

DURGA PUJA 2023

Aradhana আরাধনা



UK Hindu Cultural Centre

www.ukhcc.org

Venue: MA Centre, Amrita Hall, 40A Letchworth Drive, Bromley, BR2 9BE



SAM TRAVEL & TOURS
Tradition in Excellence






IATA
Travel with confidence

Fully Bonded for Your Protection and Peace of Mind

Special Agent For Air India

Specialist in Low Cost Worldwide Air Tickets

714 Romford Road London E12 6BT
0208 478 8911
www.samtravel.co.uk

- Special Packages to Dubai, Europe, Goa, Kerala & Far East.
- Visa Services.
- Hajj & Umrah Packages & Services.

Winners of “Lettings Agency of the Year”



gps lettings

Fresh thinking

is what enables us to achieve the best price for your property



020 8859 2200

www.gpslettings.co.uk

Welcome To The Third UK Hindu Cultural Centre Durga Puja



Maa Durga Photo Credit: Mrs. Shreyasi Chatterjee

CONTENTS

UKHCC Durga Puja 2023 Timetable.....	4
Editor's Message – Dr. Sushmita Roy	5
The Significance of Mahalaya – Dr. Sushmita Roy	6
Biday – Dr. Amit Banerjee	8
Saree Walkathon 2023 – Dr. Dipti Jain and Mrs. Paushali De Roy	10 - 11
Pastime (Art) – Aritro Dhar	12
New School Fun (Art) – Ravi Samuel Roy	12
Summer Camping (Art) – Lucy Ipshita Roy	12
Spirituality (Art) – Srishti Bagchi	13
Colours in the Night (Art) – Raya Sharma	13
Maa Durga (Art) – Neel Sharma	13
The Cosmos – Mr. Sushant Nandi	14
Hanging Garden (Painting) – Mrs. Sujata Das	14
Kids' Corner	16
Mahadev's City: Kashi - Mrs. Aurorupa Dhar	18 - 19
UKHCC Photo Gallery 2022	20 - 21
Debi Aradhona – Mrs. Jui Bhattacharya	22
Aagomoni Baartha and Rakshakabach - Mrs. Rekha Bhadra	22
Inner Engineering – Mrs. Aurorupa Dhar	24
Saraswati Puja 2023 Photo Gallery	25
Answers to Kids' Corner	25

Front Cover: Ma Durga Face Painted by Mrs. Sanhita Sur

UKHCC DETAILS

Email: info@ukhcc.org / nilmoni55555@gmail.com

Website: www.ukhcc.org

Donations

Thank you for your kind generosity & support

Name of Bank: Barclays
Account Name: UK Hindu Cultural Centre (UKHCC) Ltd
Account No: 90251259
Sort Code: 20-54-25
Cheques Payable to: UK Hindu Cultural Centre (UKHCC) Ltd

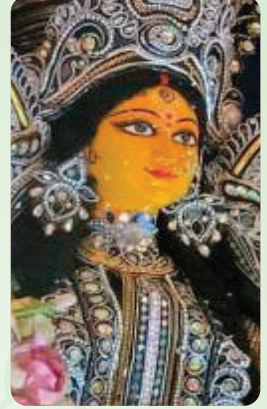


UKHCC DURGA PUJA 2023 TIMETABLE

Priest: Mr. Dipankar Chowdhury

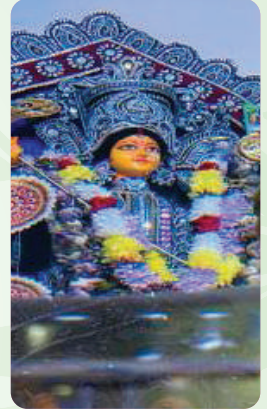
Maha Shashti
Friday 20/10/23

1600 – 1915: Evening Puja
1915: Anjali
1930: Cultural Programme
2000: Prasad
2100: Closure of Puja Venue



Maha Saptami
Saturday 21/10/23

1000 – 1300: Morning Puja
1300: Anjali
1315: Prasad
1800 – 1900: Evening Puja
1900: Anjali
1930: Cultural Programme
2000: Prasad
2100: Closure of Puja Venue



Maha Ashtami
Sunday 22/10/23

0945 – 1215: Morning Puja
1215: Anjali
1224 – 1312: Sandhi Puja
1315: Anjali
1345: Prasad
1800 – 1900: Evening Puja
1900: Anjali
1930: Cultural Programme
2000: Prasad
2100: Closure of Puja Venue



Maha Navami & Bijaya Dashami
Monday 23/10/23

0900 – 1330: Morning Puja
1330: Anjali
1345: Prasad
1700 – 1830: Dashami Puja
1830: Anjali
1840: **Bisarjan**
1845: Sindur Khela
1900: Cultural Programme
2000: Prasad
2100: Closure of Puja Venue

UKHCC (UK HINDU CULTURAL CENTRE) ORGANISERS

Dr. Sunil Kanti Roy
Dr. Sisir Ghosh
Dr. Sushmita Roy
Dr. Sulagna Bagchi
Dr. Shubhashis Roy
Mrs. Sanhita Sur

Mrs. Shipra Roy
Mrs. Aurorupa Dhar
Dr. Ovishek Roy
Mr. Sujit Dey
Mr. Saprava Bhattacharya
Mrs. Chitra Gupta

Mr. Ananta Sarkar
Dr. Amit Banerjee
Mrs. Prema Nandi
Dr. Ranjit Mukhopadhyay
Mr. Abhishek Sur
Mrs. Swarupa Purkayastha

Mrs. Madhurum Das
Dr. Rina Banerjee
Mr. Dipu Sharma
Dr. Bibha Mukhopadhyay

UKHCC KALI PUJA
Sunday 12th November 2023

UKHCC JAGADHATRI PUJA
Sunday 19th November 2023

UKHCC SARASWATI PUJA
Wednesday 14th February 2024

Venue: MA Centre, Amrita Hall, 40A Letchworth Drive, Bromley, BR2 9BE

Editor's Message

Dr. Sushmita Roy

It is with great warmth that we would like to welcome you ALL to our third UKHCC Durga Puja. Durga Puja is one of the most important religious festivals in the Hindu Calendar worldwide. It is not just a religious event, but a vibrant cocktail of cultural and social celebrations. Durga Puja provides an opportunity to catch up with our friends and families whilst enjoying its spiritual and cultural aspects.

We would like to thank all of our photographers who have captured the joyous cordial atmosphere of all the Puja pageantry last year.

A special thanks to the Management Team of MA Centre for providing such a wonderful venue, Amrita Hall.

We are very grateful to all our sponsors and well-wishers for supporting our UKHCC Puja Events via a variety of means. Please kindly support our local businesses and charities.

- | | |
|--------------------------------|--------------------------------|
| • Youshi Saris | • Ipshta Memorial |
| • Mishti Dey Jewellery | • HAVEN |
| • Love for Sarees | • GPS Lettings |
| • Erika's Creations | • Tamasha Hotel & Restaurant |
| • Chilli & Spice | • SAM Travel |
| • The Bag Store | • Gharoa Foods and Catering |
| • Octopus Lady | • Anandadhoni |
| • Ideal Hampers | • Sadhguru |
| • Lucknowi Chikankari Clothing | • AccTax |
| • Glow Works | • Ramya Julian's Books |
| • Bexley Wines & Cigars | • Niraj Shah Catering |
| • Source All Mortgages | • WealthMax Financial Advisors |
| • FYSR Ltd Accounting | • The Design Galore |

Finally, on behalf of UKHCC, I would like to thank **YOU ALL** for participating and volunteering in the Puja festivities, thus, making every occasion memorable and heartfelt.

Let the Durga Puja Celebrations begin.....



The Significance of Mahalaya

- Dr. Sushmita Roy



Hinduism is an old multi-faceted religion in which there are many regional and cultural variations regarding the origins of Mahalaya. Mahalaya is an auspicious occasion observed approximately seven days before Durga Puja.

Mahalaya: Religious Background

In Hindu Mythology, it is believed that Mahalaya is the day that Goddess Durga was created by the Holy Trinity of Gods; Lord Brahma (The Creator), Lord Vishnu (The Preserver), and Lord Shiva (The Destroyer) to defeat the Demon Buffalo-King, Mahisasura, who was perpetuating atrocities against the Gods and Humans.

For this act of victory over Mahisasura, Goddess Durga is also known as Mahisasura-Mardini, the slayer of Mahisasura. Devotees celebrate this day as the arrival of Ma Durga with her supreme powers to Earth from Mount Kailash in the Himalayas.

While there are many stories, Bengalis widely believe that Mahalaya is the day that Goddess Durga starts her journey from her abode with her husband, Lord Shiva on Mount Kailash to her Parents' Home on Earth. Ma Durga is accompanied on her journey by her four children; Ganesh (God of New Beginnings and Remover of Obstacles), Kartik (God of War and Victory), Lakshmi (Goddess of Wealth and Prosperity) and Saraswati (Goddess of Knowledge and Education).

Tarpan: Homage to Our Ancestors

Mahalaya signifies the beginning of "Devi-Paksha" and the end of the "Pitri-Paksha" (the Shradh or the Period of Mourning). Tarpan is a very special religious ceremony of offering homage to our deceased relatives and ancestors on the paternal side, by serving water and flowers in the early morning hours of Mahalaya on the Ghats/Banks of the River Ganges or other rivers. The prayers offered in Tarpan is dedicated to our dear departed relatives and ancestors, freeing them from any unfulfilled desires, so that they can complete their journey to Heaven with peace, satisfaction and happiness. In turn, we pray to them to bless us, their kin on Earth.

Mahalaya Celebrations and Chandi Paath

Since the 1930s, Bengali Hindu households in West Bengal and Bangladesh, traditionally wake up at dawn (4am) on Mahalaya, to listen to the radio programme called "Mahisasura-Mardini" on All India Radio Station. "Mahisasura-Mardini" depicts the epic battle of Goddess Durga with the Demon-King, Mahisasura. This radio drama is a beautiful emotive audio montage of Bengali devotional songs, classical music and recitation of "Chandi Paath". Chandi Paath is a collection of holy scriptural verses and prayers (mantra).

As the recital begins, the evocative sound of the conch resonates through the airwaves and is immediately followed by a chorus of invocation, setting the stage for the recitation of the Chandi Paath. The narration of "Mahisasura-Mardini Chandi-Paath" by the legendary playwright, Birendra Krishna Bhadra, is synonymous with Mahalaya. Even after his death in 1991, Birendra Krishna Bhadra's magical voice is still broadcasted at 4am on Mahalaya on All India Radio Station.

Mahalaya: An Invitation to Ma Durga

Mahalaya is an invitation to Ma Durga to descend from Heaven to Earth through the chanting of mantras (prayers) and singing devotional songs. I conclude this piece on Mahalaya with the first verse from one of the most famous Mahalaya songs, "Jago, Tumi Jago".

Jago, tumi jago, jago Durga

Jago, dasha-praharana dharini

Abhaya shakti bala-pradayini

Tumi Jago

Awake, awake thee, awake Durga

Awake, the One with ten powers

The One who provides freedom from fear and the strength within

Awake thee

“Turning Memories into Hope”



IPSHITA MEMORIAL

Registration: 7424336



Sharadia Greetings

Wishing you prosperity, good health and very happy Durga Puja.

বিদায়

Biday- Dr. Amit Banerjee
(Father of Arijit Banerjee),
Bromley, London



ও লিখেছিল ওর ডায়েরির পাতায়...

Arijit Banerjee

“সুখে দুঃখে যেখানে যারা আছ সকলে আমার প্রণাম নিও, ভালো থেকে, কেঁদো না আমার জন্য। জীবনের জয়ধ্বনি গেয়ো, আর পারলে সব রকম অন্যায়ের প্রতিবাদ করো। চোখ বন্ধ করে মাঝে মাঝে আমার কথা ভেবো, ভেবো জীবন নিঃসারিত বেদনার কথা, আমার কান্নার কথা, আমার জীবন সংগ্রামের কথা, তারপর একদিন জীবন যুদ্ধে হেরে যাওয়ার কথা। আমি মেনে নিয়েছি পরাজয়, কোনো, দ্বন্দ্ব, কোনো যুদ্ধ, কোনো কলরব নেই, আছে শুধু আমার ইচ্ছেমত শান্ত সমাহিত সমাধান।

আমি ছিলাম ক্ষণিকের অতিথি। তোমাদের পৃথিবীর উদ্যম, উন্মাদনায় আমি দিশেহারা হয়েছিলাম। ওরা বলেছিল আমার রোগের নাম S.A.D. (Seasonal Affective Disorder)। আমি শীতকালে সাপের মত হাইবারনেট করতাম, চলে যেতাম অন্য রাজ্যে। তোমরা তো অনেক চেষ্টা করেছিলে, কত মনস্তত্ত্ববিদ, কত মনোবিজ্ঞানীকে দেখালে। কত জ্যোতিষি, কত সব সেনা-রুপোর তাবিজ, কত বালা মালা আমাকে পরালে। কত উপদেশ শুনলাম। অবশেষে আমার C.B.T Diagnosis বড় দেরি হয়ে গেল। আমার শেষ মুহূর্ত এল, আমি ভালো হলাম না, আমার কান্না, আমার বেদনা, আমার জ্বালা কেউ বুঝলো না, কেউ শুনলো না। Cancer এর চেয়েও খারাপ কোনো ব্যাধি আমাকে আস্তে আস্তে শেষ করেছে, আমার সমস্যা, আমার যন্ত্রণা কাউকে বোঝাতে পারি নি।

আমি লুকিয়ে পালিয়ে বেড়াইতাম, ফোন করতে ভয় পেতাম, আমার হৃৎপিণ্ড ধড়ফড় করতো, সকলের চোখের আড়ালে চলে যেতাম। সকলে বলতেন ব্যানার্জীর ছেলে পাগল হয়ে গেছে, এত brilliant ছেলেটার এমন কেন হলো?... সত্যিকারের cancer এর মত অসুখ হলে তোমরা এগিয়ে এসে আমার চিকিৎসা করতে পারতে, আমাকে আলো দেখাতে পারতে, কিন্তু তোমরা জানতে না আমি আসলে কোন ব্যাধিতে আক্রান্ত। আমার নিবিড় নিঃসঙ্গতা, আমার অস্থিরতা, অনিশ্চয়তা, শূন্যতা, আমার ব্যর্থতা, আমার হৃদয়ের বেদনা, আমার মৃত্যুকে বরণ করে নেওয়ার বাসনা আমি কাউকে বোঝাতে পারিনি। আমার জন্য কেঁদো না। শুধু মনে রেখো একজন তোমাদের মধ্যে এসেছিল যে কেবল বাঁচতে চেয়েছিল....পারেনি।

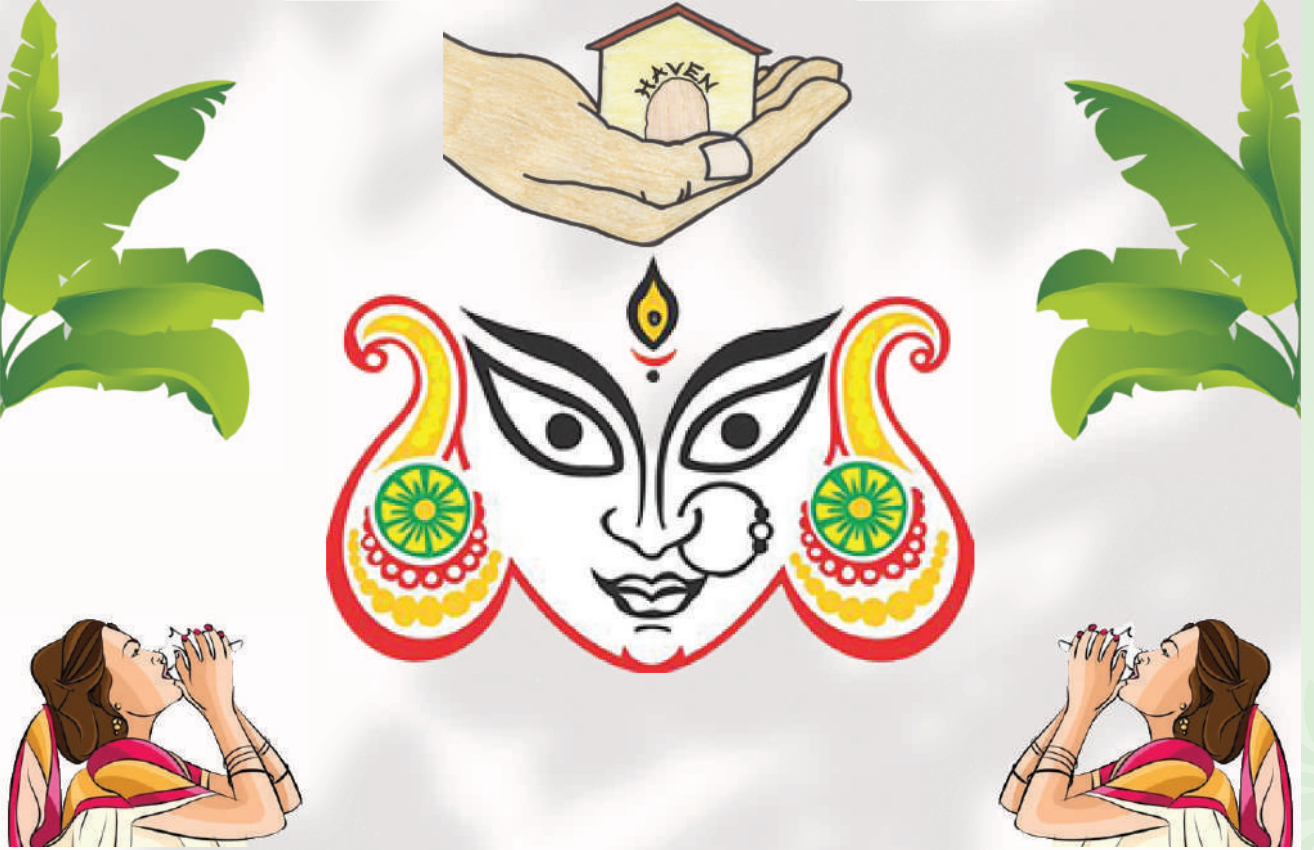
আমার শেষ জীবন বড় কষ্টে কেটেছে, অনেক কষ্ট দিয়েছি তোমাদের। তোমরা চেষ্টার ক্রটি করোনি। বাবা কত বকাবকি করেছেন, বলেছেন দিনে ঘুমিয়ে রাত জেগে গান শুনলে আমার ভবিষ্যৎ অন্ধকার। আমি বাবার কথা মেনে নিতে পারিনি, শুনিনি বাবার কথা। বাবা কখনো কখনো আমাকে উৎসাহিত করার জন্য বলেছেন আমি বাবার ডান হাত, কিন্তু আমি বাবার সে আশা পূর্ণ করতে পারিনি....ক্ষমা করো বাবা। মা আমার কাছে স্বর্গের দেবীর মত, কত কেঁদেছেন, কত মানত করেছেন আমার জন্য, তবু আমি ভালো হলাম না। টুটি আমার একমাত্র বোন, রূপে গুণে সর্বশ্রেষ্ঠ...কত রাগ করেছে, কত বুঝিয়েছে। আমি সারারাত জেগে কফি, সিগারেট খেতাম, গান শুনতাম আর সারাদিন ঘুমাতাম। কারোর সঙ্গে কথা বলতে ভালো লাগতো না। আমি হেরে গেছি। সাউদাম্পটন উনিভার্সিটি আমাকে ভালোবেসেছিল, law faculty আমাকে অনেক আশা দিয়েছিল, আমার tutor আমার সঙ্গে দেখা করতে এসেছিলেন, তিনি তার ছেলেকে পাঠিয়েছিলেন আমাকে সঙ্গ দেওয়ার জন্য। আমি ওদের বলতাম...’ বাড়ি চলে যাও, অনেক রাত হয়েছে, আগামীকাল তোমাদের ক্লাস আছে।

২০০১ সালের ৬ই ডিসেম্বর আমার মুক্তি এলো, মুক্তি দিলাম তোমাদের, আমার ক্ষণিকের জীবনের অবসান ঘটলো। আমি হয়ে রইলাম তোমাদের ক্ষণিকের অতিথি”

আজ আমাদের চির শান্তি, হয়তো বলা যায় চির মুক্তি। আজ আমাদের ভাবনা নেই, আমরা নিশ্চিন্ত। একভাঙ্গা রেকর্ডে ক্রমাগত বেজে চলেছে সব হারানোর গান....অন্তহীন, ভয়হীন মৃত্যুর রাত। হাজার হাজার একর রাস্তা পেরিয়ে ঘুমিয়ে গেছে এক ঝড়ের পাখি....ছ’ফুট দেহ....আমার একমাত্র পুত্র সন্তান অরিজিৎ ব্যানার্জী। সব ব্যথা মেনে নিয়ে স্মৃতির সৌরভ নিয়ে শূন্য হৃদয়ে শুধু চেয়ে থাকি বাবুর ঐ ফটোর দিকে....আমাদের স্বপ্ন, আমাদের আনন্দ আহ্লাদ সব শেষ করে দিয়ে আমাদের পৃথিবী অন্ধকার করে দিয়ে কোন অতলান্ত অন্ধকারে হারিয়ে গেল আমাদের বাবুসোনা। অথচ ওর সবই ছিল....স্বাস্থ্য, সৌন্দর্য্য, বুদ্ধি, বুকভরা ভালোবাসা, প্রাণভরা হাসি, উচ্ছলতা, ছিল সকলকে আপন করে নেওয়ার ক্ষমতা। সে ছিল লেখাপড়ায় অদ্বিতীয়, খেলাধুলায় পারদর্শী।

সে বলেছিল” আমি জীবনুত হয়ে বাঁচতে চাই না, মানুষের মত বাঁচতে চাই। এখন আমার দেশ চির অন্ধকার, আমি সবাইকে মুক্তি দিয়ে চলে যাব। পারলে আমাকে ক্ষমা করো, চোখ বন্ধ করে একবার ভেবো আমার একাকীভূতের কথা, আমার নিঃশব্দ কান্নার কথা, মনে রেখো আমি বাঁচার মত বাঁচতে চেয়েছিলাম।”

একজন ক্ষণিকের অতিথি আজ বিদায় নিলো।



*Wishing all our Bengali brothers and sisters
a very happy Durga Puja*



*With compliments from
Haven*

Help a village emerge new

www.havencharity.org



The First Ever Saree Walkathon in London Organised by British Women in Sarees

- Dr. Dipti Jain and Mrs. Paushali De Roy

India as a nation takes immense pride in her age-old traditions, homegrown craftsmanship and art. The most beautiful amalgamation of the aforementioned is perhaps found in the garment chosen by Indian women through centuries - the saree. If we ask ourselves about the things which come to our mind when we think of India and Indian women- the imagery is always about her tremendous grace, humility, timeless beauty, intelligence and most definitely the saree.

The Swadeshi Movement, Handlooms and Sarees

Sarees are a part of our history and cultural heritage. Handlooms and handwoven textiles have been at the core of the Swadeshi movement in India which was an integral part of the Indian freedom movement. The movement which started on 7th August 1905 from the Town Hall of Calcutta (now Kolkata) is now commemorated every year by celebrating the National Handloom Day in India. It is a day of celebrating our handlooms and everything that is handmade. On 6th August 2023, history was created on the streets of London when the first ever Saree Walkathon in London, organised by British Women in Sarees (BWIS) saw around 700 women of Indian descent walking peacefully, wearing handloom sarees from different Indian states showcasing their cultural legacy and handwoven traditions. From there to here, from Town Hall in Calcutta of 1905 to the London of today, our handlooms have come a long way and we are proud of the saree sisterhood that this movement has propagated.

BWIS- Origin and Aspirations

BWIS was formed by Dr Dipti Jain out of the idea that the women of today, of Indian/ South Asian descent, believe in nurturing her roots while traversing the world beyond her cocoon and she does all that and more, in a saree while redefining the codes of power dressing. It is a group of empowered women who take pride in flaunting sarees and representing the unique cultural melting pot that each of these weaves represent. It was also instrumental in organising the immensely successful event at the Ladies Day Royal Ascot Races on 16th June 2022 where around 1000 ladies of South Asian lineage and beyond, struck a fine balance between their sarees and fascinators. The proceeds from the event were given to a Ka(n)tha weaving artist residing in Nanoor, a small village in West Bengal, India.

London Saree Walkathon

London was in for a pleasant surprise on 6th August 2023 when a riot of colours swept through its streets. Around 700 women of Indian origin, from different walks of life, participated wearing handloom sarees from different states of India they were representing. The intent was to raise awareness about handlooms and weavers and they definitely made people around the world sit up and take notice. Londoners, being truly global citizens cheered on and many were curious to know more – about the weaves and the story behind this journey.

The walk started from Trafalgar Square and ended near the Gandhi Statue at Parliament Square while passing via 10 Downing Street. The states were divided into 4 zones - North, South, East and West who performed their regional and zonal songs and dances along with a performance by all on the hit chartbuster - “Kashmir tu, mein Kanyakumari” showcasing the enormous beauty, rich diversity and yet the glorifying unity of India as a nation. The ladies left no stones unturned to educate every passerby who stopped to ask about the different handlooms of India. The mood was of utmost jubilation as everyone on the roads showed their support, cheered for the ladies and clicked photos. The program concluded with garlanding of the statue of Mahatma Gandhi at Parliament Square and then singing the National Anthem and some prayer songs.

The event saw a gamut of weaves and hand embroideries on display. The Jamdani, Gorod, Baluchori of Bengal, Banarasi and Chikankari of UP, Chanderi of Madhya Pradesh, Paithani from Maharashtra, Ilkal from Karnataka, Lehariya and Bandhni from Rajasthan and Gujarat, Kanjeevaram silks from Tamil Nadu – all walked hand in hand, to represent the idea of India.

The money raised from the event is being used to support a weaver in Karimpuzha near Palakkad, Kerala, India who makes handloom settu mundu, sarees and mundus at her own home.



The world is watching us!

Our saree movement which started out on the British soil has already grabbed eyeballs from all over the world. After the successful Ascot event, our tribe travelled to the celebrated Venice Masquerade Carnival in Italy and to the fragrant and world-famous Tulip gardens of the Netherlands, Keukenhof. The world watched us, the cameras could not stop clicking us and the compliments did not stop while we proudly saw the saree - the beautiful, handwoven fabric bearing the hallmark of thousands of years of fine craftsmanship and art taking the coveted centre stage in the fashion world.

The way forward...

As ambassadors of this movement, we feel grateful that we have gained immense success with our early efforts in bringing the limelight for the artists and weavers and put their wearable art on a pedestal where everyone is curious to know more about them. But we intend to achieve more. As we grow bigger, we intend to reach out, grow and connect with more artisans and weavers who need support. This will be our way of preserving ancient handicrafts.

After our hugely successful Saree Walkathon in London, we want to take the saree movement to another global destination, where the world will be watching us. New York city is obviously the unanimous choice, being the financial capital of the world. We know that with our ideas of gaining more acceptance about the saree in public places and daily life, across the world, we need the people from every corner of the world to be aware and curious about the saree and the legacy of a saree. With this intent, New York seems to be the perfect place for the walkathon after London.

So, get ready to be swayed by a bounty of colours and creativity on display, when the saree takes on the streets of New York.

Thank you!





Pastime

- Aritro Dhar (14 years), London



Just Talent



Psychedelic Ganesh



Still Fruit



New School Fun

- Ravi Samuel Roy (4 3/4 years), Bristol



Ravi's Batman



Ravi's Mummy and Daddy



Summer Camping

- Lucy Ipshita Roy (3 years), Bristol



Lucy's Bumble Bee



Lucy's Campervan



Spirituality

- Srishti Bagchi (10 years), London



Ma Durga



Deep in Thought



Lord Krishna



Santa

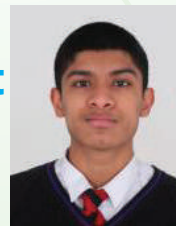


Colours in the Night

Raya Sharma (7 years),
Sidcup, London



Raya Sharma
01.10.2023



Maa Durga

Neel Sharma (14 years),
Sidcup, London



Neel Sharma



The Cosmos

Mr. Sushant Nandi, Lee, London

Fifth of a score back, few friends meet.
UKHCC forms, play the drum beat.

Retrace thirteen billion, a universe is born.
Big bang expanded, to show us this dawn.

**Out of the densest, risen the cosmic.
Flying like angels, dusting the toxic.**

Infinite is the universe, finite the beings.
We are all connected, by invisible strings.

Black hole, wormhole, Time Machine.
Wonders happen, if we are, that keen.

**Out of the densest, risen the cosmic.
Flying like angels, dusting the toxic.**

Afterglow of the Big bang, the CMB.
Finally, the first atoms, appears to be.

Fast forward, another, ten billion years.
Earth is forming, GODS, above cheers.

**Out of the densest, risen the cosmic.
Flying like angels, dusting the toxic.**

Fermions, Bosons, The Standard Model.
Everything around us, made to waddle.

Seventy-six years after, visits Halley.
Spacetime warping, defines Gravity.

Forces of nature, four in number.
Is there a fifth, we always wonder.

**Out of the densest, risen the cosmic.
Flying like angels, dusting the toxic.**

Us all together, all so, nice.
Wondered ever, God played the dice.

Cause to effect, effect to cause.
Nature plays here, the Quantum laws.

Universe expanding, saved by a constant.
Blunder after all, wasn't that blatant.

**Out of the densest, risen the cosmic.
Flying like angels, dusting the toxic.**

Essence of life form, hydrocarbons.
Surrounding us, are all the jargons.

Double helix DNA, a spiral staircase.
Mutation of it, creates a menace.

Pathogens, AI, shaping distinction.
Are we the Heroes, of self-destruction?

**Out of the densest, risen the cosmic.
Flying like angels, dusting the toxic.**



Hanging Garden

Mrs. Sujata Das, Horley, Surrey





Incredible Indian Cuisine



Happy Durga Puja & 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

Gharoa Foods & Catering Services

We cater for vegetarian or non-vegetarian parties(Weddings, receptions, birthday party, house warmings, religious and any other parties).

-  *We do Full Catering Services for your Parties.*
-  *Please Contact us to organise your party*



Please Contact
Mrinal Sarkar
07985521233, 07507563146

Special
Offer for this
Summer:
50
People or
more

Name: _____ Date: _____

Durgostav Word Find

V J S H S G A F S V P W P G W Q W L S R H E P L
N V S S K C S X K I H T R A K P U I T D D Q D I N M P
I M I Y S F M K I H T R A K P U I T D D Q D I N M P
C K A M A N A E T A G P S M A C A K A Y W J Q N P
A O G D W A T A M Z Q V V F B K G J K M N Y G U M
R H R E X N H H X Q S A R T P N I W B A A O P
Z G D U X P A S A S U W P Q G H B N Z I G S U X
I W W F D K R H A M K R D M M U D Z V J C A S T
W S M O K C V G A H D A D O Z O M N U O H D G D
H I I V L C W W A M A W L E I Q U J A Y P R L S
M O U S H I V A K R U M T Y V M G H L A O U A T
I M F I T I P A W S A R A S I A A T D U B W G U
W B C T J T G T A G A B A Y T Y K A Y A O E Q U
L T E K L D Y T F A P V J J A G A W C S W K V U
V M A H A S H O S T I U M Z F R I O Y H Y K R Z
L F V I N S U U G L Q W J A L L U G S A R R Z S
E U B J I C O J C B D W Z O U L A A J M E F S T
U H R M I K U I G X S Y G I A X D G E I M A B R
I T H S A H S A H A M N W V T P G V M D U U Y
X J M Y Q T G Q A H S E N A G F V M H J L X E
H U K F P W C G C K V B M N E Y O C Q W G U H
U X C J O A R P K V K V F P A P R H T S Y D X

Mishti
Mahashashti
Mahashosti
Lakshmi
Devi

Rasgulla
Bijoya Dashami
Pujo
Saraswati
Sanskrit

Doi Maach
Mahanabami
Shiva
Karthik
Mahalaya

Dhaak
Mahashtami
Durga
Ganesha

Answers on Page 25

HINT: Words can be forwards, backwards, horizontal, vertical, diagonal, diagonally backwards Good Luck!
https://wordmint.com/public_puzzles/1601995

Durga Puja Colouring Page
<http://www.getcoloringpages.com/>



Baby Krishna – Butter Thief (Makkhan Chor)



SOURCE ALL MORTGAGES

STEPS AHEAD

Private Independent Mortgage Advisers

★★★★★ 5* GOOGLE REVIEWS

contact our friendly team today to find the mortgage that works for you.

info@samortgages.co.uk

0203 887 3936

MORTGAGES

- Residential & Buy to Let
- Later life lending
- Bridge Loan
- Commercial & Offset

PROTECTION

- Wills and Estate Planning
- Building and Contents Insurance
- Income Protection Insurance
- Life Insurance

Your Home (or property) may be repossessed if you do not keep up repayments on your mortgage. FCA regulated: 799840

Mahadev's City – Kashi

- Mrs Aurorupa Dhar, London

This summer I had a blessed opportunity to be able to visit Kashi. The word 'Kashi' translates as 'city of light' in Sanskrit where 'kaś' in Sanskrit means 'to shine'. Kashi has been the ultimate pilgrimage spot for Hindus for ages. It is believed that one who dies at Kashi attains moksha or salvation. Therefore, the age-old tradition of going to Kashi at old age and spend the rest of their life at Kashi.

According to mythology, Kashi is where Mahadev moved to from Kailash to reside as a householder at the behest of his wife Ma Parvati. He stays at Kashi as Kashi Vishwanath and Ma Parvati stays as Ma Annapoorni. Hence the chant at Kashi – 'Om Namah Parvati Pataye, Har Har Mahadev!!'

Keeping mythology aside, Kashi has its own charm. The energy level at Kashi is something different which draws one to a different realm itself. Kashi has always been known as the land of civilisation, knowledge and spiritual growth. It's believed to be about 3000 years old or may be even more. Once Mark Twain said, "Banaras is older than history, older than tradition, older even than legend,..." Its name was mentioned in Skanda Puranas where a whole chapter titled as Kashi Khand, comprising of 13000 slokas is on Kashi itself mentioning all the lingas consecrated at Kashi. It's believed that all the jyotirlingas are consecrated in a similar way at Kashi as well. So, for example, there is Kedareshwar which is the form of Kedarnath, there is Nepali temple which has linga consecrated similar to pashupatinath at Nepal, etc. Kashi is also known as Benaras (where the juice of life 'ras' is always ready 'bana'), also as Varanasi as it is the space between river Varuna and river Assi.

The aura of Kashi reflects in every sphere of life there. In my experience, the people are very humble and welcoming. I have not come across anyone who has been in any way self-centric, whether it's in temple premise or the shops or the street vendors or the ferrymen at the ghats. Whomever I approached with any query about the place have always been very helpful and friendly, which is unlikely in many pilgrimage spots across India...

Colourful murals adorn every street, every corner of the city reflecting its vibrancy. Just as the environment and ambience of Kashi nourishes one's sight and soul, similarly the satvic food, with a special mention of Kashi's street food, nourishes one's taste buds and body. No wonder Kashi is named as the chaat capital of India. Aloo tikki chaat, aloo kachori, dal kachori, tamar chaat, samosa chaat, peda, rabri, kulhad wali tulsi chai.... the list is endless. How can I not mention the white butter malai toast? Never before have I heard or tasted such a delicacy. And I am sure most of the readers have grown listening to the song "khaikhe paan banarasi wala, Khul jay band akal ka tala".

Thriving at the confluence of two rivers, Ganga and Assi, Kashi is a city of ghats. Kashi is the only place where river Ganga flows in the northern direction which spiritually is believed to be very auspicious. It has 84 ghats (the number 84 = 12 signs of zodiac x 7 sheaths of body, has a significant importance in the yogic culture) where each ghat has its own importance, story and a consecrated space as a lingam. Of all the ghats, five of them take special merit which are Assi ghat, at the confluence of river Assi and river Ganges which also has a consecrated lingam where Tulsi Das wrote Ramcharitmanas; Dashashvamedha ghat where it's believed that Lord Brahma performed Ashwamedha Yagya; Manikarnika ghat where the funeral pyre never dies and strangely there is no smell of any body burning as you go there even after so many funeral pyres burning without any stop, but a sense of release and calmness prevails; Pancha Ganga and Adi keshava. to witness Ganga Aarti in the evening and be part of it at either Dashashvamedh ghat or Assi ghat is one the most mesmerising event which not only captures the eyes but one's soul as well.



Taking about the ghats of Kashi, mention of Lalita ghat cannot be missed out where from the much talked about kashi corridor begins. Beautifully made, this corridor connects the ghats of Kashi with Kashi Vishwanath and all the temples within its complex, including Maa Annapoorni temple. The best experience at Kashi Vishwanath is Mangaal aarti of Vishwanath which is done early in the morning at Brahmanuhurtam. Visit to Kashi Vishwanath is incomplete without a visit to Kal Bhairava temple, a fierce form of Lord Shiva, who is also the guardian of Kashi and protects the devotees from all problems.

Kashi is also the place of akhadas (wrestling grounds) and every akhada has a shrine of lord Hanuman. Amongst all hanuman temples, sankat morchan hanuman temple has a special significance. It's built by saint Tulsi Das and is believed to be at the spot where Tulsi Das had a vision of Lord Hanuman. Kashi is also one of the 52 shakthi peeths in India.

Kashi is the home of saints like Kabir, Tulsi Das, Shyama Charan Lahiri; it's the home of intellectuals like Pandit Malaviya who established the Benares Hindu University, musicians like Ustad Bismillah Khan, Girija Devi and many others who have maintained the musical Gharanas, weavers and craftsmen. Truly deserves to be known as the city of knowledge and culture, just not as a spiritual city.

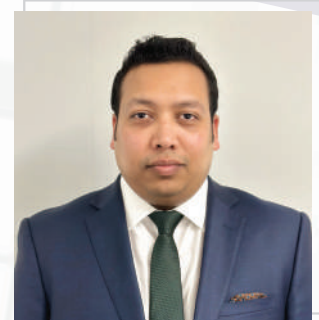
The spiritual magnetism of this city attracted Buddha to come to this city to 'Turn the wheel of law' and give his first sermon at Sarnath which is also the place of produce of the much-adorned Banarasi silk sarees that every bride in India would want to wear for her wedding.

The history of Kashi is so rich that describing it will always remain incomplete in some context or the other. The voice within me in some corner says, 'Kashi, I hope to see you again and be with you to bask in your glory and be able to take in everything that you have to offer'.



Services We Offer:

- ✓ Protection Planning
- ✓ Mortgages
- ✓ Commercial Lending
- ✓ Pension Planning
- ✓ Wills & Estate Planning



Bapan Paul

Senior Protection Consultant

Contact:

Phone: 7894990735

Email: bapan.paul@wealthmax.co.uk

Wealthmax Financial Advisers Ltd is directly authorised and regulated by the Financial Conduct Authority, FRN No 766509. Registered company in England & Wales, Company No 10501962

UKHCC PHOTO GALLERY 2022



UKHCC PHOTO GALLERY 2022





দেবী আরাধনা

জুই ভট্টাচার্য

Debi Aradhona – Mrs. Jui Bhattacharya, London

এসেছে নতুন বছর কালের নিজস্ব নিয়মে,
শুভ্র পেঁজা তুলোর ঢেউ কাশের বনে বনে
শরতের আকাশে নীল রঙের নৃবিড় বাহার
মন মাতানো শিউলির সুগন্ধ ছড়িয়ে
আহ্বান জানাই মৃণ্ময়ী বা চিন্ময়ী দেবী দুর্গার ।।

জমজমাট কেনা বেচার হাটে
বিকোচ্ছে হাজারো আনন্দের সামগ্রী
তার সাথে সাথে আরও যে কত কি!
লাভ ক্ষতির হিসাব নিকাশে ব্যস্তবাজার,
ভালো মন্দ লোভনীয় খাবার দাবার
রেস্তোরার রান্নাঘরে ব্যস্ততার ধুম ।।

অবহেলায় বেড়ে ওঠা আরেক দল মানুষ
এসবে ওদের নেই কোনো মাথা ব্যাথা
খোলা আকাশের নিচে যাদের রাত্রি যাপন,

খিদের জ্বালা নেভাতে দুমুঠো ভাতেই
যেন লুকিয়ে সব চাওয়া পাওয়ার সুখ
নতুন পোশাক সে যে বাহুল্য বিলাসিতা ।।

ওদের মনে, ঢাকের শব্দ কি তোলে আলোড়ন ?
খুশির আনন্দ বান ডাকে না ওদের ঘরে ঘরে
উৎসবের বাহারি আলোর রোশনাইতে
ঘোচে না ছোট্ট ভাঙা ঘরের গাঢ় অন্ধকার
সমাজের অনাদৃত অবহেলিত মানুষের দল ।।

দুর্গতিনাশিনী দেবী করো নাশ সকলের দুর্গতি
অন্নপূর্ণা তুমি জোগাও অন্ন বুভুক্ষু মানুষের মুখে
আনন্দময়ী আনন্দ ধারার বর্ষণ করো অবিরাম
বিশ্বেশ্বরী জগজ্জননীর শ্লিষ্ট আঁচল বিছাও
শক্তিরূপা বলপ্রদায়িনী দুর্বলেরে দাও বল
জ্যোতির্ময়ীর জ্যোতিতে ঘোচাও সব অন্ধকার ।।



Rekha Bhadra, Nagpur, India

আগমনী বার্তা

এই বছরের অধিক মাসে
আসছে তুমি অনেক পরে;
শুরু-করলাম আমার লেখা
তোমায় শুধু স্মরণ করে ।।

সুদূর-প্রান্তে আছি বসে
কিছুই যে পড়ে না মনে;
তোমার শ্রীচরণে কলম রেখে
লিখছি বসে আপন মনে ।।

গগন-প্রান্তে দৃষ্টি ফেলে
বুঝতে পারি আসছে মা;
প্রকৃতির এই আমোঘ লীলা
দেখে শুরু-করি লেখা আমার

ফুলে-ফলে ভরে গেছে
গাছ-পালায় প্রাণ এসেছে
আগমনী-বার্তা পাঠিয়েছ তুমি
অনুমান হয় প্রতি ক্ষণে ক্ষণে ।।

কাশ-শিউলি-অপরাজিতা ফুলে
ভরে গেছে মাঠ-ঘাট;
তোমার অপরূপ নয়ন-তারা
ফুটে উঠেছে সমাজে আজ ।।

দশ-হাতে দশ-অস্ত্র দিয়ে
করেছো-নিবারণ শত্রু-দের;
কলিযুগকে বাঁচাও মা-
অরাজকতার হাত থেকে ।।

রক্ষাকবচ

কোন এক জগতে এসেছি আমি
হৃদয় তরীর মাঝে
দেখতে-দেখতে হচ্ছে গত দিন
আপন মনের কাছে ।

নানা রঙের ফুলের-বাহার দেখে
উন্মাদনায় ভরে মন
মনিকোঠায় প্রশ্ন এল
পূজো আসছে এখন ।

ত্রিশূল হাতে বধ করেছে
দুষ্টু দমনের শিরোনাম
কলিযুগের রক্ষা-কবচে থাকবে
দেবীর-উচ্ছে নাম ।

বর্তমানে সমাজ এখন
অরাজকতায় ভরা
দশমহাবিদ্যার প্রয়োগের
দ্বারা বাঁচবো আমরা ।

তোমার শ্রীচরণে রাখলাম মোরা
পুষ্প ভরা ডালা
আশীর্বাদ লইলাম মোদের তরে
নেভাবো মনের জ্বালা ।

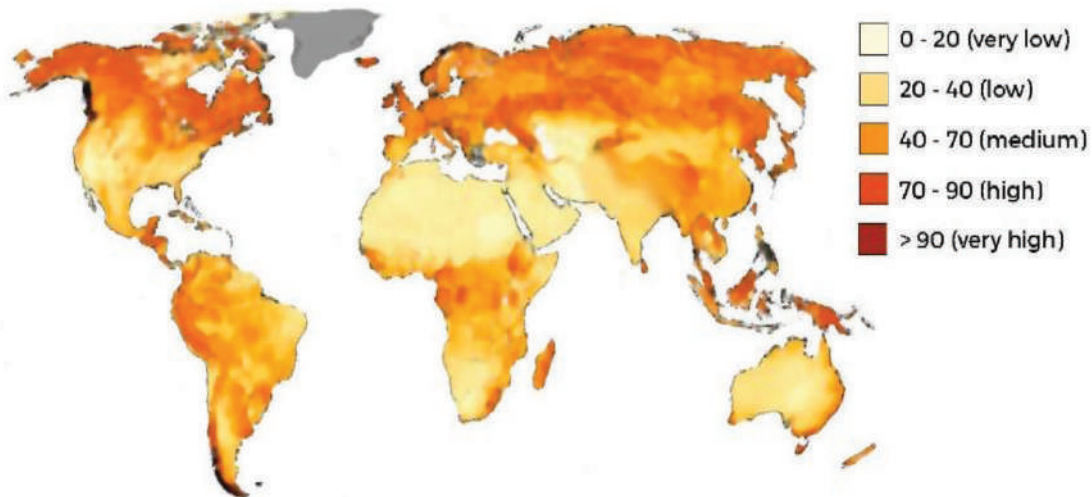
এই আশাতে রইলাম বসে
তোমার পথ চেয়ে
তুমি আমাদের রক্ষা-কবচ
থাকো চিরকাল হয়ে ।।



Save Soil is a global movement launched by Sadhguru to save soil from extinction, and bring the necessary policies to address the catastrophic issue facing humanity.

Soil Degradation - A Global Issue

52% of the world's agricultural soil has already degraded



Map S.5 GLOBAL SOIL ORGANIC CARBON, 2019 (tonnes/ha)

Source: FAO, 2019, modified to comply with UN, 2021.



Learn & Support





SaveSoil.org

My Inner Engineering Experience

- Mrs. Aurorupa Dhar

Completing Inner Engineering program and getting initiated to Sambhavi Mahamudra Kriya has been a blessing to me. Before completing Inner Engineering (IE) program, I was someone who would get anxious easily and stressed out in any difficult situation. I hardly knew anything about Sadhguru until before I did my IE. I was not following him on any social media platform or have watched his YouTube videos then, as far as I remember. I must have signed up in one of the TedTalks I believe. Nevertheless, one fine day I did get an email from Isha Foundation which said that Sadhguru is offering IE program online for free as a gift for Diwali. I was initially unsure but then I thought let me give it a go. It's anyway free. I can always drop it if I feel afterwards. Those were my initial thoughts before I decided to do the program online. But I must admit that this was indeed a wonderful gift from my Guru that I will keep cherishing for the rest of my life. I completed the IE online program in October 2019 and since then I am less anxious and calmer, have a little better clarity about situations happening around me. I have gone through huge personal loss and tough situations in my life during covid, but I was patiently dealing with the loss within me. During that phase Sadhguru offered the IE (Inner Engineering) completion program online for the first time. Until then, IE program was done in two separate registrations. IE online (which I had already completed in October 2019) or IE in-person, which was a 4-day program, and then IE completion which was always done in person where one is initiated to Sambhavi Mahamudra Kriya and is a 2-day program. Due to Covid, 2021 was the first time Sadhguru offered to initiate the participants online. I got myself initiated to Sambhavi Mahamudra Kriya then. Having experienced the changes within me after completing IE online, I decided to do the completion program as well, and because it was online it was convenient for me owing to my situations then. I have been practising Sambhavi Mahamudra Kriya since then. I can say for sure that IE helped me to take charge of my life and it did help me to find the strength within me to support my son as well in whatever way I can. I know I am calmer within, less anxious and emotionally more balanced within no matter how the situation outside me is. The loss is definitely there and the vacuum will always remain, but I am in a situation to make it more acceptable within myself. My Guru says, "The source of happiness is within. In is the way out."



Saraswati Puja 2023



ANSWERS TO DURGOSTAV WORDSEARCH

https://wordmint.com/public_puzzles/1601995

Name: _____ Date: _____

Durgostav Word Find

V J S H S G A F S V P W P G W Q W L S R H E P L
N V S K C S X K A B L T P G T X M E M N Y I V A
I H A S H M K I H T R A K P U I T D D Q D N M P
I M I Y F K H N P V N C K M A C R H J V U L P P
C K A M A N A E T A G P S M A C A K A Y W J Q E
A V L B A L I M Z Q G V W Y H A U B S E G N H N
O G D W A T A M J Y V V F B K G J K M N Y G U M
R H R E X N H H H Q S A R T P N I W B A A O P
Z G D U X P A S A S U W P Q G H B N Z I G S U N
I W W F D K R H A M K R D M M U D Z V J C A S T
W S M O K C V G A H D A D O Z O M N U O H D G D
H I I V L C W W M A W L E I Q U J A Y P R L S
M O U S H I V A K R U M T Y V M G H L A O U A T
I M F I A F I T A W S A R A S I A A T D U B W G
W B C T J T G P I G A B A Y T Y K A Y A O E Q U
L T E K L D Y T F A P V J J A G A W C S W K V U
V M A H A S H O S T I U M Z F R I O Y H Y K R Z
L E V I N S U U G L Q W J A L L U G S A R R Z S
E U B J I C O J C B D W Z O U L A A J M E F S T
U H R M M K U I G X S Y G I A X D G E I M A B R
I T H S A H S A H A M N W V T P G Y M D U U Y Y
X J M Y Q T G Q A H S E N A G F V M H J L X E S
H U K F P W C G C K V B M N E Y O C Q W G U H A
U X C J O A R P K V K V F P A P R H T S Y D X D

Mishti	Rasgulla	Doi Maach	Dhaak
Mahashashti	Bijoya Dashami	Mahanabami	Mahashanti
Mahashosti	Pujo	Shiva	Durga
Lakshmi	Saraswati	Karthik	Ganesh
Devi	Sanskrit	Mahalaya	

Anandadhoni

www.anandadhoni.org

London Cultural Centre is pleased to announce that
ANANDADHONI MUSIC SCHOOL is conducting music lessons as shown below:

Singing class on Saturday 11am onwards (online)
by **Mahamaya Shil**



Mrs Mahamaya Shil

Music
Light Classical, Hindustani Vocal, Bengali and Bollywood Songs.

লন্ডন কালচারাল সেন্টার অত্যন্ত আনন্দের সাথে জানাচ্ছে যে

আনন্দধনি সংগীতালয় গানের ক্লাশ নিচ্ছে।

সংগীত শিক্ষিকা:

মহামায়া শীল- শনিবার ১১টা থেকে (অনলাইন)



Dr Sunil Kanti Roy

Director
London Cultural Centre and
Anandadhoni Music School

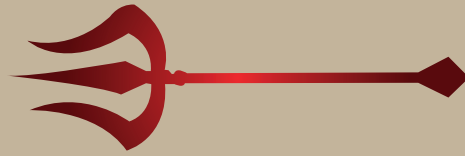
For information & registration please contact:

Telephone: 07792 735 644

Email: roy2013sunil@gmail.com



*Happy
Durga Puja*



AccTax Consultancy Limited
Chartered Certified Accountant

AccTax Consultancy Limited
Chartered Certified Accountant & Tax Advisor
ACCOUNTANCY | TAX | ADVISORY



107-109 The Grove | Stratford | London | E15 1HP
T: 020 3411 2079 | M: 07903867313
E: info@acctax.org.uk | www.acctax.org.uk



We specialise in dealing with:

- Partnerships
- Sole Traders
- Medical Locum/ Associates
- Limited Companies
- Taxation
- Payroll
- VAT



22 years of expertise in Accounting and Taxation. We offer fixed fees services to suit your business.

We have a dedicated and motivated team to guide you from the start up through the whole accounting process.

For further information on our services please contact us:

Suite 5, 39 - 41 Chase Side, Southgate, London, N14 5BP

Mob: 07915058212

Email: yeamin@fysr.co.uk



Happy Durga Puja 2023

Good luck to Everyone for Durga Puja!

I hope everyone enjoys this special occasion

Kind Regards,

RAJ SINGH

BEXLEY WINES AND CIGARS

9 Dartford Road

Bexley

DA5 2BH



TamashaTM

Hotel & Restaurant

"When we opened our doors in 1992, it was my intention to bring the vibrancy, indulgence and experience of India to Bromley. I have taken great pride in personally handpicking the finest chefs from across India and ensuring that you are always served fresh ingredients, cooked to perfection using traditional techniques. Welcome to the days of the Raj; welcome to Tamasha"

Shekor Tarat, Owner



For any events, catering enquiries or restaurant and hotel bookings please call:

020 8460 3240

131 Widmore Road, Bromley, Kent, BR1 3AX

www.tamasha.co.uk



[tamasha_bromley](https://www.instagram.com/tamasha_bromley)



[@tamashabromley](https://www.facebook.com/tamashabromley)



[@tamashabromley](https://www.twitter.com/tamashabromley)



OPENING TIMES

Lunch: 12:00 - 14:30

Dinner: 18:00 - 22:30

Monday - Sunday