



A Silent Offering from MediNdi

E-Magazine of Om Dhyankendro

2025



the river within



A Silent Offering from MediNdi

E-Magazine of Om Dhyankendro 2025

nadi
the river within



From the Director's Desk **Om Dhyankendro(MediNdi)**

At the heart of meditation lies a power greater than silence itself—the power of Love. Love is not just an emotion, it is the energy that heals, unites, and transforms. When we sit in stillness, it is the power that flows into every corner of our being—strengthening our spirit and opening us to the joy of togetherness.

Om Dhyankendro is a space built upon this very power. Here, every practice, every gathering, every shared breath is an offering of Love. It teaches us that to love is to live fully—to embrace ourselves with kindness, to reach out to others with compassion, and to be present in every moment.

This E-magazine is another way of carrying that power forward. May each page remind you that Love is not weakness; it is the deepest strength we hold. Let it guide your meditation, your relationships, and your vision for the world. For when Love becomes our practice, peace naturally follows.

With Love and Light,
Nandini Choudhury
Director, Om Dhyankendro(MediNdi)

From the Cabinet Chairperson's of Atpoure Ramdhanu

বেশ কয়েক বছর আগে Mindfulness Meditation-এর শিক্ষার্থী হিসেবে যুক্ত হয়েছিলাম MediNdi-র সঙ্গে। Eminent Meditation Mentor শ্রীমতি নন্দিনী চৌধুরি দিদির সাহচর্যে শিখেছি – ধ্যান বা Meditation মানে শুধু চোখ বুঝে কিছুক্ষণ স্থির হয়ে বসে থাকা নয়, শিখেছি মনকে স্ব বশে আনার technique, focus করার পদ্ধতি, monkey mind থেকে Monk mind-এ নিজেকে চালিত করার শিক্ষা। I am made out of energy, balance is the key word of Meditation .সতীর্থ শ্রীমতী-র ভাষায় Meditation is finding a better version of you. It is My own journey. শুধুমাত্র নিজেকে ভালো রাখব এই ভাবনার পাশাপাশি আছে আর এক মহতী ভাবনা ---- 'আটপৌরে রামধনু' a support group of MediNdi . COVID কালে জন্ম নেওয়া Mentor-র brain child এই group আজ এক প্রাণবন্ত শিশু। আমার মনের যত্ন নেয় Meditation আর সমাজের মনের যত্ন নেয় 'আটপৌরে রামধনু'। "বহু জন সুখায় ,বহু জন হিতায় চ "এই মানবিকতায় ঋদ্ধ আমরা। নিজের গণ্ডির বাইরে গিয়ে সমাজের সর্বস্তরের মানুষের পাশে দাঁড়ানো-- "আপন হতে বাহির হয়ে বাইরে দাঁড়া" মনোভাবাপন্ন 'আটপৌরে রামধনু'-র সদস্যদের শপথ-- "চারিদিকে দেখ চাহি হৃদয় প্রসারী"; এগিয়ে চলেছে 'আটপৌরে রামধনু'। বিগত বছরের president এবং বর্তমানে cabinet chairperson হিসেবে বলতে পারি " মাঠে "।শুধু বৃদ্ধাশ্রম ,অনাথ আশ্রম বা তৃষ্ণার্তের কাছে অন্ন - জল নিয়ে পৌঁছে যাওয়া নয়। সমাজের নানা স্তরের মানুষজনের কাছে আজ পরমগ্রাহ্য 'আটপৌরে রামধনু'। বর্তমান Secretary সঞ্চয়িতা মন্ডলের ভাষায় বলা যায় Meditation is not just

a technique but it is about finding my own existence in joy and happiness throughout the activities. শেষে বলা যায় practicing Meditation has raise our confidence to new heights. keep working on staying rooted. কোন ঝগড়া - সঙ্কটে আমরা চঞ্চল হব না। আমাদের মন্ত্র "সঙ্কোচের বিহীনতা নিজেরে অপমান, সঙ্কটের কল্পনাতে হোয় না ম্রিয়মাণ" ।

Juin Pal Saha



Index

- From the Director's Desk
Om Dhyankendro (MediNdi)
- From the Cabinet Chairperson's of
Atpoure Ramdhanu
- MediNdi — The Living Sanctuary of Stillness
- The Essence of MediNdi
- Atpoure Ramdhanu –
The Empathy Wing of MediNdi
- অথবা নদী ভিত্তিক কিছু বর্ণনা
সৌগত মজুমদার
- নদীর মতো একা
প্রমিতা ভৌমিক
- Petals of Stillness
Mitul Chatterjee
- Sound of Dyan
Mousumi Dutta
- My Mentor
Mousumii Majjunder
- The Power of Calm: Meditation for Students
Pritha Chakraborty
- My Lavender Sanctuary Motherhood and
Meditation
Munmun Das

● Nourishing the Mind: diet and Meditation in Harmony

Sanchaita Mondal

● উৎসারিত আলো

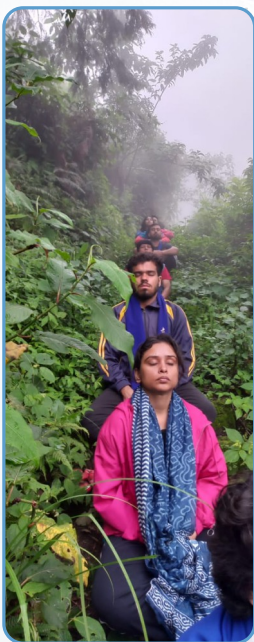
জয়ন্তী ভট্টাচার্য

● আভরণ কথা

গার্গী চক্রবর্তী

● বিসর্জন

শালিনী ঘোষ



MediNdi — The Living Sanctuary of Stillness

In the heart of silence, where breath meets awareness, there lives a sanctuary called MediNdi.

It is not merely a meditation center—it is a living field of energy, a space of healing, connection, and becoming.

Here, seekers come not to escape the world, but to return to their truest selves.

Through sound, stillness, and shared compassion, MediNdi gently guides every soul toward inner harmony and collective peace.

The beauty of MediNdi lies in its spirit of belonging.

Everyone who connects with it—be it a celebrity who comes for weekly meditation, a collaborator, an intern, a teacher, or even the kind soul who deep-cleans the space in the quiet of evening—feels the same truth within their heart:

“This is our MediNdi.”

MediNdi offers both online and offline meditation sessions—individual and group.

Each session is lovingly curated, never one-size-fits-all, but designed to meet each seeker where they are on their inner journey.

Under the gentle wings of MediNdi blooms Om Dhyankendra's support group, Atpoure Ramdhanu — a sacred space for emotional and mental well-being.

Here, women from all walks of life come together — supporting one another with empathy, while nurturing their own peace and happiness.

It is a circle of care, where healing flows both ways— as they take care of others, they also return home to themselves.

Om Dhyankendro (MediNdi Center of Meditation) also organizes seminars, book launches, and creative healing workshops—

bringing together diverse disciplines that awaken both the heart and the intellect.

Its sessions include Art Therapy, Graphology, Naad Yoga, Music Cognition, Voice Training, Sustainable Organic Colour Creation, Refurbishing Clothing Organically, Shakti Sessions, and more.

Other interactive and transformative programs explore Mindfulness through Movement, Sound Healing, Emotional Awareness through Theatre, Mandala Creation, Conscious Writing, Herbal Wellness, and Creative Sustainability.

Each workshop is designed not merely to teach, but to transform— to remind participants that creativity, mindfulness, and sustainability are all forms of meditation.

MediNdi also celebrates three sacred festivals of energy and consciousness:

Pranotsab, Mantrotsab, and Dharitri Utsab.

Pranotsab — The Festival of Life Force

Pranotsab is MediNdi's annual celebration of life and consciousness— a vibrant offering of art, meditation, and devotion.

It is where movement, vibration of Raga, and mindfulness meet, awakening the spirit of collective joy.

But beyond being a program, Pranotsab is the soul festival of MediNdi—where breath, art, and awareness merge into one



sacred rhythm.

It celebrates Prana, the vital life force that flows through every being, reminding us that to breathe is to live consciously.

Each moment of Pranotsab is crafted as an offering—through dance, mantra, meditation, and mindful expression.

Seekers, artists, and healers come together to create a living mandala of energy, where individuality dissolves into collective oneness.

It is a time when the unseen becomes visible—the silence between sounds, the stillness within movement, the divine pulse within every heart.

Pranotsab awakens not only joy but remembrance—that we are all threads of the same breath, bound by love and consciousness.

Mantrotsab—The Festival of Sacred Sound

Mantrotsab unfolds on the divine night of Maha Shivaratri—when sound becomes prayer and vibration becomes light.

Mantras, music, and meditation weave together, inviting seekers to journey inward—

from the echo of the outer world to the resonance of the inner self.

Each year, Kasba Arghya, the eminent theatre group led by Shri Manish Mitra, collaborates with MediNdi to bring alive the sacred union of mantra and movement.

Through theatre, rhythm, and meditation, Mantrotsab becomes a confluence of art and spirit—a dialogue between silence and sound, between body and consciousness. It is not merely a festival, but a sacred alignment with the eternal Naad—the cosmic sound from which all creation flows.

Dharitri Utsab— The Festival of Earth and Gratitude

Dharitri Utsab, held under the soft winter sun, is a celebration of Earth and all that sustains life. It honours Prithvi Tattva—the grounding essence within us. Through meditation, mindful movement, and togetherness, we remember our bond with nature— to nurture the soil, the trees, the air, and the silent spaces that give us breath.

Avoran Creative Fashion, led by Gargi Chakravarty, a brand rooted in eco-conscious artistry and sustainable clothing, has joined hands with MediNdi to make Dharitri Utsab a living expression of sustainability and shared responsibility. Together, they weave workshops and meditative practices that remind us— caring for the Earth is caring for our own soul.

It is a return to gratitude— to walk softly, live consciously, and love abundantly.

Together, these three Utsabs—
Pranotsab, Mantrotsab, and Dharitri Utsab—
form the rhythmic heartbeat of MediNdi.

They mirror life itself—
breath, sound, and earth—
a sacred trinity of existence,
where the human spirit meets the divine.

The Essence of MediNdi

At MediNdi, every breath is a prayer, every gathering a journey inward.

It is a space where ancient wisdom meets present awareness—where healing is not taught but lived as a way of life.

Here, seekers are not followers but fellow travelers—each walking their own path of awakening, each carrying a spark of the same divine light.

MediNdi continues to grow not through expansion but through connection—through every heart that finds peace within its silence.

And as this circle widens, the message remains ever simple and true:

to know the Self, to live in compassion, and to return again and again—to oneness.

SINCE THE TELEGRAPH TUESDAY 7 OCTOBER 2025



GOODLIFE 13

WHAT'S UP

PRANOTSAB FOCUSED ON BUILDING AWARENESS OF MEDITATION AND MENTAL HEALTH



The evening unfolded with a soulful dance performance that welcomed the guests and took the audience on a journey of understanding the Panchamahabhuta or the five great elements—air, water, fire, earth, and space—and their relation to the existence and sustenance of the human self.



Nandini Choudhuri led the concluding musical meditation to the tunes of rag Bhairav. The session was accompanied with the beats of pakhawaj, metal bowl, gong, sitar and tabla, creating a highly spiritual ambience.

Pranotsab, the first annual programme of Om Shivan Kendra under MediNdi, was as much a celebration of life as a gathering. On September 17, the Raktima Okakura Bhawan in Salt Lake came alive with a series of events aimed at bringing awareness about

meditation and mental health, anchored in the concept of love and harmony that exists within oneself as well as in nature.

The evening unfolded through diverse experiences. From shedding light on the physical benefits of mindful meditation punctuated with personal anecdotes, to a soulful

recitation of Jhokkhoti by Tagore. A thought-provoking panel discussion on "Panchamahabhuta sadhana" via dance performances, and ultimately a collective musical meditation session. Each moment contributed to creating a sacred space that connected everyone present.



The panel discussions bridged ancient philosophies of the five elements with individual human existence. It brought together voices from varied perspectives, from lifelong practitioners of meditation to those who had once been sceptical of its power. (L-R) Promita Bhawanik, Indrajit Lahiri (moderator), Baladeb Mondal, Raktima Mukhopadhyay, the executive director of IHRAD, and Manish Mitra, director of theatre group Kasha Arghya, in a discussion that threw light on mindful meditation. It also made everyone note how the Advaitas don't consider nature as different from humans, rather they consider themselves part of nature. "If we can establish a link between nature and

our own existence through prayers and philosophies, the world will be a better place with an understanding that the earth is not ours alone. The interconnectedness and engagement with nature and cosmos are something we can learn," said Mukhopadhyay.

Mitra commented on how meditation is required for an actor to enter a character's space and embody them. According to him, "an actor needs to be on time and needs to focus at every point. They need to change from their own self to a different created character. This balancing of two selves and focus needed for a performance requires a discipline that can be provided by meditation."



Bhagwan Roy, founder-chairman of IHRAD, being felicitated by MediNdi.

Saanvi Mitra (t2 intern)
Pictures: B Halder

Atpoure Ramdhanu – The Empathy Wing of MediNdi

Atpoure Ramdhanu is a support group of MediNdi. In its present form (2025), the group organizes a wide range of philanthropic initiatives, lovingly called Empathy Projects. Through these projects, we extend food, water, clothes, medicines, and other forms of support to people in need, with the vision of serving society with compassion and dignity.

Yet, the origins of Atpoure Ramdhanu were far more intimate and humble. The group was born during the difficult days of the Covid-19 pandemic, when civilization itself seemed under siege. Meditation sessions and group classes had suddenly shifted online. People were homebound in strict lockdowns, living under the shadow of uncertainty and death. Anxiety, stress, and depression weighed heavily on everyone.

It was in that darkness that Atpoure Ramdhanu first emerged—to take care of its own members. As Rabindranath Tagore said, “Āpanār majhe shakti dharo nijere karo joy”. Inspired by this spirit, Meditation Mentor Nandini Choudhury decided to hold online gatherings to spread joy and togetherness among members. At that time, there were no membership fees, nor any strict rules. .

At that time, there were no membership fees, nor any The only rule was simple yet profound: no negative talks—only happiness. Members sang songs, danced, told stories, recited poetry, and shared performances they had practiced at home.

A quiet magic unfolded—members became so engrossed in their creativity and companionship that they could take their minds off the suffocating fear and stress of Covid. It was simple yet profound: no negative talks—only happiness. Members sang songs, danced, told stories, recited poetry, and shared performances they had practiced at home. A quiet magic unfolded—members became so engrossed in their creativity and companionship that they could take their minds off the suffocating fear and stress of Covid.

Slowly, the realization grew that taking care of oneself and taking care of society are not separate—they are synonymous. From nurturing inner joy, the group naturally expanded to serving the larger community. What began as a circle of healing has since blossomed into a movement of empathy, carrying forward the same spirit of love and service into society.



অথবা নদী ভিত্তিক কিছু বর্ণনা

তো লিখতে গিয়ে উল্টে গেল রঙের বাটি। রঙের পেছনে দিলাম দৌড়। একটু জল নিয়ে যেই টান দিলাম রঙে, মনে মনে সে বলল,
“এই লিখলাম নদী।”

নদী। নদী জল দেয়, না না—

নদী জল নিয়ে আসে।

তাই— একবার দু’ মুঠো আজলা ভরে
জল নিয়েছিলাম বুঝি,

বাড়ি আসার আগেই

দেখি কখন পড়ে গেছে।

নদী থেকে সে উঠে এসে আমাকে বলল, “নদীর জল কি আজলাতে রাখা যায়? এই নাও কলসি।” কলসিতে ভরে! তা তো আমি জানতাম না। কলসি ভরে উঠে, মাটি ছেনে ঘর, সেখানে জল থাকবে কলসিতে। নদীর জল... নদীর জল ঘরে এলে, বসত করলে তো নদী থাকে না, শুধু জল হয়ে যায়। সে ঘরে কয়জন থাকে আর মেটায় তেষ্ঠা, কলসি খালি হয়— শুরু হয় শব্দের ত্রাস। আরও একবার, নাকি আরও অনেকবার নদীর কাছে গেছি। তো সেদিন ছিল যেন অন্য কোনো জলে ভরা। চিনতে পারিনি। একই নদীর জল কি দু’বার স্পর্শ করা যায়? নদীর কাছে কেন যাই? নদীকে ছুঁয়ে কিছু রাখতে? কোনো জমানো গোপন কথা যা নদীর জলে বয়ে যাবে— যা কেউ শুনতে পারে না, আর পাবেও না।

একদিন, যখন সূর্য বলে কাউকে চিনতাম না, ঘুম চোখে বললাম,
“কে আমি? আমার পরিচয়!” নদী বলল, “অনেক আগে, যখন

তোমার মনে কোনো প্রশ্ন ছিল না, তখন দিলাম তোমায় খুঁজে ফেরা, নদীর বাঁকে— সেটাই তো তুমি।”

আমি বললাম, “সেসব না— কেন যেন মনে হয়, কোনো এক ব্রাত্য উন্মাদ স্বেচ্ছাগারে তুমি আটকে ছিলে, তারপর নেমে এলে। আমি কি তোমায় ডেকেছিলাম? কী জানি, মনে তো পড়ে না।”

সে আবার উঠে আসে, “নদী বেয়ে চলে, না না— বয়ে চলে, তাই তো গঙ্গা।” নদীতে যারা সত্যি সত্যি নামে, ডুব দেয়— সমর্পণ করে তর্পণ— বুঝি তাদের স্বপ্ন, মায়া, কলুষ-ক্লেদ নিয়ে নদী এগিয়ে চলে? তারপর পঙ্ক থিতু হলে, ত্রিকোণ ভূমিতে জন্ম নেয় পঙ্কজ। তাই আমার নাম হবে গঙ্গাহৃদি? না না, সে বলল, “নদীর বয়ে আনা স্বপ্নে জাত— তুমি গঙ্গাল, পরে তোমার নাম হবে বঙ্গাল।”

হবেও বা। তাই একদিন স্বপ্ন রাখলাম, ত্রিকোণ ভূমি বেষ্টন করে লিখলাম অষ্টদল পদ্মযন্ত্র। নদী এল বগলারূপে ঈশ্বরী সন্ধ্যায়। নদীজাত জন্মভূমি, হল নিজ ভূমি। অব্যক্ত ধরা দিল, স্মৃতি-সত্ত্বা জুড়ে উচ্চারিত জন্মভাষা। হৃদিশ রাখল শাক্তপুরুষের বরাহ-জননী— জন্মভূমি থেকে ভূমি হলেন আকর্ষীতা।

কিন্তু নদী কেন? সে প্রবাহ না জল? হাত পেতে জল নিতে নিতে, দিতে দিতে নদী খরবক্ষ হলে? তাহলে কি জল না হলে নদী থাকে না? তবে নদী কেন লিখলাম! এভাবেই একদিন নদী পাড় ভেঙে দিল, আগড় খুলে ভেসে গেল আমার অবকল্প দেহ। প্রশ্ন কি করেছিল কেউ - কার শব? কোথা তার বাড়ি? জানি না।

সে তখন আমায় তুলে নিয়েছে তরতরে এক ছিপ নৌকায়। শবের মাঝে ই'কার স্পর্শ- শবদেহে যজ্ঞ হল, হোম হোক শরীরে শরীরে। আমাকে সে, না তাকে আমি? নদী আমার সূক্ষ্ম গ্রন্থিতে। চিতা ভস্ম ভেসে গেলে, বুঝি বা নাভিমূল বেঁচে থাকে ঠিক?

নদী কি আমার ভিতর বয়, না আমি বেয়ে চলি নদী! শক্ত করে

ডোমনীকে ধরে আছি, এদিকে নদী তো ছুটে চলেছে উল্টো
উজানের পানে, নেতা ধোপানীর ঘাট পেরিয়ে— মণিপুর ছুঁয়ে, কী
জানি সব জমা রাখতে রাখতে সঙ্গম পথে। নাকি ওটাই পয়োমুখ।
আকাশগঙ্গায় তখন অকল্প গঙ্গার সমাহার,
রঙের সপ্তশীর্ষে এক অলীক উদযাপন -
হৃদাকাশে দীপাবলি..... সপ্ত তন্ত্রী স্বনকে পুণ্যস্নান
নাকি ভুল হল— কোনো এক বেখেয়ালি উদাসীন হাতের ধাক্কায়
উল্টে পড়েছে সেখানে রঙের বাটি।
আর কানে কানে সে বলে গেল, “এই লিখলাম নদী।

সৌগত মজুমদার



*With respectful homage, compliments
and best wishes.*



শারদীয়া শুভেচ্ছা

সারাদিন রেস্টুরেন্ট-

যেখানে প্রতিটি পদে লুকিয়ে থাকে পুরনো স্বাদ আর
বাঙালিয়ানার টান।

Our Locations:



JAMES LONG SARANI,
BEHALA



JESSORE
ROAD



PRINCE ANWAR SHAH
RD, OPPOSITE TALATA
GROUND

Contact-

91470 68081 - 91470 68083 - 91470 68084

নদীর মতো একা

কোনো কোনো দিন আসলেই নদীর মতো একা।

প্রতিটা দিনের শেষে বাঁকা স্রোত বয়ে যায়,
সেখানে জলের পাশে সময় থমকে দাঁড়ায় -

আশ্বিনে হাওয়া দিলে
ফিরে আসে পুরনো অসুখ

এসব গোপন কথা
আড়াল করি নিজের কাছে -
স্রোতের টানে জল ভেসে গেলে
তবু একদিন ফিরে আসবো ঠিক,
একদিন ফিরে যাবো
চেনা পথ অলিগলি বেয়ে

কোনো কোনো দিন কেবল নদীর মতো একা

প্রমিতা ভৌমিক



Petals of Stillness

There was a time when my mind felt like a river in flood, restless and overflowing, searching for a shore to hold it. I carried questions, noise, and an ache that I could not name. What I longed for most was not an answer but stillness. I wanted a space where silence could breathe, where my heart could rest in its own rhythm. That longing carried me to my mentor Nandini Choudhury and to MediNdi, where the journey of meditation slowly began to unfold.

In the beginning silence felt almost foreign. It was like stepping into a forest at twilight, where shadows deepened and every sound felt strange. I was uneasy, but I stayed. With time I learned to sit with the silence, to breathe with it, and to trust it. Thoughts came and went like drifting clouds. Emotions rose and fell like tides touching the shore. Beneath them I touched a stillness as luminous as a moonlit lake, a depth that had been waiting for me all along. Meditation showed me that peace is not created. It is remembered.

MediNdi became my sanctuary. It was not only a place of practice but also a circle of seekers breathing together like rivers meeting the same ocean. In that shared silence I felt an inseparable bond, a reminder that we are all branches of the same tree, rooted in the same soil, rising toward the same light.

Meditation has changed how I live. In joy it deepens my gratitude. In sorrow it wraps me in a quiet embrace. In confusion it clears the path like dawn lifting the mist. For me MediNdi is not only a practice but a homecoming. Peace lives within, eternal as the sky, waiting for me to return again and again.

Mitul Chatterjee

Sound of Dhyan

Meditation with music can enhance relaxation, improve focus, and promote emotional balance.

Music is more than sound; it is a sanctuary for the soul.
When the mind feels heavy with thoughts,
when worries echo louder than silence,
music arrives like a gentle healer.
It does not ask questions,
it does not judge —
it simply flows,
wrapping the restless mind in rhythm,
and whispering peace into hidden corners of the heart.

The beat becomes a heartbeat,
the melody becomes a breath,
and slowly, the mind begins to soften —
like a storm calming into still waters.

Music is therapy not because it solves every pain,
but because it teaches us to listen —
to our emotions, to our spirit,
to the quiet voice within.
And so, whenever the mind feels weary,
let us remember:
there is no better medicine for the soul
than a song that understands it.

I am fortunate to be a part of Medindi and Atpoure Ramdhanu under the guidance of Mentor Nandini Chowdhury.

Mousumi Dutta



My Mentor

That day still glows in my memory, as if it happened only yesterday. A rainy day in July 2017. I was restless, drowning in anxiety and other emotional problems, and my doctor had prescribed meditation—something I knew nothing about. She even arranged an appointment for me with a meditation therapist and stress-management specialist. I walked in on the appointed day, uncertain, a little nervous, carrying the weight of my own storms.

And then the door opened. She was there, sitting calmly in her chair, waiting. The very first thing I noticed was her smile—warm, bright, and full of life. Her eyes sparkled with the same radiance, and when she spoke, her voice seemed to carry a quiet assurance, as though it had the power to soothe a weary soul. She guided me through a short meditation, and in that stillness, I felt a kind of peace I hadn't known in a long time.

Session after session, I began to open up. She invited me to join her group class, and without realizing it, I had stepped through a door that would change the course of my life. She was no longer just a therapist—she became my confidante; the friend I could tell things I had never spoken aloud to anyone else. In my most fragile moments, she stood beside me—soft, steady, and unshaken.

What amazed me was the quiet power she carried within. Beneath her serene smile and gentle presence, I could feel an inner fire, a strength that burned silently yet brightly. That was when she became more than a friend—she became my mentor, my guide, my philosopher.

Now, when I look back, I can see the journey she led me through. She taught me, healed me, and helped me uncover a strength I never thought I had. I am not the same person I was then, and

that transformation is hers as much as it is mine.

To me, she is like a shower of white light—soft and soothing, yet powerful enough to break through the darkest nights. A force both tender and fierce, she entered my life when I needed her most, and left me forever changed.

Mousumii Majjunder



With compliments, best wishes, and enduring admiration

**THE WORLD IS IN FLUX
NORMS PREY
LAWS DEVOUR
SURVIVAL IS A LIE THE WEAK CLING TO**

Thus

**WE CRAFT NOT JUST VISUALS, BUT VISIONS.
WE RESHAPE THE CORE, BEND THE SYSTEM, AND REDRAW**

THE RULES.

**THROUGH US, YOU NEED NOT MIRROR THE WORLD —
YOU CAN REIMAGINE IT.**

 **Kataleest**
a commitment for change



The Power of Calm: Meditation for Students

Competition- a household word now truly captures the essence of the 21st century. Students especially the GenZ and the Alpha lie at the epicentre of it. Family, schools, social media have further inculcated the thought process of being “the best.” This fear of not remaining average or mediocre as per societal standards often creates a vicious cycle of guilt, self-doubt and anxiety.

Often at this impressionable age, students, mostly teenagers, lack the necessary mechanisms to cope with stress thus resorting to unhealthy social media addiction, intense gaming or even substance abuse. In 2024 the Supreme Court of India recognised the latter among adolescents as “generational threat.” Often unaddressed, these issues create low self-esteem among students who become extremely self-critical and under confident. It further widens the emotional and communication gap with family and friends, thus perpetuating the struggles and the students are left to suffer and struggle in isolation and in pain. This is where the role of a counsellor or a mentor becomes crucial. As a UPSC aspirant myself, it became necessary for me to seek professional help to deal with stress, guilt, uncertainty and associated feelings of anxiety after facing numerous setbacks in the journey. While I had taken psychological counselling before, this time I opted for meditative therapy at MediNdi under the guidance of Ms Nandini Choudhuri. Surprisingly, her first advice was not meditation, but focusing on simple lifestyle changes like yoga, eating right, sleeping well with a major focus on balanced blood circulation as well as release of happy hormone-serotonin. The role of a mentor thus becomes significant in the process as he/she can identify if the mind is ready to start the process. Ma'am has been an extremely patient and a kind pillar of support. The scientific explanations as well as a nudge to the cognitive

thought process helped me understand that stress, anxiety, guilt, regret are natural bodily reactions that one need not be ashamed of. However, they need to be managed better. This is where breathing techniques, meditation and yoga can be extremely powerful tools at our disposal. While practising pranayama regularly can heighten focus and concentration levels, meditation and mindfulness helps the mind stay calm as well as vigilant. Yoga ensures effective blood circulation in the body. Different forms of meditation like music therapy can also help deal with a common type of anxiety, the one that students face the last night before an examination.

Thankfully Government policies like the New Education Policy 2020 as well as increased access to counselling by educational institutes are steps in the right direction. If along with these, meditative therapy is made to be a part of students' everyday life, it can build confident classrooms with emotional balance and better focus. Finally, one thing that needs to be reiterated is that meditation does not erase stress, it helps acknowledge and manage it well. Escaping emotions or being distracted does not help students deal with stress sustainably. Only when the mind is truly calm and one is self-composed, can the brilliant minds thrive- in academics and beyond.

Pritha Chakraborty



*With respectful homage, compliments
and best wishes.*



A.DUTTA & ASSOCIATES

Cost and Management Accountant

Serving Corporate and Non-Corporate Clients since 25 Years in the areas of Financial, Cost & Management Accounting, Direct(Income)Tax, Indirect Tax(GST), Audit, Banking & Finance and more

FINESSE YOUR FINANCE

OUR SERVICES

- Cost & Management Accounting
- Direct(Income)Tax, Indirect Tax(GST)
- Audit
- Banking & Finance
- Feasibility (TEV) Study
- Business Process Re-Engineering(BPR)
- Preparation of Detailed & Bankable Project Reports (DPR)
- Valuation & Physical Verification of Assets (Fixed, Non-Current & Current)
- Restructuring, Reconstruction & Reconstitution of Company, Formation of New Organisation & it's Compliances(Incl.ROC Filing) Due Diligence
- Consultancy in Project

OUR EDGE

- Transparent & Reliable Services
- Tailored Solutions for Businesses of All Sizes
- Professional Expertise
- Over 25 Years of trusted Expertise

TALK TO US

5, Iswar Dutta Lane Howrah 711101
+91 9831605420
adutta&associates@gmail.com

The background of the entire page is a soft, artistic watercolor wash in shades of lavender, light blue, and pale green. The colors are blended together in a fluid, painterly style, creating a dreamy and serene atmosphere. The text is overlaid on this background, with the title in a bold, dark purple font and the body text in a dark blue font.

My Lavender Sanctuary **Motherhood and Meditation**

My life as a mother to two beautiful children used to feel like a relentless marathon, a beautiful storm I was ill-equipped to navigate. My patience, once so vast, had become as thin as silk. My heart was full, but my mind was a whirlwind of chaos and endless to-do lists.

I had tried to meditate on my own, but my solo practice was a rudderless ship, drifting without purpose. In a moment of quiet desperation, I found myself scrolling the internet, hoping for an anchor. That's when a random click led me to Medindi, a turning point I never saw coming.

It was like coming home to a place I'd only ever dreamed of. For years, in my brief moments of self-meditation, I had sometimes seen a whisper of a color, a fleeting vision of lavender.

To walk into a space so resplendent with those exact hues felt like a sign, a promise of peace meant just for me.

Nandini di, the founder and the very life-force of Medindi is more than my spiritual guide; she is my Guru whose presence is a gentle, unwavering embrace. She understood the weary mother in me without judgment, and with her unending patience and love, helped me find the discipline my practice needed.

Meditation has given me a quiet inner space, transforming motherhood from a chaotic journey into a deeply fulfilling one. My patience has bloomed, and I am now a more present and compassionate mother, appreciating the small moments and finding joy in the everyday hustle of raising my children. The bedtime stories feel longer, the hugs tighter, and the laughter resonates more deeply. My journey of healing began the day I walked through those doors, and it continues to unfold,

nourished by the stillness I found within... my lavender
sanctuary.

Munmun Das





Best Wishes

**Eastern Polycraft Industries Ltd
Kolkata**

Nourishing the Mind: diet and Meditation in Harmony

In my life, I realized that meditation is not just a technique, but it is about finding my own existence in joy and happiness throughout the activities from morning till night. This practice has raised my confidence to new heights. I keep working on staying rooted, so that even when life's storms hit hard, I don't lose my balance.

As nutritionists, we understand that food is deeply connected to a meditative way of living. The diet we follow can generally be divided into three categories — Rajasik, Tamasik, and Sattvik.

Rajasik foods include non-vegetarian items and meals prepared with heavy spices. These foods energize the body, increase alertness, and stimulate mental activity, but they can also bring restlessness and agitation to the mind.

Tamasik foods, on the other hand, consist of excessively processed items, stale or leftover meals, fast food, alcohol, and addictive substances. Such foods dull the body, encourage laziness, and create negativity in both physical and mental states.

In contrast, Sattvik foods — fresh fruits, vegetables, whole grains, nuts, and seeds — nurture purity, serenity, and vitality. They keep the body light and the mind calm, pure, and refreshed.

For anyone aspiring to live a meditative lifestyle, a Sattvik diet is the most balanced and supportive choice, as it harmonizes body, mind, and spirit.

Sanchaita Mondal

উৎসারিত আলো

প্রায় এক দশক আগে আমার জীবন এক নতুন ও অচেনা চৌরাস্তায় এসে থমকে গিয়েছিল। জানি সব রাস্তাই কোথাও না কোথাও তো আমাদের নিয়ে যায়। কিন্তু ষাটোর্ধ্ব দাঁড়িয়ে ঠিক ভরসা করতে পারছিলাম না কোন পথ বেছে নেব। সময় যে বড় বাধা।

তখনই এই 'অন্ধকারের উৎস হতে উৎসারিত আলো' র মতন নন্দিনীদির প্রকাশ। পরম স্নেহে, অগাধ ভালোবাসায় আমার হাত ধরলেন। আমার জীবনের কাভারী হলেন এবং এখনো আছেন ও থাকবেন।

উনি আমার কাছে ঈশ্বরের দূত ও দান।

আসুক ঝঞ্ঝা আসুক ঝড়
আসুক বৃষ্টি আসুক অনাবৃষ্টি
জানি জীবনে ভরে উঠবে নতুন সৃষ্টি।।

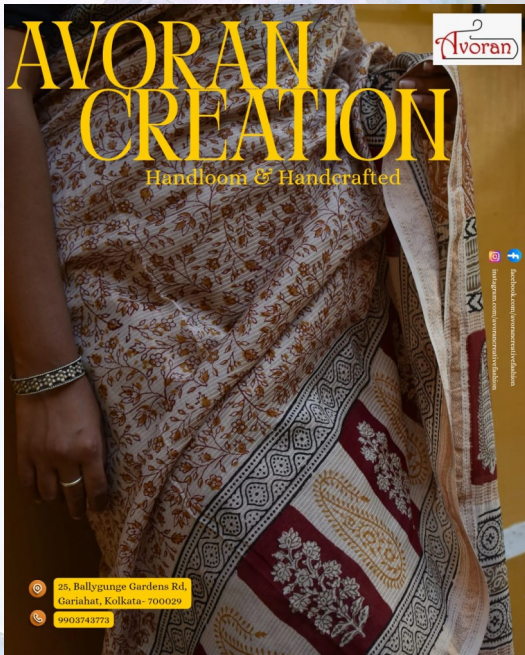
জয়ন্তী ভট্টাচার্য

আভরণ কথা

আমার জীবনের এক কঠিন সময় আমি সান্নিধ্যে আসি মেডিটেশন মেন্টর নন্দিনী চৌধুরি দিদির। আমার চিন্তা এক নতুন দিশা পায়। আমি পেশাগত ভাবে organic clothing এবং sustainability নিয়ে কাজ করি, Meditation মানে কিন্তু শুধু চোখ বুজে ধ্যান করা নয়, Meditation আমাদের সাহায্য করে প্রকৃতির সাথে সংযোগ স্থাপন করতে। Sustainability practice করতে গেলে প্রথমে দরকার প্রকৃতিকে ভালোবাসা। আমরা যখন সবুজ ঘাসের ওপর Meditation করি তখন প্রকৃতির রঙকেই নিজের মধ্যে ধারণ করি। এই প্রকৃতির বিভিন্ন রঙ যদি আমরা নিজেদের পোশাকের মধ্যে নিয়ে আসতে পারি, তবে তা আমাদের শরীর আর মন কে ভালো রাখতে সাহায্য করবে। আমরা যে পোশাক রোজ পরি তা যদি organic হয় তবে তা আমাদের শরীর এর পক্ষে যেমন ভালো তেমনি তা প্রকৃতির সাথেও সহজে মিশে যায়। যে কোনো synthetic product আমাদের শরীর এর জন্য যেমন ক্ষতিকারক, প্রকৃতির বুকে তা মিশে যেতেও অনেক সময় লাগে। আজকের আমাদের একটা ছোট্ট অভ্যাস ভবিষ্যতের পৃথিবীকে সুন্দর রাখতে অনেকটা সাহায্য করবে।

গার্গী চক্রবর্তী

*With respectful homage, compliments
and best wishes.*



AVORAN CREATION

Handloom & Handcrafted

www.avorancreation.com

[facebook.com/avorancreation](https://www.facebook.com/avorancreation)

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

25, Ballygunge Gardens Rd,
Gariahat, Kolkata- 700029

9903743773



বিসর্জন

ছেলে, ভালো আছিস?
দেখেছি সেদিন, অষ্টমীর ভিড়ের অজুহাতে,
অগোচরে চোখের কোণে লাজুক হাসি ঢেকে,
উঠে গেলি তোর নিয়মমতো সন্ধ্যাবেলার ট্রেনে,
পাশে ওটা কে, পায়ে পা মিলিয়ে তোর?
আলগা হাতে পড়লো খসে, সেদিকপানে চেয়ে—
দিস্তে ধরে জমিয়ে রাখা না বলা যত কথা
উড়ে গেলো শরৎ মেঘের দমকা হাওয়ার টানে—
তুই ভালো আছিস তো, ছেলে?

“যাত্রী.....তোমার তীর্থযাত্রা শুরু”
চেনা সেই আকাশবাণীর সুরে, অন্ধকার কি কাঁপে আজও
তোর অন্ধগুলির কোণে?
বুকের ভিতর বেজে ওঠে পুরনো শব্দরাশি?
মুখ নিচু সেই লজ্জাচিবুক ধরিস আজও তুলে,
রাখিস চোখে চোখ?
সেই চাহনির মায়ানিদ্ৰায়, ছাপ কি ফেলে যায়
তোর-আমার কালিমাখা সেই সদ্যোজাত শোক?
আদর করে সাজানো সেই শব্দকোষের মহল,
কোথায় যেন হারিয়ে গেলো, আলো আঁধারির খেলায়—
অন্ধকারে চমকানো সেই স্বচ্ছ সজল চোখে
কখনো কি দেখেছিলি, শেষজীবনের স্মৃতি?
কখনো কি দেখেছিলি বিদায় বেলার সুর—
চিঠির পাতা উড়িয়েছিলাম গোধূলি গরাদ ফাঁকে,
সেখানেই কি রাত-জাগা সব গল্পগুলোর ইতি?

চুন খসা সেই দেওয়ালজোড়া নতুন আল্পনা,
নতুন করে সাজানো তোর দুর্গা মায়ের মুখ,

অশ্বমেধের ছায়ায় মাথা ধূপ সিঁদুরের ধোঁয়ায়
কোথায় খুঁজিস, পাটভাঙা সেই রেশম শাড়ির সুখ?
ট্রেন এর আলো মাথায় মেখে দাঁড়িয়ে থাকি রোজ,
বিসর্জনের দূর্গা হাসে করুণ মলিন সাজে—
চোরাই ভোরে নতুন কোনো পথের হৃদিশ খোঁজে,
সেই রোদ যে বড্ড ফিকে, মেলায় তোর বাড়ির দোরে
দরজা দিয়ে নজর রেখে ফিরবো আমি ফের,
গুধু তুই ভালো থাকিস, ছেলে...

শালিনী ঘোষ



Best Wishes & Compliments from

Four Plus Services

LOGISTIC & MANPOWER SERVICE
REGD. OFFICE : 107/2/1, SATYENDRANATH MAJUMDAR SARANI
(FORMERLY MONOHARPUKUR ROAD) KOLKATA-700 026
E-mail: fplus@dataone.in fourplusservices@gmail.com
BRANCHES: 43A, LOWER RANGE, GROUND FLOOR, KOLKATA-700 019
PHONE: 2283 0084/0784, 3379 2149



Practicing nutrition...

Having experience in human nutrition specially with a goal to make a medicine free society introducing the thought of introducing the thought of "Food is medicine."

Phone number 9593690218

Visit my page

Fit Talk Sanchaita Mondal (facebook)

[*https://www.youtube.com/@FitTalk2025\(YouTube\)*](https://www.youtube.com/@FitTalk2025(YouTube))

Sanchaita Mondal

Fit Talk 2025

*With respectful homage, compliments
and best wishes.*

THE TERRACE CONCERT

An Evening of Indian Classical Music



MediNdi's Pranotsab







MediNdi's Pranotsab





MediNdi's Pranotsab



MANTROTSAB





Dharitri

utsab

Be one with nature



बोन फोटा



शुक्रवार

वीमेन पावर

प्रधाना खबर | 05
शुक्र, 15.05.2024

महिलाओं के सशक्त करने के लिए 'बोन फोटा' कार्यक्रम का शुभारंभ

महिलाओं
को सशक्त
करने के लिए
'बोन फोटा'



*With respectful homage, compliments
and best wishes.*



BLOOMCORE



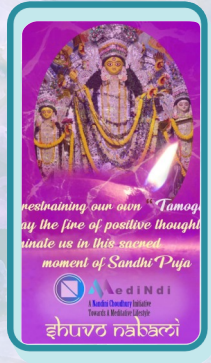
TANUJA'S BLOOMCORE 2025

Drape yourself in elegance — sarees for every body

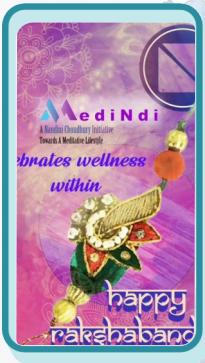
Free Shipping all over India —

Call 7020500443 Tanuja Majumder



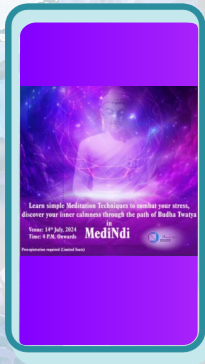


Wish Cards





Wish Cards



Empathy Projects



Empathy Projects

