in Dubai. She has performed at the London Wembley Arena with renowned Indian music composer Himesh Reshammiya. She recently performed at the Vande Bharatam Nritya Utsav (Republic Day Parade 2022) with Pt. Bickram Ghosh. The event was attended by many eminent dignitaries, including the PM of India, Narendra Modi.

Ujjaini has won multiple nominations and awards, including Mirchi Music Award, Filmfare East Award, Kalakar Award, Kolkata Ratna Award, Bengal Youth Icon amongst others.

Ujjaini will be accompanied by four talented musicians.

Rahul Sarkar will accompany in Keyboard. He is a self-taught percussionist and harmonium player.

Sudipto Sarkar has been performing professionally for the past 16 years, and will be accompanying in Bass Guitar.

Swagato Banerjee has been performing professionally since 2002 and is a full-time employee at 92.7 FM. He will be accompanying in Lead Guitar.

Kushal Ghosh has been performing professionally for almost 25 years. An accomplished and multi-faceted percussionist, he will be accompanying in Drums.



## শনিবারের শারদ বাসর

October 28, 2023

6 pm onwards

### তবলা লহরা / Tabla Lahora

Soumen Ghosh, Jonah Krout, Nick Vallas, Kshitij Bhat, Eric Fritsch  
Direction: Anup Raychowdhury

### বাংলা সংস্কৃতির নানা রঙ / Bangla Shilper Nana Rong

Tanusree Singha, Shuvra Bhattacharya, Arati Saha, Indrani Ojha, Supti Chaudhuri, Sikha Raychowdhury  
Direction: Nandita Bandyopadhyay

### পুজোর Collage / Pujor Collage

Shinoy Bhuniya, Surjoneel Mishra, Priyana Singha Roy, Jinia Chaudhuri, Uddish Guha, Abhinaba Ghosh, Ananya Chaudhuri, Sanghamitra Mishra, Mriganki Dutta  
Script, Choreography and Direction: Debaleena Debnath Mukherjee  
Music Arrangement and Music Direction: Rosy Roy

### নৃত্য নাট্য - রবীন্দ্রনাথ ঠাকুরের পূজারিণী / Nritya Natya - Rabindranath Takurer Pujarini

Inaaya Ali, Aayat Ali, Ayrach Zeeshan, Anvesha Tiwari, Rigvedita Kar, Aishik Chanda, Abir Patowary, Sachi Paul, Shreya Salgotra, Sohom Sen, Reyansh Chakrabarty, Adrit Chakraborty, Aroshi Das, Ayush Choudhury, Rayansh Mukherjee, Roshni Bandopadhyay, Alisha Chanda, Ruhi Choudhury, Srestha Ghosh, Eva Chattopadhyay, Ahanti Patowary, Anushri Roy, Siona Bhattacharya, Abhishek Mukherjee, Supratim Pal, Rajib Ali, Lajuli Das, Sandhani Choudhury, Anjila Datta, Nabanita Ghosh, Amrita Chatterjee, Shabana Parveen, Pranjali Chattopadhyay.  
Choreography and direction: Debalina Ghosh.

### নতুন এবং পুরাতনী গান / Notun ebong Puratoni Gaan

Moumita Biswas, Shaurya Biswas, Pooja Sonar, Niloy Dutta, Somdutta Baishya, Ananya Chaudhuri, Subhajit Biswas.  
Direction: Tanima Chaudhuri

### চিরদিনের গান / Chirodiner Gaan

Ashok Saha, Sabyasachi Paul, Arnab Kar, Namrata Neogi, Rasmita Paul  
Direction: Dolon Bhakta

### এক ডালি শিউলি - বাংলা নাটক / Ek Daali Shiuli - Bangla Natok

Sujoy Bhattacharya, Nandita Chakraborty, Sumita Chakraborty, Ujjal K Singha, Suman Kundu, Sudaxina Ghosh-Kundu, Shiv Kundu, Deeparati Mukhopadhyay, Anindya Mukhopadhyay, Savitri Chakraborty, Subhasish Chakraborty  
Script and direction: Rajib Ali

**Emcees:** Sinjan Sarkar, Ishan Chakrabarti, Manushri C. Kalasikam, Shruti Chakraborty, Abhiuday Singha, Hriday Roy

Vote of thanks

Smt. Kakali Bhattacharya Chakrabarti, BAGN Cultural Coordinator

## নামের মহিমা সুজিত দাশ

ছোট বেলার একটি প্রার্থনার কয়েকটি লাইন আজও মনে পড়ে-

যেই নাম সেই কৃষ্ণ ভজ নিষ্ঠা করি ।  
নামের সহিত আছেন আপনি শ্রীহরি ॥

এর সহজ অর্থ- যদি নিষ্ঠা সহকারে কৃষ্ণকে ভজনা করা হয় তবে নামের সাথে কৃষ্ণ স্বয়ং অবস্থান করেন। কথাটা মেনে নেয়া এতটা সহজ নয়। নামের সাথে যদি ঈশ্বর থাকেন তবে ঈশ্বরকে পাওয়ার জন্য এত সব কঠিন পথে তাঁর সন্ধান কেন? সহজভাবে ঈশ্বরকে পাওয়ার কি কোন উপায় আছে? নাম জপ প্রার্থনা কিংবা গান এসবে কি আধ্যাত্মিক জীবনে সফলতা আসে? এরূপ কিছু মৌলিক প্রশ্ন কম বেশি সকলের মনে আসতেই পারে ।

কঠিন পথ বলতে কঠোর তপস্যা, নিরন্ন উপবাস, তন্ত্র সাধনা, ইত্যাদির কথা বলছি । বহু সাধক-মহাপুরুষের জীবনীতে সাধনার অনেক পদ্ধতির কথা বিভিন্ন ধর্মগ্রন্থে উল্লেখ আছে । ‘ভারতের সাধক’ গ্রন্থে এরূপ অনেকের জীবনী উল্লেখ রয়েছে যারা অনেক ধৈর্য ও কঠোর পরিশ্রমের দ্বারা সাধনায় সিদ্ধি লাভ করেছেন । এতসব কঠিন ও কঠিনতর সাধন পথের কথা ভেবে কেউ যদি ঈশ্বর লাভের সকল প্রচেষ্টা পরিহার করেন, তা আর আশ্চর্য কি ! বিশেষ করে, কলিযুগে যেখানে অন্নগত প্রাণ - দু’বেলার আহালাদি যোগাড় করতেই যেখানে প্রাণ ওষ্ঠাগত, সেখানে ঈশ্বর সাধনার সময় কোথায়? এ প্রসঙ্গে স্বাভাবিকভাবে যে প্রশ্নটি আসে তা হল- মন্দিরে মন্দিরে দিবা রাত্রি এত আরতি প্রার্থনা সবই তো শ্লোক, মন্ত্র আর গানে । শুধু ভারতবর্ষ নয়, সমস্ত বিশ্বজুড়েই হিন্দুদের সকল মন্দির উপাসনালয়ে আমরা হরহামেশা এরূপ চিত্র দেখতে পাই । তবে কি ঈশ্বরের প্রতি এসব নিবেদন বা প্রার্থনার কোন ফল নাই? কান্তকবির গানেও সেদিন একই প্রশ্ন ছিল -

“আনন্দে অনন্ত প্রাণ, করিছে বন্দনা গান, অবিশ্রান্ত অনন্ত নিখিলে গো । সকলি কি অর্থহীন,  
শূন্য শূন্যে হবে লীন, তবে কেন সে গীত সৃজিলে গো” ।

তবে কলিযুগে বেদনাক্লিষ্ট মানুষের জন্য কি কোন আশার আলো নাই? শাস্ত্রে এ বিষয়ে কি উল্লেখ রয়েছে তার উপর কিছু আলোকপাত করার চেষ্টা করছি ।

প্রায় পাঁচ হাজার বছরেরও কিছুকাল পূর্বে মহামুনি বেদব্যাস মহাভারত ভগবদগীতা শ্রীভাগবত বিষ্ণুপুরাণ ও ব্রহ্মসূত্র ইত্যাদি বহুগ্রন্থ রচনা করেছিলেন। ব্রহ্মসূত্রের প্রথম অধ্যায়-সমন্বয়\*



এর প্রথম পাদ এর পঞ্চম সূত্র- “ঈক্ষত্যধিকরণ-সূত্র- ঈক্ষতেরনাশব্দম্”। এ সূত্রের উপর শঙ্কর-রামানুজের প্রথম ব্যাখ্যা- ‘ব্রক্ষ অশব্দ নহেন’। অনেক উপনিষদেও এর যথেষ্ট আলোচনা রয়েছে। সব কিছু ছাপিয়ে যে কথাটি সর্বজন বিদিত তাহল- “অক্ষরো ব্রক্ষ উচ্যতে”। সব অক্ষর সব শব্দই ব্রক্ষকে বুঝায়। তন্মধ্যে একটি শব্দ যে ব্রক্ষবাচী তা সর্ব শাস্ত্র সর্ব শ্রুতিসম্মত। ঋষি পতঞ্জলি সে শব্দটির পরিচয় সুস্পষ্টভাবে দিয়েছেন যোগসূত্রে- “তস্য বাচক প্রণবঃ”। গীতারও একই কথা- “প্রণব সর্ববেদেষু”, “যজ্ঞানাং জপযজ্ঞোহস্মি” ইত্যাদি। এই জপদ্বারা সিদ্ধি লাভের কারণ এই যে, নাম ও নামী অভিন্ন। ব্রক্ষবাচক যে বাক্য, তাতে সেই শক্তি নিহিত, যে শক্তি স্বয়ং ব্রক্ষেতে বিরাজিত।

শ্রীভাগবতে দু’টি ব্রক্ষের উল্লেখ রয়েছে- একটি শব্দব্রক্ষ অপরটি পরব্রক্ষ। বলা হয়েছে, যে শব্দব্রক্ষকে ভালভাবে জানে সে-ই পরব্রক্ষকে জানে। শব্দব্রক্ষ সম্পর্কে এরূপ নানাবিধ আলোচনা বিভিন্ন শাস্ত্রে উল্লেখ পাওয়া যায়। মহাপ্রভু একটি শিক্ষাষ্টকে বিষয়টিকে আরো পরিষ্কার করেছেন-

নান্নামকারি বহুধা নিজ সর্বশক্তি স্তত্রাপিতা নিয়মিতঃ স্মরণে ন কালঃ।

এতাদৃশী তব কৃপা ভগবন্ মমাপি দুর্দৈবমীদৃশমিহাজনি নানুরাগঃ।।

“তোমার নামাবলী বহুপ্রকারে প্রকাশিত হইয়াছে, তাহাতে তোমার সকল শক্তি অর্পিত হইয়াছে, নামস্মরণ-বিষয়ে কোন সময়ের বিধিও নাই। হে ভগবান, তোমার এমনই করুণা, কিন্তু আমার এমনই দুর্দৈব যে এই জন্মে অনুরাগ জন্মিল না”।

অতএব, এটা সর্বজন বিদিত যে, ঈশ্বর নিজেই বহু নাম প্রকট করিয়াছেন ও সকল নামে তাঁহার সকল শক্তি অর্পণ করিয়াছেন। মহানামব্রত ব্রক্ষচারীর একটি উল্লেখযোগ্য উদাহরণ - “ ‘জল’ এই শব্দের মধ্যে জলের শক্তি নাই। পিপাসা নিবারণী শক্তি জলে আছে, ‘জল’ এই শব্দে নাই। কিন্তু ‘হরি’ এই পরমতম বস্তুর যে পাপহরণ করিবার শক্তি তাহা এই ‘হরি’ শব্দটিতেই বিদ্যমান। হরি শব্দটি উচ্চারণ মাত্রই হরিশব্দবাচ্য যে পুরুষবর তিনি সমুদিত হইবেন অর্থাৎ প্রকটিত হইবেন”। নামের মহিমার বিষয়ে শ্রীমদ্ভাগবতের দৃঢ় ঘোষণা-

সাক্ষেত্যং পারিহাস্যং বা স্তোভং হেলনমেব বা।

বৈকুণ্ঠনামগ্রহণমশেষাঘহরং বিদুঃ।। (৬/২/১৪)

“নাম উচ্চারণ করিলেই, তাহা সন্ধেতরূপে হউক বা পরিহাসরূপেই হউক, গীতালাপ পূরণের জন্য বা অবজ্ঞাক্রমে হউক- বৈকুণ্ঠনাথের নাম যে কোন প্রকারে গ্রহণ করিলেই অশেষ পাপ বিনষ্ট হয়”। নিঃসন্দেহে এ বড় আশার বাণী।

আরো আশ্চর্যের সংবাদ এই যে, বাইবেলের New Testament এর সেন্ট জন লিখিত ৪র্থ Gospel এ একই তত্ত্বকথা সুন্দরভাবে বর্ণিত আছে - “In the beginning was the Word, and the Word was with God, and the Word was God”. এই Word-ই আমাদের শাস্ত্রের শব্দব্রহ্ম। আমাদের শব্দব্রহ্মের দ্রষ্টা ঋষিদের বাক্যের সাথে সেন্ট জন-এর কথার হুবহু মিল পাওয়া সত্যিই বিস্ময়কর।

যেনতেন ভাবে শ্রীহরির নাম উচ্চারণে ফল আছে, ভাগবতের এই আশার বাণী সকলকে আশ্বস্ত করেন। হরিনামের উপর শাস্ত্রের আরো কিছু ব্যাখ্যা এবং হরিনাম উচ্চারণে মনের কিরূপ ভূমিকা আছে সেবিষয়ে দৃষ্টিপাত করছি। মহানামব্রত ব্রহ্মচারীর ‘বেদ-বেদান্ত পূর্বখণ্ড ব্রহ্মসূত্র’ এর একটি অংশে বিষয়টি চমৎকারভাবে বর্ণিত আছে। “তন্ত্রশাস্ত্র মতে বাক্ বা শব্দের চারিটি ভূমি-পরা, পশ্যন্তী, মধ্যমা এবং বৈখরী। পরা বাক্ প্রথমে পশ্যন্তী ভূমিতে অবতরণ করেন, তারপর পশ্যন্তী হতে মধ্যমা, তার থেকে বৈখরী”। শব্দের মধ্যে দুই বস্তুর অনুভূতি- বাচ্য ও বাচক। লেখনী দ্বারা কাগজে ‘জল’ যে শব্দটি লিখলাম তা বাচক আর নদীর মধ্যে প্রবাহিত যে জল তা বাচ্য। বৈখরী ভূমিতে বাচ্য-বাচক সম্পূর্ণ পৃথক। পরা ভূমিতে বাচ্য-বাচক সর্বতোভাবে একত্বাপন্ন। পশ্যন্তী ভূমিতে বাচ্য-বাচকের ভেদের কিঞ্চিৎ উপলব্ধি। পরা অবস্থায় বাচ্য-বাচকের ভাব থাকে না। পশ্যন্তী অবস্থায় বাচ্য-বাচক দু’টি ভাব থাকে। মধ্যমা ভূমিতে বাচ্য-বাচকের অভেদত্ব থাকিলেও একটি ভেদের আভাস প্রকট হয়। বৈখরী ভূমিতে শব্দ হইতে অর্থের পৃথককরণ সুসম্পন্ন হয়। জগতের অধিকাংশ লোক এই বৈখরী ভূমিতে প্রতিষ্ঠিত। কাজেই এটা অনুমান করা অসঙ্গত হবে না যে- শব্দ উচ্চারণে মনের অবস্থানের তারতম্য ও বাচ্য-বাচকের উপলব্ধির উপর শব্দব্রহ্মনামের কার্যকারিতার ভিন্নতা পরিলক্ষিত হয়।

বৈষ্ণবচার্যগণের সিদ্ধান্ত - শ্রীকৃষ্ণ নাম ও শ্রীকৃষ্ণ অভিন্ন। নামেতে ও নামীতে সমান শক্তি। হরি, রাম, কৃষ্ণ এ সকল শব্দই ওইরূপ ব্রহ্মবাচক ও ব্রহ্মের শক্তিসমন্বিত। এ জন্যই-“হরে কৃষ্ণ হরে কৃষ্ণ কৃষ্ণ কৃষ্ণ হরে হরে। হরে রাম হরে রাম রাম রাম হরে হরে” এই মহানামকে তারকব্রহ্ম নাম বলে। নামী যেমন জীবন ভবসাগর হইতে তারণ বা উদ্ধার করিয়া থাকেন, এই নাম তদ্রূপ সমশক্তিসম্পন্ন।

আজ থেকে পাঁচশত বছরেরও কিছু পূর্বে নদীয়ায় যে মহাপুরুষের আবির্ভাব হয়েছিল তাঁরই প্রচারিত তারকব্রহ্ম নাম বিশ্বজুড়ে এক মহা আলোড়ন সৃষ্টি করেছে। ধর্ম জাতি বর্ণ নির্বিশেষে

সকলের জন্য তিনি সহজভাবে যে হরিনাম প্রচার করেছেন তাকে শব্দব্রক্ষ ছাড়া আর কিই বা বলা যায়। তারকব্রক্ষ নাম প্রচারের উপর মহাপ্রভুর একটি উপদেশ বিশেষভাবে প্রণিধানযোগ্য-

তৃণাদপি সুনীচেন তরোরপি সহিসুনা ।

অমানিনা মানদেনা কীর্তনীয়ঃ সদা হরিঃ ।

“তৃণ হইতেও অবনত এবং বৃক্ষ হইতেও সহিসু হইয়া, নিজে অভিমান ত্যাগ করিয়া এবং অপরকে সম্মান প্রদর্শন করিয়া সর্বদা শ্রীহরির কীর্তন করা উচিত”।

নাম প্রচারে মহাপ্রভু যে নিষ্ঠার কথা উল্লেখ করেছেন গীতা ও শ্রীমদ্ভাগবতে তাই অনন্যা ভক্তি। গীতার সুস্পষ্ট বাণী-

ভক্ত্যা অনন্যয়া শক্যঃ অহমেবংবিধোহর্জুন ।

জ্ঞাতুং দ্রষ্টুঞ্চ তত্ত্বেন প্রবেষ্টুঞ্চ পরন্তপ ॥ (১১/৫৪)

হে পরন্তপ, হে অর্জুন একমাত্র অনন্যা ভক্তি দ্বারাই আমাকে স্বরূপতঃ জানতে পারা যায়, দর্শন করা যায়, এবং আমাতে প্রবেশ করা যায়।

গীতা শ্রীভাগবত কিংবা মহাপ্রভুর উপদেশের স্পষ্ট ঈঙ্গিত এই, মনের পরা ভূমি থেকে নিষ্ঠা ও শ্রদ্ধার সাথে কৃষ্ণনাম উচ্চারিত হলে তা অবশ্যই ফলপ্রসূ হবে। তাই কলিযুগের সাধন ভজনের মূল এই ‘তারকব্রক্ষ’ নাম আজ শ্রদ্ধার সাথে বাংলার ঘরে ঘরে প্রচারিত।

সকলের জীবনে হরিনাম জয়যুক্ত হউক ।

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\* ব্রক্ষসূত্রের প্রথম অধ্যায়- সমন্বয়, দ্বিতীয় অধ্যায়- অবিরোধ, তৃতীয় অধ্যায় -সাধন ও চতুর্থ অধ্যায়কে সিদ্ধি বা ফল বলে ।



## The Middle Path

### Biplab Bhattacharjee

The middle path refers to the avoidance of the two extremes in our practical life. One should avoid extreme self-denial or overindulgence.

Lord Buddha was a great proponent of the middle path. He followed extreme asceticism to gain enlightenment. He became skin and bones but it did not help to achieve that goal. Lord Buddha was able to achieve enlightenment under the bodhi tree ( aka sacred fig, peepal tree ) only after consumption of food in moderate amounts. He learnt the hard way!

Lack of food leads to undernutrition which in turn leads to weakened immune system and thus prone to many diseases. It is most prevalent in poor countries and pockets of poverty in rich countries. On the other extreme, overnutrition is a big problem especially in rich countries. Overindulgence to food (gluttony) causes obesity which leads to bad consequences towards health.

Gluttony is regarded a sin in Christianity, one of the seven sins.

The philosophy of the middle path has been advocated by many sages of the ages. After all the great minds think alike.

The "golden mean" was mentioned by the Greek philosopher Aristotle. The golden mean emphasizes finding the middle ground between the two extremes.

The ancient Chinese philosopher Confucius emphasized "zhongyong" or the doctrine of the mean. It refers to the middle as being prudent between the two extremes.

The middle way was recommended by the great Jewish scholar Moses Maimonides.

Lord Krishna also advocates moderation in shlokas (verses) 6:16 and 6:17 in the Bhagvad Gita.

Verse 6:16 " One cannot become a yogi if one eats too much or too little, sleeps too much or too little. "

Verse 6: 17 "One who is regulated in eating , sleeping , recreation and work can mitigate pain by following yoga. "

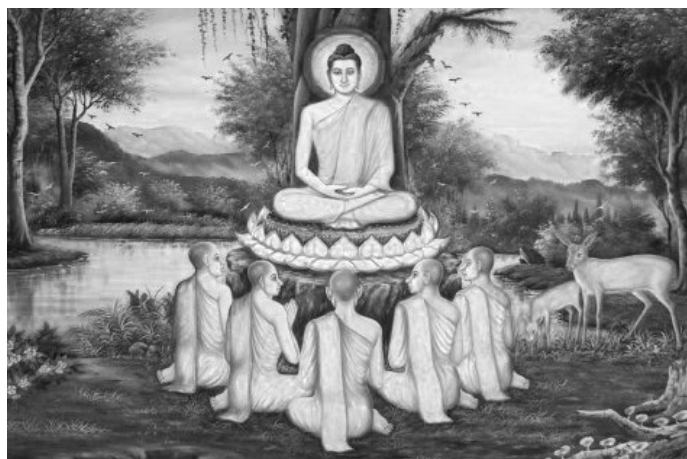
Lord Krishna remarks about a true yogi who should eat in moderation and should not oversleep or sleep less. A true yogi should not be a "bhogi". The yogi primarily practices gyna (knowledge) yoga, karma (good action) yoga and bhakti (devotion) yoga. The sage Patanjali elaborates yoga in eight steps called astanga yoga.

Sri Krishna also favors regulated work. There should be balance between work

life and personal life. One should avoid overwork ( be workaholic ) because one is prone to burnout with bad consequences on health. Lord Krishna also favors taking recreation. One should take occasionally vacation or staycation which recharges and rejuvenates both body and mind.

Lord Krishna made these statements almost 5000 years ago, though there is controversy about the exact date. These statements are so relevant even today.

After all the middle path very much matters in life. We may call it by various names viz. optimum, in moderation, the middle ground, the middle way, nothing more nothing less, a balanced life etc.



## মনে নেই শুভঙ্কর মুখোপাধ্যায়

একদিন সব হারিয়ে যাবে  
আমাদের মিছিল, আমাদের রামধনু ভালবাসা  
এক ঘর থেকে অন্য ঘরে যাওয়া আসা!

তবুও গীতবিতান-এর ভাঁজে  
সেই পলাশ ফুলটা রয়ে যাবে,  
রয়ে যাবে গোলাভরা ধান  
আর কিছু সময় অনিবার্ণ!

তুই জানিস, কার কথা বলছি  
সে অনেক পুরনো গল্প,  
আমাদের সেই সব অনন্ত এপিসোড  
কত দৃশ্য, কত জন্ম জন্মান্তর  
মেঘ হয়ে, নদী হয়ে, বয়ে যায় নিরন্তর!

কারও তো কিছু মনে নেই আর,  
নাম ঠিকানা লেখা কত শত চিঠি  
কত এলোমেলো ভাঙন, খোলামকুচি  
সব টুকরো তো আর জোড়া যায় না,  
সব কেমন সম্পর্কহীন পরস্পর  
এক একটা জীবন, এক একটা বিবর্ণ ডাকঘর!



## উপহার জয়শ্রী দাশগুপ্ত

একবার ভাইফোঁটার দিন, দাদা আমাকে একটা সোনালী কলম উপহার দিয়েছিলো।

সে কলম, সাত সমুদ্র তেরো নদী পেরিয়ে, আমার সঙ্গে সঙ্গে পার করেছে এক দীর্ঘ পথ।

যদিও সে কলম কোনো মায়া বা জাদু কলম নয় - সাধারণ এক সোনালী রঙের কলম।

এক দাদার অসাধারণ মায়া স্নেহ ভালোবাসা জড়ানো এক অতুলনীয় উপহার

তার ছোটো বোনকে।

যা দেশ কাল বদলের মতো বিরাট পরিবর্তনের সময়ও সঙ্গে থেকেছে আমার।

আঁকড়ে থেকেছি, হারিয়ে ফেলিনি কখনও।

কিন্তু, প্রতি ভাইফোঁটায় দাদার জন্য ভালোবাসার ডালা সাজিয়ে

পঞ্চামৃত দাদার হাতে দিয়ে, তাঁকে অমর করার যে প্রার্থনা করেছি -

তা মিথ্যে হয়ে গেছে মুহূর্তে।

স্নেহমায়া মাখা প্রিয় সেই জন আমাদের ছেড়ে চলে গেছে না ফেরার দেশে, তাও আজ বহুদিন হলো।

স্মৃতি ছাড়া সবই ভেসে গেছে কোন অকূলে।

কিন্তু দাদার ভালোবাসার সেই উপহার, সোনালী কলম, যেন আজও স্নেহে ঘিরে থাকে আমায়

তাই এ সোনালী কলমটা আগলে রাখি আমি, আমার সঙ্গেই এটা রয়ে যাবে যতদিন আমি আছি।

## জীবনের কথকথা

### জয়শ্রী দাশগুপ্ত

কথার ঢেউ যখন অন্তরে তোলপাড়, তোলপাড়- তোলপাড়  
তখনই আগল যায় ভেঙ্গে, কলমে কালিতে তৈরী হয় পাণ্ডুলিপি।

অজানা গানের না জানা ভাষাতে লেখা হয় জীবনের স্বরলিপি এক।  
দেখা হয়, শোনা হয়, কিছু পথ হাঁটা হয় - তারপর,  
তারপর,  
একদিন রূপ করে কমে আসে আলো।

কথা শুরু হয় তখনি আবার।  
ভালো যারা বেসেছিলো, কাছাকাছি এসেছিলো  
দুই ধাপ সিঁড়ি নেমে, হাত ধরে বসে থাকে তারা  
যত ওড়ে ছেঁড়া পাতা এদিক ওদিক,  
মাঝি তবু শক্ত কঠিন হাতে ধরে থাকে হাল।  
কখনো শান্ত জল, দিন রাতে ছায়াও পড়ে না  
কখনোও গভীর বর্ষা চোখের পাতায়, কুয়াশায় মুখ ঢাকা, তবু পথ নয় তো আঁধার।

ভোর হয় আলো ফোঁটে, চারিদিকে খুশি খুশি তোমাদের মুখ  
ভালবেসে বয়ে যেতে চায় যে জীবন।

অস্ফুটে কথা ভাসে সুগন্ধী বাতাসে - ভালোবাসি,  
ভালোবাসি এ আকাশ, এ বাতাস, এ সাজানো পৃথিবীর আলো।  
লহরে লহরে ঢেউয়ে ঢেউয়ে জীবনের ধারা বয়ে যায়।

আর

আমাদের শত কথা কখন যে কথকথা হয়।

## মা

শক্তি ভরা জ্বলন্ত শব্দ  
মায়াময় নরম আদর  
আঁচলের ভেতর লুকানো প্রশয়  
আঁচল বেছানো কোলের আশ্রয়  
আবার আঁচল ওড়ানো বিদ্রোহী প্রলয়  
মা  
একটা ভালোবাসা ভরা শব্দ।

মা,  
তোমার স্পর্শে বিশ্বের আলো  
তোমার তিরস্কারে নরকের কালো  
তোমার উৎসাহে বিশ্ববিজয়  
তোমারই হাত ধরে বর্ণপরিচয়  
তোমাকে ঘিরেই সকল বিস্ময়  
মা  
একটা শব্দ প্রনয়

মাগো,  
আজ আমিও তো মা  
মা ডাকের অনন্ত মহিমা  
বুঝেছি তার অসীম ক্ষমতা  
তুমি কখনো শেখাওনি তা  
ন মাস গর্ভধারণ

মিলে মিশে সম্পূর্ণতা  
কালজয়ী সখ্যতা

মা,  
তোমার শরীরের ঘ্রান  
আমার শরীরের ভ্রন  
একটা নতুন প্রাণ  
একটা নতুন জীবন  
একটা নতুন প্রতিশ্রুতি

মাতৃত্ব,  
একটা অস্তিত্ব  
একটা বাস্তব  
একটা ভালোবাসা  
একটা স্বপ্ন  
গন্ডিহীন  
সীমাহীন  
চাহিদাহীন  
অপরিসীম স্নেহমাখা  
যুগান্তরকারী সম্পর্ক।

সঙ্গে মা.....সুমিতা

সুমিতা চক্রবর্তী ঘোষ  
বিশ্ব মাতৃদিবস

## MA

Ma,  
It's a word of power  
It's a wings of hope  
It's a feeling of strength  
Takes you to  
a ocean of comfort  
Brings a scent of memories  
Her smell, touch, feelings  
Joy, pain, struggles  
Selfless hardships  
Full of affection  
All means  
Ma!!

Ma,  
Can't call you anymore  
Can't feel the warmth  
Can't smell the scent of touch  
Can't fight with you anymore  
With my little ownership  
Can't come to you anymore  
To get the sense of comfort  
Can't argue with you anymore  
with my choice in life  
Ma  
Can't see you anymore....

Now,  
I am Ma  
With selfless existence  
With all my power  
Give all to my children  
The children of God  
The children of my world  
The children of the future  
The children of my existence  
The children of my commitment  
The children of my pride

Ma  
It's a transcendental journey  
It's a powerful energy  
It's dutiful commitment  
It's a scent of aroma  
It's a blissful experience

Motherhood  
It's an electrifying connection  
Thankful, Humbled, Honored  
To be called as "MA"

Ma I am.....

Sumita Chakraborti-Ghosh  
World Mother's Day

## এক গুচ্ছ অসংলগ্ন কথা / A Bouquet of Gibbers

### সৌমেন ঘোষ

ভালো আছো তো?

তার দিকে তাকিয়ে বললো - ও সুন্দর; তুমিও বেশ সুন্দর,  
ওরা তো সবাই খুবই সুন্দর।

এ আবার বেশি কথা কি? তুমি নিজে সুন্দর তাই তোমার চোখে  
সব সুন্দর লাগে।

তা জানিনা।

যখন ভোর হয়, আকাশটা বেগুনি থেকে ক্রমশ লাল হতে থাকে;  
তাঁর দিকে তাকিয়ে থেকো; কি মনে হবে? সুন্দর?

না, কিছু মনেই হবে না।

শুধু বিস্ময়ে তাকিয়ে থাকবো, কোনো প্রশ্ন মনে উদয় হলে,  
মনকে বলবো এখন একটু ঘুরে এসো;

আমি শুধু এই রং বেরঙ এর খেলা দেখবো; আমাকে জাগিয়ে না।

যদি জাগিয়ে দাও তাহলে ওই আকাশটার কাছে নিয়ে যেও;

আর দেখো

আমি যেন তোমাদের সবাইকে দেখতে পাই, আর বলতে পারি -  
সবাই ভালো আছো তো!

## কবিতা

সময়ের কাছে কি চাইবে আর?

সময়ের কাছে কি চাইবে আর? আরো কেন?  
ওই গাড়িটা তো চলে গেলো; যাক, আর একটা এখুনি এসে যাবে;  
চলো চলো জলদি চলো, আমাকে ওখানে আর ঢুকতে দেবে না!  
অরে দূর ছাই!  
ওটা তো একটা মালগাড়ি, এর পরেরটাও তাই,  
তোমার গাড়ির সময় হয়নি এখনো। সময়?  
না কি বলবে – ঘন্টা যে বেজে গেলো, এখনো দাঁড়িয়ে  
বসো; একটু চা বা কফি বলি?  
ঠিক আছে, তবে দুধ, চিনি ছাড়া।  
কফি এলো; দু এক চুমুক দেওয়ার পর হঠাৎ কেউ বলে উঠলো –  
আরে তোমার স্টেশন তো এটা নয়, এখানে কেন সময় নষ্ট করছো?  
চলো এখান থেকে, আমাদের অনেক উত্তরে যেতে হবে,  
ওখানে সেই ট্রেন দাঁড়িয়ে অপেক্ষা করছে।



## And the Pain Lingers on....

Am I just confused after this long protracted un-rescued immersion in life?  
Finding an answer is immaterial and may turn into an infinite do-loop!  
Gone are those days of reflecting in moral compass and recalibrating the routes!  
It is now living for Today, and only Today.  
Oh, my dear Shakespear, Tagore, Milton or Shaw!  
May your souls rest in peace,  
and don't ever try to resurface in our sublime thoughts;  
We, the new breed only live for Today, and the future has been shrunk on to a crystal ball- 'Today.'

Insurmountable griefs that are ever consuming our psyche  
from a pandemic or non-ending gun violence or untimely suicides, or mercy killings,  
tend to immune us from actions;  
and Inaction Continue to Rule!

Hopes, did someone not call - "the Audacity of Hopes!"  
Where is that?  
Oh, Dear? Where have we landed?  
Is it Purgatory? Or.....

Soumen Ghosh  
September 26, 2023.

## Radio

**Achintya Ray**

There was once a family whose history told a story that captured the essence of times long since passed. They made their home in a sleepy hamlet tucked away among undulating hills covered with lush flora near the murmuring stream of a peaceful creek. Henry, the father, whose blood and sweat were the driving force behind the family's life, stood in the center of this domestic tapestry as the most crucial yet unassuming character.

Henry toiled away in impassioned silence within the constraints of the local factory, where the raucous symphony of unrelenting machinery constantly overpowered the sensitivity of human communication. Nevertheless, despite the noisy obstacles posed to him by his line of work, he never failed to return to the peacefulness of his home with a face that was glowing with warmth and a heart that was beaming with love for his family. He realized that the comfort he found in his cherished family's embrace was incomparably better than any challenges provided by the wider world.

Henry, a guy of uncomplicated tastes, was attracted to the plain repast of fried fish and potatoes readily available in the old neighborhood tavern at a low cost and in a short amount of time. He did not foster an environment conducive to vice and resisted the urges to indulge in vices such as smoking and drinking. On Fridays, however, there was the potential of a temporary escape since Henry, a role model for dedicated fatherhood would accompany his beautiful wife, Sarah, and their gorgeous daughter, Emily, to the old movie theater that served as the crown jewel of their uneventful town.

The story of Henry and Sarah's love affair is intriguing and memorable for all the right reasons. The first time they looked at one other was during the town's annual fair, where fate was responsible for bringing them together for the first time. They met in a fortuitous encounter amidst the hustle and bustle of the crowd and fell in love over their mutual passion for old novels and classical poetry. Their love bloomed before everyone's eyes like a delicate spring flower, and their wedding was a source of motivation and joy for the people in their neighborhood. Their love encompassed not only the members of their nuclear family but also the other individuals in the area with the same spirit. Sarah's best friend, Mary, would frequently visit them at their house. Their interactions were always full of laughter and occasionally filled with worries that frequently accompanied the town folks with limited economic opportunities. They loved to share anecdotes of Henry's quiet charisma and his unwavering devotion to his family.

Their neighbors, the Johnsons, were also essential members of the cohesive community. A white picket fence surrounded this larger community. The people in the neighborhood used to get together on Sundays on the front lawn of the Johnsons to socialize and enjoy each other's company. Ice creams and lemonades on summer days and fire pits and bar-b-ques in wintertime kept them happy and together. Children would run around and play in the verdant backyard while the adults would sit on the porch and talk about the highs and lows of their lives.

Henry's body displayed the symptoms of wear and tear due to decades spent in physically demanding work, but his spirit remained unaffected by the experience. He reserved his linguistic expressions for the individuals in his life who were the most important to him, even though he was fluent in a language consisting of only a few words outside his familial cloister. In the business world, he was known to be a restrained man who detested using unnecessary syllables. Henry was naive to the frightening fact that his heart concealed a cancerous secret.

Henry caved into the whispering whisper of death on an evening when he was alone, and the curtain of fate began drawing back with a melancholy flourish. This occurred even though he was comfortably tucked in his most cherished armchair. He had no idea the malignant secret was hiding in his heart and obstructing the flow of life-saving blood. The illness he hid in his heart would eventually lead to his untimely demise during that fateful evening, but the root cause would not be known until the town coroner performed an autopsy. In the comforting embrace of twilight, the lilting radio music that was once imbued with his presence faded into a terrible silence. Sarah and Emily were engulfed in a melancholy that could not be shaken despite their best efforts.

Their straightforward home, a shelter of familial warmth in earlier months, began to reveal signs of emptiness with each passing day as time passed. As time went on, the signs of emptiness became more pronounced. Emily, who was about to enter her adolescent years, was sitting in her room listening to the radio when she heard some depressing sounds. She heard her mother, Sarah, sobbing uncontrollably at the dinner table as she descended the wobbly and squeaky stairs, making any human movement impossible to hide. A ghostly melody broadcast over the radio jogged Henry's memory.

Emily sneaked up on her mother while remaining completely still, and when she did so, her arms wrapped around Sarah's shaking shoulders. They shared their sorrow, the piercing cry of their tears resonating with the torturous rhythm of the radio playing in the background. The

anguish that they both experienced was excruciating; it was like peering into an endless abyss of despair and yearning that was impervious to comfort. As Sarah and Emily sobbed together, they found consolation in the mournful tones that emanated from the radio. The melody was a devastating reminder of the man they had loved and adored with all their hearts. Even though Henry had transitioned beyond this physical dimension, his soul continued to live on in the harmonies that resounded inside their grieving hearts and the cherished memories that remained forever praised even after he had left this world.

When they were both tired of crying, Sarah and Emily kept listening to the radio. It was silent for a long time and seemed to not matter. The melodies kept on playing anyway. Then came the news. Children were doing well in the town, a state education report concluded. A burglar was caught within twenty-four hours, and the mayor thanked the law enforcement for that. The local tavern announced a special deal for the upcoming weekend. The local movie theater would make one screening free this weekend for everyone who would pay for expensive hot dogs, popcorn, and drinks. The local factory where Henry worked for so many years saw a big jump in their sales. There were talks of adding another fifty jobs to the factory. It was big news for a small town where good-paying jobs are in such short supply. Some construction guy mentioned that he was talking with city folks to develop some lands and build new homes. The news ended, and it was back to music time.

The music kept playing for hours. Sarah and Emily sat there in absolute silence, embracing each other. The candle they left lit on the dinner table slowly burned away. It was dawn. Sun was rising from behind the rolling hills on the other side of the river. Sarah turned off the radio and slowly stepped out on the porch. It was so peaceful. Henry would start getting ready around this time to start his long, challenging day at the factory. Sarah decided to swing by there to explore if there was a job for her at the factory.

A faint, familiar smell startled Sarah. Emily had put on the coffee and was toasting some pieces of bread. Sarah wiped off the tears and stepped inside.

## Intuitive Eating

**Reeta Bandyopadhyay, MS, RDN, LDN**

Have you ever wanted to eat in a way that was considered perfect? Have you tried many different diets and meal plans to figure out this perfect way of eating only to become frustrated and stressed? What if the real, perfect way of eating was actually something that we are all born to be able to do, but because of rules that we have given ourselves, we have lost that ability.

Intuitive eating is a nutrition philosophy that suggests that the human body will tell us exactly what it needs, we just have to be able to listen to it. While that may sound too simple and probably leads to a lot of skepticism, as a registered dietitian I find that we are able to take care of our needs the best when we stop blindly following random suggestions and instead listen to our specific bodies. The reality is that each and every one of our bodies is different. We each need different things for our bodies to be truly supported and nourished. That is why sometimes certain food plans work for some people and do not work for others.

When we think about intuitive eating as a concept we start with making sure we follow the nutrition hierarchy of needs. This is adequacy, variety, and nuance. Adequacy means making sure that we are eating enough food. First and foremost our body's only priority is survival. If we are not getting enough food every day then our body will shift and only focus on making sure it is getting enough so that it can survive or that it is holding on to whatever resources it has until it is getting enough again. This means making sure that our organs are functioning well, that

we are able to think properly, and many other things. Next is variety. Every food that exists has a different amount of nutrients than every other food. Variety with what we are eating is helpful so that we can ensure not having deficiencies in vitamins and minerals, and meeting our needs for carbohydrates, proteins, and fats daily. This does not necessarily mean that every person is able to fully get all of their needs met through nutrition alone, and that is a conversation that you would need to have with a healthcare provider such as a dietitian. This finally brings us to nuance. As described earlier, every person's body has different needs. After we have made sure that we have covered the bases with eating enough food and eating a variety of food, the final step is figuring out how to personalize what these foods are to meet your needs. When thinking about this we can think about certain health conditions that we may have, our preferences for foods, what is realistic to be able to prepare based on our routine, and any other factors that feel important.

Food is not supposed to be something that feels complicated, scary, or that you need to avoid. If these are feelings that are coming up then it may be important to discuss possible disordered eating habits or thoughts with a professional. Rather, food is something that we have to connect to ourselves, to others, and to our surroundings. Once we are able to get rid of the harmful labels that are often associated with certain kinds of food, we find that not only can we live happier lives with a better relationship to these foods and to our bodies, but also that we will be eating in a way that is supporting our health physically and mentally.

## Global What???

Arup Bandyopadhyay

By the turn of this century, we started to learn a bunch of new buzz words, jargons. Global warming, climate change, going green, sustainability, carbon sequestration, greenhouse gases, carbon footprint, carbon trading, net-zero, etc. Most of these words were unknown in the nineties. At least, not that much used.

So, what is all this about? Like anything and everything, there are two opposing views on this issue. Perhaps a majority of scientists and also science-oriented people worldwide believe that global warming is for real. Climate change is happening. And we, humans are primarily responsible for that. On the other hand, some not-to-science-minded people believe that climate change is beyond human control. Earth went through several ice ages. If climate does change, humans will adapt to that. Certain groups are only scaring people with their own agenda to promote climate change. Perhaps they have their own political purpose too.

I belong to the first category. I have very limited education, knowledge, and expertise that relate to the above jargons. Based upon what I know, I believe that climate change is happening. It is happening now, and also happening

rapidly. We, the humans are solely responsible for that. We need to take some stringent actions to stop, at the minimum to delay, this climate change process. And no, I have no intention to get into any kind of fight with those people who believe that climate change is a fake propaganda.

For now, let's assume that you and I both are convinced that climate change is taking place now. Let's also assume that as sensible human beings, you and I need to do something to at least delay this process. So, what can we do to help?

In my opinion, trying something on a large scale may not be easily feasible. China is one of the worst polluters in the world that contributes largely to global warming. I can set myself a goal to reduce greenhouse gas emissions in China by 20% in calendar year 2024 over that in 2023. Chances are quite high that despite my best efforts, I will fail to achieve that.

EPA's primary and secondary standards for PM<sub>2.5</sub> is 12.0 microgram per meter cube and 15.0 microgram per meter cube, respectively. Most of the metropolitan cities in India consistently maintain much higher levels than this. If I try to bring the PM<sub>2.5</sub> level to 50% of the current values in certain major metropolitan areas of India over the next 2-3 years, very likely I will fail again.



Then what can we do to help? One thing is important to consider. If we want to do something for that we may need to cut our own, personal convenience level, enjoyment level, or luxury level, very likely, that won't work either. Examples? I love to eat goat meat. Goat curry, goat biryani, you name it. Now, the carbon footprint for consuming any and all animals is much higher than that of the vegetables. If you suggest me to stop eating goat meat, and start eating vegetable paanch mishali torkari, very likely, that won't work. I may try that for 2-3 days. And then I will go back to eat goat meat.

Similarly, let's assume that you drive your favorite Lamborghini to work every day. To reduce carbon emissions, I may advise you to ride your bike instead, or take the subway to work. Will that fly? Not really! As soon as you have to compromise with your luxury lifestyle, it will become a tough buy for you.

Then what do we do? Take baby-steps. That's what I do. That's what I suggest. Do small things to help. Do not go completely out of your comfort level with an intention to save the earth. You may run out of steam soon, and your efforts may not result in anything that may have an impact. Obvious question arises that small, baby-steps? How can that actually save the earth? I don't know the answer. However, I do believe that it sure can. You do your own part. And motivate others to do the same. Repeat! It may work, after all.

Well, then what can we do? Here are a few, simple examples. Perhaps, you are already doing all this and preaching others to do the same. If not, start doing it, and see if it bothers you or not.

Remember those maatir bhnaaR? At some point or the other, most of us have enjoyed our tea or coffee from such maatir bhnaaR. Such soil is actually the topsoil of earth. When the topsoil is removed, it creates tremendous imbalance on the soil itself. It ultimately is responsible for further soil erosion, flooding, etc. Using topsoil to make different products is one of the prime reasons of soil imbalance throughout the world. Your duty? Stop using maatir bhnaaR. Advise others not to use maatir bhnaaR. Furthermore, the topsoil contains several pollutants, including some heavy metals. When you drink a hot drink from a maatir bhnaaR, you are perhaps slow-poisoning your own health too.

We tend to dump a lot of our food particle leftovers into our kitchen sink and then let the garbage disposal grind all those. Then all such wastes ultimately go to our POTW. All such food wastes require more energy, more bugs to neutralize, and ultimately treat the wastewater. Simple suggestion is this. Use a napkin or a paper towel to remove most such food particles from your dinner plate, and even all cooking pots and pans. Minimize the food particles that will go through your kitchen garbage disposal. You

may ask, what about those food particles and even paper products that I will end up putting in my trash? All that will go your local landfill. Those are highly and much easily biodegradable.

I am sure you invite 5-10 families every so often and enjoy a nice dinner with them at your home. Please make it a practice not to use any disposable plastic and paper products for such a party. Use only real ceramic plates and bowls, silverware, etc. You may complain, after all the guests leave, it is hard to rinse all those and then put in the dishwasher. Very true. Too much of inconvenience. What about asking your guests to help rinse those and load up your dishwasher? Try that. I believe most of your guests will be happy to help you with that chore.

Bottled water is another issue. It is a common practice to use bottled water for our guests. First of all, the potable water that we receive from most of the municipalities throughout the USA, is more or less quite safe to drink. If it makes you feel uncomfortable to drink water directly from your home faucet, use a water filter. Feel free to filter the municipal water and then drink. Reduce using plastic bottled water and ultimately putting all those in the trash. If you stop buying those 24-pack plastic bottled water from Costco, they will not go out of business. You can trust me on that.

All I am suggesting is taking baby-steps. Do your part. Help save our mother earth. Do not try to do something so huge that will be hard to achieve. On the other hand, please do not ignore your own potential to take such baby-steps help save our own abode.

After reading all this, you may think, well, you already knew all this. What did I say which is new? Actually, nothing. I am sure that all I said are already known to you. Perhaps, you were already doing your part to save our environment. My only purpose was to nudge you a little bit. If you are already doing what all sensible human beings should do, we are all good. If not, please try to do a thing or two. Make a difference.

I closely work and interact with our next-generation children. I am very happy and proud to report this. They are doing an amazing job to save our mother earth. It is time that we also get going and do our part. We will feel happy ourselves if we can leave a better earth for them, when we ultimately depart. We may still choose to continue to ignore the call to save our mother earth. Guess what? Mother earth is not going anywhere. Earth will be here, right here. Only we, the human race may become extinct someday. I know we still have a long way to go before that happens. And I myself will be long gone long before that. Still, why should I be selfish? Let me try to do my part so that I can gift a better world to my children and grand-children.

### The Power of Words

Eva Chattopadhyay

*Haiku is an unrhymed poetic form that first emerged in Japanese literature during the 17th century. A version of this content was delivered as a speech at the 4H Area contest for Public Speaking in 2023 by Eva where she won the 1st Prize]*

Have you ever been blown away by a song someone sang or maybe felt so sad about hearing something?... I once heard an amazing, uplifting speech delivered by a friend of mine, and also, I have once, almost burst into tears about something someone said to me.

This has happened quite a few times with me that left me wondering as to why. And... I think I have found the answer! It is the words! - the little things that we use to communicate with each other, so that we can express our feelings and our thoughts. I have been blown away at the power that words have.

I found during my research that words have immense power and can have a huge impact; they can not be controlled once they are uttered or used, and most importantly, words are one of the strongest and most powerful tools we have.

So, once I was in a bad mood and I snapped at my friend, said something I probably shouldn't have; and once those words came out of my mouth, I instantly regretted saying them at all. She would not talk to me for days! And I felt really bad... Thinking it over, I realized that you can not control words once they leave your mouth. Words are just like toothpaste, once some comes out of the tube, you can not put it back.

The great leader of India, Mahatma Gandhi, led the country to its freedom with his speeches and his personal example. Not only that, he inspired many people and other movements across the world, including Martin Luther King, Jr, one of the leaders of the Civil Rights movement in the USA. MLK called upon the people to fight, with his "I have a Dream" speech, but not with any arms, no violence, just words! These famous people used words, and only words to bring about big changes in the lives of people. They used a great gift that we all have, words, to change things for the better.

But at the same time, people like Hitler used words to divide people, turn one group of people against another. His words eventually led to a devastating war- World War II - where a lot of people died.

Even today, we have political leaders who use words to divide people, rather than bringing them together. They create divisions so that they can pit one group against the other and rule over them as they fight amongst themselves.

Just like how these leaders understood the power of words, 4-H (ed: an organization to teach life skills to kids) does too. They understand that words can go both ways. In fact, right on

the opening night of 4-H, when I first met my C&M teacher... The reason I'm here is because I met him that day.

The way he expressed encouragement with words, the way he spoke so passionately and at the same time reassuringly, made me want to join his class and then eventually, made me want to do this speech (ed: this was the competition Eva was speaking at) and that is why I am here today. If he used the wrong words, I am sure, I won't be standing in front of you all, today. All because, someone in 4-H truly knows the power of words. And, I see that happening all around 4-H.

But it is not easy. As Mark Twain has said, "To get the right word in the right place is a rare achievement." Therefore, I am in awe of people who seem to find the right thing to say, at the right time, in the right way. I hope I can grow up to be one of those people.

I remember having read this quote somewhere - "Words are free; It is how you use them that may cost you". And that, right there sums up the power of words.

But as Yehuda Berg says, "Words have the energy, and power, the ability to hurt, to heal, to harm, to humiliate and to humble," and that is why the power of words is one of the greatest powers we have.

So, I leave you with this thought - having just heard about their immense power, next time when you have a chance to say something, something that could be powerful, something that could probably change things, maybe even change a life, what words will You choose?

### Guardians Out Of The Nest

Srestha Ghosh

People say summer is the best time of year.

School's over, the days get longer, the drinks cooler, hair lighter, and skin more golden.

Every summer I spend it back home with all my friends, spending the night at each other's houses, and spending the day at the pool. But is it different across the world?

In a small town in West Bengal, where everyone knows each other and there are shops and stalls every step you choose to take, yes, yes, it is.

Instead of spending the summer with my friends this year, I'm spending the summer with my family in India.

Here it's much more different than in the US. If I look out the window I see Trees, many but at the bottom of the trees litter. It reminds me of a beautiful teenage girl caking herself with makeup just to look "prettier". In return, it damages her beauty such as these trees.

I hear little birds calling out to their guardians, moms, and dads. I miss my guardians, my dad, I miss most. He's back home in the US all alone! I never thought it would be a good idea to leave him alone. He'd be sad without us. I don't like making my dad sad. I've never seen him cry.

Before we left him for security checking at the airport, he told me "Remember you are leading this journey." He also said, "I believe in you and always have, be back soon."

I don't know when soon is coming though. Today marks one month of not hugging my dad.

Oh, how much I miss him! But on the brighter note he said as soon as our Visa comes in, he's buying us a ticket back home. I miss his cheesy smile.

I'm longing for the day I get to say, "hey dad look who came back in one piece"?

And for him to say, "that's my lady Chandra-gupta."

Also, I miss my mom.

It's not as bad as my dad though because she's only gone for a week to Chennai for my grandmother's treatment and Visa. She went to Kolkata first for the visa, then she will go to Chennai for the treatment and then will return to Kolkata for the final visa appointment. It is a lot of travel for her.

But that one week changed me. I look around and realize that this slowly has become about my parents. But they also are the biggest thing in my life, and I don't have them this summer.

Now I look at the birds I was looking at before and suddenly they stopped chirping.

They're back with their parents. On a beautiful, cool morning summer morning.

As I know I will be with mine. The crazy thing is there is no loud sound yet.

Only people waking up. Moms cooking in the kitchen and the sound of brooms clearing yesterday's past and polishing today's plate. So go out there and make the most out of this summer.

<b><u>BAGN FINANCIALS : April 1, 2022 - Ending Mar 31, 2023</u></b>				
<b>Events</b>	<b>Inc-Exp Txn Category</b>	<b>Income</b>	<b>Expense</b>	<b>NET</b>
1.Memberships	Inc: Membership	\$2,999.68		\$2,999.68
<b>1.Memberships Total</b>		<b>\$2,999.68</b>		<b>\$2,999.68</b>
2.Naboborsho	Inc: Tkt-Naboborsho	\$1,125.71		\$1,125.71
	Exp: Venue		-\$900.00	-\$900.00
	Exp: Publication		-\$13.39	-\$13.39
	Exp: Food		-\$1,565.00	-\$1,565.00
	Exp: Decor		-\$51.09	-\$51.09
	Exp: Cultural		-\$40.00	-\$40.00
<b>2.Naboborsho Total</b>		<b>\$1,125.71</b>	<b>-\$2,569.48</b>	<b>-\$1,443.77</b>
3.Picnic	Inc: Tkt-Picnic	\$841.21		\$841.21
	Exp: Venue		-\$200.00	-\$200.00
	Exp: Food		-\$1,798.40	-\$1,798.40
	Exp: Decor		-\$205.24	-\$205.24
	Exp: Admin		-\$26.96	-\$26.96
<b>3.Picnic Total</b>		<b>\$841.21</b>	<b>-\$2,230.60</b>	<b>-\$1,389.39</b>
4.Durga Puja	Inc: Tkt-Durga Puja	\$19,654.32		\$19,654.32
	Inc: Sponsorships	\$25,814.22		\$25,814.22
	Inc: General Donation	\$101.00		\$101.00
	Inc: Agomoni/Publication	\$6,886.54	-\$100.00	\$6,786.54
	Inc: Grant - TAC	\$8,400.00		\$8,400.00
	Exp: Venue		-\$3,875.00	-\$3,875.00
	Exp: Puja Related		-\$2,134.63	-\$2,134.63
	Exp: Publication		-\$3,120.03	-\$3,120.03
	Exp: Food		-\$13,612.14	-\$13,612.14
	Exp: Decor		-\$1,109.32	-\$1,109.32
	Exp: Cultural		-\$2,086.17	-\$2,086.17
	Exp: Artist		-\$10,375.00	-\$10,375.00
	Exp: Admin		-\$79.38	-\$79.38
<b>4.Durga Puja Total</b>		<b>\$60,856.08</b>	<b>-\$36,491.67</b>	<b>\$24,364.41</b>
5.Lakshmi Puja	Inc: Lakshmi Puja	\$38.35		\$38.35



## **BAGN FINANCIALS : April 1, 2022 - Ending Mar 31, 2023**

<i>Events</i>	<i>Inc-Exp Txn Category</i>	<i>Income</i>	<i>Expense</i>	<i>NET</i>
	Exp: Venue		-\$100.00	-\$100.00
	Exp: Puja Related		-\$49.38	-\$49.38
	Exp: Publication		-\$2.99	-\$2.99
	Exp: Food		-\$924.42	-\$924.42
<b>5.Lakshmi Puja Total</b>		<b>\$38.35</b>	<b>-\$1,076.79</b>	<b>-\$1,038.44</b>
6.Bijoya	Inc: Tkt-Bijoya	\$2,167.51		\$2,167.51
	Exp: Venue		-\$434.92	-\$434.92
	Exp: Food		-\$2,120.00	-\$2,120.00
	Exp: Cultural		-\$170.00	-\$170.00
	Exp: Artist		-\$300.00	-\$300.00
<b>6.Bijoya Total</b>		<b>\$2,167.51</b>	<b>-\$3,024.92</b>	<b>-\$857.41</b>
7.Saraswati Puja	Inc: Tkt-Saraswati Puja	\$921.89		\$921.89
	Inc: Grant - South Arts	\$1,100.00		\$1,100.00
	Exp: Venue		-\$825.00	-\$825.00
	Exp: Puja Related		-\$327.75	-\$327.75
	Exp: Food		-\$2,000.00	-\$2,000.00
	Exp: Admin		-\$6.35	-\$6.35
<b>7.Saraswati Puja Total</b>		<b>\$2,021.89</b>	<b>-\$3,159.10</b>	<b>-\$1,137.21</b>
ADMIN	Inc: Admin	\$0.89		\$0.89
	Inc: South Arts Grant	\$340.00		\$340.00
	Exp: Publication		-\$29.00	-\$29.00
	Exp: Community Services		-\$263.85	-\$263.85
	Exp: Admin		-\$3,050.00	-\$3,050.00
<b>ADMIN Total</b>		<b>\$340.89</b>	<b>-\$3,342.85</b>	<b>-\$3,001.96</b>
GB Meeting	Exp: Venue		-\$227.95	-\$227.95
	Exp: Food		-\$185.55	-\$185.55
	Exp: Admin		-\$23.57	-\$23.57
<b>GB Meeting Total</b>			<b>-\$437.07</b>	<b>-\$437.07</b>
<b>Grand Total</b>		<b>\$70,391.32</b>	<b>-\$52,332.48</b>	<b>\$18,058.84</b>

## Agamani 2023 Cover Design Competition Submissions



Ishi



Swarnali Das



## Agamani 2023 Cover Design Competition Submissions



**Sinjan Sarkar**



**Mriganki Dutta**

# Art Work



**Ariket Chanda**

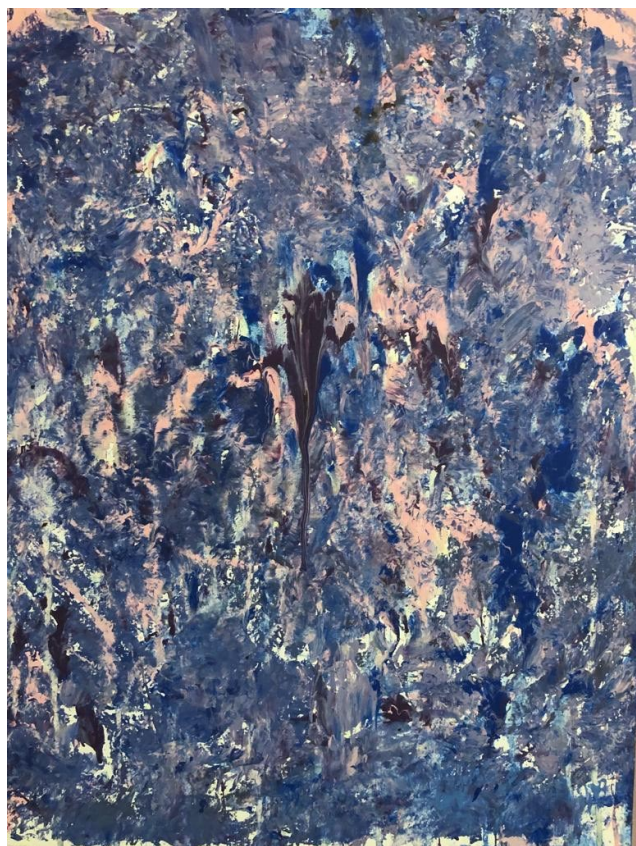
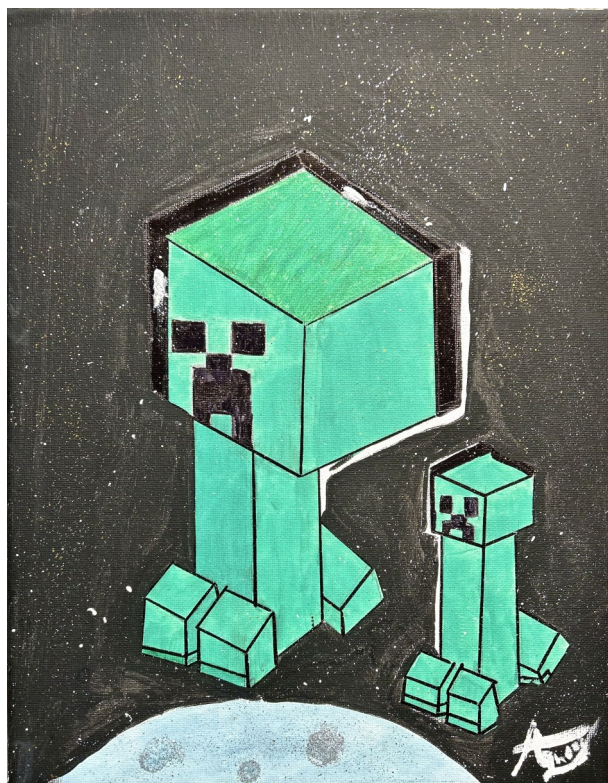


**Priyana Singha Roy**



# Art Work

**Abhinaba  
Ghosh**



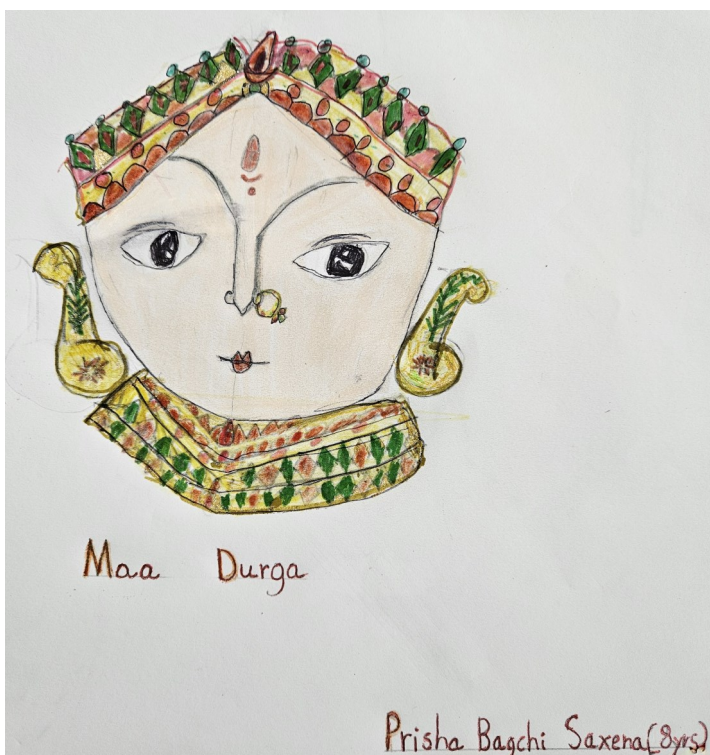
**Roshni  
Bandyopadhyay**



# Art Work



**Anvesha  
Tiwari**



**Prisha  
Bagchi**



# Art Work



**Rigvedita Kar**



**Shreyan  
GhoshKundu**



# Art Work



**Reyansh Chakraborty**



**Sachi Paul**



# Art Work



**Rayansh  
Mukherjee**

**HAPPY  
Durga Puja**



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শুভ শারদীয়া



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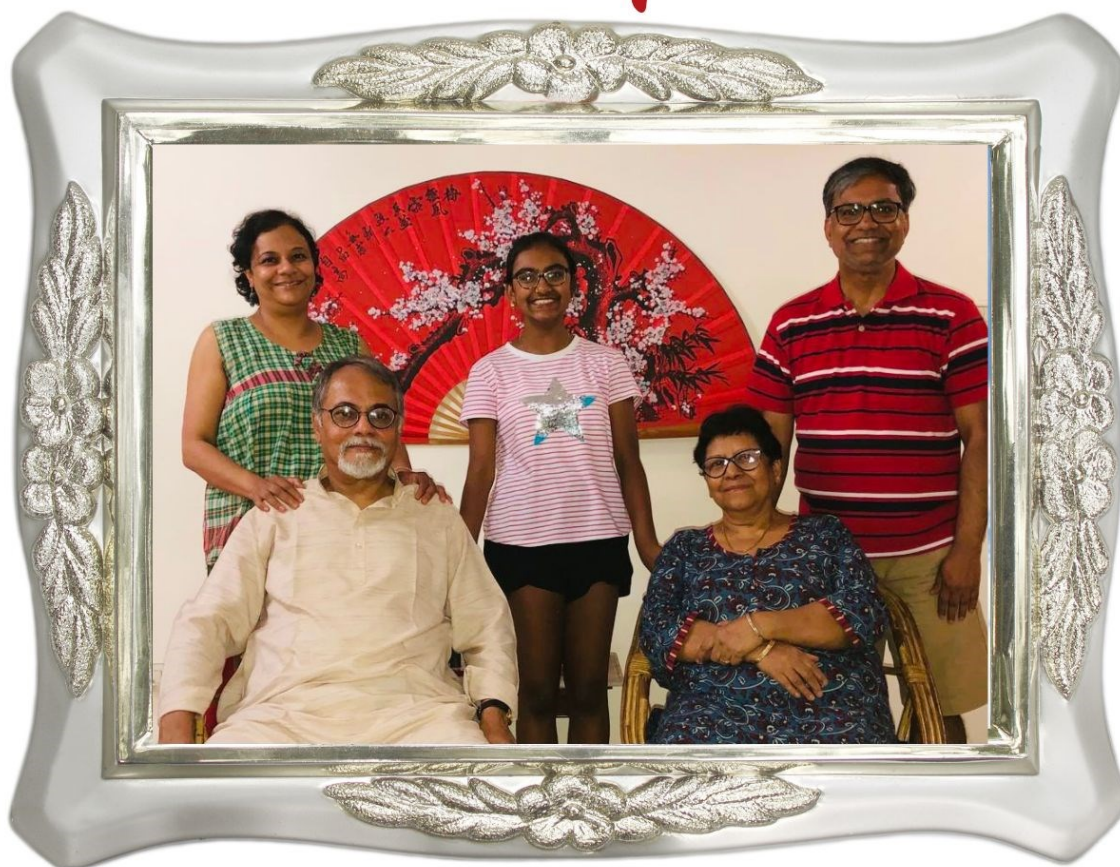
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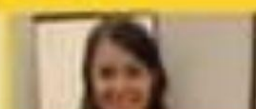
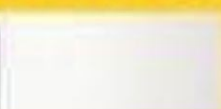
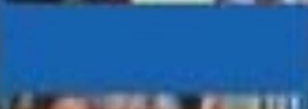
*Happy Durga Puja*

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শুভ শারদীয়া



*With Best Compliments From The  
Bhattacharya Family*



আশ্বিনের শারদপ্রাতে আমাদের জীবনে ছড়িয়ে পড়ুক দুর্গোৎসবের  
আমেজ। আমাদের ঘরে ঘরে সুখ আর সমৃদ্ধির পাত্রখানি পূর্ণ হোক



*Timir & Lata Paul,  
Trishita & Teebro*



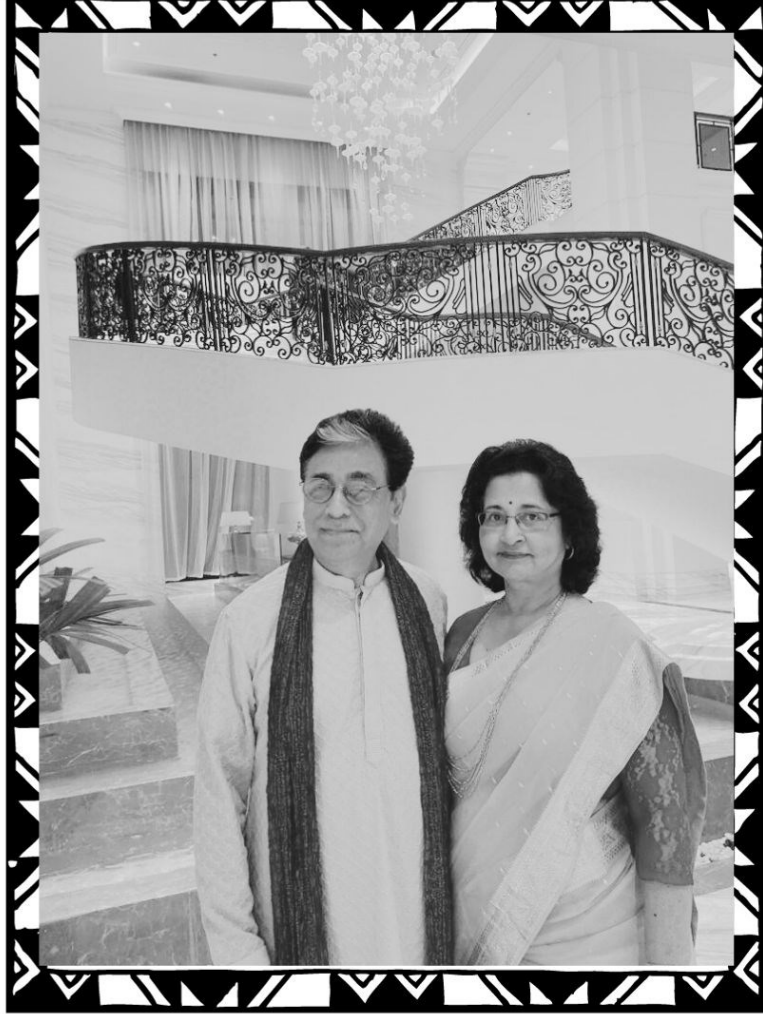
# শুভ শারদীয়া



**Manik, Minu, Apu, Andrea, Ravi,  
Anu & Swati Paul**



নীল আকাশে মেঘের ভেলা  
পদ্মফুলের পাপড়ি মেলা  
চাকের তালে কাশের খেলা  
মজায় কাটুক শারদবেলা  
শুভ শারদীয়া



**Shipra Putatunda**  
**Bhabendra Putatunda**



শুভ শারদীয়া



Mihir & Supti Chaudhuri

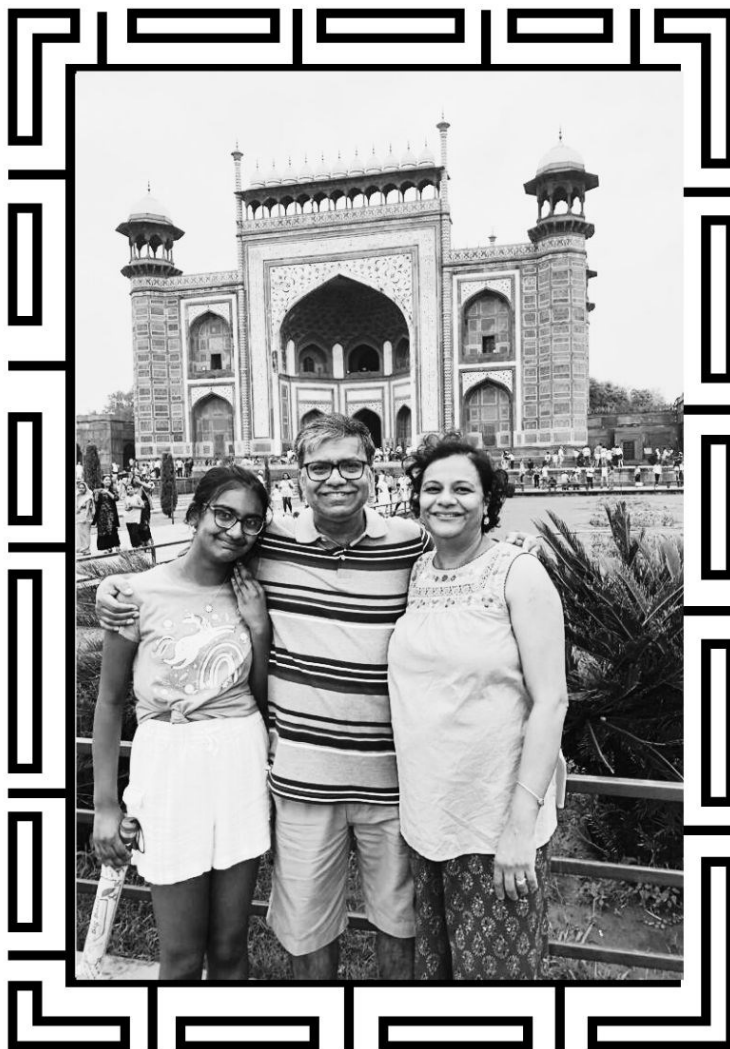


শুভ শারদীয়া



শুভেচ্ছায় হিতাকাঙ্ক্ষী বন্ধু পরিবার

শিউলি ফুলের গন্ধ মাখা শরৎ আকাশখানি,  
কাশফুল আর ঘাসের দোলায় কার ঐ পদধ্বনি?  
শারদীয় শুভেচ্ছা।



**Susanta, Debeshi &  
Roshni Bandyapadhyay**

আশ্বিনের এই শারদ-প্রাতে দিনগুলি হয়ে উঠুক আরো আনন্দ-মুখর..  
শুভ শারদীয়ার প্রীতি ও শুভেচ্ছা



**Best wishes from Gita Banerjee  
& family**



আশ্বিনের এই শরৎ প্রাতে  
দেবী দুর্গার আশীর্বাদে দিনগুলি  
হয়ে উঠুক আরো আনন্দমুখর।  
উৎসবের দিনগুলি কাটুক সুখে  
আর উৎসবের শেষ হোক মিষ্টিমুখে।  
- শারদীয় অভিনন্দন



**Subhasish Chakraborty**  
**Savitri Chakraborty**  
**Neeloy Chakraborty**

**Wishing all a happy and enjoyable Durga Puja**



**Indrani, Gopal, Niharika, Vikram,  
Mahi, Neel, Tiasa, Neysa & Lily**

শারদীয়ার শুভেচ্ছা



Swarnali Das  
Anshu Raj



# শুভ শারদীয়া



**Siddartha Kalasikam**  
**Nandita Chakraborty**  
**Mrinmoyee C.Kalasikam**  
**Manushri C.Kalasikam**

# শুভ শারদীয়া



**Pampa & Amitabha Chakrabarti**  
**Anwesa Chakrabarti & Aaron Plunkett**



শরতের অরুণ অন্জলিতে আমাদের দুর্গোৎসব হোক আলোকময়।  
আমাদের নীল আকাশে ভেসে উঠুক সাদা মেঘের মতো সুসংবাদ।



**Souvik Chaudhury**  
**Tanima Chaudhury**  
**Jinia Chaudhury**

**Subhajit Biswas**  
**Moumita Biswas**  
**Shaurya Biswas**

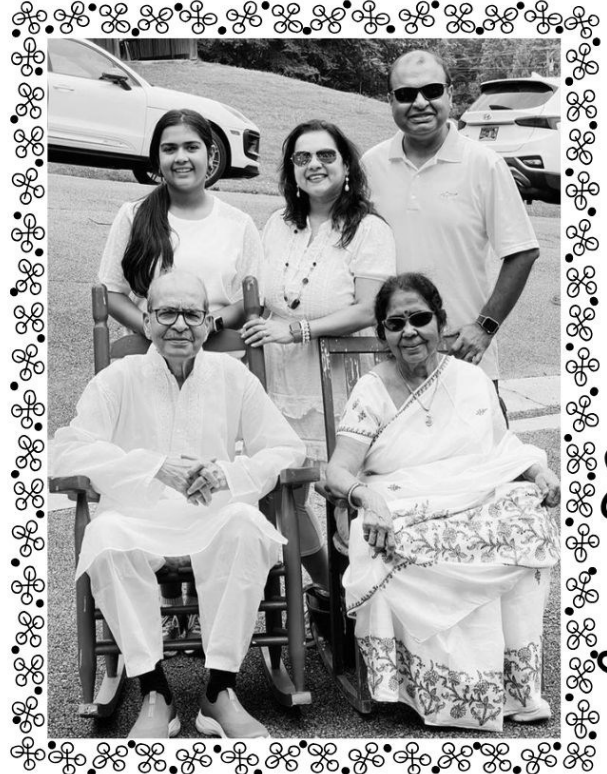


আমাদের শারদোৎসবের সোনার ঘটে আলোক ঝরুক।  
আমরা সবাই মিলে যেন মিলেমিশে একটা ভালবাসার পৃথিবী গড়ে তুলতে পারি।



**Reena Paul**

**Dipak, Asima,  
Dipendra, Pranjali  
& Eva  
Chattopadhyay**





আমাদের দুর্গোৎসব হোক আনন্দের এবং আশাবরীর।  
আমাদের সবার জীবনে ফুল ফুটুক শিউলি, কাশ।



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**Ananya Chaudhury**  
**Priyana Singha Roy**

**Shubham Chakraborty**  
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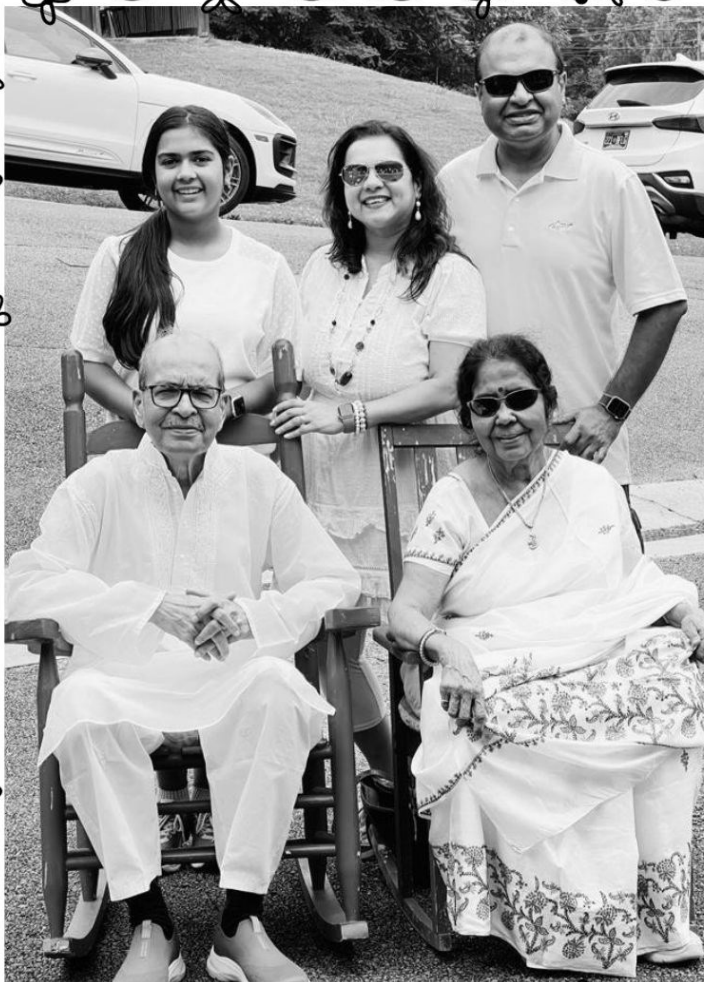
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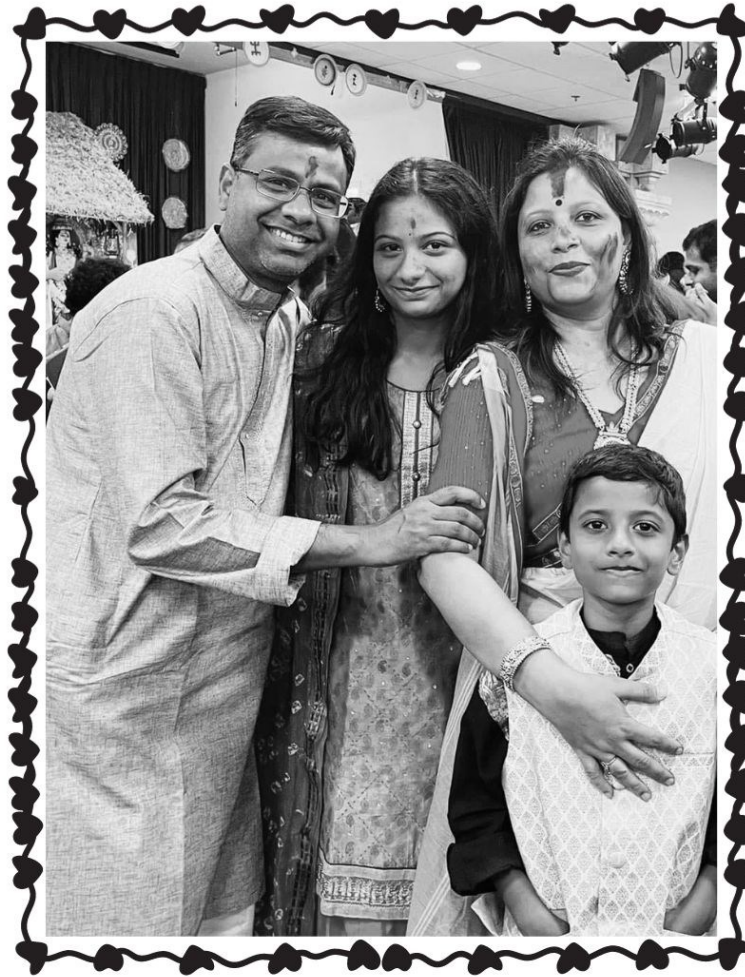
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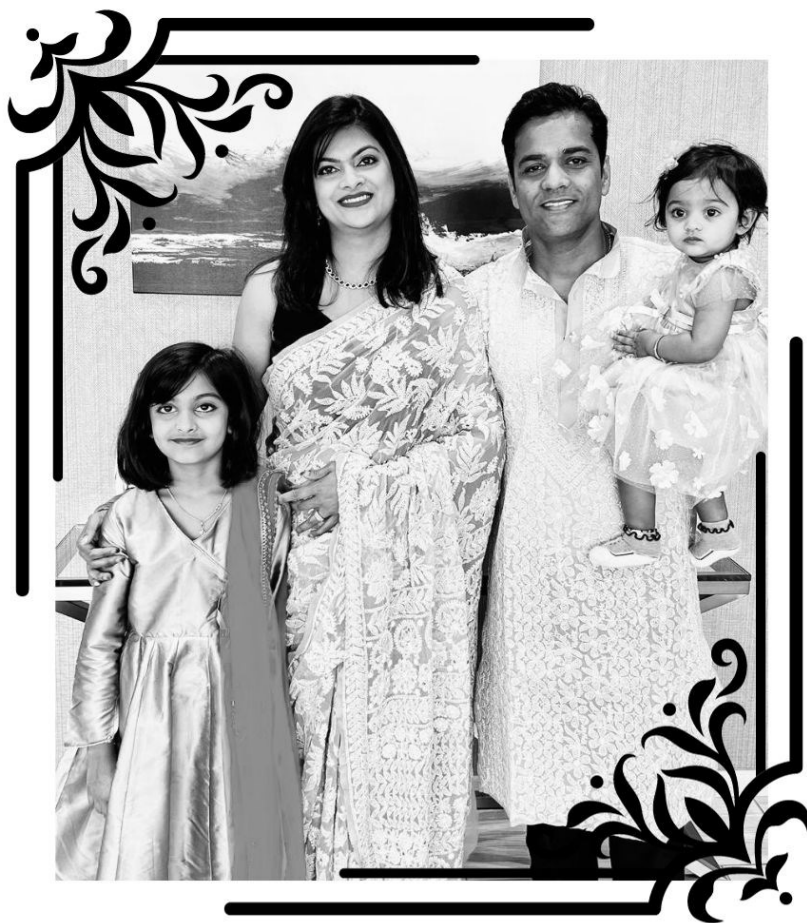
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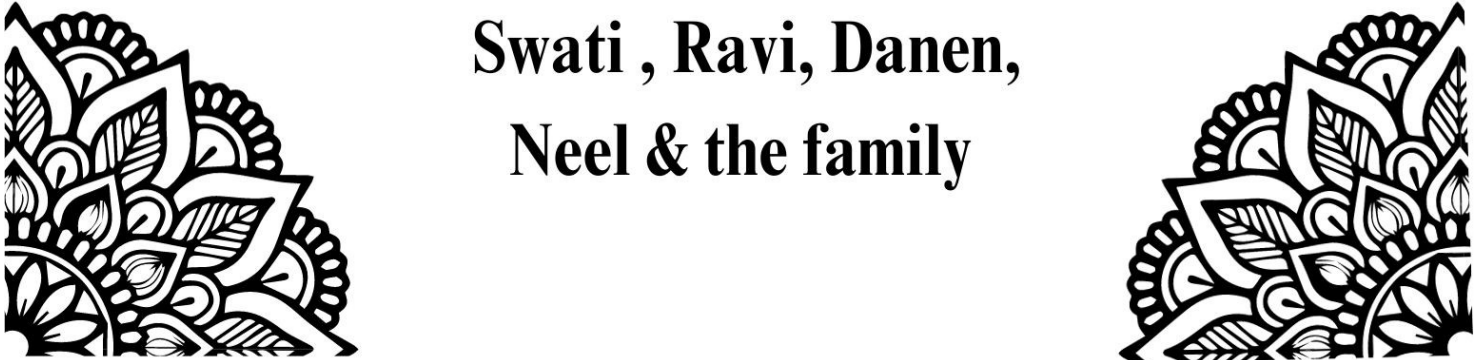
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Swati , Ravi, Danen,  
Neel & the family**





# THANKS TO ALL THE CONTRIBUTORS



## Kala Channa Prasad

Diya Ghosh Patra, Tanima Chaudhury, Rina Pal,  
Nandita Chakraborty, Somdutta Baishya



## Sooji Prasad

Rashmita Paul Kar, Debeshi Majumdar, Moumita  
Biswas, Barnali Roy, Savitri Chakraborty, Debalina  
Ghosh, Ananya Chaudhury, Ajanta Roy.



## Durga Maa's Bhog For All 4 Days

Shyamali Mukherjee (Khichuri Bhog for all 4 days)  
Supti Chaudhuri - Naaru for Dashami  
Sudaxina Ghoshkundu - Luchi & Sooji for Shoshti  
Diya Ghosh Patra - Mishti for Nabami  
Tanusri Roy - Noibidya 's Shondesh



## Payesh for Saturday Community Lunch

Arati Saha



## Pooja Vastra

Saha Family - Saari, Shawl & Dhuti for all the Idols  
Saha Family - Saree For Laxmi Puja  
Diya Ghosh Patra - Saree for Durga Maa & Laxmi Maa  
Sudaxina GhoshKundu - Saree for Maa Durga

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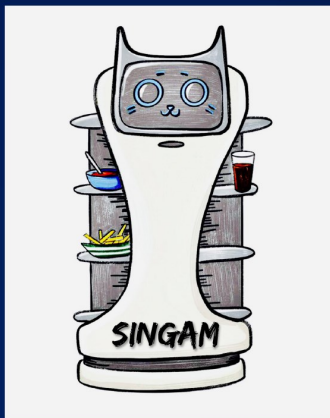


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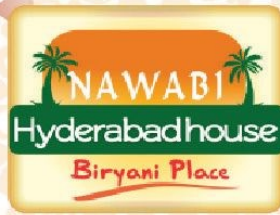
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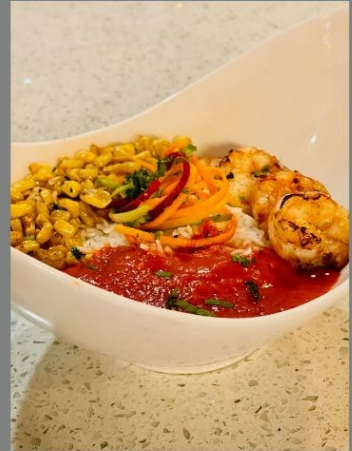
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Members meet on a monthly basis to play badminton and socialize. In addition, the Nashville Badminton Association hosts tournaments, conducts badminton exhibitions and coaching clinics.



## CONTACT US



**David Shaw**  
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## Schedule

## Location 1

Sevier Park Community Centre  
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## Adults

Monday, Tuesday, Wednesday : 8:30PM -10:30 PM  
Thursday: 6:30 PM - 10:30 PM  
Friday (Womens Only ) : 8:15 PM -10:15 PM

## Youths(Age 5-16)

Sunday : 2 PM- 6 PM

## Location 2

Hermitage Community Centre  
3720 James Kay Lane  
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## Adults

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Saturday : 8AM -10 AM, 2 PM -7 PM  
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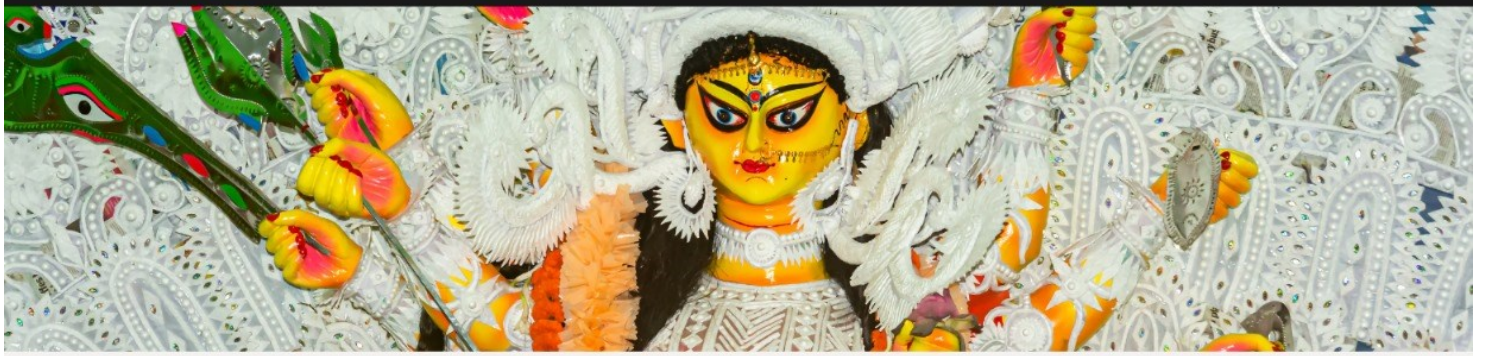
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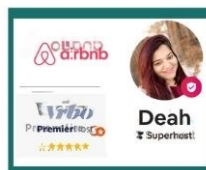


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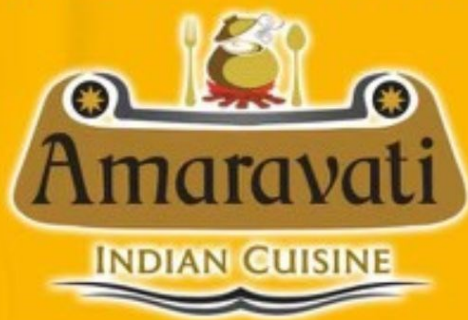
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