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Durgotsav 2017



আনন্দময়ী *Anandamoyee*

আশ্বিন ১৪২৪ • সেপ্টেম্বর ২০১৭



Organised By:

UNITED HINDU CULTURAL ASSOCIATION (UHCA)

Puja Venue: Methodist Church

Manor Park, Herbert Road, London, E12 6AY

**“ THE BEST
WAY TO
PREDICT
THE
FUTURE
IS TO
CREATE IT ”**

Abraham Lincoln

Editor's Message



I am honoured by the United Hindu Cultural Association (UHCA) to once again be the editor of "Anandamoyee". I am delighted to welcome you to this second edition. I am often asked, as the editor of "Anandamoyee", the question about the inside story in the inaugural edition of the magazine, so it seemed to be a fitting subject to explore. The UHCA is a rich, diverse and inclusive community built on strong positive relationships and high aspirations for United Kingdom. With "Durga Puja" fast approaching it is this time of year people think of families, friends, work colleagues and communities. Durga Puja is a colourful celebration of the communities in Bengali life, especially all members of the Sanatan faith believers. Anandamoyee's second success is made possible by the overwhelming support of many well-wishers. The High Commissioner of Bangladesh and Mayor of London, extended their cordial support for which we are very thankful. We hope to receive the same patronage in future as well. We would like to thank all advertisers who have sponsored this year's publication.

In addition, UHCA wish to express the consistent values of the Hindu religious faith and cultural heritage among the multicultural society in United Kingdom to promote tolerance, love, and respect for each other. I am motivated by one key principle which is that faith can truly make a positive difference to a community's life and this is why I am excited to be placed in a trusted position to build on our past successes and lead the UHCA forward to greater heights. Therefore, my humble gratitude and appreciation go to the numerous public dignitaries who approve our Puja through their messages and support.

In this year "Anandamoyee" is being enriched by the valuable contributions which offer their thoughts, through their articles from different cultural backgrounds. We sincerely thank each of them for their valuable support. At different stages of this process, we received valuable advice from many well-wishers. We also reflect on what went well and what didn't go so well. We tried to incorporate their suggestions as much as possible. We convey our sincere thanks to all of them.

Finally, I would like to thank the management committee of the "Methodist Church" at Manor Park, for their help in providing a safe, secure and suitable place to offer our prayer to "Maa Durga".

I encourage and invite readers to consider submitting an article next year. I hope you will enjoy reading this 2nd issue of "Anandamoyee" and I welcome your feedback on any aspect of the magazine for its future development. I am extremely proud of our UHCA and I look forward to sharing that journey with all of you via "Anandamoyee" magazine, 2017. I know today's Durga Puja will enhance our rich feeling of being part of a big society in the United Kingdom.

Therefore, it is my great pleasure to convey my best Pooja wishes to you all and invite you to join the Durga Puja with family and friends.

Dr Dababrata Chowdhury

Editor

Email: info@unitedhinducultural.com

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Upcoming Events from UCHA

- ☯ Kali Puja:- Tuesday 19th October 2017
- ☯ Saraswati Puja:- 22nd January 2018
- ☯ Dol Purnima: Friday 2nd March 2018
- ☯ Maha Shivaratri: 13th of February 2018
- ☯ Lokenath Baba Triodhan:- 28th May 2018
- ☯ Krishna Janamashtami: 2nd Sept 2018.
- ☯ Ganesh Puja: 12th September 2018
- ☯ Durga Puja- 15th October -19th October 2018
- ☯ Kali Puja: Wednesday 6th November 2018

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High Commissioner



*High Commission for the People's Republic of Bangladesh
London, United Kingdom*

Message from the High Commissioner

Durga Puja is the largest religious festival for the Bangalee Sanaton community. It is a matter of great satisfaction that like Bangladesh, the occasion is being celebrated with due festivity and fervour here in the UK. I sincerely appreciate the United Hindu Cultural Association (UHCA), UK for their initiative to celebrate the festival.

In Bangladesh, people of all faiths including, those of Hindu religion are living in harmony, peace and share the joy and festivity of all religions. Durga Puja contributes to the rich Bangalee culture like all other festivals of different faiths observed in Bangladesh. I believe that the celebration of the Durga Puja in the UK will manifest the colourful and unique diversity of Bangladesh and the rich, secular and open Bangalee culture and heritage.

I wish that the Sharodya Durga Puja brings happiness, peace and prosperity for all of us.

N. Quaunine
(Md. Nazmul Quaunine)

Message from Mayor of London

Dr Daba Chowdhury
info@unitedhinducultural.com



Our ref: MGLA130916-5619

Date: 03 OCT 2016

Dear Dr Chowdhury,

Thank you for your email and kind invitation to attend and celebrate the 'Sarodiya Durgotshav' festival.

I am very sorry but, whilst I am extremely grateful for the invitation, I am afraid that my schedule is extremely busy over the coming months, so I am unable to attend.

In your email you requested a message for the Puja Magazine I am happy to provide the below message:

"I would like to send my best wishes to the United Hindu Cultural Association during Sarodiya Durgotshav.

London's diversity is one of our greatest strengths and I would like to thank you for your outstanding efforts in charity, education and bringing together people from different communities and backgrounds.

All the best for the celebrations, I hope they are a fantastic success."

Thank you again for writing to me.

Yours sincerely,

Sadik Khan
Mayor of London



House of Commons, London SW1A 0AA

To United Hindu Cultural Association members celebrating Durga Puja 2017

7 August 2017

Dear Devotees

It gives me great pleasure to welcome everyone to the Durga Puja 2017, being celebrated by United Hindu Cultural Association.

Durga Puja symbolizes the attainment of truth and righteousness and the triumph of virtue over evil. I hope the celebration of this great festival will bring joy and promote wellbeing in the lives of those who take part. I also hope it will help promote rectitude and tolerance, and help build a society in our part of London which is characterized by peace and harmony.

I hope to be able to join you at Manor Park Methodist Church on the evening of Friday 29 September.

I wish everyone a joyful time during this great celebration.

Yours sincerely,

STEPHEN TIMMS MP





President Message

Dear all Devotees, Well-Wishers and enthusiastic Holy Visitors,

I hope everyone will enjoy their "Ma Durga Puja" here than any other place, as this Puja is the contribution of all the devotees, visitors and well-wishers. Our aim is to make you feel that this puja does not belong to any individual; rather it is the contributions of all and sundries. Although there are no particular puja holidays like in the Sub-continent, however, we have made this happen due to your enthusiasm, presence and contributions. All the members of the (UHCA) United Hindu Cultural Association worked very hard to the best of their individual abilities and opportunities to make it happen. The name of the Association is the brainchild of all the members with their thoughts and aspirations. We also named our Magazine as "Anandamoyee" which is another name of Ma Durga.

This year all events are being organised in this holy hall "Methodist Church of Manor Park" which is very well connected from different directions. It is also a localised part of the ethnic minorities where events will be more eventful with the kind cooperation of you all.

It is my great pleasure to be associated with so many young skilled members of the Association who are well organised in their particular field which is unimaginable. Ma's puja is full of mega activities such as Vedic puja programme in different times of the whole day, along with cultural programmes, cooking of Prasad and Prasad distributions etc. It is only possible due to the active engagement of everyone including visitors. This year's programme will start on Tuesday 26th of September until Saturday 30th of September.

I should only pray to almighty Ma to bestow her blessings to everyone irrespective of cast, creed and religion to get progress in their own field. On behalf of the all members of the Association, I will call upon all the visitors and devotees to extend their helping hands to the best of their ability.

"JOY MAA DURGA"

Charu Nath
UHCA - President.





Message from the General Secretary

Dear Devotee,

It is my pleasure to welcome you all to the United Hindu Cultural Association(UHCA) Sharodiya Durgotsav and Kali Puja 2017.

I feel very privileged and honoured to serve as General Secretary of UHCA for the 2nd years and looking forward to having yet another successful year ahead with all your continued support. I want to take this opportunity to commend last year managing committee for an outstanding job of making UHCA an inclusive society. We have provided a platform for Bengalis to come together and to promote this Bengali traditional culture to our next generation.

I would like to convey my sincere thanks to all of our UHCA members, friends, families, contributors, sponsors, advertisers, article writers and other community peoples who have in one way or another have contributed and participated in the various activities and their selfless efforts and total dedication towards service to the community as well as nation building. Their incredible support and inexhaustible work, which make our association vision possible to have a positive paramount role in the promotion of peace, love and harmony, in a multi-cultural, multi-racial and multi-religious country like United Kingdom.

The aims and objectives of UHCA are to promote Hindu religious and cultural values among members of the community, to build our own temple and to promote good health and social welfare for the communities in a culturally based way. We know that we cannot fulfil this assignment alone. We need all of you along on this journey, especially in today's times as our communities are pressed up against some of the most difficult social challenges that they will see in a lifetime.

I look forward to get together those whom I have not yet had the pleasure of meeting. I am optimistic that I will see you in and around in our future meetings, events, and other gatherings. Your enjoyment with your families, the smiles on your faces is perhaps the greatest reward and inspiration for the large number of members and volunteers to make all the celebrations of the year a grand success. I wish to extend my best wishes to everyone, may Ma Durga be bestowed us a lot of joy, happiness, success, unity and hope for a better tomorrow.

Glory to the Divine Mother! Let her take you, step by step to the top of the spiritual ladder and unite you with the Lord!

Joy Maa Durga and very best wishes for **SHUBHO BIJOYA**.

Mr Noni Gopal Paul,
UHCA – General Secretary.





How ought we to live in the world?

By: Swami Dayatmananda

The Fifth Commandment of Sri Ramakrishna



M. (humbly): "How ought we to live in the world?"

Master:- "Do all your duties, but keep your mind on God. Live with all with wife and children, father and mother and serve them. Treat them as if they were very dear to you, but know in your heart of hearts that they do not belong to you."

"A maidservant in the house of a rich man performs all the household duties, but her thoughts are fixed on her own home in her native village. She brings up her master's children as if they were her own. She even speaks of them as 'My Rama' or 'My Hari'. But in her own mind she knows very well that they do not belong to her at all.

"The tortoise moves about in the water. But can you guess where her thoughts are? There on the bank, where her eggs are lying. Do all your duties in the world, but keep your mind on God.

"If you enter the world without first cultivating love for God, you will be entangled more and more. You will be overwhelmed with its danger, its grief, its sorrows. And the more you think of worldly things, the more you will be attached to them."

This teaching of Sri Ramakrishna contains three important points:

- ✓ One must perform one's duties diligently, with reverence and love;
- ✓ One must never forget that no-one in this world belongs to him except God;
- ✓ Bhakti or devotion is the way to God-realization.

1. One must perform one's duties diligently, with reverence and love:

Most of the spiritual aspirants in this world are householders having many duties, responsibilities and the inevitable worries. If one does not know how to detach the mind, at least to some extent it is impossible to focus the mind on God. Sri Ramakrishna gives such devotees clear and definite guidance. One must discharge one's duties with great love and care. Right attitude, concentration, tranquillity and devotion - with these every action is transformed into spiritual practice. Sri Ramakrishna's advice to serve one's parents etc., with great love and reverence 'as if they were very dear to you' is not make believe. Sri Ramakrishna is merely cautioning us not to fall into the trap of attachment.

Many devotees think that they are serving their parents, family etc. with detachment. When things are going on well they think they are progressing spiritually. True devotees, under difficult situations, not only remain tranquil but depend all the more on God. That is why Sri Ramakrishna's advice is so very important. This was the advice given in the Gita by Sri Krishna to Arjuna. Every religion emphasizes the practice of detachment. At the same time detachment must not make us cold, callous and insensitive to others' pain and feeling.

Says Swami Vivekananda : 'There are men who are never attracted by anything. They can never love, they are hard-hearted and apathetic; they escape most of the miseries of life. But the wall never feels misery, the wall never loves, is never hurt; but it is the wall, after all. Surely it is better to be attached and caught than to be a wall. We do not want that. That is weakness, that is death.'

'Maya' entangles man and turns him away from God. But through daya one realizes God.' Devotees are required to develop daya but not maya. So one should have a clear idea of one's obligations and duties, and how to perform them. A question by the author of 'The Gospel of Sri Ramakrishna' makes this clear.

Disciple: How long, Sir, have I obligations to the family?

The Master: "So long as the family is not provided with enough to maintain itself. But if your children can support themselves, you have no more duty to them."

2. No one belongs to anyone in this world.

A Sanskrit poem says: 'Just as twigs being carried by the current in a river come nearer and again get separated so also people come nearer and get separated according to the results of their past actions.'

If we look back into our past we can realize how true this statement is. The One and only Eternal Companion of our life is God alone. We learn this truth only after much suffering. Every being in this world is journeying towards God, the final destination of all. The journey comes to an end only when we reach Him. Hence Sri Ramakrishna's advice that we should never forget that no-one belongs to us except God.

"Always consider that your family concerns are not yours; they are God's and you are His servant come here to obey His commands. When this Idea becomes firm, there remains nothing indeed that a man may call his own."

3. Devotion is the only way to God-realization

It is not easy to believe that only God belongs to us unless one acquires some amount of devotion to Him. It is possible only through constant unremitting practice for a long time. With faith in one's Guru and in the teachings of scriptures one should carry on with regular practice of japa, prayer and service. In course of time the mind gets purified and the seed of devotion grows slowly.

If one has devotion to God then there is nothing to fear or worry about. Devotion itself takes possession and unerringly guides the devotee in all matters. Even under trying circumstances devotees keep their balance. In fact the more the troubles the more would be their longing and reliance on Him. The more they experience pain the more they feel the insubstantiality of this world. Difficulties increase their detachment further. Thus slowly but surely they progress until they reach Him and become Blessed.

"May the Divine Mother bless us all with Bhakti"



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How 'Brexit' can embrace Diversity & Unity as Great Britain seeks to leave the EU

By Eurling Eddy G.N. Alcock OBE CEng MIMechE



In the first edition of 'Anandamoyee' I asked myself how the two words 'Diversity' and 'Unity' had influenced my life and having concluded that 'Diversity' is 'Variety' and 'Unity' is 'Harmony', proceeded to find examples where both 'variety' and 'harmony' had actually influenced some of the most important activities in which I had, and in some cases still do, engage.

In this edition I will stay with those two words – diversity and harmony – and seek to explore why they are two of the most important ingredients in the mixture that should shape the outcome of the negotiations between Great Britain and the European Union, leading to our departure from that organisation, an arrangement commonly known as 'Brexit' – do note please, I have said 'should shape' not 'will shape' and as a Briton by birth it is important for me that we retain the true meaning of the word 'Great' in front of 'Britain'. By that I mean with our dignity and pride intact, but allowing the EU the same outcome – namely, a fair settlement for both, without humiliation of either.

So – 'variety' and 'harmony' – how do they relate to 'Brexit'?

So far as 'variety' is concerned we have much to consider – firstly 27 other countries to satisfy, all possibly with different expectations and aspirations, then the huge number of elements to be explored to enable an amicable 'divorce' if there can ever be such a thing! After over 40 years of 'marriage' the contract will have become complex. A multitude of choices – a 'hard' Brexit or a 'soft' Brexit and many 'in-between' Brexits!

Some would say an impossible and perhaps insoluble problem to be solved and perhaps that is why those who believe that to be so, will also be those looking for the easy way out, with alternative solutions proposed, running from let's not be 'divorced' after all and continue the 'marriage', even though it might not be a happy one to those who say that as it was the will of the majority who chose to vote to come out of the EU, we should still stay in the Single Market and the Customs Union.

But the EU has said that we can't do that, as it is a condition of enjoying membership of the Single Market and Customs Union to also be a member of the EU and you can't have it both ways! Then another former British Politician says if the main objection to membership of the EU is the free movement of citizens of the EU within the EU, then why not stay in the EU but also restrict this 'free movement' clause to numbers this country can accommodate, but again the EU has said that cannot be, as it is a fundamental right of EU citizens for free movement within EU countries.

So our government has rightly said, in my view, that we need then to negotiate a new trade deal to replace the single market membership and a bespoke Customs Union between the UK and the EU, thereby enabling the UK to restrict free movement of people when it is no longer an EU member state, so not bound by that rule.

Then there is the Law and the European Court of Justice and the will of the people of the UK to recover the right to determine their own laws and to administer their own justice, thereby restoring the UK as a sovereign state.

Taking a look now at 'harmony' – well yes, the UK wants a harmonious 'divorce' from the EU, but the EU has said the UK needs to be punished for daring to leave, so it can't be harmonious. The UK says it wants to retain the greatest possible level of friendship between itself and the EU and it would seem that many of the countries that trade with the UK now and who value it as an export market, want that also, but then there are those who definitely don't want that level of friendship.

So I said in my opening paragraphs that 'Diversity' and 'Unity' equate to 'Variety' and 'Harmony' and that I would seek to explore why they are two of the most important ingredients in the mixture that should shape the outcome of negotiations that lead to the UK leaving the EU – I suggested that this could then lead to the UK's departure with dignity and pride, having achieved a fair settlement for both, without humiliation of either.

I think I've failed to make that connection, because where I said 'should', it may instead have become 'will' and right now that will is preventing that 'harmony' – but why? Perhaps because there is too much 'variety' to permit the necessary level of 'harmony' – and I will leave it there!

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ওত্র ভৌমিক

বাঙালীর জীবনযাত্রা, সংস্কৃতি, চিন্তা-চেতনা, আশা-আকাংখা আর আনন্দ-বেদনায় অঙ্গাঙ্গিভাবে জড়িয়ে আছে যে উৎসবটি-যাকে বরণ করে নেবার জন্য সারা বছর ধরে বাঙালীর ঘরে ঘরে চলতে থাকে প্রতীক্ষার পালা-হৃদয়ে অনুরণন তোলে সেই আগমনী সংগীত, “বাজলো তোমার আলোর বেণু, মাতলো যে ভুবন”- সেটি আর কিছুই নয়-আমাদের নয়নের মনি শারদীয়া দুর্গাপূজা। জাতি হিসেবে বাঙালী যে খুবই আবেগপ্রবণ, সে বিষয়ে সন্দেহের কোন অবকাশ নেই; কিন্তু দুর্গাপূজাকে ঘিরে বাঙালীর উৎসাহ আর উদ্দীপনা যেন সবকিছুকে ছাপিয়ে যায়-পেয়ে যায় একটি ভিন্ন মাত্রা আর ব্যঙ্গনা। অসত্যের বিরুদ্ধে সত্যের, অন্যায়ের বিরুদ্ধে ন্যায়ের, অন্ধকারের বিরুদ্ধে আলোর আর অজ্ঞানতার বিরুদ্ধে জ্ঞানের চিরজ্ঞান লড়াইয়ে যে দেবী আমাদের শক্তি আর ভরসা যোগান-তাকে ঘিরে আবেগের এই অতিশয্য কিন্তু মোটেও অস্বাভাবিক নয়।

কালের পট-পরিবর্তনে শারদীয়া দুর্গাপূজা উদ্‌যাপনের ধরণটা হয়তো অনেকাংশেই পাল্টে গেছে; কিন্তু যা পাল্টায়নি তা হলো এই উৎসবটির সার্বজনীন চরিত্রটি যার প্রতিফলন ঘটে এটিকে নিয়ে বাঁধভাঙা উচ্ছ্বাস আর স্বতঃস্ফূর্ত উদ্‌যাপনে। আজকাল টিভি, ইন্টারনেট আর ফেসবুকের যুগে যখন পূজা প্যাভেল থেকে শুরু করে প্রতিমা নির্মাণে ব্যয়বহুল সর্বাধুনিক প্রযুক্তি আর বাহারী আলোকসজ্জার ব্যবহার চলছে যত্রতত্র-তখন মনপ্রাণ নাচিয়ে তোলা ঢাক-ঢোলের বাদ্য, শঙ্খনাদ, ধূপের পবিত্র গন্ধ, কাঁসার ধ্বনি, ধুনটি নাচের উন্মাদনা, রাত জেগে মহালয়া শ্রবণ, পুরোহিতের স্তোত্র পাঠ, পুষ্পাঞ্জলিকে ঘিরে সৌহার্দ্য আর সম্প্রীতির আবহ, দশমীর সিঁদুর খেলার রোমাঞ্চ, সন্ধ্যা আরতি আর কুমারীপূজার মাদকতা, বিসর্জনের ব্যাখাভরা অশ্রুজল-সবই কিন্তু একই রকম রয়েছে- আদি আর অকৃত্রিম।

পরিবর্তন যে আরো আসেনি তা কিন্তু নয়; সেই পরিবর্তনের প্রেক্ষিত ভিন্ন, তাৎপর্য যুগান্তকারী। এর প্রভাবে শারদীয়া দুর্গাপূজার ভাবমূর্তিটি আরো মহিমান্বিত হয়েছে; পেয়েছে নব মাত্রা আর ব্যঙ্গনা। এই পরিবর্তনকে হৃদয়ঙ্গম করতে চাইলে আমাদের ইতিহাসের হাত ধরে চলে যেতে হবে পঞ্চদশ শতাব্দীর শেষপ্রান্তে। জানতে হবে দিনাজপুর আর মালদহের জমিদার শ্রেণীর উদ্যোগে বাঙালীর ইতিহাসের সর্বপ্রথম পূজা উদ্‌যাপনের কথা। উপলব্ধি করতে হবে ১৬০৬ সনের তাহেরপুর আর নদীয়ার জমিদারদের প্রথম শারদীয়া দুর্গাপূজা উদ্‌যাপনের তাৎপর্যটিকেও কেননা নব্য ভূঁইফৌড় রাজা আর জমিদার গোষ্ঠির এইসব ব্যয়বহুল আর লোকদেখানো পূজা অর্চনায় ছিলোনা সাধারণ মানুষের কোন অংশগ্রহণ আর প্রাণের টান। আমাদের সশ্রদ্ধ অভিষেক রইলো ১৭৯০ সনের হুগলীবাসী সেই বারোজন তরুণের প্রতি- যারা এই অন্যায়, অবিচার আর মিথ্যা শানশওকতে মোড়া অচলায়তনকে ভেঙে-হুড়ে মা দুর্গাকে নিয়ে আসেন সাধারণ মানুষের কাছে। উন্মুক্ত আর আলোকিত প্রাঙ্গণে আমজনতার প্রত্যক্ষ অংশ গ্রহণের মাধ্যমে উদ্‌যাপন করেন বাঙালীর ইতিহাসে সর্বপ্রথম বারোয়ারী পূজার। পরবর্তীতে এই বারোয়ারী পূজার পথ ধরেই কোলকাতার বাগবাজারে ১৯১০ সালে পালিত হয় বাঙালীর সর্বপ্রথম সার্বজনীন পূজা।

আজ একবিংশ শতাব্দীর পথে দাঁড়িয়ে আমরা একটি সত্য ভালভাবেই উপলব্ধি করতে পারছি- দুর্গাপূজার সার্বজনীন রূপটি এখন আর বাংলাদেশের বা পশ্চিমবঙ্গের ভৌগোলিক গভীর মধ্যেই সীমাবদ্ধ নয়। বাঙালীর সাথে সাথে বিভিন্ন জাতি আর সংস্কৃতির মানুষ আজ দুর্গাপূজার অন্তর্নিহিত তাৎপর্যটিকে উপলব্ধি করতে পারছে- জগৎ জননী মা দুর্গা নানা বর্ণে, নানা রূপে আর্বিভূত হচ্ছেন তাদের মাঝে- তাদের আশা-আকাংখা, সাহস আর শক্তির প্রতিমূর্তি হয়ে। দেশের সীমানা পার করে বাঙালীর দুর্গাপূজা তাই নেপালের সবচেয়ে বড় আর জয়কালো উৎসবে পরিণত হয়ে যায় দশেন নামে- বাঙালীর মতই যার উৎসাহভরা আয়োজন চলতে থাকে পনেরো দিন ধরে। উত্তর ভারতের হিমাচল প্রদেশের ঘরে ঘরে যে উৎসবটি পালিত হয় তার নাম কুলু দশেরন। এটিরও উপলক্ষ্য অন্যায়ের (অসুর রূপ) বিরুদ্ধে ন্যায়ের (রামচন্দ্ররূপ) বিজয় উদ্‌যাপন। মহীশূর দশেরা, নবরাত্রি পূজা যে নামেই মা দুর্গার আরধনা করা হোক না কেন-উদ্দেশ্য থাকে একটিই অন্যায় আর অজ্ঞানতার বিরুদ্ধে লড়াইয়ে মায়ের আশীর্বাদ ধন্য হওয়া।

আজ যখন দেশে দেশে, জাতিতে জাতিতে হিংসা-বিদ্বেষ, ভেদাভেদ, মিথ্যা আর শঠতার বিষবাস্প ছড়িয়ে পড়ছে সর্বমাসী রূপ নিয়ে তখন একমাত্র জগৎজননী মা দুর্গাই এই ক্রান্তিকাল থেকে উত্তরণ সাধন করতে পারেন। শারদীয়া দুর্গাপূজার এই কটি দিন আমাদের শপথ থাকবে সমস্ত দলাদলি, সংঘাত, লোভলালসা আর সংকীর্ণতার উর্দ্ধে উঠে, মনপ্রাণ ঢেলে মায়ের পূজায় নিজেদের নিবেদন করা। আনন্দ উচ্ছ্বাসের অতিশয্য আর লোক দেখানো আরম্ভের প্রদর্শনী যেন এই লক্ষ্য থেকে আমাদের বিচ্যুতি ঘটতে না পারে মায়ের সামনে করজোড়ে এই প্রার্থনাই করবো আমরা।

Tabla & Dhol Academy London

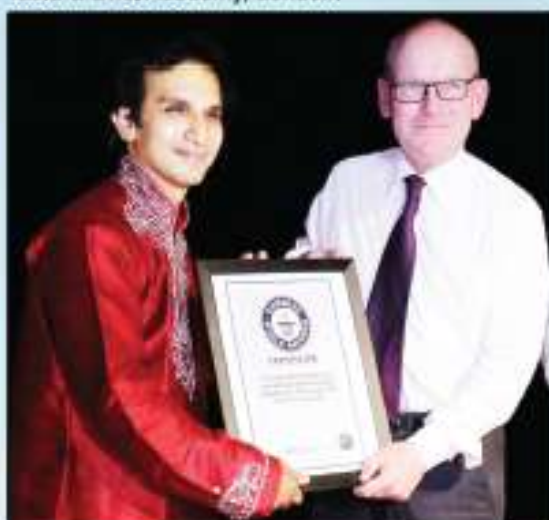
Registrations number: 7766895, Estab: 2004



Guinness World Record holder Pandit Sudarshan Das (Tabla Bisharod) has his own Tabla & Dhol Academy established in London since 2004. In 2006, he pioneered a new Tabla playing style called Thames Gharana. Pandit Sudarshan Das has Tabla Diploma from Shantiniketan (India) Bolour and was awarded International Gold Medal in 1990 and 1992. He was awarded Silver Medal in 2008 by India Ministry of Arts (Bengaluru). He is a music Inspector and teacher in London Borough of Newham, Tower hamlets and Redbridge Council and Principal of Tabla & Dhol Academy, London.



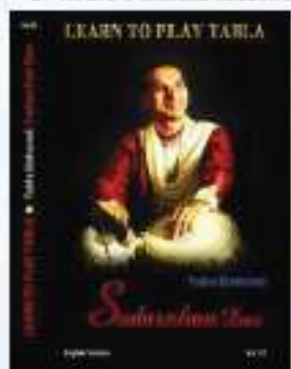
Longest Dhol Marathon
27 hours 0 minute 0 second



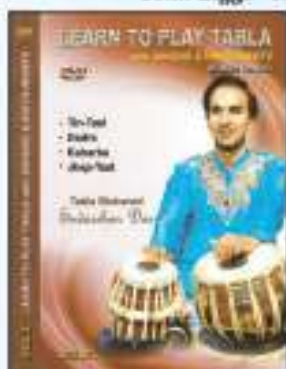
Guinness World Record Celebrations
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Longest Hand Marathon Tabla
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Admission contact:

07951124686/02076135179

Email : info@tablaalakhara.co.uk

www.tablaalakhara.co.uk



Contact Info:

Tabla & Dhol Academy London
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E6 2SA, London, UK

Branch:

Punjabi Cultural Centre
297 Ley Street, Ilford
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Success Story

Hello! My name is Priyanka Bikkannavar and I'm going to attend University College London to study Medicine. I recently did A-levels in Biology, Chemistry, Maths, General Studies, and French, achieving 4A*'s and an A. Ranging from obtaining work experience in a range of medical specialities, to getting through several entrance tests, interviews, and exams, my journey towards medicine has been a long but extremely rewarding one. I've learned a lot of lessons along the way, and would like to share a few of these with you. To begin with, I'd like to highlight the importance of concentrating on gaining a deeper understanding of fundamental concepts, instead of memorising for exams. This has made me better equipped to apply what I've learned to real life situations. I have enjoyed the process of learning, treating it as a way to develop my understanding of the world, rather than something I have to do for exams. Let your intellectual curiosity, not your fear of failure, drive your studies. Working hard is invariably essential to achieving your goals, whether academic or not, but it is also important to work smart. Be systematic in the way you approach your goals (e.g. getting into medical school). Research what it takes to achieve them and make a plan of action for yourself. Also, knowing your own strengths and weaknesses will inevitably help you to really understand yourself and what you need to do to reach where you want to be. If there's anything that has struck me throughout this entire process, it's been the value of having a balanced life, and finding time to do the things which truly make you happy alongside academia, be it sport, or music (dancing and singing in my case!). These extra-curricular activities will no doubt help you to fight stress. They will also build numerous skills that will help you in whichever career path you choose, and in life in general. On that note, try not to lose perspective. Academics are important, but not as important as having a life that is meaningful and fulfilling to you. Take a pause every now and then to reflect on the big picture, and be grateful for what you have. To finish, I'd like to say always have hope! There are many pathways to success, and endless definitions of it. *I wish you the best of luck.*



Hello! My name is Anoop Dey and I am going into my first year of studying Physics at The University of Oxford. I recently completed my A-Levels in Maths, Further Maths, Physics and Fine Art achieving A*A*A*A*.

I'm not going to lie to you, education isn't easy. Getting good grades is easier said than done, but it is doable. GCSEs and A-Levels are both key milestones in a student's education and can be a very tough time! Trust me, I've spent hours upon hours labouring over battering exam periods but what you've got to remember is that you are not alone. Don't be scared to ask for support (even from

people who might not have done exams, they are still here to support you!). If there was one piece of advice I could give to current students it would be the following: don't be afraid of failure. In my opinion, the only form of failure is not trying when you are given the opportunity to. Yes, things might not always go how you would like them to, but you've been given a gift of having an incredible number of options available to you. Take them! Hard work does pay off, always be the best version of yourself that you can be. There are always going to be people who overwork themselves and people that work too little, the most important thing is to find a healthy balance and achieve personal goals that you've set yourself. Don't forget to enjoy yourself! In the following years, I plan to complete my degree with a Masters in Physics and hopefully continue to pursue my passion for the subject in academia. I wish all students (and parent/carers alike) the very best in whatever they endeavour to achieve and to stay in good health through this exciting time in your lives. Make sure you take time to focus on yourself and always strive to be the very best you can.

Hello, my name is Monalisa Saha. I am going to attend the University of Oxford from the October, 2017 to read History and English, and I was asked to write a couple of words describing my experience. When we think of Oxford, we usually think of this amazing Hogwarts-like place, beautiful architecture, crazy intelligent scholars, a place that only accessible to people from a particular background and walk of life. A concept only, not a reality. From experience I can tell you that that isn't true. When I applied I was your average 18-year old teenager. I have dreamt of going to Oxford since I was 15, and though I was scared when applying and exhausted, from all the intense preparation throughout the application process, I stuck to that dream. I stuck to that dream against all the odds, all the statistics, all the news paper articles that told me it wouldn't be possible. With hard work and determination I stuck to that dream, with the love and support of loved ones I stuck to that dream, and now it has come true. It has come true because I willed it so - remember that your dreams are only as big as you make them. And so are your fears. But don't let that stop you from dreaming big or daring to fulfill those dreams. As a generation we are responsible for destroying the rhetoric that exists around us as young people, and especially young people of colour, which dictates that our opportunities are limited. We must pave the way to success because we owe it to those who will walk in our footsteps. We must raise the standard of excellence because we owe it to ourselves. So dare to beat expectations, dare to fight against the odds, dare to dream - you will be surprised at what may come out of it.



MENTAL HEALTH AWARENESS

By Dr Sushil Soni



It is very difficult to define Mental Health, like most of the other diseases or sicknesses are. One may say it is physical and mental torture, due to number of reasons. Primarily, it is because of "Depression" and "Anxiety, though in serious case, this could lead to "Schizophrenia", where a person hears voices for harming others or to oneself. A survey has found that 1 in 10 persons (adults & aged) and 1 in 4 children suffer from mental health. It could be either "Anxiety" or "Depression", the

most common of Mental Health problems. There is no stigma attached to it, and if diagnosed, and treated at early stage, a person could lead a very normal and happy life.

The Ipswich Hindu Samaj in partnership with the Norfolk & Suffolk Mental Health NHS Trust is organising three workshops, to make people aware of mental Health problems, and how they can be treated and services available to patients by NHS.

From the Indian community points of view, 61% of Indians/Asians at some stage suffer from depression or anxiety, which may be caused by worries within the family, or at workplace or by eating problems. Not only adults or old age persons, but also children sometimes suffer from mental health. It is absolutely necessary, that we know what mental health means to us, and what NHS services are available for its treatment, and what stage one should refer the illness to his/her GP, before it is too late. Faiths and religious beliefs can also treat mental health problems, by meditation, yoga and singing hymns in praise of the Lord. In Hindu scriptures, there is no reference to mental health (illnesses). In the Hindu holy book Shrimad Bhagwat Gita, Lord Krishna gives importance to Bhakti Yoga in order to be cured of all illnesses and in leading a truthful, honest, non-violent, avoidance of desires and greed and living a simple, pure and good life by giving respect and love to all.



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India – Country, Culture, Spirituality One country many worlds

By Ravi Bikkannavar



India is so vast, rich, vibrant and full of contrasts and contradictions that the opinions and ideas of India have been extremely varied and have been changing and evolving fast. To truly understand and appreciate India you must look closely at its land, culture, traditions, and people.

India has a population of 1.3 Billion, over 100 languages, over 70,000 newspapers and over 1600 satellite channels. More than 400 of these are news channels. It is the biggest newspaper market in the world - over 100 million copies sold each day. About 1600 films in various languages are produced every year. India is the biggest democracy in the world with 540 Million voters.

India has GDP of 2.264 Trillion dollars which is the 3rd largest in the world by PPP. India does have cows in the streets and chaotic mad traffic, but also has a very strong science and technology base and has sent mission to Mars!

India has 29 states. They offer great opportunities to explore beautiful coastal towns with golden sand beaches and luxurious resorts, to rich biodiversity in the thick forests that are host to tigers, elephants, lions, Rhino and hundreds of other species.

From Incredible Himalayas in the north to the beautiful coast lines of the south, India is a rich cultural melting pot with festivals around the year. Each state has many districts and regions and have unique local folklore, cuisine, festivals and music and cultural traditions.

The major religion of India is Hinduism with 79.8% population, 14.2% Muslim. Other main religions are Christianity, Sikhism, Jainism, and Buddhism.

Indian family culture, spirituality and traditions have a strong influence on the lives of people, providing stability, inner strength and peace and harmony with nature as well as drives the society on good values of respect, compassion and worth of good deed or karma.

Hinduism has been variously defined as a religion, a religious tradition, a set of religious beliefs, and a way of life. In India Hinduism has wider meaning and context than religion and is called "Dharma."

Dharma is one of the four Goals of Hinduism. There are three other aspects of a Hindu life, namely acquiring wealth (artha), fulfillment of desires (kama), and attaining liberation (moksha). These are part of dharma which encapsulates the "right way of living" and eternal harmonious principles in their fulfillment.

Whichever way a Hindu defines the goal of life, there are several Yoga's (methods) that sages have taught for reaching that goal. Yoga is a Hindu discipline which trains the body, mind and consciousness for health, tranquillity and spiritual insight. This is done through a system of postures and exercises and breathing techniques and meditation to practise control of the body and mind. Texts dedicated to Yoga include the Yoga Sutras, the Bhagavad Gita and, as their philosophical and historical basis, the Upanishads. The four major marga (paths) of yoga discussed in Hinduism are: Bhakti Yoga (the path of love and devotion), Karma Yoga (the path of right action), Rāja Yoga (the path of meditation), and Jñāna Yoga (the path of wisdom). An individual may prefer one or some yogas over others, according to their inclination and understanding. Practice of one yoga does not exclude others. Hinduism does not dictate or bind some one to follow a strict code. It is evolving and reforming with richer knowledge.

Vasudhaiva Kutumbakam is a Sanskrit phrase found in Hindu texts such as the Maha Upanishad, which means "the world is one family" that drives the human relations across all borders for a better world.



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The Boy and his Doggy

By: Abir Chowdhury



Once upon a time it was the boy's birthday and his dad and mum gave the boy a surprise and it was in the night and he was playing cars with his friends and his dad shouted, Tony that's the boy's name and, Tony came to the room where his dad and mum were celebrating his birthday and Tony was surprised because his mum and dad gave him a dog A really nice dog from his parents, His mum and dad gave it. The boy called the dog Floppy the Dog and then. Tony's friends were coming to the room and they saw. Tony's parents were carrying. Floppy the Dog and they ate food with the family and then it was snowing because it was winter and Tony said to his parents if he and his friends could go in the snow and play Hide and Seek and his parents said yes so. Tony and his friends went in the snow and finally they played Hide and Seek. Tony was counting up to 10 and he found everyone because they were laughing.

DURGA PUJA 2017

By: Joeyta Paul



**"Shorbo mongolo mongole
Shive swarvata shadike
Swarenitrong bake gouri
Narayoni namahostuta"**



Durga Puja is one of the largest festivals in the Hindu culture. This festival is also known [in the Indian Sub – continent] Durgotsav or Navaratri. We have faith that Maa Durga comes to earth every year to protect her devotees from inauspicious objects. Devi Durga has several different names such as: Uma, Parvoti, Joyita, JogothJanani, MaihishashurMordini and DurgotiNashini etc.

Maa Durga is called 'Maihishashur Mordini' because she destroyed the powers of the evil, wicked and sly demon called Maihishashur. Maa Durga stopped Maihishashur because he wanted to destroy the universe! Maa is also called as Anandomoi because everyone gathers together to celebrate the victory of goodness. Everyone's' minds are filled with joy and glee when they get purified by seeing Maa come. I am fortunate that I can attend Durga Puja 2017 as puja organized by United Hindu Cultural Organization.

I wish I can attend Puja every year and get blessings from Devi Maa. Hope everyone enjoys this beautiful Celebration.





Happy Durga Puja



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Let's discover Type-2 Diabetes!!

Dr. Shukti Biswas

Fellow in HEA

Msc in Cardiology (Mol. Med.-UK), Dip.GO, MBBS.



Introduction:

Diabetes Mellitus is commonly known as increased in sugar (glucose) level in blood for a long period. Normally, blood sugar is controlled by hormone, insulin, which is secreted by the pancreas (situated just beneath the stomach). Thus, when pancreas is not producing enough insulin or if insulin becomes resistant in the body the sugar level is raised in the blood.

Types: There are two types of Diabetes Mellitus: **Type-1** and **Type-2**.

Type-1: referred to as juvenile diabetes as seen in children and young people when there is no insulin due to destruction of the pancreas because of any infection, or any autoimmune disease or due to congenital anomalies.

Type-2: This can be seen in elderly group of people; especially people with obesity and who has family history of diabetes. As mentioned earlier, in this type pancreas is not producing enough insulin or insulin becomes resistant to the body.

In recent research, it has been seen that life style factors is one of the leading culprit for the association of type-2 diabetes and has shorten the life expectancy by up to ten-years (Kenneth S; n.d). The common symptoms are: increase in thirst, increase in the frequency of urination, loss of weight, feeling of tiredness, wound not healing easily, itching or any fungal infection in the private areas (Pasquel, FJ et al; 2014).

Complications:

In long term, there are severe risk factors: Blindness or blurring of vision, heart attack, stroke and kidney failure. Sometimes, non-healing wound commonly known as diabetic foot which could become worse and can lead to the stage of amputation. In addition it can also increase rates of hospitalizations due to ill-health (Kenneth S; n.d).

Prevention and treatment:

Anyone who has symptoms of diabetes should be tested for the disease. Some people will not have any symptoms but may have risk factors for diabetes and need to be tested for blood glucose level (niddk ; 2014).

The easiest way to keep this condition at bay is to stay within a normal weight, regular exercise and eating healthy diet on time. Thus, treatment involves exercise, lifestyle modification and if blood sugar levels are not lowered then required medications. Many people eventually may require injections of insulin (Saenz A; 2005) (Maruthur, NM; 2016).

Culturally appropriate education may help people with type 2 diabetes control their blood sugar levels, as increase in awareness can help people to maintain their daily schedule in terms of regular exercise, proper healthy diet, avoiding high fat foods, quit smoking and decrease in the intake of alcohol. This could also help people to increase in the daily activities, avoiding themselves to seat in a chair for longer time. Many studies have proved that vegetarian diets commonly have been related to lower diabetes risk, but do not offer advantages compared with diets which allow moderate amounts of animal products (Leach, M.J.2012).

Conclusion:

Type-2 diabetes can be preventable but not curable. Maintaining healthy lifestyle with regular activities or exercises and proper diet, this condition can be prevented but once it is detected then also people can avoid many severe complications as discussed earlier with good control on blood glucose level with regular monitoring, regular intake of medication and with proper healthy eating and lifestyle.



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THE HINDU FESTIVALS AND WHAT THEY MEAN FOR US

By: Dr Pravin Desai
Consultant Pediatrician and Pediatric Cardiology

As the year draws to a close, it leaves us in grand style with many festivals for people of all religions to enjoy. When we talk of festivals the one thing all of us enjoy is the festivities and celebrations linked to it. Every festival has had a historical and/or religious origin while some are linked to seasonal changes but one thing common in all is it brings together people from all walks of life and offers a sense of belonging for religious, social, or geographical groups. It is this particular aspect of festivals that make the celebrations truly grand.

Back in our school days, festivals meant break from school, time to feast, get new clothes, toys and catch up with your near and dear ones. Diwali would be the time when our parents would be saving up to buy some new things for the house. Back then there was certain kind of innocence linked to the way in which we celebrated all those festivals. It was more inclusive and even people with limited means could join in and enjoy the festivities.

As with everything else the passage of time, the advent of globalization and a booming economy has had an impact on the way of our festivals celebrations today. Today people have better pay and can afford to enjoy the luxury of buying new clothes, gadgets etc. throughout the year rather than wait for the festivals to make such purchases. Festivals have today become a time to flaunt your riches moving away from its tradition. It is more of instant gratification now. The traditional way of festivals celebrations is slowly taking a backseat now. The simple things that would give us pleasure in celebrating festivals back then no longer enthuse us now. Today you wouldn't be surprised to find people working on festivals and concentrating on their careers rather spend time with their families. It is this change that is unwelcome because at some point in future we would even forget the reason behind all these festivals. We would be celebrating all our traditional festivals similar to Valentine's Day, Father's Day, Mother's day, etc. all commercially driven. Hence I thought I will summarize HINDU festivals for younger generation to learn about

AS WE ARE CELEBRATING DURGA PUJA I WILL TALK ABOUT IT A BIT MORE IN DETAIL

Durga Puja--the ceremonial worship of the mother goddess, is one of the most important festivals of India. Apart from being a religious festival for the Hindus, it is also an occasion for reunion and rejuvenation, and a celebration of traditional culture and customs. While the rituals entail ten days of fast, feast and worship, the last four days--Saptami, Ashtami, Navami and Dashami--are celebrated with much gaiety and grandeur in India and abroad, especially in Bengal, where the ten-armed goddess riding the lion is worshipped with great passion and devotion.

Why celebrate Shardiya Navratri & Durga Pooja?

Durga Pooja venerates Lord Rama's prayer to the goddess Durga before embarking on a fearsome battle with the Demon King - Ravana. Hindu Mythology has it that Lord Rama first worshipped 'Mahishasura Mardani' by offering 108 blue lotuses and, lighting 108 lamps during this time of the year and with her divine blessings. On the tenth day, many devotees keep fast and Vijaya Dashmi is celebrated to rejoice the victory of Lord Ram over Ravana, symbolizing the victory of righteousness over evil, to achieve victory over all obstacles in their lives.

Worshipping Goddess Durga helps a person fight against negative vibes and evil spirits and he attains wealth and knowledge and hence become the purest soul separated from all sins of life.

Another story is about the war starts between Goddess Durga and Devil Mahishasura and carries on for 9 evening time. And at the end of the 9th evening, Goddess Durga destroys Mahishasura. Therefore, these 9 evening time are known as Navratri.

LET US ALL CELEBRATE THE DURGA PUJA FESTIVAL, WORSHIP DURGA MAA

&

COME TOGETHER TO ENJOY THE FESTIVITIES



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a	a	x	m	z	a	n	v	m	r	n	r
n	y	g	s	a	a	k	u	u	t	z	n
e	k	v	r	a	m	r	s	y	u	a	k
s	a	b	j	u	u	a	h	h	t	a	r
h	l	a	o	g	d	i	r	a	m	v	i
a	i	t	a	w	s	a	r	a	s	i	s
e	z	n	a	n	d	a	z	n	o	e	n
k	r	o	e	e	j	i	h	i	l	j	a
v	e	n	k	a	t	e	s	w	a	r	a
g	k	n	a	m	u	n	a	h	y	r	j
o	a	e	v	i	s	n	u	m	q	i	x

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The prestige of inter-faith encounters and the opportunities

By: Cynthia Capey
Hon Inter-Faith Consultant

The population of Britain is becoming increasingly multi-cultural and multi-faith. This may not be apparent in rural areas, but in towns and cities, people of many different faiths live side by side, and places of worship for minority faiths, often converted from other uses, are proliferating. Many people have come here from around the world for work or to study and there are asylum seekers and refugees. This can cause anxiety among the wider population and can lead to social disturbance and acts of violence. It is important, therefore, that people of all faiths work together to build a society based on shared values. At their heart is the golden rule which is found around the world in various forms, as for example in Hinduism – "This is the sum of duty; do not do to others what would cause pain if done to you." Mahabharata 5: 1517.



My husband David and I have recently stepped aside from 25 years of close involvement with Suffolk Inter-Faith Resource, so that others can take over the responsibility of guiding inter-faith relationships within our county. Through SIFRE we have been able to meet people of many different faiths, including Baha'is, Buddhists, Hindus, Humanist, Jains, Jews, Muslims, Pagans, Sikhs, Taoists and Zoroastrians, and many different kinds of Christians. People living in rural Suffolk on the other hand may not have this opportunity so one of our tasks has been to find people of different faiths to visit schools and to arrange for groups of children to visit places of worship – a mosque, gurdwara, synagogue or temple. Such events help to remove suspicion and can encourage children to meet people from different backgrounds with open minds and hearts. We ourselves come from a Christian background but we have deepened our understanding of our own faith from learning about other faiths. In our experience, an involvement with committed people of different faiths within the interfaith process should not put us in danger of conversion but should enable an ongoing series of transformations which can take us deeper into the heart of our own faith to a place where rigid boundaries between faiths cease to exist. You can start life on different sides of the world, born into different faiths, and end up in the same location and find that you can understand each other at a very deep level.

There are many different spiritual paths within the so-called world faiths and we have learnt that people do not fit neatly into boxes. It has been a bad habit of the western world to categorise people into official religions with fixed boundaries in the same way as it has put borders around geographical areas and created countries which were not natural entities!

We have learned how easy it is for people of faith to fall short of their ideals or to lose their way, that religions can become so institutionalised that they lose their spiritual vitality, and that the teachings of founders, prophets and gurus can be distorted and subverted by their followers.

We firmly believe that inter-faith encounters and the opportunities we now have for working together in a spirit of openness and mutual trust are necessary for the survival and purification of the faiths themselves, let alone for the good of society. If we trust each other enough, we can offer each other a loving critique which will help us all to be more faithful to our shared principles which were summed up in the Statement of Commitment of Faith Communities of the UK at the beginning of the New Millennium:

- Community, personal integrity,
- A sense of right and wrong,
- Learning wisdom and love of truth,
- Care and compassion, justice and peace,
- Respect for one another, for the earth and its creatures.

Many people in the UK have dropped out of organised religion and feel out of touch with Christianity let alone with other faiths. We need to find ways of breaking down the barriers which prevent us meeting as human beings. Whatever religion, faith or philosophy we are born into or choose, we believe the experience should make us fully human. It should be a framework which enables us to become our true selves, open hearted and generous to others.

Happy Durga Puja, Dussehra & Diwali



"This life is short, the vanities of the world are transient, but they alone live who live for others, the rest are more dead than alive."

-Swami Vivekananda

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Warm wishes to everyone. Happy Durga Puja.



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