

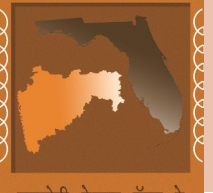
मायबोली मेळावा वृत्त

वर्ष पाचवे / वृत्त 3

संपर्क: newsletter@mmtbusa.org

3 नोव्हेंबर, २०१३

Mayboli Melava Tampa Bay



मायबोली मेळावा टॅम्पा बे

मायबोली मेळावा
कार्यकारिणी
२०१३-२०१४



*** शुभ दीपावली ***

वर्षाचा हा सण मोठा, नाही आनंदा तोटा!
घरोघरी हे दीप उजळती, रांगोळीचे रंग बहरती!
धडाम् धुडूमची आतषबाजी, खाऊ चकल्या, लाडू, करंजी!



दिवाळीच्या आणि नवीन वर्षाच्या सर्वांना हार्दिक शुभेच्छा!!!



आपल्या जन्मभूमीपासून लांब राहून इतकी वर्ष झाली
तरी या लाडक्या सणाची आपण किती उत्सुकतेने वाट बघतो,
नाही? घाईगडबडीत, कामांच्या असंख्य व्यापातूनही वेळात वेळ

काढून फराळाचे चार पदार्थ करतो. दारासमोर एखादी तरी दिव्याची माळ, छानसा आकाशकंदील लावतो.
सुरेखशी रांगोळी काढतो. मित्र- मैत्रिणीबरोबर फराळाचे मस्त बेत करतो. खास दिवस ठरवून फटाक्यांच्या
आतषबाजीचा बारही उडवून देतो.

दिवाळीच्या या दिवसांत मनाचा एक हळवा कोपरा मात्र भारतानेच व्यापलेला असतो, हो ना? देवासमोर
दिवा लावताना नकळत ओढ लागते ती आपल्या देशाची, मायभूमीची. संपूर्ण देशात लक्ष लक्ष दिव्यांनी
उजळलेल्या वातावरणाच्या आठवणींनी मन एकीकडे उल्लासित तर होतंच पण त्याचबरोबर अज्ञान,
दारिद्र्य, उपासमार, महागाई, या सारख्या दिवसेंदिवस वाढणाऱ्या काळोखाच्या भीतीने चलबिचलही होतं.
आणि मग त्या मिट्ट अंधःकाराला छेदून उज्वल प्रकाशाचा मार्ग दाखवणाऱ्या ज्ञानज्योतींचे स्मरण
अशावेळी आवर्जून होते. त्या महान समाजसेवकांनी लावलेल्या उत्तुंग कर्तृत्वरूपी नंदादिपासमोर नकळत
हात जोडले जातात. जातीभेद, वंशभेद समाजातून नाहीसे करण्याचा वसा घेतलेले महात्मा ज्योतीबा फुले,
स्त्रियांचे हक्क आणि त्यांचे शिक्षण यासाठी समाजाविरुद्ध लढा देणाऱ्या सावित्रीबाई फुले, अनेक अनाथ
मुलांची आई झालेल्या सिंधुताई सपकाळ, कुष्ठरोग्यांच्या पुनर्वसनासाठी आपले उभे आयुष्य वेचणारे बाबा
आमटे. किती आणि कोणाकोणाची नवे घ्यायची! दिवाळीच्या आजच्या शुभदिनी त्या दैदिप्यमान ताऱ्यांना
विनम्र अभिवादन! स्त्री शिक्षण चळवळीच्या धडाडीच्या कार्यकर्त्या रमाबाई रानडे म्हणतात, 'आपल्यापैकी
प्रत्येकाला नंदादीप लावता जरी आला नाही तरी लावलेल्या दिव्याची वात पुढे सारून तो अखंड तेवत
राहिल इतके तरी नक्कीच करता येईल.'

यंदाच्या आणि येणाऱ्या प्रत्येक दिवाळीच्या लखलखीत तेजाने आपला भारत देशच
नाही तर संपूर्ण पृथ्वीचा कानाकोपरा सुख, शांती आणि समाधानाने उजळो ही
शुभकामना!

आपली,

मेधा फडणीस



मायबोली मेळावा वृत्त
संपादक:
मेधा फडणीस
सहसंपादक:
नयना वाबळे
मांडणी सजावट:
नूतन कुलकर्णी
मंजुषा नाईक
प्रकाशक:
MMTB Inc

Diwali in Light of Ayurveda

Diwali is one of the most favorite festivals of India. The name Diwali or Deepavali means “row of lights.” So it is called as “festival of lights.” Diwali is celebrated to share the joy when Lord Ram returned to Ayodhya after defeating demon Ravana, Lord Krishna killed demon Narkasura. This signifies the celebration of victory of good over evil.

We celebrate Diwali by cleaning and decorating house, lighting lamps, with worships and prayers, eating sweets and snacks and enjoying time with family and friends.

These traditions of celebrating each festival are based on an ancient science, Ayurveda to nurture health, peace and happiness.

Ayurveda is the most ancient natural holistic science originated 5000yrs before in India. It is not only medical science but it is a way of living. According to Ayurveda we are a part of universe which is formed by 5 basic elements (Panchamahabhutas). Doshas are biological forces or functional units of Panchamahabhutas that govern all body and mind functions. Vata energy represents Ether and air

principle and responsible for all movements in body and mind. Pitta (fire and water) governs digestion and metabolism and Kapha (earth and water) governs strength and immunity.

We are in balanced state as long as we have harmonious relationship with nature. Ayurveda recommends following daily routine (Dinacharya) and making changes in diet and lifestyle according to season (Ritu charya) to cope up the stress of changing season.

Let's see Diwali in light of Ayurveda.

Diwali comes in fall season when weather is becoming dry, cold and windy. It is called “Vata season” because fall has the same qualities that characterize Vata: cold, dry, light, clear, and moving. These external environmental changes increase same qualities internally in body and mind, cause imbalance of Vata. The traditions of Diwali are to pacify Vata energy.

In Diwali we wake up early in morning, lit the lamps ,do oil massage and take warm bath applying herbal powder (utane),wear new cloths and pray to God or meditate.

Ayurveda recommends waking up on Brahma Muhurta. It is a pre-dawn period when Brahma, pure sattva energy is high in nature that can bring peace of mind. Vata governs the hours of 2 a.m. through 6 a.m. Apana, a type of Vata that controls elimination is active at this time. So waking up early in morning is important to proper elimination of waste products like feces and urine. Abhyanga, warm oil massage pacifies cold and dryness of Vata, reduces stress, calms nervous system and improves sleep patterns. Special herbal oils like Mahanarayan Tail, Ashwagandha Tail or plain sesame oil work best.

Use of herbal powder (Utane) instead of soap preserves natural moisture of skin, cleans impurities, revitalizes skin and freshens senses. Warm shower increases blood circulation, relieves stiffness in body and improves digestive fire (Agni)

Diwali special food is also based on Ayurvedic principles. In Diwali we eat sweets, snacks with spices and fried food. Some preparations are made this way that if one ingredient is Vata aggravating the other will balance its effect for e.g. Basan Laddu .Basan (chick peas flour) is very dry (Ruksha) in quality and Vata aggregating but we use a lot of Ghee which is Snigdha (unctuous). Ayurveda recommends if *Ruksha Guna* is increased then it is to be managed by *Snigdha Guna* and vice-versa. For Vata Season Ayurveda recommend to eat the food rich in sweet, sour and salty taste, fresh and warm ,include some amount of oil and ghee in diet to balance aggravated Vata. It is good to avoid salads (rich in bitter and astringent taste), raw and cold foods which increase Vata. This diet and Daily routine are not only for Diwali days but to follow through out fall and winter season to stay healthy and balanced.

In Diwali we clean and decorate house, we try to purify the external environment but what about internal cleaning? In today's busy life we often forget to breath, carry lot of stress and burden of negative emotions. Let's clean those emotions, clean senses, mind and body. Ayurveda recommend doing Panchakarma (Ayurvedic complete detox and rejuvenation) in changing season especially in fall and spring to purify internal environment and to achieve physical, mental and emotional wellbeing.

Health can not be accomplished with out spiritual wellbeing. We celebrate Diwali with doing worships to Lord Dhanvantari (God of health), Goddess Lakshmi for health and wealth, trying to find peace of mind with pujas, mantras and meditations.

Diwali, “festival of lights” signifies “The awareness of inner lights”. Let's illuminate the light with in the soul to remove inner the obstacles, conquer the darkness and connect the lights shining within all of us.

“May the divine light of Diwali spread into your life
Peace, prosperity, good health and happiness”

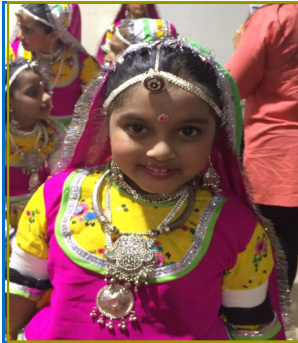
Dr. (Vaidya) Archana Kulkarni
BAMS MD Ayurveda, LMT
www.ayurwellness.com

MMTB Rocks India Festival 2013 !!!



As an Indian classical dance student, **Maya Vaidya** is no stranger to the stage of the annual India Festival held every year in Tampa Bay. After many years of performing there as a dancer, she had the opportunity to expand her India Festival repertoire as she ascended the stage on October 26th as the official representative of United States Senator Bill Nelson. Maya read out a letter from the Senator expressing his best wishes to the India Festival organizers and attendees, his appreciation of Indian culture, and his belief in the importance of public service to the community. Maya was especially proud to have represented the Senator at this event as it allowed her to combine her chosen profession with her cultural heritage and personal history. Upon graduating from the University of Florida with a Bachelors Degree in Political Science in May 2013, Maya started work in Senator Nelson's Tampa office in June as Staff Assistant to the Regional Directors. Motivated by a desire to help others and make a direct, positive impact on her community, she is planning for a

career in government and public service. Maya intends to attend graduate school and eventually move to Washington, D.C., where she aspires to be a legislative aide on Capitol Hill. Aside from continuing to work in government and politics, she hopes to further broaden her horizons by traveling the world. Wherever her career may take her and wherever she goes, Maya intends to always be a strong, optimistic representative and voice for her community and Indian-American heritage.



Devanshi Wable's dance group , ' St. Pete Na Karbelias' won the third place at India Festival 2013 at Florida State Fair Grounds



Amruta Pednekar – (12 years old) :

On October 26th 2013, with a group of young girls, Amruta Pednekar (12) performed at the 22nd annual India Festival. This group performed in the junior Bollywood fusion category. They were competing with seven other junior Bollywood fusion groups. Within the seven groups, Amruta Pednekar's Group took home the trophy for ranking 2nd place



Uma, Nitya, Amani participated in the India Festival 2013

They performed Indian Folk dance (khajiri) with the Abhayasa Dance School group. The dance was choreographed by Joythi Vekatachalam .

Their group won following three prizes in their category

1. Best folk dance performance
2. Best costumes
3. Best choreography.



Rhea Pitale and Ruchi Korade performed Bhangra at India Festival 2013

Dance: Nachadi Punjabi

Category: Junior Bhangra

The dance was choreographed by Rita Patel

Their group won all three prizes:

- 1 st place- costume**
- 1 st place- choreography**
- 2 nd place- overall performance**



Amruta Potdar, Niki Ghade and Shreeya Deshmukh performed ' Fusion' at India Festival 2013.

When there is a mix if Bhangra, Ras, Bollywood classical and Hip hop, that's called a Fusion.

Dance group: Desi Dhamaka

Category: Fusion

The dance was choreographed by Divya Paramasivam and Serena Kotwal

Their group won the second prize in overall performance



On August 11th 2013, **Aishwarya Pednekar** was one of the four students to be recognized as a graduating high school honor student. Students were selected on their academic achievements (GPA, SAT/ACT, National Merit Scholar), extracurricular activities and community involvement. Aishwarya, along with three other students, was honored at this year's FIA Independence Day Function. Students were asked to submit a bio data or a resume stating what they had achieved throughout their high school years. Aishwarya volunteered with the American Red Cross for 3 years, contributing 100's of hours. Aishwarya is attending the University of South Florida, currently majoring in Biomedical Sciences and further plans to pursue a career in the field of pharmacy



We look forward to meeting you all at our Diwali celebration, November 30th, Saturday evening at the Hindu Temple.

