

ବୃଦ୍ଧଙ୍କ ପାଇଁ ଚେତନାବନ ଭିତ୍ତିକ ବିପ୍ଳବୀୟ ପତ୍ରିକା

ବରିଷ୍ଠ ବାଣୀ

BARISTHA BANI

Newsletter of Elders Recreation Activities Trust

Vol.- III

Issue - III

July-September, 2022

Resilience & Contributions of Older Women



Theme

CARE by ERA

International Day of
Older Persons-2022

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General Body meeting of Zilla Baristha Nagarika Sangha , Baragarh



**5th. annual festival of Nabarangpur Senior Citizens Association
21 st. August'22**



Inauguration of Batista Bani on 1.7.22 by Mrs.Sulochana Das,Mayor, BMC & Dr. Krupasindhu Panda, President, FOSCAO



Coordination meet at Sambalpur



BARISTHA BANI

ବୟସ୍କମାନଙ୍କ ପାଇଁ ଚିତ୍ତବିନୋଦନ ଭିତ୍ତିକ ତୈମାସିକ ପତ୍ରିକା

Regn No. 41081913621/19, Affiliated with All India Senior Citizens' Confederation
NGO Enrol ID : DARPAN-OR/2020/0264465, MOSJ&E-OR/00023031, SSEPD 111342/2020

ପ୍ରଥମ ବର୍ଷ

ପ୍ରଥମ ସଂଖ୍ୟା

ଜୁଲାଇ-ସେପ୍ଟେମ୍ବର ୨୦୨୨

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OFFICE Elder-Recreation Activities Trust Niharika Apartment Under Gr. Floor, Room No.1 Cuttack Road, Bhubaneswar-06 Mob. 9337221866 Web : eraindia.org.in Mail : eraindianet@gmail.com	ଭାରତ ସରକାରଙ୍କ ସମ୍ବାଦ ସରକାରଙ୍କ ସଂସ୍ଥା (Registrar for Newspaper of India (RNI) ନୀତି ନିର୍ଦ୍ଦେଶାବଳୀ ଅନୁଯାୟୀ Elder Recreation Activities Trust ତରଫରୁ ନିୟମିତରୂପେ ପ୍ରକାଶ ପାଇ ଆସୁଥିବା ତ୍ରୟମାସିକ ପତ୍ରିକା - 'ବରିଷ୍ଠ ବାଣୀ' ଚଳିତ ବର୍ଷର ଶୀର୍ଷ ସଂଖ୍ୟା ପରିବର୍ତ୍ତେ ଏହି ସଂସ୍କରଣ ଠାରୁ ବର୍ଷ ସଂଖ୍ୟା - ୧ ଓ ସଂସ୍କରଣ ସଂଖ୍ୟା - ୧ରୁ ଆରମ୍ଭ ହୋଇ କ୍ରମାନୁସାରେ ପ୍ରକାଶ ତାଲୁକ୍ତ ହେବ ।

The views and opinions expressed by the contributors of News and articles in this Newsletter may not be the views of the Editors.

EDITORIAL

(Cover story)

We are celebrating the 31st anniversary of International Day of Older Person (IDOP) on 1st. October, 2022. This year the theme for IDOP is **“Resilience & Contributions of Older Women”** which serves as a hallmark and reminder of the significant role of older women. Resilience or in simple terms, the capacity to recover from difficulties caused especially by compressive stress.



Resilience among older women can come in different forms. They include physical resilience, mental resilience, emotional resilience, and social resilience and it is made up of five pillars i.e. self-awareness, mindfulness, self-care, positive relationships and purpose. By working to strengthen these five pillars, older women are becoming more resilient, and as a result, they are much more equipped to manage the stress in their lives. The recent COVID pandemic has created countless challenges with daily life, and it comes as no surprise that so many people are experiencing emotional and mental exhaustion. Data revealed that older women seem to be coping-up better with the challenges brought on by the pandemic. Women have always found their own ways of social connections and engagement. In Indian socio-cultural milieu, wives who are often younger than their spouses serve as their main caregivers in the older age. Not only do women dominate in the care sector, they also provide most unpaid work at home.

So necessary awareness should be developed to enable women SHGs, cooperatives, federations, CBOs, NGOs to take active part in community services. This sector needs proper social support from all dimensions – individual level, community level and government levels.

Prafulla Kumar Mohapatra



Mob.-8895265933

From President's Pen

K C Sahoo

Mob : 943707625

Man is a social animal. He takes birth on the earth and meets his death here. Every one has to fight hard to achieve success in life and reach on his destination. It is said some are born great, some achieve greatness through hard work or educational institutions or through political organisations or by associations, some establish themselves by their knowledge, some by utilising money and power, some by flattering. There are several examples which everybody knows.

Let's think about a club, some Senior Citizen Associations or any other institutions. At first some like-minded sociable persons get together to setup an institution. For administrative and smooth official work some efficient, dedicated and respectable persons are voluntarily spare their times as office bearers. But after some days difference in

opinion is created due to mis understanding and egoistic point. As a result, the progress of the organization hampers and faces difficulties. Lastly it gives rise to different associations. Many simple, humble and constructive minded persons fall prey to it. The aims & objectives of association dies in the oblivion. Subsequently it brings an irreparable loss to the society due to the vested interest of some of the selfish persons. Therefore, every member is to be vigilant to examine the activities of the persons holding leading posts. Dear friends, men may go and men may come but association may run for ever. An association minded person never stabbed behind, never demand prestige, rather walk ahead for the wellbeing of the society.



OUR MISSION & VISION

Elder Recreation Activities Trust (ERA) is a community centre of the Elders, for the Elders, by the Elders which acts to empower them to lead a life of dignity and respect. It endeavours to assist senior citizens to move surely but steadily from helplessness and self pity towards - Confidence, Respect & Mutual Caring. ERA is a statutory body constituted by Indian Trust Act 1882 with registration number 41081913621/2019.

(A) What ERA has done and achieved yet :

1. General developmental features :

ERA is functioning on its own office furnished with all amenities located on a prime location at Niharika Apartment, adjacent to Satyanagar over bridge, Cuttack Road, Bhubaneswar. Details about its members are available on its website.

2. ERA has the following legal status for it's efficient functioning :

- (a) ERA obtained registration certificate vide No.OR/2020/0264465 under DARPAN (Digital Advancement of Rural Post Office for A New India) maintained by NITI Aayog, a platform that provides space for interface between VOS/

NGOs and key Government Ministries /Departments/ Government Bodies for any assistance/grant which is mandatory for a NGO.

- (b) Accordingly, ERA enrolled under Ministry of Social Justice and Empowerment vide id.OR/00023031 , under Dept of Social Security and Empowerment of Persons with Disabilities ,Govt.of Odisha vide 111342/2020 and many other Agencies in national & international level for generating wide instant contact with them.

ERA is also affiliated unit of All India Senior Citizens' Confederation (AISCCON).

- (c) In addition, ERA has all other required certificates for return of income tax as per rules. These include PAN , 12A for exemption of income tax and 80G for 50% tax relief to Donor for giving any donation to ERA.

3. Public Relations & Awareness program:

The PR strategies of ERA are used to create awareness about aims and objectives and to campaign social attention with following pattern :

a) The quarterly newsletter - "Baristha Bani " has been publishing regularly since January'20 to share relevant and valuable information of ERA. It will be published as per guidelines of Registrar News paper of India(RNI) w.e.f.July'22.

b) Use of WhatsApp and chatbot for ERA has a vital power on the social impact .Most people are member of several categories WhatsApp groups created for a temporary group activity (an event) or groups around common areas of interest, affinity or purpose. More than 600 participants access their phones throughout their waking hours and hence read messages quite quickly, resulting in immediate response /action. This communications pattern allow participants to reach every person on a broad scale and in various creative ways.

c). ERA has its own website (www.eraindia.org.in) with a well-optimized and mobile-friendly webpages alongwith Facebook account, YouTube channel and mail id (eraindianet@gmail.com) for providing an easier way to handle customer service because it can be reached people any where they are.Potential customers doing a Google search on common problems related to ERA will be more likely to find it. Plus, after they read it's blog articles, they'll see how helpful it can be to them.

4. Welfare Activities -

(A) Loneliness, as well as isolation, is unquestionably a matter of principal concern among elderly because of lack of companionship which lead to continuous depression and other mental complications . So the prime objectives of ERA is to provide recreational activities which relieve stress along with supportive services as mention below :

a) ERA provides recreational activities in its Day Care Service program in which during day time the members have opportunity to get out of their residence to receive both mental & social stimulation by participating in various recreational activities like indoor games, reading different types of books available in its library ,common refreshment with snack & tea including other recreational entertainment.

b) ERA arranged group tour to different spiritual places of India to develop a strong sense of the divine power which can boost strong immune system during pandemic. Such program to Puri Dham was arranged for darshan to Lord Sri Jagannath as well as for relaxation at the splendor of golden beach. Arrangements are in progress for a group

spiritual tour to Mayapuri-Navdeep during coming Dashara festival and also Bangalore -Mysuru-Ooty during coming mid November.

- c) Package group foreign tour for senior citizen guided with professionally sound tour manager is a gift to those who have an ambition to visit foreign countries in their lifetime but unable to get physical & moral support. As such foreign group tour to Thailand , Malaysia & Singapore with 44 & 38 participants respectively have been completed by ERA and new foreign tour will be scheduled after pandemic.



Arrival at Suvarnabhumi airport, Bangkok



Arrival at Changi Airport, Singapore



A get-together dinner at Kuala Lumpur, Malaysia

new way by providing free access through its "VIRTUAL CLUB" with different agenda/topics to stay connected with one another for reducing isolation and improve health outcomes and also participants can be well acquainted with virtual event which is essentially required for healthy lifestyle . More than 80 number of such virtual meet guided by eminent speakers were held.

- c) Free health camps including naturopathy, sidha were held under the guidance of experts. Sidha chikischha camp is going on every Sunday at office of ERA. Free distribution of mask to needy elderly people was done during covid epidemic period.

(B) What ERA to do in near future

1. Digital Literacy has become need of the hour especially for the vulnerable elderly population which

often leads to them being socially isolated. To coup this acute problem , a working project under the title “ Digital literacy tutorial for older people” prepared by ERA is under process for implementation during the current year.

2. ERA is preparing to provide supportive services/ consultancy to NGOs for their legal status, registration of new society/trust, various services for Government grants under NGO Darpan, CSR fund, tax exemption i.e.12A , 80G from the Income Tax Authority and many more.
3. Web related consulting services will be provided to NGOs.
4. ERA will provide supportive sevice by providing supply of personal assistant , drivers for needy members, support during any emergency like hospitalization.

(C) An appeal

The last two years, overshadowed by the pandemic, we passed the test and are emerging from this crisis stronger than ever. While the primary focus of the last two years has been on protecting the health and wellbeing , the teams of ERA have also put important building blocks in place for our post-pandemic recovery and future growth. These new operational processes will undoubtedly serve us well for many years to come. We are

proud of these achievements and grateful to the extraordinary people working for ERA.

We welcome all like minded interested person whether young or old, to participate in the developmental programmes of ERA. Your kindness, as well as love, will be the support to ERA. Digitally sound person also welcome as Volunteer to spare their skills especially on digital sector to serve elders. Your noble donation in shape of cash or kind (computer for Day care, Smart phone for Digital literacy class) It will help us to create a better platform for the neglected and less privileged elderly community. Once you donate, we will grant the receipt with required certificate for exemption of tax as applicable under 80G Income tax Rules.

Here are the ways you can make a donation:

Make a donation online at our website www.eraindia.org.in

Call us at phone number
91+ 9438081006

Bank Transfers / Electronic Funds Transfer (EFT) / Send a check in favour of ELDER RECREATION ACTIVITIES TRUST payable at Bhubaneswar with following details:
Bank Name:-Bank of India,Chakeisiani Bhubaneswar Branch
SB .Account. No.: -513310210000012
SB .IFSC Code:- BKID0005133

(No cash, please!)

**Management Team
Elder Recreation Activities-era**

NEWS FLASH

Honorable Governor, Odisha - Professor Ganeshi Lal launched six number of books written by Mr. Padmanav Parida, a life member of Elder Recreation Activities-era at Raj Bhawan, Bhubaneswar on 6th. August '22.



Sahayoga Senior Citizen Association

Regular Gita pathachakra has been conducted on each Monday & Friday evening at Kanak Vihar



Phase 1. Members of Sahayoga are attending regularly.

Launching of “Baristha Bani” magazine of Elder Recreation Activities – era

The above mentioned quarterly magazine of 3rd year (2nd issue) was launched in the presence of invited guests at the office of Elder Recreation Activities - era located at Niharika Apartment on Cuttack Road, Bhubaneswar on 5th. July'22. In the beginning, the Chairman of the Institute, Dr. Udayanath Sahu, gave a welcome

speech and explained the need of publication of this magazine. Er. Krishna Chandra Sahoo, President highlighted the functioning of the organisation and drew the attention of the government to give priority to various supportive services oriented programs for the elderly people.

Dr. Krupasindhu Panda, President, Federations of Senior citizens Associations of Odisha, joined as the guest of honor and presented many useful facts about the health of the senior citizens. After retirement, they are advised not to sit alone at home and engage in some constructive public service activities such as community service and to pay attention to healthy food. Mayor, Bhubaneswar Municipal Corporation Mrs. Sulochana Das discussed various schemes recently taken up for the welfare of senior citizens. In every ward of Bhubaneswar, steps have been taken to build entertainment centers and physiotherapy centers for senior citizens. Through day care, elders are encouraged to engage in various leisure activities to lead a healthy lifestyle. Apart from this, the senior citizens were requested to spare their experience and knowledge in various improvement works of the society.

Agrani Senior Citizens Welfare Forum Bomikhal,

Bhubaneswar as a part of their social activities rewarded two poor and meritorious students of their locality. Sri Sunil Das of Debaraj Bidyapith, Bomikhal and Sri Brahma Singh of Palasuni Govt.High School, Rasulgarh obtaining highest mark in the last HSC Examination were awarded with cheque of Rs 5000 each to prosecute of their higher studies by President Dr Sushil Kumar Nanda, Sri Bhaktabandhu Das, Secretary, Adwait Charan Biswal, Founder Member, Er. B.K.Jena, Treasurer in presence of respective school teachers, students, old students and the local Corporator Sri Kumarendra Mahapatra (Raja) on last 25.08.2022, 27.08.2022 respectively. Such activities of the Sr. Citizens Forum was highly appreciated by both students and teachers community.

Nandanvihar Senior Ctz. Forum celebrated “World Senior Citizen’s Day” on 21st. August’22 at the community hall of Lokanath temple. Sri P.K. Dash, President of the forum presided while Er. Suryakanta Dash was the Chief Guest & Prof. Biswa Mohan was the chief speaker on the occasion. More than 100 participants including local youngsters have celebrated this day with various entertainment programmes.

Members of the Local Women Association namely “Durga Bahini” honoured all senior citizens with flowers, akshyata & sandal etc. They also organised a cake cutting

programme as a symble of love & respect for the seniors.Er. Arun ku Sahoo, Prof. Biswa mohan ,Sj S.N Dash, K. Bhaskar Ch. Jena, Smt Sandhyarani Pattnayak etc. delivered valuable advices as to how seniors can take care of themselves as well as how far utilise their past experiences to build a developed society. Sj. Dash in his presidential adress told that seniors are the hidden treasures of knowledge & experiences which can be utilised by the youngsters for their self improvement & development of the society also. On the contrary juniors should regard & respect seniors & help them in time of need.The celebration became colourful by singing of songs, stotra,commedy & telling stories etc by the participants.The meeting ended with a vote of thanks given by Sj.P.C.Sethi, Secretary of the forum with a nice dinner .

Senior Citizen Association, Nabarangpur

The 5th annual festival was organized in the premises of Akhandalmani Temple. President of the association Radhanath Behera presided over the meeting while Nabarangpur MLA, Sadasiva Pradhani , District Magistrate, Nabarangpur Dr.Kamal. Lochan Mishra, Municipal Chairman Kunu Nayak, Social Welfare Officer Sudshanshu Patra, Editor B. Ram Murthy Patnaik and SP, Nabarangpur attended as Guest of honour. At the beginning the Gen.Secretary read the annual report. The Mayor wished the senior citizens well and promised to

try his best to solve their problems. In his speech, the MLA informed that he is always ready for the welfare work of the Association. If there is any problem for the safety of senior citizens and if it is not resolved in the police station, SP advised to contact him. According to the District Collector, one should always feel like a 42-year-old and walk the path of life. Apart from this, he promised that the poor and helpless senior citizens will be provided with necessary assistance. On this occasion, MD Kasim Sharif, Mohammad Shakur and Dr. Santosh Kumar Nag were honoured for their achievements. Gen Sec. B. Ram Murthy gave vote of thanks

Flag hoisting on 76th. Indipendence day observed by Ekarma



Baristha Nagarika Sangha, Bhubaneswar.



President Mr. Chitta Ranjan Das with Members of Y60+Senior Citizen Forum Aadarsh Vihar, KIIT Square Bhubaneswar - 751025 celebrated 76th. Independence Day at its office premises .



Flag hoisting of 76th. Indipendence day observed by Sastrinagar Baristha Nagarika Mancha , Bhubaneswar.

ପକ୍ଷିମ ଓଡ଼ିଶା ବରିଷ୍ଠ ନାଗରିକ ମହାସଂଘ ବୈଠକ

ସମ୍ବଲପୁର (ରୂପାପାଲି) ଠାରେ ୨୪.୦୭.୨୨ ମହାସଂଘ ର ସଭାପତି ପ୍ର ଟଙ୍କୁ ସାହୁ ଙ୍କ ଅଧ୍ୟକ୍ଷତାରେ ଅନୁଷ୍ଠିତ ବୈଠକରେ ରତ୍ନଝରଜର ସଭାପତି ପ୍ର (ଡାକ୍ତର) କୃପାସିନ୍ଧୁ ପଣ୍ଡା ଓ ଯୁଗ୍ମ ସମ୍ପାଦକ ଶ୍ରୀ ରାଜକିଶୋର ସାମନ୍ତରାୟ ଏବଂ କଟକ ବରିଷ୍ଠ ନାଗରିକ ମହାସଭାର ସମ୍ପାଦକ ଶ୍ରୀ ବିଷ୍ଣୁ ମୋହନ ଦାସ ସାମନ୍ତ ଯୋଗ ଦେଇଥିଲେ । ପ୍ରାରମ୍ଭ ରେ ଅତିଥି ମାନଙ୍କ ଦ୍ଵାରା ବୃକ୍ଷ ରୋପଣ କରାଯାଇଥିଲା । ଅନୁଷ୍ଠାନ ର ମହାସଚିବ ଶ୍ରୀ ପ୍ରହଲ୍ଲାଦ ମହାପାତ୍ର ସମସ୍ତଙ୍କ ପରିଚୟ ପ୍ରଦାନ କରିବାସହ



ବୈଠକର ଉଦ୍ଦେଶ୍ୟ ଗ୍ୟାପନ କରିଥିଲେ । ବିଭିନ୍ନ ଦିଗରୁ ଆଲୋଚନା କରିବାପରେ ରାଜ୍ୟ ର ସମସ୍ତ ସଙ୍ଘ ଓ ମହାସଂଘ ମାନଙ୍କୁ ଏକତା ସୂତ୍ରରେ ବାନ୍ଧି ରଖିବା ପାଇଁ ଓ ରାଜ୍ୟର ଅଗଣିତ ବରିଷ୍ଠ ନାଗରିକ ମାନଙ୍କ ବୃହତ୍ତର ସ୍ୱାର୍ଥର ସୁରକ୍ଷା, ଦାବୀ ଓ ଅଭାବ ଅସୁବିଧା ର ନିରାକରଣ ପାଇଁ କେନ୍ଦ୍ର ଓ ରାଜ୍ୟ ସରକାରଙ୍କ ଯୋଗାଯୋଗ କରିବାକୁ ‘ଓଡ଼ିଶା ବରିଷ୍ଠ ନାଗରିକ ସମନ୍ୱୟ ସମିତି’ ନାମରେ ଏକ କମିଟି ଗଠନ କରିବାକୁ ସ୍ଥିର କରାଗଲା । ଉପସଭାପତି ଶ୍ରୀ ସଦାନନ୍ଦ ସୋନବର୍ଷୀ, ବସନ୍ତ ଆଚାର୍ଯ୍ୟ, ପ୍ରଫୁଲ୍ଲ ହୋତା, ଗୋବିନ୍ଦ ଚନ୍ଦ୍ର ଦାଶ ଓ ନାରାୟଣ ନାୟକ ଅଂଶ ଗ୍ରହଣ କରିଥିଲେ ।

ଏକାମ୍ର ବରିଷ୍ଠ ନାଗରିକ ସଂଘର ବୃକ୍ଷ ରୋପଣ କାର୍ଯ୍ୟକ୍ରମ

ଏକାମ୍ର ବରିଷ୍ଠ ନାଗରିକ ସଂଘର କାର୍ଯ୍ୟକାରୀତା ବୈଠକର ନିଷ୍ପତ୍ତି କ୍ରମେ ବୃକ୍ଷ ରୋପଣ କାର୍ଯ୍ୟକ୍ରମ ସ୍ଥାନିୟ ଯୁ.ଏସ. ଇଣ୍ଟରନେସନାଲ ପବ୍ଲିକ୍ ସ୍କୁଲ, କଲ୍ୟାଣପୁର ଠାରେ ଅନୁଷ୍ଠିତ ହୋଇଯାଇଅଛି ଓ ସଂଘର ସଭାପତି ହୃଷୀକେଶ ତ୍ରିପାଠୀଙ୍କର ଅଧ୍ୟକ୍ଷତାରେ ଅନୁଷ୍ଠିତ ଏହି ବୃକ୍ଷ ରୋପଣ କାର୍ଯ୍ୟକ୍ରମରେ ସଂଘର କର୍ମକର୍ତ୍ତା ଓ ସଭ୍ୟମାନେ ବିପୁଳ ସଂଖ୍ୟାରେ ଯୋଗଦାନ କରି ଏହାକୁ ସାଫଲ୍ୟ ମଣ୍ଡିତ କରିଥିଲେ ଓ ଝିପିଝିପି ବର୍ଷାର ତାଳେତାଳେ ପରିବେଶ ଅନୁକୂଳ ବୃକ୍ଷର ଚାରା ବିଦ୍ୟାଳୟ ପରିସରରେ ରୋପଣ କରାଯାଇଥିଲା ଓ ସ୍କୁଲର ଅଧ୍ୟକ୍ଷ, କର୍ମଚାରୀ, କ୍ଲବ୍ ନେଇ ବୃକ୍ଷର ଉପକାରିତା ସମ୍ବନ୍ଧରେ ଏକ ଆଲୋଚନାତନ୍ତ୍ର ସ୍କୁଲର କାର୍ଯ୍ୟାଳୟରେ ସଭାପତିଙ୍କ ଅଧ୍ୟକ୍ଷତାରେ ଅନୁଷ୍ଠିତ ହୋଇଥିଲା ଓ ଉପଦେଷ୍ଟା ରାଜେନ୍ଦ୍ର ସମର୍ଥୀ ସଂଘର କାର୍ଯ୍ୟକ୍ରମକୁ ଭୂୟସ୍ୱୀ ପ୍ରଶଂସା କରିଥିଲେ ସମସ୍ତଙ୍କ ସହଯୋଗରେ କାର୍ଯ୍ୟକ୍ରମ ସାଫଲ୍ୟମଣ୍ଡିତ ହୋଇପାରିଥିବା ରୁ ବିଦ୍ୟାଳୟର କର୍ମକର୍ତ୍ତା, ସର୍ବୋପରି

ଅନୁଷ୍ଠାନର ପ୍ରତିଷ୍ଠାତା ଉପେନ୍ଦ୍ର ସାହୁ ସମସ୍ତ ପ୍ରକାର ସାହାଯ୍ୟ ସହଯୋଗ ସମର୍ଥନ ଯୋଗାଇ ଦେଇଥିବାରୁ ଅନୁଷ୍ଠାନ ତରଫରୁ ଧନ୍ୟବାଦ ଅର୍ପଣ କରାଯାଇଥିଲା । ଆଗାମୀ ଦିନରେ ଏହି ସ୍କୁଲକୁ ସବୁଜିମାରେ ପରିଣତ କରିବାପାଇଁ ସଭ୍ୟମାନେ ଦୃଢ଼ ସଙ୍କଳ୍ପ ନେଇଥିଲେ ।

ଲାଞ୍ଜିପଲ୍ଲୀସ୍ଥ ବରିଷ୍ଠ ନାଗରିକ ମଞ୍ଚ

ସ୍ୱାଧୀନତା ଦିବସର ଅମୃତ ମହୋତ୍ସବ ପାଳନ ଅବସରରେ ଲାଞ୍ଜିପଲ୍ଲୀସ୍ଥ ବରିଷ୍ଠ ନାଗରିକ ମଞ୍ଚର ହସ, ଯୋଗ ଓ ବ୍ୟାୟାମ କେନ୍ଦ୍ର ତରଫରୁ ମଂଚ ସଭାପତି ପ୍ରଫେସର ଭାସ୍କର ପାଢ଼ୀଙ୍କ ପୌରହିତ୍ୟରେ ‘ପରିଣତ ବୟସରେ ମାନସିକ ସ୍ଥିରତା’ ଉପରେ ଏକ ଆଲୋଚନା ଚକ୍ର ସ୍ଥାନୀୟ ଦିବ୍ୟ ଜୀବନ ସଂଘ ପରିସରରେ ଦିବା ଘ ୧୧-୩୦ମି. ରେ ଅନୁଷ୍ଠିତ ହୋଇଥିଲା ।

ସେଥିରେ ମୁଖ୍ୟ ଆଲୋଚକ ରୂପେ ବିଶିଷ୍ଟ ମନ୍ତ୍ରୀ ସ୍ୱର୍ଗତ ଗବେଷକ ଏବଂ ଛତ୍ରପୁର ବିଜ୍ଞାନ ମହାବିଦ୍ୟାଳୟର ପ୍ରାକ୍ତନ ଅଧ୍ୟକ୍ଷ ତଥା ଉଦ୍ଭିଦ ବିଜ୍ଞାନ ପ୍ରଫେସର ଡଃ ସଚ୍ଚିଦାନନ୍ଦ ପାଢ଼ୀ ଉପସ୍ଥିତ ରହି ମନ, ଚିତ୍ତ, ବିବେକର ସନ୍ତୁଳନର ବୈଜ୍ଞାନିକ ତଥ୍ୟ ଉପରେ ଆଲୋଚନା କରିବା ସହ ପରିଣତ ବୟସରେ ମାନସିକ ସ୍ଥିରତା ପାଇଁ ଯୋଗର ଏକ ମାତ୍ର ଉପାୟ ପ୍ରାଣାୟାମ ଉପରେ ଗୁରୁତ୍ୱାରୋପ କରିଥିଲେ ।

ଆଲୋଚନାତନ୍ତ୍ରରେ ସର୍ବଶ୍ରୀ ପ୍ରମୋଦ କୁମାର ମିଶ୍ର, ଶିବରାମ ପାଣିଗ୍ରାହୀ, ସୀତାରାମ ତ୍ରିପାଠୀ,ରବୀନ୍ଦ୍ର ନାଥ ତ୍ରିପାଠୀ ପ୍ରମୁଖ ଅଂଶ ଗ୍ରହଣ କରିଥିବା ବେଳେ ସୂର୍ଯ୍ୟ ନାରାୟଣ ମହାନ୍ତି, କେ. କ୍ରିଷ୍ଣା ରାଓ, ବି. ମାର୍କଣ୍ଡେଶ୍ୱର ରାଓ, ଅଭିମନ୍ୟୁ ମହାନ୍ତି, ବିଭୂତି ଭୂଷଣ ବେହେରା, ବିଶ୍ୱନାଥ ପଣ୍ଡା, ରବିନ୍ଦ୍ର ନାହାକ, ସିମାଞ୍ଚଳ ପଣ୍ଡା, ଗୌରାଙ୍ଗ ପାଣିଗ୍ରାହିଙ୍କ ସମେତ ପ୍ରାୟ ଅର୍ଦ୍ଧଶତାଧିକ ସଭ୍ୟ ଉପସ୍ଥିତ ରହି କାର୍ଯ୍ୟକ୍ରମକୁ ସାଫଲ୍ୟ ମଣ୍ଡିତ କରିଥିଲେ ।



KNOW OUR ODISHA

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Odisha, formerly called Orissa, a State of India. Located in the north-eastern part of the country. It is bounded by the states of Jharkhand and West Bengal to the north and northeast, by the Bay of Bengal to the east, and by the states of Andhra Pradesh and Telangana to the south and Chhattisgarh to the west. Before India became independent in 1947, a state of Oriya speakers, was established as an independent state Odisha, a province of British India on 1st April 1936 by carving out certain portions from the provinces of Bihar, Odisha and Madras. Originally the capital was at Cuttack. The present capital was subsequently built at **Bhubaneswar** a city of historic temples in 1948. The English name 'Orissa' was changed to Odisha on 4th November 2011.

Odisha is famous for its heritage sites and enthralling views. From beaches to pilgrimage sites, Odisha offers a lot of sightseeing opportunities to tourists from across the globe. well connected by Air to Bijupatnaik Airport at Bhubaneswar from where all the tourist places one can go by road. Rail connectivity is also available.

BHUBANESWAR : It is a smart city in the most developed and richest

Khordha district. the city is known for numerous historic sites, stone monuments, parks, caves and also called as 'Temple City of India', Bhubaneswar, a perfect blend of old and modern cultures. Popularly referred to as the from ancient caves and temples exhibiting the Kalinga style of architecture to beautiful parks and lakes, there is no dearth of places to explore in Bhubaneswar. **Lingaraj Temple, Parasurameswara Temple, Mukteshwar Temple, Atri, Dhuli** (A small town near Bhubaneswar, **Dhuli** is popular among the followers of Lord Gautam Buddha. It is believed that the Kalinga War, a deadly battle between King Ashoka's Maurya Empire and the state of Kalinga, was fought in Dhuli. The Buddhist Peace Pagoda called Shanti Stupa, Ashoka Rock Edicts), **Khandagiri and Udayagiri Caves**, and **Nandankanan Zoological Park** are some popular attractions here.

PURI : A must-visit destination for devotees and leisure travellers, **Puri** is the spiritual atmosphere of well-known Jagannath Temple one of the Char Dhams, the calmness of seabeach where one can relax Apart from paying respects at the many

temples in the city, one can try exciting activities at the shoreline and spot a variety of birds at Chilika Lake and Mangla Bird Sanctuary. If you are a fan of intriguing applique artwork, **Pipili** is a must-visit. From handbags and dress materials to bed sheets and wall hangings, the selection of items depicting this wonderful artwork will leave you spoilt for choice. Besides going on a shopping spree, you can visit popular places around Pipili like **Shanti Stupa, ChausathiYogini Temple and Mukteshwar Temple. Konark Sun Temple** (20kms away from Puri). This temple dedicated to the Sun God is a UNESCO World Heritage Site admired for its intricately carved architecture around the world. The city also houses an engrossing Archaeological Museum and some beautiful and serene beaches like Chandrabhaga Beach and Ramachandi Beach. (There are two ways to reach Konark by road either take the Puri-Konark Marine Drive or Konark-Kakatpur Road)

CUTTACK : It was founded in the 13th century by **King Anangabhimha Deva III**, the name of the city was **Abhinab-Baranasi-Katak**. Like the city of Baranasi, situated in between Baruna and Asi, Cuttack is situated between the rivers Mahanadi and Kathajodi and was therefore named as AbhinabBaranasi (a new type of Baranasi). but it fell to the Muslims in 1266. It was subsequently taken by the

Marathas (1751) and the British (1803). The city was the capital of Orissa province until it was succeeded by Bhubaneshwar in 1948. This city also known as the 'Millennium City', 'Silver City' and the cultural capital of Odisha, Cuttack boasts of over 1000 years of history and eye-catching silver, brass and ivory filigree works. While the Barabati Fort and Cuttack Chandi Temple here will transport you back in time, the **Satkosia Wildlife Sanctuary** will reveal many of nature's secrets.

BALASORE : This coastal city with historical significance was a prominent maritime town in the medieval period. Apart from beautiful beaches and verdant hills, Balasore has many ancient temples and palaces that are a testament to its impressive and unforgettable history. Some prominent attractions include the receding or disappearing sea or beach? This unique phenomenon happens at **Chandipur Beach** (15kms from Balasore city) The sea here recedes by as much as 5 km during the low tide and comes back. You can walk deep into the seabed when the water recedes, enjoy spectacular views during sunrise and sunset, and treat your taste buds to some freshly prepared seafood. Chandipur Beach, Jagannath Temple and Krishna temple at a place **Remuna** and Kuldiha Wildlife Sanctuary.

JEYPORE : Beautiful waterfalls, dense forests, and mystical valleys make Jeypore a romantic **place to visit in Odisha for couples**. What's more, this historic city also houses ancient limestone caves, palaces, and temples. Some prominent attractions in Jeypore include **Bagara Waterfalls, Gupteshwar Caves and the magnificent Jeypore Palace.**

DARINGBADI : This serene hill station is popularly known as the 'Kashmir of Odisha'. Replete with pine forests, milky white waterfalls, colourful meadows and rolling hills, Daringbadi is a perfect destination away from the hustle and bustle of a city. Putudi and Badangia Waterfalls, Coffee Garden, and Belghar Sanctuary are some prominent attractions here.

JAJPUR : A district with historic and religious significance, Jajpur houses many pilgrimage sites, archaeological ruins and old monuments. Jagannath Temple on the banks of Baitarani River is an archaeological wonder and a major tourist spot. **BirajaKhetra Temple, ChandikholeChandi Temple,** scholars like Prajna and Hieuen-Tsang

came to learn at centers of learning. Hieuen-Tsang, the famous Chinese pilgrim of the 7th century who visited Odisha was surprised to see the **University of Puspagiri** imparting knowledge to innumerable scholars now lying buried under Buddhist complex at **Ratnagiri-Lalitgiri-Udayagiri**. Ratnagiri Archaeological Museum, and Ashokjhar Waterfalls are also some must-visit attractions.

TIKARPADA WILDLIFE SANCTUARY : Located on the banks of the Mahanadi River, Tikarpada Wildlife Sanctuary is a must-visit for nature and wildlife lovers. It is spread across 795.52 sq. km and houses different species of birds and wild animals, like gharials, leopards, tigers, and sloths. What's more, the sanctuary also offers different activities for adventure seekers, like river rafting, boating and trekking.

BHITARKANIKA NATIONAL PARK : Spread across 672 km, Bhitarkanika is the second-largest mangrove ecosystem in the country. It has a network of creeks and canals through which you can take a boat ride and watch the inhabitants, like the saltwater crocodile, pythons, wild boar, deer, hyenas and migratory birds.



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SREE JAGANNATH & NAVAKALEVARA FESTIVAL

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The Nabakalebara or assuming new body by the Deities, is another important festival, linked with the Car Festival. Though it is not observed annually, once in 12 years or even more, or in such years in which the month of Asadha (June) is double, in number, called Joda Asadha the Nabakalebara rites are observed, which means the Deities cast off their old frames and assume new ones. The first half of the Asadha, starting from the day following the great bathing festival on the full moon day (purnima) of the month jyestha is used every year for the repainting of the discoloured images and for making the necessary annual repairs on them. During this period (anavasara) the sanctum is closed and the people may not have the darsana of the deities who are popularly believed to be 'sick'. In the year with an extra Asadha, the new Asadha is intercalated after the first fortnight of the regular Asadha. The period of the 'sickness' of the Deities thus extends itself to three fortnights and this gives sufficient time to the Temple to construct new wooden images and to consecrate them before the Temple is reopened on the first day of the bright half of the regular Asadha to make

preparations for the chariot festival which starts from the next day. The Daitas who take charge of the Deities during the period of anavasara, also arrange the car festival and play a very important role in the ceremony of Navakalevara. They are believed to be the descendents of the Sabara Visvavasu, who, according to the legend of the foundation of the Jagannath Temple, worshipped Jagannath (in the Nilamadhava form) in a forest before Vidyapati, the Brahmin minister of the king Indradyumna of Malwa could find Him out with the help of this Sabara. According to some popular versions of the legend, the Sabara did this favour to Vidyapati only at the request of his daughter Lalita who had been deeply in love with this Brahmin from Malwa. The children born out of the marriage of Lalita with the Brahmin minister also discharge important functions in the Temple. The head of this group is known as (Vidya) Pati Mahapatra. He is one of the most important functionaries in the ceremony of Navakalevara as we shall presently see and it is he who performs the most solemn ceremony of shifting the Brahmapadartha (the immortal life substance) from the old statue of Jagannath into the new one.

Navakalevara celebrations at the regular intervals of 12th or 19th years have been introduced after the re-installation of the Jagannath figures in 1590 A.D.

The ceremony of Navakalevara as it is carried out presently, consists mainly of the following five phases.

1. To find out the daru (divine wood) with the prescribed characteristics and to bring it to the Temple; i.e. to go in a party to the forest and look out for an appropriate tree, to perform a fire sacrifice near the tree to ward off the evil and to sanctify the tree, to pull the Daru on a small cart to the Temple.
2. The carving of the wooden structure of the images
3. The consecration of the images and the insertion of the life-substance (brahmapadartha) into them.
4. The burial of the old figures, the funeral and the purificatory of the Daitas.
5. Giving the images their final shape by means of several coverings of cloth etc. and by applying paints on them.

The ceremony commences on the 10th day of the bright fortnight of the month of Chaitra i.e. 65 days before the great bathing festival (snana yatra) of the Deities which takes place on the

Purnima of the month Jyestha. All the four woods should arrive at the temple before this date, since they are also given bath on this day. To locate and fetch the four Darus 28 Daitas are selected, 21 of whom go to the forest whereas 7 stay back in Puri as a sort of 'reserve force' to be called to the forest if and when required. The Daitas come to the Temple (Bidyapati Mahapatra) at about 11 O'clock and while they wait outside the sanctum, the Bidyapati Mahapatra goes into the sanctum and performs a small worship of the Deities. He then takes down the four garlands from the person of the Deities which have specially been prepared for this purpose that morning by the gardeners of the Temple and have already been offered to the Deities by the Pujapandas. He comes out with the garlands which now carry the designation ajnamalas and distributes the three garlands of Balabhadra, Subhadra and Sree Jagannatha to the three leaders of the group who are called 'Bada-bada' Daita (family title : dasa-mahapatra, responsible for Balabhadra, 'Majhi-bade' Daita (family title : dasa-mahapatra, responsible for Subhadra) and 'Mahaprabhunka-bada Daita (family title: swain mahapatra, responsible for Sree Jagannath) respectively. The Ajnamala of Sudarsana he keeps himself.

Outside the sanctum, each of these three Daita chiefs are presented a silken sadhi of full length by the

storekeeper of the Temple. The rest of the Daitas receive only a two meter pice of same garment. Another Temple servant then applies sandal paste and red powder etc. on the forehead of all the Daitas to mark the auspicious beginning of the Yatra in search of the Darus.

In the early morning the whole party then sets out to Kakatapur, a place some 50 km away from Puri and famous for the temple of goddess Mangala, situated on the bank of the river Prachi. There is a dense forest containing mostly Nima trees - which alone are used to fashion the images of Jagannath etc. at a distance of some 6 km. from the town of Kakatpur. In Kakatpur party stays in the compound of a small monastery called Deuli Matha belonging to the Ramanujiya Vaisnavas and maintained by the Emar Matha of Puri.

The messengers are sent to the temple of Mangala to announce the arrival of the Vanayatra party from Puri. The priests of the goddess and others come forward in a procession to receive and welcome the party with music. The party brings the Mahaprasada of Jagannath and a garment for the goddess Mangala as a present of the Lord. The priests of Mangala then perform the worship of the goddess and offer the garment and the Mahaprasada to her. The Puja is an extensive one and it starts with the ceremonial bath (Marjana) of the deity.

While the puja is performed, the four Pandits accompanying the party and the Acharya recite the Durga Saptasati before the goddess. After the worship is over, the Mahaprasada brought by the party and offered to goddess is partaken of by the priests of Mangala as well as the members of the Vanayatra party.

The members of the party return to the Deuli Math, the Acharya, Brahmins and the Pati Mahapatra remain in the temple of Mangala and sleep there. It is believed that the goddess Mangala tells the Pati Mahapatra the exact location and appearance etc. of all the Darus and the next day the Daitas are sent in the directions indicated by the goddess to spot the trees. To get the Instructions from the goddess the Acharya, the Rajaguru and the Pati Mahapatra etc. mutter the so called Svapnavati Mantra for 108 times before going to bed. As an alternative, however, it is also allowed to utter the Mantraraja of Nrsimha for equal number of times. If no instruction is received by the Pati Mahapatra or the Acharya for three days, an extensive worship of the goddess is again performed in which the statue is completely bedecked with flowers. The first flower falling down from the statue is taken to be indicating the direction in which the first Daru could be found and the following three for the rest of the three Deities. During the Navakalevera (1969), the party searched out all the Darus within eight days. The parties find the exact trees at the exact spot as

given out to the Pati Mahapatra by the Goddess. The specific tree is worshipped for three days before being chopped. The first and second chopping blows to it are given with a gold and silver axe respectively before the iron axes take over to complete the process and cut the logs to size. The neem tree specified for the ceremony surprisingly bears some characteristics features.

After receiving the ritual bath simultaneously with the four status of Jagannath etc. The Darus are brought in a new Mandapa which is known as Nirmana-Mandapa. It is the place where the wooden structure of the Daities is carved by the carpenters all of whom belong to the class of the Daitas. The work of carving starts on the second day of simultaneously with it, the ceremony of the Ankuraropana is initiated for the consecration of the Nyasadaru by brahmins the carving of the images takes place behind the closed doors and nobody else except the Daitas and the pati mahapatra are allowed to enter the pavilion in which the statues are being fashioned.

Unlike the Pratistha of other worshipable images, this consecration ceremony is performed on a piece of wood which has been cut from any one of the four Darus brought from the forest into the Temple. It is not possible to consecrate the images because they have not yet been fashioned at all. The piece of the wood that the Brahmin

priests consecrate is known as Nyasa-Daru and after an extensive ceremony of consecration lasting for two weeks, the Nyasadaru is cut into four pieces of prescribed size and each one of these four parts serves as a lid to cover the cavity in the belly of a wooden image after the Brahmapadartha has been inserted into it.

As soon as the 'life-substance' is taken out of an image, it is considered to be 'dead'. It is then loaded on the same cart on which the new image had been brought in and is immediately carried from the western door of the Temple to the place known as Koili Baikuntha which serves as the graveyard for the old Deities. Here a pit, 9 hastas deep and 6 hastas in diameter is kept ready to receive the old wooden images. The pit is spread out with red velvet and it is situated in a nice garden on the northern side of the Temple. The 'dead' images are sunk in this pit. Along with Jagannath all the wooden images of the Temple which decorate the wooden chariots of the Deities every year at the time of Ratha Yatra are also buried in the same grave and are made afresh for the new Deities. The purification of the new images, the ceremony of Navakalevara comes to an end and on the next day the famous car festival of Jagannatha takes place in which the newly fashioned Deities come out of the Temple to be hailed and greeted by an immeasurable multitude of the People.



WE CAN BUILD OUR FUTURE THROUGH OUR DEEDS

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It is a general belief that we get results in our life on the basis as we act. There is a proverb “as we sow so shall we reap”. There is deep relation between the action and its effects. Good or bad whatever action we do, we get pleasure or pain accordingly. This is known as the theory of action which is known as KARMABAD or KARMA-SIDHANT. In Hinduism it is believed that we get rebirth to enjoy the results of our good or bad actions. It is otherwise called as the theory of cause and effect. In Hinduism we believe that God rewards good deeds and punishes the evil deeds. This is also mentioned in Buddhism, Jainism and Sikhism. For Muslims there is some mention in Qurans that “Those who act piously gets ten times result and those believe in misdeed get bad or negative results.” Jesus Christ believed in the cause and effect theory for which he had taken over the results of His followers to himself and got crucified. There is also mention in the Bible “Whoever digs a pit will fall into it, and a stone will come back on him who starts it rolling.” Bhagaban Srikrishna has assured all the warriors in the Mahabharata war to fight without any expectation so that they can achieve salvation as His grace. All the above facts established our belief that results depend on the nature of our action.

Let us examine what the scientist say about it. Newton’s third law says that each action has equal and opposite reaction. If an object A exerts a force on object B, then object B must exert a force of equal magnitude and opposite direction back on object A. If we slap a person he will not only have pain but we would also have pain in our palm. Let us try to understand what is work (Karma) or action. The word ‘karma’ has originated from the Sanskrit root ‘kri’ which means ‘to do’ or ‘to act and react’.”Karma” literally means “action,” and more broadly establishes the universal principle of cause and effect, action and reaction. In simple words Karma means to do something which needs physical or mental effort, in order to earn money or to achieve something.

Karma can be done in three ways:
a. Physical- by using our organs
b. Mental- thinking good or bad about somebody. It can be a blessing or curse.
c. Oral- Through words of mouth we may praise some body or abuse. Thus work can be done physically, mentally or in words of mouth.

Basing on the nature we may classify the work as good deed or bad deed. As per Rabindranath Tagore deeds that are favourable to Universal laws and gives pleasure are called good deeds and

anything which is un-favourable to Universal laws and brings pain or sorrow to any person is called misdeed or sin. As per Hinduism we come across of three types of effects in our life span.

These are:

1. Sanchit Karma-The accumulation of the fruits of the deeds from all the lives is called the Sanchit Karma. The moment the soul starts its journey after being separated from the almighty it passes life after life and in each life it does some good and bad deeds. The fruits of all these deed get accumulated. He enjoys a portion of it in each life. Balance is accumulated as Sanchit Karma which it has to enjoy in future lives along with future accumulation.

2. Prarabdha Karma- It is that part of the Sanchit Karma which is set aside for the current life. It starts bearing fruit which will be exhausted only on their fruit being enjoyed and not otherwise. It is not possible to enjoy the accumulated fruits in one life. Therefore only a portion of the accumulated fruit is fixed for experience in the current life.

3. Kriyaman Karma- It is everything that we produce in the current life. All kriyamana karmas flow in to sanchita karma and consequently shape our future. Only in human life we can change our future / destiny. After death we lose Kriya Shakti (ability to act)..Conflicts in our mind. There is gap between our actions and its results in our life. Our good deeds of current life may yield fruits in future lives. We come across of cases where people doing harm to others lead a pleasant life while people doing good

deeds suffer. This raises a doubt in our mind. But let us be clear that we enjoy the fruits of previous life in current life and the yields of current life in future lives. Question also arises in our mind that if our current activities are the result of the past karma then how can we control the activities of the present life. Let us be sure that we have absolute freedom on our activities due to the the presence of our mind and intellect.

How can we shape our future ?

God has gifted us with the Human life which is a precious one. Apart from body and life we have mind and intellect to judge what is good or bad. We can apply the same to build our future. We have to forgo all the bad characteristics that may be:

- a. Not to harm anybody
- b. Not talk ill about others
- c. Not think bad of others

Once we think ill of others our mind is filled with hatred, annoyance, enmity and partiality. All these negative energies attract negativity and instead of harming others it harms us. We can not clean our mind unless we remove the negativity towards others. Negative thoughts results in negative actions. Our actions are within our control, if we think well of others then positive energy will flow in us. Thinking is more softer than physical work. That's why if we think bad of others then it adversely affect us. Usually we ignore our mistakes and find mistakes with others. We should change this habit. Habit can not be changed overnight. It takes time to change our attitude towards life. Let us build our future with good deeds.



HEALTHY WAY TO EAT RICE

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Rice is the staple food of India **as it is one of the principal food crops.**

Today, modern milling technology has replaced traditional hand-pounded rice with polished white rice almost in every Indian household. Such polished rice is lack of fibre, many vitamins and minerals which could expose the consumer to the risk of many health hazards. Doctors advise to cut out such rice in the daily diet especially to those who are affected with diabetes etc. But now a days it is not possible. So the only solution to solve this problem is to follow the healthy scientific ways to cook and eat .

Rice is rich in carbohydrates, and when you eat carbs, your body breaks them down in to simple sugar in form of glucose which are absorbed in to bloodstream . As the sugar level rises in blood the pancreas releases a hormone called insulin. Insulin is needed to move sugar from the blood into the cells, where the sugar can be used as a source of energy. Repeated spikes in blood sugar levels can be a cause for health hazard. Refined carbs present in rice are very easily and quickly digested by the body which leads to blood sugar spikes. This is because refined rice has high **Glycemic Index(GI)** .GI is a numerical

measure of how much and how quickly a food containing carbohydrate raises your blood glucose level. Individual foods are scored relative to pure glucose, which has a GI of 100. Foods with GI of 55 or less are considered low GI foods, while medium GI foods have a value between 56 and 69 and above this is taken as high. White Rice has a GI value of about 73. So it a bad carbohydrate. In general, most low-starch foods such as vegetables, legumes and nuts and even some fruits have a low GI. Whole-grain breads and pastas have a medium GI and potatoes and refined-grain breads and pastries have a high GI. The more fiber in a food, the lower the glycemic index. You can soften the impact of foods with a high glycemic index by combining them with some low GI foods. Parboiled white rice (aka converted rice) has a lower GI than polished white rice. Foods with a lower GI appear to be better for health point of view as they cause a slow but gradual rise in blood sugars. Higher GI foods may cause rapid spikes .So you should choose the following methods of recipe with rice in order to reduce GI.

- 1). **Pairing rice with protein, fibre or fat** in the right ratios can lower GI of the meal and make it diabetes-friendly. Fats lower the GI of the

plate, but that might take you away from other fitness goals. Prioritise fibre and protein over fats has optimum results on reduction of GI.

- 2). **Adding organic ghee** can help to reduce bad cholesterol levels as well as glycemic index .
- 3). **Anything acidic** will help lower a meal's glycemic index. Adding little vinegar or lemon juice can reduce GI.
- 4). **Dahi bhat:** Dahi has high amounts of fats and protein, and lowers the GI of your meals. The intake of yogurt before or after rice also significantly reduced the GI .
- 5). **Rice with Chhole/Dal/Rajma :** Legumes are high in fibre and moderate in protein. Dal here doesn't mean the high-fat restaurant versions like Dal Makhani - they are low in GI but are not a viable option as a daily meal.
- 6). **Pulao with veggies and paneer:** Veggies add fibre and micronutrients to a meal, and paneer is dense in protein and fats.
- 7). **Maachh Bhaat:** The classic combination of fish with rice works better. Fish provides protein and fats to lower the GI of the plate. The study, published in the European Journal Of Nutrition, found that the glycaemic index (GI)

of "pure white rice was reduced significantly by combined with chicken breast, groundnut oil and vegetable .

- 8). **Adding coconut oil-** Rinse your white rice and mix it with water as usual, and add virgin coconut oil about 3% of the total weight of your rice. Cook it and keep it in the fridge for 10-12 hours before being consumed. Don't heat the rice. If you don't like the idea of eating cold rice, pour hot soup/ dal over it and there you have your low GI rice.

Conclusion:

Diabetics are advised to be extra cautious about their diet especially with low Glycemic index . Those who have inclination towards eating rice , they may try **methi-moong dal khichdi** which has a low GI value of about 54. Some vegetables may be added. Protein-rich, low-calorie green moong dal which has a low GI of about 29 is also a good food for diabetes. Methi (fenugreek leaves) is rich in vitamin A, vitamin C, potassium, calcium and iron. The presence of a particular kind of amino acid in methi makes it a prized part of a diabetes diet.

"Hope this helps the people with diabetes to have a healthy relationship with food made-up of fine carbohydrate and not hate it or cut something out completely. "



ରାମରାଜ୍ୟ

ଶ୍ରୀ ବିଦ୍ୟାଧର ଓଗ୍ରହାଲ
ମୋ-୯୩୩୭୭୦୩୭୨୩

ଏ ହେଉଛି ସେଇ ତ୍ରେତୟା ଯୁଗର କଥା । ଆମ ଦେଶରେ ଘରେ ଘରେ ପ୍ରାୟ ସମସ୍ତେ ରାମାୟଣ ସହ ପରିଚିତ । ରାଜ୍ୟ ଶାସନ କଥା ପଢ଼ିଲେ ସିଦ୍ଧିର୍ଷ ରାମରାଜ୍ୟର ଉଦାହରଣ ଦେଇଥାନ୍ତି । ରାଜା ଦଶରଥଙ୍କ ପୁତ୍ର ରାମଚନ୍ଦ୍ର ଏପରି ଜଣେ ରାଜାଥିଲେ ଯେଉଁ ରାଜ୍ୟରେ ଚୋରୀ ଡାକାୟତି ନଥିଲା । ପ୍ରଜାମାନେ ସୁଖ ଶାନ୍ତିରେ ବସବାସ କରୁଥିଲେ । ସମସ୍ତେ ଦେଇଥିବା ବଚନକୁ ଅକ୍ଷରେ ଅକ୍ଷରେ ପାଳନ କରୁଥିଲେ । ମାତା, ପିତା ଗୁରୁଜନଙ୍କ ପ୍ରତି ପ୍ରଗାଢ଼ ଭକ୍ତି ଥିଲା । ରାମଚନ୍ଦ୍ର ପ୍ରଜାମାନଙ୍କୁ ଆନନ୍ଦରେ ପାଳନ କରୁଥିଲେ । ସେ ପିତୃ ସତ୍ୟ ପାଳି ଚଉଦବର୍ଷ ନିଜର ବିମାତା କୈକେୟୀଙ୍କ ପ୍ରରୋଚନାରେ ଘରର ଜ୍ୟେଷ୍ଠପୁତ୍ର ହିସାବରେ ରାଜଗାଦିରେ ଆସାନ ହେବା ପରିବର୍ତ୍ତେ କୈକେୟୀଙ୍କ ପୁତ୍ର ନିଜର ସାନ ଭାଇ ଭରତଙ୍କୁ ରାଜ୍ୟଭାର ସମର୍ପଣ କରି ଚଉଦ ବର୍ଷକାଳ ବଣରେ କଟାଇଥିଲେ । ସାମାନ୍ୟ ଧୋବା ଓ ଧୋବଣୀଙ୍କ କଳିଶୁଣି ନିଜର ପ୍ରାଣପ୍ରିୟା ସୀତାଙ୍କୁ ନିର୍ବାସନ ଦଣ୍ଡରେ ଦଣ୍ଡିତ କରି ବଣରେ ଅବଶିଷ୍ଟ ଜୀବନ କଟାଇବା ପାଇଁ ଛାଡ଼ି ଦେଇଥିଲେ । ସେଇ ରାମଚନ୍ଦ୍ରଙ୍କୁ ଆଜି ମଧ୍ୟ ସମସ୍ତେ ମନେ ପକାଉଛନ୍ତି । ସେ ସମୟରେ ନ୍ୟାୟ ପାଖରେ ସମସ୍ତେ ସମାନ ଥିଲେ । ନିଜ ସୁଖଠାରୁ ପ୍ରଜାମାନଙ୍କ ସୁଖ ଅଧିକ ଥିଲା । ଏ ହେଉଛି ମେଟାମୋଟି ଭାବରେ ରାମରାଜ୍ୟର କିଛିଟା ଉଦାହରଣ ।

ଆଜିକାଲି ଆମ୍ଭେମାନେ ଗଣତନ୍ତ୍ର ଶାସନକୁ ଆପଣେଇ ନେଇଛେ । ଏହା ସବୁଠାରୁ ଶ୍ରେଷ୍ଠ ଶାସନ ବୋଲି ବିବେଚନା କରାଯାଇଛି । ଏବେ କିନ୍ତୁ ଯାହା ଦେଖାଯାଉଛି, ଗଣତନ୍ତ୍ର ଶାସନ ଯେତେ ପୁରୁଣା ହେଉଛି, କ୍ରମଶଃ ନିର୍ବାଚିତ ପ୍ରତିନିଧିମାନଙ୍କର ଦୌରାତ୍ମ୍ୟ, ଅନାଦି, ଅତ୍ୟାଚାର, ବ୍ୟଭିଚାର, ପ୍ରଜା ଶୋଷଣ ଏତେ ପରିମାଣରେ ବଢ଼ି ଗଲାଣିଯେ

ଲୋକମାନେ ତ୍ରାହି ତ୍ରାହି ଡାକିଲେଣି । ଜାତିର ଜନକ ମହାତ୍ମା ଗାନ୍ଧୀ ଯେଉଁ ମହତ୍ ବାଣୀ ଶୁଣାଇ କହିଥିଲେ ଆମେ ନିଜକୁ ସ୍ୱାଧୀନ ବୋଲି ଭାବିବା ହେସିଦିନ ଯେଉଁଦିନ ଆମରାଜ୍ୟ ରାମରାଜ୍ୟରେ ପରିଣତ ହୋଇଯିବ । ଚାଣକ୍ୟ ତାଙ୍କର ଉପଦେଶରେ କହିଥିଲେ, ଏହି ଛଅଜଣଙ୍କଠାରୁ ସର୍ବଦା ଦୂରରେ ରହିବା ଉଚିତ୍ । ତଥା ଗୁଣ୍ଡା, ମଦ୍ୟପ, ଶଠ, ମାତାଲୁ, ଧୂର୍ଜ, ଦୁରାଚାରୀ । ଏବେ ରାଜ୍ୟରେ ଏଇମାନଙ୍କ ସଂଖ୍ୟା ସବୁଠାରୁ ଅଧିକ । ସେମାନଙ୍କର ଦୌରାତ୍ମ୍ୟରୁ ନିଜେ, ନିଜ ପରିବାର, ସର୍ବୋପରି ସମାଜକୁ ବଞ୍ଚାଇ ରଖିବା ବଡ଼ କଷ୍ଟକର ହୋଇପଡ଼ିଲାଣି । ଏପରି ପରିସ୍ଥିତିରେ ରାମରାଜ୍ୟର ସ୍ୱପ୍ନ, ସ୍ୱପ୍ନରେ ହିଁ ରହିଯିବ । ପ୍ରତିଦିନ ଗଣମାଧ୍ୟମରେ ଯେଉଁସବୁ ଦୃଶ୍ୟ ଆମ ସାମ୍ନାକୁ ଆସୁଛି, ସେଥିରୁ ଅନୁମିତ ହେଉଛି, ମଦ୍ୟ, ଅବୈଧ ପ୍ରେମ, ବିବାହ ପରେ ଯୌତୁକଜନିତ ମୃତ୍ୟୁ, ନାରୀଧର୍ଷଣ, ରାଷ୍ଟ୍ରାଘାତରେ ହଣାକଟା, ଲାଞ୍ଚିମିଛ, ଇତ୍ୟାଦି ଏକ ଶୃଙ୍ଖଳିତ ସମାଜକୁ ତଳରୁ ତଳସ୍ତରକୁ ନେଇଗଲାଣି ।

ଏଥିରୁ ସମାଜକୁ ରକ୍ଷା କରିବାକୁ ହେଲେ ଆଜିଠାରୁ ହିଁ ବିହିତ ପଦକ୍ଷେପ ନେବାକୁ ପଡ଼ିବ । ସାରା ଭାରତବର୍ଷରେ ଛୋଟ ହେଉ କି ବଡ଼ ହେଉ, ନିଶାଦ୍ରବ୍ୟ ଉତ୍ପାଦନ ଏବଂ ସେବନ ସର୍ବାଦୌ ବନ୍ଦ ହେବା ଦରକାର । ଯାହା ମନେହେଉଛି, ସରକାର ଏଥିରୁ ଅଧିକ ରାଜସ୍ୱ ଆଦାୟ କରୁଥିବାରୁ ପ୍ରତ୍ୟକ୍ଷରେ ଲୋକଦେଖାଣିଆ ଏହାର ବିରୋଧ କରୁଥିଲେ ମଧ୍ୟ ପରୋକ୍ଷରେ ଏହାକୁ ପ୍ରୋତ୍ସାହନ ଯୋଗାଉଛନ୍ତି । ଦେଶର ରାଜସ୍ୱ ଅନ୍ୟ ଉପାୟରେ ବି ଆଦାୟ କରାଯାଇପାରିବ । ଅତଏବ ନିଷ୍ଠାର ସହିତ ନିଶାଦ୍ରବ୍ୟ ଉତ୍ପାଦନ ଓ ବିକ୍ରୟ ଉପରେ ସମ୍ପୂର୍ଣ୍ଣ ନିୟନ୍ତ୍ରଣ ନରଖିଲେ ଦେଶ ରାସାତଳଗାମୀ ହେବ ହିଁ ହେବ ଏବଂ ଲେଡ଼ିଗୁଡ଼ି କହୁଣୀକୁ ଗଢ଼ିଗଲେ ତାକୁ ରକ୍ଷା କରିହେବ ନାହିଁ ।

ବର୍ତ୍ତମାନ ନିଶା କାରବାର, ଯୁବ ସମାଜକୁ ବିପଥଗାମୀ ହେବାକୁ ଖୋରାକ ଯୋଗାଇ ଦେଉଛି ଏବଂ ଏହାର ବହୁଳ ସେବନ ଯୋଗୁଁ ନାରୀ ନିର୍ଯ୍ୟାତନା, ଧର୍ଷଣ, ରାହାଜାନି, ଗୁଣ୍ଡାମୀ ଇତ୍ୟାଦି ଯାବତୀୟ ବିଶୃଙ୍ଖଳା ସୃଷ୍ଟି ହେବାରେ ଲାଗିଲାଣି ।

ଦ୍ଵିତୀୟରେ ଝିଅ ବିବାହ ପାଇଁ ଯୌତୁକ ପ୍ରଥା ଏକ କଳଙ୍କ ବୋଲି ସମସ୍ତେ ଅନୁଭବ କରୁଥିଲେ ମଧ୍ୟ ଏହାରି ଭିତରେ ସମସ୍ତ ଝିଅ ପରିବାର ଘାଣ୍ଟି ହୋଇ ଯାଉଛନ୍ତି । ଝିଅଟିଏ ବାପଘର ପାଇଁ ଯେତିକି ଲୋଡ଼ା ତା ଶାଶୁଘର ପାଇଁ ତା ଠାରୁ ଅଧିକ ଲୋଡ଼ା ପଡ଼ିଥାଏ । ସେ ବାପଘର ହେଉ ଅଥବା ଶାଶୁଘର, ସମସ୍ତ ଘରର ଦାୟିତ୍ଵ ତାର । ପ୍ରକୃତରେ ଝିଅଟିଏ ଗୃହର ସମସ୍ତ କାର୍ଯ୍ୟକରେ, ସମସ୍ତଙ୍କୁ ଖାଦ୍ୟ ରନ୍ଧନ କରି ଖାଇବାକୁ ଦିଏ, ସେବାଦିଏ, ଆଗାମୀ ପିଢ଼ିର ସୃଷ୍ଟି ପାଇଁ ଜୀବନକୁ ଉତ୍ସର୍ଗ କରେ । ତାର ପ୍ରତିବଦଳରେ କିଛି ନିଏନି । ସମାଜରେ ଯଦି କିଏ ଖଟିକରି ଖାଏ ସେ ହେଉଛନ୍ତି ଦୁଇଜଣ । ଜଣେ ଗୃହପାଳିତ ପଶୁ ବଳଦ ତ ଆଉଜଣେ ଗୃହିଣୀ । କିନ୍ତୁ ଏଇମାନଙ୍କୁ ଆମେ ହତାଦର କରିଥାଉ । ଯେଉଁ ସ୍ତ୍ରୀ ଲୋକଟି ଆମ ପାଇଁ ଏତେ ଦରକାରୀ, ତାକୁ ଆମେ ଯେତେବେଳେ ବୋହୂକରି ନୂଆଘରକୁ ଆଣୁ ତା ଉପରେ ଯୌତୁକ ଭଳି ବୋଝ ଲଦିବା କେତେ ଯେ ଅନ୍ୟାୟ ଏବଂ ଲଜାକର ଆଜିର ଯୁଗରେ ପ୍ରତ୍ୟେକ ହୃଦୟଙ୍ଗମ କରିବା ଉଚିତ । ଆମର ଝିଅ ପରଘରେ ଯେପରି ବୋହୂଟିଏ ହୁଏ, ପରଘରର ଝିଅଟିଏ ମଧ୍ୟ ସେହିପରି ଆମଘରକୁ ବୋହୂଟିଏ ହୋଇ ଆସେ - ତେଣୁ ଯୌତୁକ ପରି କଳଙ୍କ ପ୍ରଥାଠାରୁ ଯୁବପିଢ଼ି ଦୂରେଇ ରହିବା ଉଚିତ ।

ତୃତୀୟଟି ହେଉଛି ଆଧ୍ୟାତ୍ମିକ ଏବଂ ମାନବ ଧର୍ମ ଶିକ୍ଷାର ପ୍ରଚଳନ । ଏହା ଚରିତ୍ର ଗଠନରେ ସହାୟକ ହୋଇଥାଏ । କଥାରେ ଅଛି ‘ଥିଲେ ଆଉ ପଛେ ଗୁଣ ହଜାର, ଚରିତ୍ର ନ ଥିଲେ ସବୁ ଅସାର’ । ତେଣୁ ପିଲାଟିବେଳୁ ଚରିତ୍ର ଗଠନ ପ୍ରତି ଧ୍ୟାନ ନଦେଲେ, ଜୀବନର ସବୁକିଛି ଅସାର ହୋଇଯାଏ । ଆଜି ଏହି ଦିଗଟିକୁ ବିଳମ୍ବରେ ହେଲେ ମଧ୍ୟ ସମସ୍ତେ ଉପଲକ୍ଷି

କଲେଣି । ଶିକ୍ଷା କ୍ଷେତ୍ରରେ ପରିବର୍ତ୍ତନ ଆଣି ଏହାର ପ୍ରଚଳନ ଲାଗି ଉପଯୁକ୍ତ ଖସଡ଼ା ପ୍ରସ୍ତୁତିରେ ମନ ନିବେଶ କରୁଥିବାର ଆଭାସ ମିଳୁଛି ।

ଚତୁର୍ଥଟି ହେଉଛି ପିତାମାତା ଗୁରୁଜନ ପ୍ରଭୃତିଙ୍କୁ ଭକ୍ତି ଓ ସମ୍ମାନ ଜଣାଇବା । ସେମାନଙ୍କ ଅଭିଜ୍ଞତାକୁ ହେୟଜ୍ଞାନ ମନେ ନକରି ନିଜର ଭବିଷ୍ୟତ ଲାଗି ଯଦି କିଛି ଉପାଦେୟ ଉପଦେଶ ମିଳୁଛି, ତାକୁହିଁ ନିଜର କାର୍ଯ୍ୟରେ ଲଗାଇବା । ଆଜିର ସମାଜରେ ବରିଷ୍ଠ ନାଗରିକମାନଙ୍କର ଦୂରାବସ୍ଥା ଦେଖିଲେ ଆଖିରେ ଲୁହ ଆସିଯାଉଛି । ବୃଦ୍ଧ ଅବସ୍ଥାରେ କେଉଁଠି ସେମାନଙ୍କୁ ଖାଇବାକୁ ମିଳୁନିତ, କେଉଁଠି ବୃଦ୍ଧାଶ୍ରମ ବା ଜରାଶ୍ରମରେ ଆଖିରୁ ଲୁହ ଝରେଇ ଝରେଇ ସେମାନେ ନିଜର ଅସହାୟ ଶେଷ ଜୀବନ କଟାଉଛନ୍ତି ।

ଏହାର ଅନ୍ତ କ’ଣ ଘଟିବନି ? ମାଆବାପାଙ୍କ ପାଖରେ ସେମାନଙ୍କର ପୁଅ ଝିଅ ସବୁଠାରୁ ଅତିପ୍ରିୟ । ସେମାନେ ଯଦି ନିଜର ବୃଦ୍ଧ ପିତାମାତାଙ୍କୁ ହତାଦର କରନ୍ତି ତେବେ ଜରାଶ୍ରମ କ’ଣ ସେମାନଙ୍କୁ ଶାନ୍ତି ଦେଇପାରିବ ? ଆଜିର ସମାଜ ଏପରି ଏକ ସ୍ଵର୍ଗିକାତର ବିଷୟଟିକୁ ଭଲ ଭାବରେ ବୁଝିବା ଉଚିତ । “ଉପର ବରଡ଼ା ଖସୁଛି, ତଳ ବରଡ଼ା ହସୁଛି, ମଝି ବରଡ଼ା କହି ହେଉଛି ମୋ ବେଳ କାଳ ଆସୁଛି ।” ଜୀବନ ଚକ୍ର ଏହିପରି । ସମସ୍ତେ ଦିନେ ବୃଦ୍ଧ ହେବେ । ଅତଏବ ବୃଦ୍ଧ ଅବସ୍ଥା ସମସ୍ତଙ୍କର ଆନନ୍ଦରେ କରୁ । ଏହା ହିଁ ସମସ୍ତେ ବୁଝିବା ଦରକାର ।

ସର୍ବଶେଷରେ ବାପୁଜୀଙ୍କର ରାମ ରାଜ୍ୟର କଳ୍ପନା କେବଳ କଳ୍ପନାରେ ରହି ନ ଯାଉ । “ସର୍ବେ ଭବନ୍ତୁ ସୁଖୀନଃ, ସର୍ବେସନ୍ତୁ ନିରାମୟଃ । ସର୍ବେ ଭଦ୍ରାଣି ପଶ୍ୟନ୍ତୁ, ମା କଣ୍ଠିତଃ ଦୁଃଖ ଭାର ଭବେତ୍ ।” ଏ ଉପଦେଶଟି ସମସ୍ତଙ୍କର ଧ୍ୟେୟ ହେଉ । ଯେଉଁ ନିର୍ବାଚିତ ପ୍ରତିନିଧିମାନେ ଏ ଦେଶକୁ ଶାସନ କରିବାକୁ ଆଗଭର ହେଉଛନ୍ତି, ସେମାନେ ଉପରୋକ୍ତ ବିଷୟଗତ୍ଵିକ ପ୍ରତି ଧ୍ୟାନ ଦେବା ପାଇଁ ଆଜିର ସମାଜ ଚାହିଁବସିଛି । ତେବେ ଆସନ୍ତୁ, ସମସ୍ତେ ମିଳିମିଶି ଆମ ରାଜ୍ୟକୁ ଏକ ନୂଆ ରାମରାଜ୍ୟରେ ପରିଣତ କରିବା ପାଇଁ ଚେଷ୍ଟା କରିବା ।



OUR MEMBERS

Sl.	Name of the Member	Address	Contact	Sl.	Name of the Member	Address	Contact
PATRON MEMBER				LIFE MEMBER			
1	Dr.Udaynath Sahoo	Bhubaneswar	9337221866	30	Sri Bipin Mansingh	Bhubaneswar	9338200606
2	Er. Krushna Ch. Sahoo	Bhubaneswar	9437075625	31	Sri Pramod Sahoo	Bhubaneswar	9437011087
3	Er. Rabindranath Behera	Bhubaneswar	8763334064	32	Sri Rajkishore Sahoo	Bhubaneswar	9438363455
4	Er. Basant Kumar Mishra	Bhubaneswar	9437000452	33	Smt. Narayani Chakraborty	Bhubaneswar	9861275171
5	Sri Narendra Kishore Mishra	Cuttack	9437033611	34	Smt. Kalyani Chakraborty	Bhubaneswar	9439646200
6	Dr Tatwamasibharadwas	Bhubaneswar	9930170058	35	Sri Bansidhar Barik	Bhubaneswar	9937006967
7	Mr. Sarat Kumar Malu	Bhubaneswar	9337100223	36	Sri Nishakar Dash	Bhubaneswar	9438623188
LIFE MEMBER				37	Sri Pramod Ch. Pattnaik	Bhubaneswar	9437232129
1	Khandagiri B N Sangha	Bhubaneswar	9437000452	38	Smt. Shantilata Dash	Bhubaneswar	9777183643
2	Sr Citizen Forum, Laxmisagar	Bhubaneswar	9337221866	39	Sri Debaprasad Mohanty	Bhubaneswar	9437018611
3	Indian Oil Retired Offs. Assn.	Bhubaneswar	9437002217	40	Sri Somnath Mishra	Cuttack	9861045976
4	Sr Citizen Forum, Chakesiani	Bhubaneswar	9437075625	41	Sri BansidharMahakul	Bhubaneswar	8763123884
5	B N Sangha, Khariar Rd.	Nawapara	9437076474	42	Dr.Surendranath Dash	Bhubaneswar	9437011125
6	Kalinga Cardiac Reh. Centre	Bhubaneswar	9090054199	43	Sri Nilamani Sahoo	Bhubaneswar	9937399086
7	Kanpur B N Mancha	Cuttack		44	Sri Pravakar Mishra	Bhubaneswar	9238990556
8	B N Mancha, Balikhand	Balasore	6370079121	45	Sri Gangadhar Sahoo	Bhubaneswar	9438421841
9	Zilla B N Sangha, Rayagada	Rayagada	9437215201	46	Mrs. ShailabalaPattnaik	Bhubaneswar	9437287521
10	Sri Subash Chandra Sahoo	Bhubaneswar	9437073555	47	Sri PadmanavParida	Nayagarh	6371994577
11	Dr.Srikanta Mohanty	Cuttack	9437337168	48	Sri Bhubaneswar Pradhan	Nayagarh	8895303003
12	Sri Prafulla Ch. Pattnaik	Berhampur	8763468707	49	Dr.Siba Prasad Behera	Balangir	9437151347
13	Sri Prafulla Ku. Mohapatra	Bhubaneswar	8895265933	50	Prof. Nimai Ch. Swain	Bhubaneswar	9777968562
14	Dr. Rama Ch. Pradhan	Sambalpur	9437564080	51	Sri Sithikant Sarangi	Bhubaneswar	9437014724
15	Sri Tribhuban Das	Balasore	9437976593	52	Sri Parsuram Nayak	Bhubaneswar	8114963130
16	Sri Subash Ch Senapati	Aska	9438662036	53	Sri Suryanarayan Mohanty	Bhubaneswar	8249568007
17	Sri Dharendra Ku Behera	Bhubaneswar	7205781858	54	Sri Pravakar Mishra	Balangir	9437194919
18	Sri Sarat Ch. Mohanty	Bhubaneswar	9437164946	55	Sri Chandrasekhar Patra	Bhubaneswar	9439713963
19	Sri Satyananda Mohapatra	Bhubaneswar	9439302263	56	Sri Bichitra Ku. Mishra	Bhubaneswar	9674474717
20	Sri Sitanath Sahoo	Bhubaneswar	9437002217	57	Smt. Gayatri Mishra	Bhubaneswar	9674474717
21	Sri Krushna Prasad Mohanty	Bhubaneswar	9040149351	58	Sri Jyoti Bhusan Das	Bhubaneswar	9337320509
22	Sri Dasarathi Sahoo	Bhubaneswar	9437012667	59	Sri Sarat Kumar Parida	Bhubaneswar	9438429128
23	Sri Nanda Kishore Jena	Bhubaneswar	9777313209	60	Sri Sarat Ch. Mishra	Bhubaneswar	9437503161
24	Sri Arjuna Kumar Patra	Bhubaneswar	9337522215	61	Dr.Pravakar Pattnaik	Bhubaneswar	7978640872
25	Sri Ramesh Chand Gupta	Bhubaneswar	8260275030	62	Sri Gopal Ch. Nayak	Balasore	7381061065
26	Sri Bidyadhar Agarwal	Bhubaneswar	9337703623	63	Sri Ramakanta Mishra	Bhubaneswar	9937231324
27	Dr.Susil Ku Nanda	Bhubaneswar	9437196720	64	Sri Banka Bihari Rout	Balasore	8093672395
28	Sri T R M Subudhi	Rambha, Gm	6371412898	65	Sri Abhay Ku. Samantray	Bhubaneswar	9437105118
29	Sri Nrusingh Ch Rout	Bhubaneswar	9438134796	66	Er Arttaran Nayak	Dhenkanal	6370022993

Sl.	Name of the Member	Address	Contact	Sl.	Name of the Member	Address	Contact
LIFE MEMBER				LIFE MEMBER			
67	Sri DibakarGochhi	Cuttack	9437032141	86	Sri Naresh Ku. Mohapatra	Bhubaneswar	9338206814
68	Sri Keshab Ch. Dash	Cuttack	9437061538	87	Sri Kalyan Ku. Pati	Bhubaneswar	9437438891
69	Sri Akhaya Ku Mishra	Bhubaneswar	9437131830	88	Mrs. Laxmi Suna	Rourkela	8895500557
70	Sri Ramesh Ch. Pattnaik	Bhubaneswar	9437001193	89	Sri Gadadhar Panda	Bhubaneswar	9437500567
71	Smt. Susama Swain	Bhubaneswar	8328885260	90	Sri AdwitBallabhPattnaik	Bhubaneswar	9937058154
72	Sri Batakushna Nayak	Bhubaneswar	9439755300	91	Sri RadhaprasadTah	Cuttack	8093706730
73	Sri Sankamarayan Patra	Bhubaneswar	9437058111	92	Sri Bimalananda Brahmachari	Bhubaneswar	9583200300
74	Sri Brajendra Ku. Behera	Cuttack	9437069244	93	Col. Sriprakash Pani	Bhubaneswar	9937289194
75	Sri Gokul Mohan Mohanty	Cuttack	9438133308	94	Sri Subhas Ch. Mishra	Bhubaneswar	9861324270
76	Sri Ashok Ku. Mohanty	Cuttack	9437164745	95	Sri Sarat Kumar Dash	Bhubaneswar	9861014722
77	Sri Chittaranjan Das	Bhubaneswar	9437306782	96	Sri DhruvaCharan Sethi	Bhubaneswar	9439141540
78	Prof. Paresb Nath Sahu	Bhubaneswar	9078675970	97	Sri Niranjana Ku. Mohanty	Rourkela	7978503619
79	Sri Kshirendranath Sahoo	Bhubaneswar	9853141517	98	Sri Subash Ch. Pattnaik	Bhubaneswar	8658918058
80	Sri E Tejeswar Rao	Ganjam	9437016555	99	Sri Biren Kumar Sahoo	Bhubaneswar	8249546078
81	Sri T Shibji	Maharashtra	7588700808	100	Sri Prakash Ch. Baral	Bhubaneswar	9937016315
82	Sri Purna Ch. Panda	Bhubaneswar	9692490909	101	Sri Debadatta Panda	Bhubaneswar	9437306647
83	Sri Suresh Ch. Das	Bhubaneswar	8984117030	102	Sri AbanikantPattjoshi	Bhubaneswar	9437300276
84	Sri Bikram Nayak	Bhubaneswar	9437134434	103	Sri Bhagirathi Bhoi	BhawaniPatna	9777050768
85	Er. Mrutyunjaya Mishra	Bhubaneswar	7848840894	104	Sri Chandrasekhar Swain	Bhubaneswar	9338010664

BIRTHDAY OF ERA MEMBERS				
Sl.	Name of the Member		Contact No.	D O B
OCTOBER	Sri Dasarathi Sahoo	Bhubaneswar	9437012667	01.10.1950
	Sri Gadadhar Panda	Bhubaneswar	9437500567	03.10.1952
	Sri Subash Chandra Sahoo	Bhubaneswar	9437073555	12.10.1958
	Dr.Srikanta Mohanty	Cuttack	9437337168	15.10.1949
	Sri Keshab Ch. Dash	Cuttack	9437061538	22.10.1933
	Er. Rabindranath Behera	Bhubaneswar	8763334064	23.10.1956
	KhandagiriBaristhaNagarik Sangha	Bhubaneswar	9437000452	25.10.2018
	Sri Sarat Chandra Mishra	Bhubaneswar	9437503161	30.10.1953
NOVEMBER	Sri Chittaranjan Das	Bhubaneswar	9437306782	03.11.1946
	Sri Sitanath Sahoo	Bhubaneswar	9437002217	03.11.1952
	Sri Abhay Ku. Samantray	Bhubaneswar	9437105118	08.11.1960
	Sri Akhaya Ku Mishra	Bhubaneswar	9437131830	10.11.1949
	Sri BansidharMahakul	Bhubaneswar	8763123884	18.10.1944
	Senior Citizens Forum, Chakeisiani	Bhubaneswar	9437075625	19.11.2014
	Sri Nishakar Dash	Bhubaneswar	9438623188	26.11.1952
	Sri Pramod Sahoo	Bhubaneswar	9437011087	27.11.1966
DECEMBER	Indian Oil Retired Officers Assn.	Bhubaneswar	9437002217	01.12.1965
	Sri Sarat Ch. Mohanty	Bhubaneswar	9437164946	03.12.1952
	Sri Arjuna Kumar Patra	Bhubaneswar	9337522215	12.12.1960
	Sri T Shibji	Maharashtra	7588700808	13.12.1956
	Sri Pramod Ch. Pattnaik	Bhubaneswar	9437232129	14.12.1945
	Smt. Susama Swain	Bhubaneswar	8328885260	17.12.1951
	Sri Ramakanta Mishra	Bhubaneswar	9937231324	24.12.1954
	Dr. Rama Ch. Pradhan	Sambalpur	9437564080	30.12.1950

FORM IV

Statement about ownership and other particulars about newspaper (BARISTHA BANI)

1. Place of publication – BHUBANESWAR
2. Periodicity of its publication - QUARTERLY
3. Printer's Name – UDAYANATH SAHU
Nationality – INDIAN
Address - LB 58 STAGE 4 LAXMISAGAR
BHUBANESWAR 751006 ODISHA
4. Publisher's Name – UDAYANATH SAHU
Nationality – INDIAN
Address - LB 58 STAGE 4 LAXMISAGAR
BHUBANESWAR 751006
5. Editor's Name – PRAFULLAKUMAR MOHAPATRA
Nationality – INDIAN
Address - DL 57 VSS NAGAR
BHUBANESWAR 751010, ODISHA
6. Names and addresses of individuals who own the newspaper and partners or shareholders holding More than one per cent of the total capital – **ELDER RECREATION ACTIVITIES TRUST**
I, UDAYANATH SAHU hereby declare that the particulars given above are true to the best of my knowledge and belief.

Date – 15.09.2022

Signature of Publisher

ବରିଷ୍ଠବାଣୀ'ର ନିୟମାବଳୀ

● ଏହି ପତ୍ରିକାଟି ବୟସ୍କମାନଙ୍କ ଚିତ୍ତବିନୋଦନ ପାଇଁ ଉଦ୍ଦିଷ୍ଟ । ● ତ୍ରୟମାସିକ ପତ୍ରିକାଭାବେ ଏହା ବର୍ଷକୁ ୪ ଥର ଯଥା: ମାର୍ଚ୍ଚ, ଜୁନ, ସେପ୍ଟେମ୍ବର ଓ ଡିସେମ୍ବର ମାସରେ ପ୍ରକାଶ ପାଇବା ପାଇଁ ନିର୍ଦ୍ଧାରିତ । ତେଣୁ ପ୍ରକାଶ ପାଇଁ ଲେଖା ମାର୍ଚ୍ଚ-ଜୁନ-ସେପ୍ଟେମ୍ବର ଓ ଡିସେମ୍ବର ମାସର ୧୫ ତାରିଖ ସୁଦ୍ଧା ପହଞ୍ଚିବା ଆବଶ୍ୟକ । ● ଲେଖାଗୁଡ଼ିକ ବରିଷ୍ଠ ନାଗରିକ ଜନିତ ଖବର, ରୋଚକ ତଥ୍ୟ, ଜୀବନଧାରଣା ଯୋଜନା ଇତ୍ୟାଦି ବିଷୟରେ କାର୍ଯ୍ୟାଳୟ ଠିକଣାରେ ପରିଷ୍କାର ଭାବେ ଡି.ଟି.ପି. କରି ମେଲ୍ eraindianet@gmail.com କିମ୍ବା WhatsApp-୯୪୩୮୦୮୧୦୦୭ ମାଧ୍ୟମରେ ପଠାଇବାକୁ ଅନୁରୋଧ । ● ଲେଖା ପ୍ରକାଶିତ ନହେଲେ ଫେରସ୍ତ କରାଯିବ ନାହିଁ । ● ପତ୍ରିକାକୁ ସରସ ସୁନ୍ଦର ପ୍ରକାଶନ ପାଇଁ ପାଠକମାନଙ୍କ ମୂଲ୍ୟବାନ ମତାମତ ସାଦର ସ୍ୱାଗତ । ● ପତ୍ରିକା ପ୍ରତି ଖଣ୍ଡର ମୂଲ୍ୟ ଟ.୨୫.୦୦ ବାର୍ଷିକ ଗ୍ରାହକ ଦେୟ ଟ.୧୦୦.୦୦ ଏବଂ ଆଜୀବନ ଗ୍ରାହକ ଦେୟ ଟ.୧୦୦୦.୦୦ ଧାର୍ଯ୍ୟ କରାଯାଇଛି । ଇ-ମେଲ ଠିକଣା ଇତ୍ୟାଦି ସ୍ୱତ୍ୱଭାବେ ଲେଖୁ ଧାର୍ଯ୍ୟ ଅର୍ଥ ନିମ୍ନ ଜମା ଖାତାରେ (S.B. A/c.) ପଇଠ କରି ତାହାର ନକଲ ଉପରୋକ୍ତ ଇ-ମେଲ କିମ୍ବା WhatsApp ରେ ପଠାଇବାକୁ ଅନୁରୋଧ ।

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ଜୀବନର ଅସଫଳତା ଯାତ୍ରା ସ୍ରୋତରେ ଦିଗହରା, ନିଃସଙ୍ଗ ଓ ଅସମର୍ଥ ବୟସ୍କ ବନ୍ଧୁମାନଙ୍କୁ ଏହି ଅନୁଷ୍ଠାନ ମାଧ୍ୟମରେ ପରସ୍ପର ଭାବ ବିନିମୟର ସୁଯୋଗ ମିଳିପାରିବ । ଚିତ୍ତବିନୋଦନ କ୍ଷେତ୍ରରେ ବରିଷ୍ଠ ନାଗରିକମାନଙ୍କ ହୃଦୟରେ ଖୁସିର ମହକ ଖେଳାଇଦେବା ପାଇଁ ଏହା ଏକ ସେତୁ ସଦୃଶ । ସମସ୍ତ ଅନୁବନ୍ଧିତ ସଦସ୍ୟବୃନ୍ଦଙ୍କ ଅବଦାନ ଅତୁଳନୀୟ । ନୂତନ ବନ୍ଧୁମାନଙ୍କୁ ଏହି ଅନୁଷ୍ଠାନରେ ଆଜୀବନ ସଦସ୍ୟ (ଏକ ହଜାର ଟଙ୍କା ସହଯୋଗ ରାଶି ସହ) କିମ୍ବା ପୁଷ୍ପପୋଷକ ସଦସ୍ୟ (ଦଶ ହଜାର ଟଙ୍କା / ତତୋଧିକ ସହଯୋଗ ରାଶି ସହ) ହୋଇ ଏପରି ମହତ କାର୍ଯ୍ୟରେ ପରୋକ୍ଷ ହେଉ କିମ୍ବା ପ୍ରତ୍ୟକ୍ଷ ଭାବେ ଅଂଶୀଦାର ହେବାକୁ ସାଦର ସ୍ୱାଗତ । ପ୍ରତିବଦଳରେ ଅନୁଷ୍ଠାନ ତରଫରୁ ପ୍ରକାଶିତ ବ୍ରତ୍ତମାସିକ ପତ୍ରିକା “ବରିଷ୍ଠ ବାଣୀ” ବିନା ମୂଲ୍ୟରେ ପ୍ରେରଣ, Daycare Service, ଲାଲ୍‌ହେରୀ ଓ ଚିତ୍ତବିନୋଦନ କାର୍ଯ୍ୟକ୍ରମରେ ଯୋଗଦାନ ସହ ଅନୁଷ୍ଠାନର ସମସ୍ତ କାର୍ଯ୍ୟକ୍ରମଗୁଡ଼ିକରେ ପ୍ରାଥମିକତା / ରିହାତି ଇତ୍ୟାଦି ଉପରେ ଗୁରୁତ୍ୱ ପ୍ରଦାନ କରାଯାଏ ।

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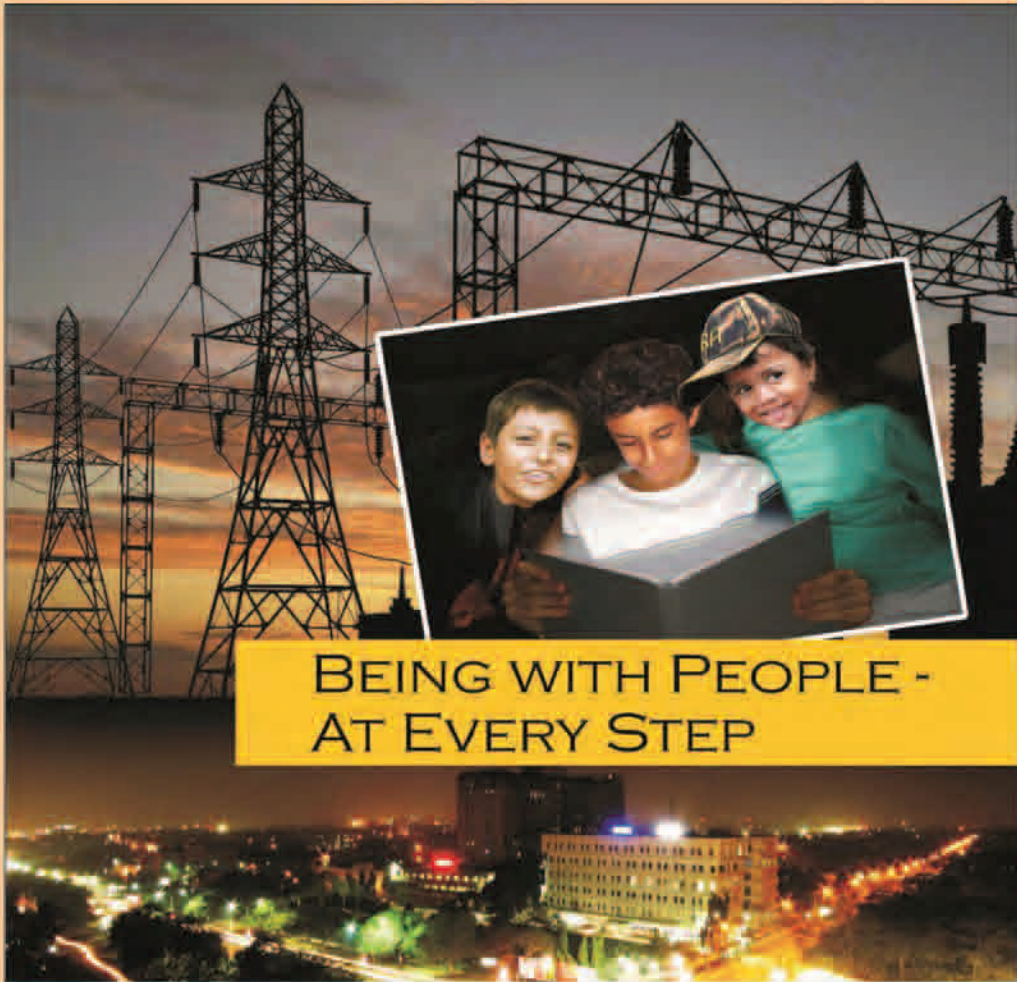
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