

ଚିରନ୍ତନ

Chirantan ଭଜନ ପତ୍ରିକା



ଓଁ ଜୟ ଜଗନ୍ନାଥ ଜୟ ଜଗନ୍ନାଥ ଜୟ ଜଗନ୍ନାଥ ଓଁ

ଷଷ୍ଠ ସଂଖ୍ୟା, ଫେବୃଆରୀ ୧୭, ୨୦୦୧

<http://www.bme.jhu.edu/~bdas/bhajan.html>

ଯତ୍ ସାଂଖ୍ୟିଃ ପ୍ରାପ୍ୟତେ ସ୍ଥାନଂ ତଦ୍ ଯୋଗୈରପି ଗମ୍ୟତେ ।
ଏକଂ ସାଂଖ୍ୟଂ ଚ ଯୋଗଂ ଚ ଯଃ ପଶ୍ୟତି ସ ପଶ୍ୟତି ॥

ଭଗବତ୍ ଗୀତାର କର୍ମଯୋଗ ଅଧ୍ୟାୟରେ ଶ୍ରୀକୃଷ୍ଣ ଅର୍ଜୁନଙ୍କୁ କହିଛନ୍ତି ଯେ, ତ୍ୟାଗ ବା ସନ୍ୟାସ ଦ୍ୱାରା ଯାହା ଲାଭ କରାଯାଏ, ତାହା ମଧ୍ୟ ଭକ୍ତିଯୋଗରେ ଲାଭ କରାଯାଇପାରେ, ସେଇଥିପାଇଁ ଯେ ଭକ୍ତିଯୋଗରେ କର୍ମ ଏବଂ ସନ୍ୟାସ - ଏ ଉଭୟକୁ ଏକ ବୋଲି ଦେଖେ ସେ ହିଁ ପ୍ରକୃତରେ ବସ୍ତୁମାନଙ୍କର ପ୍ରକୃତସ୍ୱରୂପକୁ ଦେଖିପାରେ ।



(Nrusingha Chaitanyaji's prabachan in progress)

It is our great pleasure to bring the sixth issue of this religious newsletter **CHIRANTANA**. This issue contains various articles, and news since the last issue published in August 2000. *Chirantana* is a biannual religious newsletter published in the month of February and August. If anybody is interested to publish his/her articles in the newsletter, please send by the end of January and July to be published in the February and August issues respectively.

We would like to express our deep sense of appreciation for Baltimore ISKCON temple president Nrusingha Chitanya Dasa and the priests Mahasakti Dasa, Sudhansu Dasa, Niranjana Dasa, and Mahasringha Dasa for their sincere help. We are happy that the number of families attending the bhajan program regularly is increasing. We invite everyone residing in Washington DC vicinity to attend this monthly bhajan program organized by Oriya bhajan mandali, and chant bhajan, listen and participate on religious discourse.

Odia bhajan mandali is deeply saddened by the sufferings of the earthquake victims of Gujarat. Please send your donations through BAPS Swaminarayan Sanstha at 4320 Ammendale Road, Beltsville, MD 20705. (Tel: 301-931-3135, or <http://www.swaminarayan.org>).

What's new:

Bhajan Pictures:

During our October bhajan program Dharendra Kar (dkkar@hotmail.com) introduced this plan of taking bhajan pictures during the program and putting them in the internet for others to refer. The pictures from the month of November through January are available at <http://communities.msn.com/jaijagannath>.

Children's Month:

September is considered as the children's month for the Bhajan Program. During our September, 2000 Program, after Arati, the children came to the prayer room to present their items. Nrusingha Mishra moderated the presentation activities. The stories were presented about Lord Rama (Titu Sahoo), Hanuman (Lutu Sahoo, Satish Mishra), Laxmi (Rajashri Mishra, Mrunali Das), Narada (Sidharth Mohapatra), Ganesha (Bagmi Das), and Sita (Shashwati Das). Neel Sen did some super action and Satyabati Dasa sang a bhajan. After that Nrusingha Mishra asked the children for their comments on bhajan program. Sharmistha Mohapatra, Srotalina Nayak and Bagmi Das suggested for more children activities.

ଆଜି ଆସିଛି ରେ ଆସିଛି ହୋରୀ ପରବ
(March 17, 2001 at Murugan Temple)
Hori Announcement in Back Side



What's Inside:

Hori Bhajan:	Bigyani Das
My Hori memories:	Nrusingha Mishra
My Hori Memories:	Kalpana Panigrahi
Acidity; Cause, Effect and Cure:	Naresh Das

POEMS / STORIES:

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ଅଜଣା ପୁଲକେ ଉଠଇ ଥରି । ୧।

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ମୋହନସେ ନିଅନ୍ତି ମନକୁ ଗାଣି । ୨।

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ସେ ଛନ୍ଦେ ବରଜ ପଡେ ଉଛୁଳି । ୩।

ବିଜ୍ଞାନୀ ଦାସ, କଲମ୍ବିଆ

My Hori Memories

The following questions were asked about Hori Memories:

Q1. Where are you from (village, district, state and any other info)

Q2. Is Hori (Holi) celebrated in that village?

Q3. How did you celebrate Hori during your school days? Describe one event (5 sentences to one paragraph or more)

Q4. Did you celebrate Hori during your college days? If you have celebrated, describe one event with details on which college, which place of that college, how it happened etc.

Q5. Did you like the way you celebrated Holi. Did you want it should have been celebrated in a different way? What was your desired way?

Q6. If you are the decision maker, how would you like to celebrate Holi?

Memories of Nrusingha Mishra, Germantown, MD

A1. I was born and brought up until I was 17 years old in a village Rodanapur close to the birth place of late Madhusudan Das (Barrister Madhubabu) Satyabhamapur, in the District of Cuttack of the State of Orissa in India. I am raised in the midst of a Brahman Sasan where I was deeply touched by the culture spread by Chaitanya Mahaprabhu. These Brahman Sasans were established by the Gajapati Maharaj of Puri Sri Sri Purushottam Dev.

A2. As mentioned before, Krishna and Radha were the center of celebration in our village as I was growing up. Before the Holi, those five days were celebrated with pomp and grandeur in different villages surrounding our area taking Krishna and Radha in different Bimans. I remember clearly, until I went high school I used to go to these melans and enjoyed those days with good food, good dress, and lots of gifts from my relatives.

A3. I get up early in the morning anticipating that people will come with spray to put colors on every body. Nobody will be left behind. This is the day you want to involve everybody in the fun. Around 10 AM we make sure that we have put colors on everybody. Then we come to the middle of the village and start playing a game called "Kiti Kiti". "Kiti Kiti" is a fun game that is usually played between two groups. Each player from either groups will start from a well-marked central place and will go to the opposite group saying "kiti kiti" continuously. If he touches somebody in the other group and comes back to the central place, then whomever he has touched is out of the game. People in the village watch this game which usually finishes by 1-2 PM. Then it is time to take bath which is followed by a sumptuous lunch.

A4. As I grew up, and went to the high school, I still took part in the fun. However, this is a month before the final examination. Everybody is eager to cover lots of materials for the final examination. During the college days in the hostel, the situation was a little bit different and more controlled. We did things and sprayed colors on each other outside the hostel.

A5. I have taken active part in the last two celebrations of Holli that happened in the Washington area. I enjoyed all the events along with all the members of my family. We looked forward to this event anxiously and were usually one of the few who arrived early on for the event. We were lucky to meet our nearest and dearest friends from the far and the wide. These events were very special to me, and full of reminiscence of my childhood days.

A6. If I am the decision maker or one of the decision makers, I will not change anything, keep everybody focused on the assigned duties, will keep the event more melan type, informal, and even unstructured, As we are bound by time, financial constraints, we need to be structured to allow everybody to perform, and take part in this rare socio-cultural and religious event.

Memories of Kalpana Panigrahi, Columbia, MD

A1. I am born and brought up in Delhi.

A2. Yes, Holi is celebrated in Delhi in a big way.

A3. I remember the last Holi celebrated with my friends when I was probably in class 4 or 5. It was simply throwing water/colors on each other making sure everyone was wet and had color on their faces. In Delhi, during those days it was very common to throw water filled balloons on young girls walking on the street. I remember seeing such incidents where little kids will have lot of fun, at the expense of being almost attacked by water filled balloons.

A4. I remember celebrating Holi during my college days by wearing new clothes (Salwaar Kameez), eating lot of good food, visiting our family friends and treating family friends with lot of sweets at our home.

A5. I enjoyed the way we celebrated Holi.

A6. I assume that your question pertains to celebrating in America. So here, all the kids should be told the story, the real reason behind celebrating the festival. And then of course it should be done collectively with songs/music/dance and food.

Acidity: Cause, effect and Cure

Naresh C. Das

Columbia, MD

Friday, lunch with colleagues in Indian restaurant, Saturday, party at friend's house, and Sunday, birthday party. What are the

common items in all these get-togethers? Besides talking about presidential election, and Indian politician not doing anything for the cyclone and earth quake victims, another important factor, which affects your health, is spicy food. Together with less rest which causes incomplete digestion, spicy food increases acidity in the stomach. There are several other causes like chronic indigestion; increase stress level and change of life style which are also responsible for acidity.

The effect of acidity in digestive system depends on the severity. The initial indication is a bad taste in the mouth and chest pain. A common disease due to higher acidity is called gastroesophageal reflux disease (GERD). If not treated early, increase acid secretion may result in ulcer and in worst-case cancer.

I would like share my research and experience on how to prevent and treat the acid problem. Though it is always advisable to see your doctor for any health issue, the following few helpful tips may be useful as home remedy.

1. First and most important thing one should do is to change the food style to non-spicy food.
2. Try to reduce your stress level. A complete list of suggestions to reduce the stress level is given by Lipishree Nayak [1] in an earlier issue.
3. Do not take any acidic food like orange, lemon etc.
4. If you are interested to try ayurvedic medicine, you may find complete list of home remedies[2].
5. Eating fresh ginger before meal helps.
6. Eat more fresh fruits, preferably each time after breakfast, lunch and dinner.
7. Regular yoga and other relaxation exercises help.
8. Last but not the least, devotional services like bhajan, kirtan and chanting prayer help in improving your health and mental power.

[1] Lipishree Nayak, Chirantan, Vol. 2, 2000

[2] V. Lad, Ayurvedic home remedy, 1999.

Bhajan Schedule:

3rd Saturday (preferably) of the month:

Bhajan by Children: 6.00 PM
Bhajan by all the participants : 6:15 PM
Arati: 7.0 PM
Prabachan: 7.45 PM
Prasad sevan and discussion: 8.30 PM

Dinner Discussion:

An important part of the bhajan program is dinner time discussion. We thank everyone who participated in dinner discussion.

Dhirendra Kar: Why Lord Gansesh is worshiped first
Naresh Das: Jagannatha Tatwa (part 1)
Shashadhar Mahapatra: Jagannatha Tatwa (part 2)
Shrikant Nayak: Different Avataras of the Lord

Food For thought:

Those who stand for nothing, will fall for anything.
Martin Luther King Jr.

Thank You

Thanks to all the families for their contributions for bhajan program. We are sorry, we could not publish everyone's name who have attended the bhajan program as we did in earlier issues, because of space limitation. Our heartfelt thanks to the following families for sponsoring the feast on different months. May God bless you all.

Madhumita and Dhirendra Kar, MD
Bigyani and Naresh Das, MD
Ila and Arun Ojha, MD
Bandita and Nrusingha Mishra, MD
Meera and Sashadhara Mohapatra, MD

Volunteers for bhajan program:

Bhajan moderator: Bigyani Das (301) 498 3729
Library coordinator: Dhirendra Kar (410) 238 3221
Children's class:
Ila Ojha (410) 498 1189
Sujata Mahapatra (301) 754 1829
Dinner Discussion: Nrusingha Mishra (301) 540 4641



HOLI-YEAR 2001-HOLI



ଓଡ଼ିଆ ସଂଗୋଷ୍ଠିର ହୋଲି ଉତ୍ସବ

Holi Festival

<http://www.bme.jhu.edu/~bdas/holi.html>

17 March 2001, Saturday, 4:00 PM - 8:00 PM

Murugan Temple Auditorium
6300 Princes Garden Parkway
Lanham, MD 20706
(301) 552-4889

Program:

- **Holi procession of Deities**
- **Arati and Bhajan**
- **Cultural: Songs, Dance, Children's drama, talent show and pala: "Bideshi Babu" by Pitamber Sarangi, NJ and group**
- **Prasad Sevan**

Coordinators:

Holi Program: *Nrusingha Mishra*

Cultural: *Hosensu Sahu, and Bigyani Das*

Food: *Dhirendra Kar and Meera Mohapatra*

Please confirm your participation by Mar. 4, 2001 to any of the following volunteers.

Rasanand Behera (301) 926 7089

Bigyani Das, (301) 498 3729

Munmaya Mishra (804) 364 2807

Jai Gopal Mohanty, (610) 461 8757

Lipishree Nayak (301) 306 1995

Arun Ojha (410) 498 1189

Urmila Sahu (301) 540 5920

Padmanava Pradhan (804) 244 6469

Donation: Family \$20.00 Single: \$10.00

Direction to the temple: From I-95/I-495 CAPITAL BELTWAY, take the BALTIMORE-WASHINGTON PARKWAY exit, exit number 22A, towards BALTIMORE. Merge onto MD-295 N., take the MD-193 exit towards GREENBELT/NASA GODDARD. Keep LEFT at the fork in the ramp, Turn LEFT onto MD-193 E/GREENBELT RD. Turn RIGHT onto CIPRIANO RD. Turn RIGHT onto SPRING AVE., turn RIGHT onto PRINCESS GARDEN PKWY.