



ଜୟଗୁରୁ
ନୀଳାଚଳ ସାରସ୍ୱତ ସଂଘ, ପୁରୀ
ଆମେରିକା ସାରସ୍ୱତ ସଂଘ
୮୩୮ ତମ ଅଧିବେଶନର କାର୍ଯ୍ୟସୂଚୀ

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ତାରିଖ: ୧୧-୧୩-୨୨ ସମୟ: ୭:୧୫-୧୧:୫୫

ପାଳିଆ: ଐଶା, ଉଷା ମା', ଶ୍ୱେତା ମା'

11-12-22(ET)		ଅଧିବେଶ (ସନ୍ଧ୍ୟା ୭:୦୦ ରୁ ୦୮:୦୦)
7:00 - 8:00		ସ୍ତୋତ୍ର ବନ୍ଦନା, ଗ୍ରହ ପାଠ ଲୀଳା ପ୍ରସଙ୍ଗ ଭାଗ-୪ ପୃଷ୍ଠା-୯୭ (କୋକିଳାଗୁଣ ମଠରେ ଶ୍ରୀଶ୍ରୀଠାକୁର), ବିଦାୟ ପ୍ରାର୍ଥନା, ଜୟଗୁରୁ ନାମ କୀର୍ତ୍ତନ ଓ ଆସନ ବନ୍ଦ
11-13-22(ET)		ପ୍ରଥମ ଅଧିବେଶନ (ସକାଳ ୦୭:୧୫ ରୁ ୦୮:୪୫)
07:15	Dipti Maa, Smita Ray Maa	ପ୍ରତୀକ୍ଷା
07:30	Sanujit Bhai	ଆରତି
07:45	Smita Bai Maa	ବନ୍ଦନା (ବନ୍ଦନା ଗୁରୁଚରଣ), ସ୍ତୋତ୍ର ବନ୍ଦନା
08:10	Brajendra Bhai	ପରିଚୟ ପତ୍ର ପାଠ, ସମ୍ମିଳନୀ ପ୍ରାର୍ଥନା ଓ ଆସନ ମନ୍ଦିରରେ ନିତ୍ୟସେବା ପୂଜାର ସୁବ୍ୟବସ୍ଥା ପାଇଁ ପ୍ରାର୍ଥନା
08:20	Lipsita Maa, Pooja Maa	ସଂଘସେବକ ଚତୁର୍ଦ୍ଧାଭିଂଶ (୪୪) ଭାଗ, ପ୍ରଥମ ସଂଖ୍ୟା (ବନ୍ଦନା, ପ୍ରାର୍ଥନା, ପ୍ରାର୍ଥନା ସଂଗୀତ ଓ ପ୍ରାର୍ଥନାକାରୀଙ୍କ ପ୍ରତି)
08:40	Anjana Maa	ଶ୍ରୀ ଶ୍ରୀ ଗୁରୁଗୀତା (ଶ୍ଳୋକ - ୪)
08:42	Usha Maa	ବାଲ୍ୟ ଭୋଗ ଓ ପରପୂଜା ପାଇଁ ନିମନ୍ତ୍ରଣ
08:43		ଜୟଗୁରୁ ନାମ କୀର୍ତ୍ତନ ଓ ଆସନ ବନ୍ଦ
11-13-22(ET)		Second Session (09:45 AM - 11:55 AM)
09:45	Anjali Maa, Leena Maa	Abahana
10:00		Pranama Gaana and Opening of the Curtain
10:02	Udita Maa	Bandana
10:07	Banalata Maa	Parichaya Patra Paatha
10:15	Sibani M. Maa	Biswapati Pranama
10:20	Kalpana Maa	Nigama Upadesha (Page - 183 The Power Of Sangha)
10:25	Prithviraj Bhai	Minutes of the Last Session
10:27	Sasmita Maa	Pancha Sanyasini Shishya(Page - 95 - 99)
10:35	Arpita Maa	Praarthanaa Sangeeta
10:40	Padma Maa	SansaarPathe - Part 1 Chapter-26 (Food problems for Householders)
10:50	Brajendra Bhai	Q.A. Session
11:00	Anhik	Y. A. Praarthanaa Sangeeta
11:05	Swati Maa	Y. A. Session
11:35	Aishee, Usha Maa, Sweta Maa	Bhaaba Binimaya Invitation for Madhyaahna Bhoga and Evening Puja
11:41	Anhik, Padma Maa, Suvendu Bhai	Invitation for Next Sangha Puja (11-20-22)
11:43	Sweta Maa	Praying for forgiveness
11:44	Milu Maa	Bidaaya Prarthana Jayaguru Nama Keertana, Pranama and Closing of Asana
11:55	Biswajit Ray Bhai	Attendance

Chapter 26

Food problems for Householders

Looking at the rules and restrictions in hindus with lower eligibility and a strong bond for restraints and restrictions, many believe that fasting, atonement, indifference to all forms of worldly pleasure and self-torture might be called as "Dharma". However Dharma doesn't mean self-torture rather self-upliftment. Self pleasure and enhancing self-happiness is its root cause. Devotion towards God, love for other living beings and having peace in heart is called "Dharma". Is there anything charming other than the phenomenal picture of the objects which depicts devotion, love and peace? However, keep in mind that no truth can be attained if one has not suffered at least some misery in the initial stage. Those who are spending time considering worldly pleasure as comfort, they go through anxiety and misery as a result of it. Therefore there are provisions of rules and restrictions for hindus with lower eligibility.

It is customary for the Householders to offer to Panchadevata(five devatas) before consuming food. Scripture says - what does it mean when one says Pancha Devata ? Hindus remember God in each and every action. Hindu householders are engaged in yagnas from the time they wake up till they fall asleep. Five yagnas are "Pitru yagna" (offering to forefathers), "Rishi yagna"(offering to saints and sages), "Nru yagna" (serving human beings), "Bhuta yagna" (offering to souls), and "Deva yagna" (offering to Devatas). Consuming food is also one type of yagna.

Stability of five winds (pancha vayu) ensures a healthy body. The five winds are "prana", "apana", "udana", "byaan", and "saman". A few also try to create five "pindas" to attain stability of those five winds. So rather than over thinking, one should simply think that God of Fire. (agni devata) exists in our stomach, hence our foremost duty is to first offer to those devatas that reside in our body and then consume the food.