



প্রথম প্রকাশ : ১৫ নভেম্বর ১৯৭১

সংবাদ বিচিত্রা

SANGBAD BICHITRA

ONLY OFFICIAL NEWSPAPER OF CAB

প্রকাশনায় : বঙ্গ সংস্কৃতি সংঘ ▪ CULTURAL ASSOCIATION OF BENGAL ▪ NORTH AMERICA

Sangbad Bichitra - June 2026. Digital Version. Published by Cultural Association of Bengal, North America.

Editorial Board : Dilip Chakrabarti, Rupa Majumdar, Chitta Saha & Sudipta Chattopadhyay
Advisory Board : Dr. Amiya Banerjee & Mr. Asok Motayed

Message from the Convener



Dear Community Members,

On behalf of the entire NABC 2026 team, I extend my heartfelt gratitude and warmest greetings to all members of our Bengali community across North America and around the world.

For over five decades, the North American Bengali Conference (NABC) has stood as a symbol of our rich culture, heritage, language, and traditions. This remarkable journey has been possible only because of the unwavering support, dedication, and participation of community members like you, year after year.

Your enthusiasm and commitment have helped make NABC one of the most prestigious and cherished Bengali conferences outside India.

As we prepare to welcome you to NABC 2026 in New York from July 3rd to July 5th, we are filled with excitement and optimism. This year's conference promises to be a memorable celebration of Bengali culture, featuring outstanding performances, engaging discussions, distinguished guests, cultural programs, youth activities, networking opportunities, and much more.

I would like to express my sincere appreciation to our sponsors, donors, volunteers, artists, committee members, partner organizations, and every attendee whose support has made this event possible. Your contributions, both big and small, are the foundation of NABC's continued success.

We look forward to welcoming thousands of participants to what we hope will be one of the most successful NABC conferences in our history. Together, let us celebrate our shared heritage, strengthen our community bonds, and create unforgettable memories for generations to come.

Thank you for your trust, encouragement, and continued support.

With warm regards,

Milan Awon

Convener, NABC 2026

North American Bengali Conference 2026

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Rules for submitting articles to Sangbad Bichitra

Submit only one text at a time in any one category.

Send articles to this email : sangbadbichitra5@gmail.com

- 1) Poems should be within 12-20 lines.
- 2) Short poems should be within 6-8 lines.
- 3) Short stories should be between 250-500 words.
- 4) Stories should be at least 1200 words but no more than 1500 words.
- 5) Essays/articles related to literature, science and social issues should be less than 500 (for an article) to 1000 (for an essay) words.
- 6) News form within your local community about art, culture, etc. should be within 100-500 words. Success stories of your next generation young members on any arena can be shared.
- 7) The text should be formatted in Avro font and stored as a MS Word (.docx) file. Handwritten content, an image (like JPEG or a PDF) file are not suitable formats and submissions will not be accepted.
- 8) Content should be previously unpublished and original.
- 9) Content should be free from typographical and grammatical errors.
- 10) Any content directly commenting on a political party, religion, caste, nation or a particular individual in a biased positive or negative manner will not be accepted for publication.

● Please understand that if the submitted content does not confirm to the guidelines set forth above (especially word limit), it will not be accepted for publication (due to space constraints of a 16-page magazine).

● This is a publication focused on community(ies) and our main aim is to publish news from any organization that promotes Bengali art and culture. As local Bengali organizations submit content to us, we will strive to publish items accordingly.

● Your opinion is important to us : Please provide your review (via email) of the contents of "Sangbad Bichitra" as it tackles pertinent subjects and viewpoints and their manner of presentation. If there is any room for improvement, please do not hesitate to describe them briefly and we shall publish your feedback in our subsequent edition.

Advertisement Rates for Sangbad Bichitra - 2025**(Color – Back Page)**

| | | 1 Issue | 1/2 Yearly | Yearly |
|-----------|---------------|---------|------------|---------|
| Full Page | (14 x10 inch) | \$250 | \$1,500 | \$2,500 |
| 1/2 Page | (10 x 7 inch) | \$150 | \$750 | \$1,250 |
| 1/4 Page | (5 x 4 inch) | \$100 | \$500 | \$1,000 |
| 1/8 Page | (5 x 2 inch) | \$50 | \$250 | \$500 |

(Color – Inside)

| | | 1 Issue | 1/2 Yearly | Yearly |
|-----------|---------------|---------|------------|---------|
| Full Page | (14 x10 inch) | \$150 | \$1,000 | \$2,000 |
| 1/2 Page | (10 x 7 inch) | \$100 | \$500 | \$1,000 |
| 1/4 Page | (5 x 4 inch) | \$75 | \$250 | \$500 |
| 1/8 Page | (5 x 2 inch) | \$35 | \$150 | \$300 |

- Minimum three (3) issues.
- Payment is required in advance.
- Make check payable to : CAB
- Mail to : Cultural Association of Bengal
- Address : Arpita Gupta - Treasurer
20, Cambridge Road, Lafayette NJ-07848, U.S.A
- Zelle to : 516-965-5277



NABC

**2026
New York**

Register
www.nabcapp.com

All Inclusive Package

INCLUDES

- Hotel All Nights
- General Registration Entry
- Lunch & Dinner



3-4-5 July 2026 : 3 day Package

3 Nights - 3 Adults :: Children 5-12, Max -1 (\$50 Each)

| | |
|-----------------------|----------|
| Premium HOTEL -1 Room | 3 NIGHTS |
| MEALS [Per Person] | 5 MEALS |
| No of REGISTRATION | 3 ADULTS |
| PRICE | \$1500 |

3 Nights - 2 Adults :: Children 5-12, Max -2 (\$50 Each)

| | |
|-----------------------|----------|
| Premium HOTEL -1 Room | 3 NIGHTS |
| MEALS [Per Person] | 5 MEALS |
| No of REGISTRATION | 2 ADULTS |
| PRICE | \$1250 |

3-4July 2026 : 2 day Package

2 Nights - 3 Adults :: Children 5-12, Max -1 (\$50 Each)

| | |
|-----------------------|----------|
| Premium HOTEL -1 Room | 2 NIGHTS |
| MEALS [Per Person] | 5 MEALS |
| No of REGISTRATION | 3 ADULTS |
| PRICE | \$1350 |

2 Nights - 2 Adults :: Children 5-12, Max -2 (\$50 Each)

| | |
|-----------------------|----------|
| Premium HOTEL -1 Room | 2 NIGHTS |
| MEALS [Per Person] | 5 MEALS |
| No of REGISTRATION | 2 ADULTS |
| PRICE | \$1000 |

Dear Friend
Greetings from NABC 2026.

The current promotional package provides exceptional value and is available only until June 15, 2026.

A personal phone call or message from a trusted community leader can make a tremendous difference. Please contact families, friends, and community members and help them understand the benefits of registering now before this offer expires.

NABC 2026 promises to be an unforgettable celebration of Bengali culture, heritage, music, literature, business, and community. Your support is vital in ensuring strong participation and making this conference a grand success. Thank you for your continued dedication and partnership. Together, we can make NABC 2026 a memorable event for the entire Bengali community.



NABC A Platform of Pride

2026 New York JULY 2,3,4 &5

Westchester County Center
White Plains : New York : USA

198 Central Avenue
For more information -
visit : nabcapp.com



46th North American Bengali Conference



The Ultimate Bong Experience



Hosted by Cultural Association of Bengal & Partner Organizations



Email

info@nabcapp.com,
nabcnewyork@gmail.com

| General Registration | |
|-------------------------------------|---------|
| A. Single: | 250 USD |
| B. Couple (Husband & Wife): | 400 USD |
| C. Kid (4 to 12 years) | 50 USD |
| D. Student (With valid Student ID) | 150 USD |
| E. Teen with parents | 100 USD |

All special-case & any requests must be submitted in writing to: support@nabcapp.com

Benefit of General Registration

All attendees at NABC 2026 register under general registration will have access to all programs and visit all exhibitions, shows, seminars, pavilions.

- Hotel available at special rate for NABC 2026.

Attendees will be able to take part in all participatory programs including contest, special workshops, if accepted by program directors and additional entry fees if any. Couple discount applied.

- Student discount applicable.
- Name will appear in list of attendees.



SPONSORS OVERVIEW
BE A PROUD SPONSOR EXPERIENCE
EXCLUSIVE PRIVILEGE AT NABC 2026

- Benefactor Sponsor:** 1,200 USD (2 Adults, 1 Night Hotel)
- Donor Sponsor :** 2,500 USD (2Adults,, 3 nights Hotel, 2 for 5 meals)
- Premium Donor Sponsor :** 2,800 USD (2 Adult + 2 Kid, Meet & greet, 3 nights Hotel, 2 for 5 meals)
- Bronze Sponsor:** 3,500 USD (2 Adult + 2 Kid, Meet & greet, 4 nights Hotel, 2 for 5 meals)
- Silver Sponsor:** 5,000 USD (3 Adult + 2 Kid, Meet & greet, , 4 nights, 10 adults +10 kid meals)
- Gold Sponsor:** 10,000 USD (4 Adult+2 Kid, Meet & greet, 2 room,4 Nights, 20 adults+ 10 kid meals)



Swami Sarvapriyananda

Resident Minister
The Vedanta Society of
New York



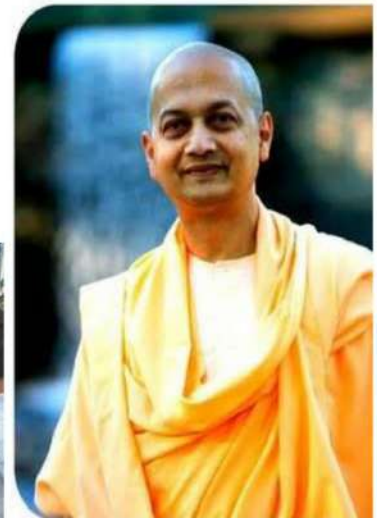
**SWAMI
SARVAPRIYANADA**

The Vedanta Society of New York has been the home of some of the most illustrious monks of the Ramakrishna Order, starting with Swami Vivekananda to the present – day Swami Sarvapriyanada.

Swami Sarvapriyanada has been the Minister and spiritual leader of the Vedanta Society of New York since January 2017. He joined the Ramakrishna Math in 1994 and received sannyasa in 2004.

Swami Sarvapriyanada is a well-known speaker on Vedanta and his talks are extremely popular globally via the internet. He has been a speaker on various prestigious forums such as TEDx, SAND, Google Talk etc. He has also been invited to speak at several universities across the world, including Havard University.

আমাদের শ্রদ্ধেয় স্বামীজী NABC ২০২৬ এর উদ্বোধনী অনুষ্ঠানে যোগদান করবেন এবং সকলকে আশীর্বাদ করবেন। পরে স্বামীজী এক ঘন্টার একটা অনুষ্ঠান করবেন। আপনারা সপরিবারে আসুন।





nabcapp.com

Resonance Band in collaboration with
Banga Next Gen proudly presents

TOMAKE PRANAM

A Musical Journey Through Satyajit Ray's Masterpieces

Tomare Selam, a grand musical tribute celebrating Satyajit Ray's enduring cinematic legacy, will be presented by Resonance Band and Banga Next Gen at the 46th North American Bengali Conference, July 3–5, 2026, Westchester County Center, NY, featuring iconic works such as Pather Panchali, Charulata, and Goopy Gyne Bagha Byne, performed by a stellar lineup.

Pather
Panchella

Charulata

Goopy Gayen
Bagha Bayen

A grand musical homage
to the legend
celebrating his
musical genius



Featuring:

🎤 Aratrika | Shankhadip
Om | Alvin

🎵 Roopkatha | Roshni
Jayanta | Ranjan
Rituparna



Directed by Satyajit

46th North American Bengali Conference 2026

On 3 - 5 July

At Westchester County Center, NY



NORTH AMERICAN BENGALI CONFERENCE

46TH ANNUAL EDITION CAB USA

BUSINESS FORUM

Are you a technology entrepreneur building the future of Bengal? Come pitch your vision to a panel of industry leaders, technologists & investors – and compete for up to \$1 Million in real investment.

+ OPEN CALL FOR TECHNOLOGY ENTREPRENEURS +

NABC 2026 · BUSINESS FORUM PRESENTS

Bengal's Pitch Perfect

TECHNOLOGY · INNOVATION · INVESTMENT

LEAD INVESTOR COMMITMENT

\$1M

Up to **US \$1 Million** committed to invest in qualifying technology companies driving Bengal's GDP growth

LEAD INVESTOR



Sailesh Ranjan Chowdhury

Founder, President & CEO
Basic Commerce & Industries |
www.bcisse.com

A visionary investor in Bengal's technology ecosystem and a devoted purveyor of Bengal art and culture. Mr. Chowdhury brings deep commitment to Bengal's economic future.

WHO SHOULD APPLY

- Entrepreneurs who have established — or plan to establish — a technology company in Bengal
- Companies whose technology offerings can demonstrably contribute to Bengal's GDP
- Pitch to a panel of technologists, entrepreneurs & industry leaders at NABC 2026

Key Personalities: Speakers & Judges



Sumit Ganguli

Vice Chairman, Neurealm



Dr. Nana Banerjee

Founder & CEO, Stochastic Systems



Dr. Prith Banerjee

CTO, Synopsys



Shri. Binaya Srikanta Pradhan

Consul General of India
New York



Indra Nooyi

Former Chairperson
& CEO, PepsiCo

NABC 2026 Business summits and seminars are dynamic professional gatherings that bring together industry leaders, entrepreneurs, executives, and experts to exchange ideas, explore innovations, and foster meaningful collaborations.

VENUE



Westchester County Center

CONTACT

Mr. Partha Chakrabarty

parthaschakraborty@yahoo.com

এই
প্রথমবার




আয়োজিত



NABC

বইমেলা

২০২৬

৩ - ৫
জুলাই
২০২৬

সহযোগিতায়





উপস্থিত থাকছেন



শর্মিলা নাঈরিন



নবিলী বেরা



শিবশঙ্কর পাল



মৌমুদী হোয়েন



অদিতি বহুরায়

যাদের স্টল থাকছে













শুভ নাথ

চেয়ার পার্সন

NABC Bookfair

সুদীপ্তা চট্টোপাধ্যায়

সহ চেয়ার পার্সন

NABC Bookfair



Westchester County
Center, New York

আপনাদের আদর আমন্ত্রণ



46th North American Bengali Conference 2026

On 2, 3, 4 & 5 July
At Westchester County Center, NY



THE GREATEST SHOWS

Sunday Bollywood Dhamaka

FILL THE GROOVE WITH
VISHAL & SHEKHAR
LIVE IN NABC 2026

VISHAL SEKHAR

Saturday Night Spectacular

SHANTANU MOITRA **KAUSHIKI CHAKRABORTY**

MAJIC OF PANCHAM promises to be a memorable highlight of NABC 2026, honoring the legacy of one of India's greatest composers while reconnecting audiences with the magic of a musical era that continues to live on in the hearts of millions.

Opening Ceremony

EKATVAM

Closing Ceremony

An Awakened World

UNITED IN LOVE & PEACE

100 Years of Mahanyak Uttam Kumar



Centenary Celebration of **MAHANAYAK UTTAM KUMAR**

In participation :
Jisshu Sengupta
Gourab Chattopadhyay
Devlina Kumar

REGISTER NOW!

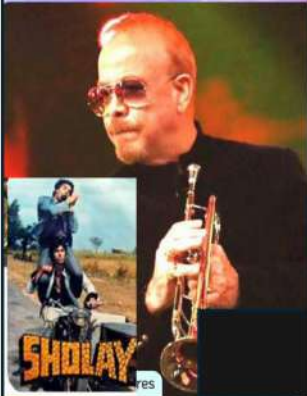


YODHINI

HER COURAGE IGNITED INDIA'S REVOLUTION.
NABC Saturday Night Spectacular
A Premier Flagship Dance & Musical Extravaganza.

Magic of PANCHAM

A Musical Tribute to the Legendary composer of India RD Burman.



The ensemble features Kishore Sodha, the original trumpet player who performed with R. D. Burman himself. His presence brings a unique historical

Featuring Legendary KISHOR SODHA The TRUMPET KING of India.

The original trumpet player of RD Burman's music team. Known for the famous title track of SHOLAY & other famous musical scores.



MAJIC OF PANCHAM is a grand musical tribute celebrating the timeless music and creative genius of legendary composer R. D. Burman, fondly known to millions as Pancham Da.

The show will take audiences on an immersive musical journey through Pancham's extraordinary repertoire that transformed the landscape of Indian film music. Known for his bold experimentation, innovative orchestration, and fusion of Indian and global musical influences.

The tribute will showcase a dynamic lineup of celebrated vocalists including Aneek Dhar, Subhadeep Daschowdhury, Trijoy Dey, Chandrika Bhattacharya, Manasi Ghosh, Trisha Chatterjee.



NABC 2026
New York, USA

North American Bengali Conference

উত্তর আমেরিকা বঙ্গ সম্মেলন
বিশ্ব বাঙ্গালীর প্রাণের প্রাজ্ঞন
2 - 5 July, 2026

SAODAGARER NOUKA

সুদাগরের নৌকা

(A Bengali Play)

Drama: Ajitesh Bandyapadhyay
Music, Acting & Direction: Parthapratim Deb

Saodagarer Nouka reimagines "Manasamangal Kabya" through Prasanna, an actor facing fading fame, poverty, and family conflict. As tradition meets a modern, commercial theatre world, the play explores artistic identity, sacrifice, dignity, and survival, revealing the tension between myth, time, reality, and devotion to art, and cultural change.

PRESENTATION



Rupa Deb



Rup Deb



Parthapratim Deb

& a group of talented artists from New Jersey.

MOUSUMI HOSSAIN

TASLIMA NASRIN




NABC
2026 - New York

NABC IDOL

A Talent Hunt Contest for Young





46th North American Bengali Conference, 5th July 2026

REGISTER NOW!

← A Scientifically Theatrical Production →



The 46th North American Bengali Conference (NABC 2026) will be held from July 2 to July 5, 2026, at the Westchester County Center in New York. The text you provided appears to be a promotional description for the performance "The Turn of Spring", a collaboration between Barna Saha and Arya Mazumdar, with script and direction by Barna Saha, and a tribute to Aparna Sen.

TRAVEL WITH EASE!
SHUTTLE BUSES
WILL RUN EVERY
30- 45 MINUTES
DURING MORNING,
EVENING, AND
NIGHT PRIME
HOURS,
CONNECTING THE
VENUE AND OUR
AFFILIATED
HOTELS.
10 TO 15 MINUTES
DRIVING DISTANCE
BETWEEN VENUE TO
ANY HOTEL BY CAR.



DELICIOUS MEALS, MADE FOR YOU!

PRE-PURCHASE
SECURE YOUR MEALS
IN ADVANCE
BY PRE-ORDERING
THROUGH OUR WEBSITE
NABCAPP.COM
OR
CHITTA SAHA

- ALL MEALS INCLUDE •
- NAAN – ON THE SIDE —
- IN CHAFER —
- MANGO CHUTNEY & GREEN SALAD



MOUTH-WATERING MEALS

914-519-8171
chittasaha@hotmail.com

FRIDAY

STANDARD DINNER \$33/person

| NON VEG | VEG |
|----------------------|----------------------|
| PLAIN RICE | PLAIN RICE |
| DAL MAKHANI | DAL MAKHANI |
| PANEER & POTATO PEAS | PANEER & POTATO PEAS |
| RUI FISH KALIA | DOI BEGUN |
| GULAB JAMUN | GULAB JAMUN |



SATURDAY

STANDARD LUNCH \$30/person

| NON VEG | VEG |
|-------------------|-------------------|
| JEERA RICE | JEERA RICE |
| PALAK WITH CHANNA | PALAK WITH CHANNA |
| DAL MAKHANI | DAL MAKHANI |
| CHICKEN DOPIAZI | SPINACH PANEER |
| JALEBI | JALEBI |



SATURDAY

STANDARD DINNER \$33/person

| NON VEG | VEG |
|-----------------|-----------------|
| VEGE BIRYANI | VEGE BIRYANI |
| CHANNA DAL | CHANNA DAL |
| DHOKA WITH ALOO | DHOKA WITH ALOO |
| GOAT CURRY | MALAI KOFTA |
| ROSGULLA | ROSGULLA |



SUNDAY

STANDARD LUNCH \$30/person

| NON VEG | VEG |
|----------------------------|-----------------------------|
| LEMON RICE | LEMON RICE |
| YELLOW DAL | YELLOW DAL |
| KASHMIRI DUM ALOO | KASHMIRI DUM ALOO |
| FISH MALABAR KHEER (PAYES) | BHINDI MASALA KHEER (PAYES) |




SUNDAY

STANDARD DINNER \$33/person

| NON VEG | VEG |
|----------------------------|----------------------------|
| NAWAABI-BIRYANI | NAWAABI-BIRYANI |
| MOONG DAL NAVARATTAN-KORMA | MOONG DAL NAVARATTAN-KORMA |
| GOAT CURRY RASMALAI | MUTTER PANEER RASMALAI |




FRESHLY PREPARED WITH AUTHENTIC FLAVORS

QUALITY INGREDIENTS GREAT TASTE

MADE WITH LOVE FOR OUR COMMUNITY

46TH NORTH AMERICAN BENGALI CONFERENCE 2025

GOOD FOOD. GREAT COMPANY. MEMORABLE MOMENTS.

ORDER EARLY. ENJOY WORRY-FREE!
SECURE YOUR MEALS IN ADVANCE AND ENJOY THE CONFERENCE TO THE FULLEST.



SCAN TO PRE-ORDER NOW!



CAB's Recognition Recipient



Sushmita Sarkar

Sushmita Sarkar is very well known in Bengali Community of New York. Beautiful as she appears, the jollity in her personality is more adorable to her friends and acquaintances in our community. Be it Durga Puja, be it picnic or any festival Sushmita always bears the baton of success of those festivals. She is a teacher by profession in NY Education department. She is a member of CAB and serving the Bengali Community of New York for many years.



Surya Dutta

Fifty-five years ago this January, Surya Dutta arrived in America, full of hopes and dreams. Over the years, he accomplished many things—being part of a loving family, great communities of friends, cultivating his love of music, and enjoying a career as a civil engineer, working for the same company over thirty years. But a significant part of Surya's life has been devoted to his Bengali community.

For many years, Surya was involved with Kallol, serving many roles such as Assistant General Secretary, Treasurer, and Vice President. He was involved in organizing several of the Durga Puja events, and of course, several of the Banga Sammelan celebrations. As Ananda Mandir began to take shape all those years ago, Surya was involved, especially after he retired in 2003. A few years later, Surya moved to Somerset, and was able to be quite involved in the creation of our Ananda Mandir space. He oversaw the construction and continued to be involved in any capacity that was helpful. The years have gone by, and Surya feels such pride when he spends time at Ananda Mandir, thinking back to the humble beginnings of our community's gatherings and endeavors in New Jersey, before we were able to have a place of our own.

He is very honored to think that he has played a small role in creating something permanent for all to enjoy—a very proud Bengali. He gives his hearty blessings to all of the younger community members who are continuing to promote our culture, for all to enjoy.



Kumar Sankar Mandal M.D.

Kumar Sankar Mandal is a medical doctor by profession well known in the community for his service and outstanding efforts to help others.

He is the founding President of New York Kali Mandir, it's the first organization of its kind, a place for prayer and gathering for the Bengali community of New York.

He is also the founding President of BASONA (Bankura Sammilani Of North America) an organization that is involved in helping people of Bankura in many ways. Running free medical clinics, building student hostels, scholarships for higher studies, funding library building in local colleges, opening 'Shishu Sastha Kendra', running 'Keep Bankura Clean' project etc.

He was the vice-president of CAB, and member of the Board of Trustee for two terms and was in-charge of decoration of '2016 Banga Sammelan at Madison Square Garden.

He was the vice president and responsible for decoration and cultural events of NYPA (New York Puja Association).

His literary contributions are also remarkable for his regular contributions of travel stories and feature writings in local magazines and newspapers.

He has directed many Bengali plays. His plays were popular at Durga Pujas, he also took his drama team to Banga Sammelan at Atlanta '2002 He also helped 'Ananda Ashram' in West-Bengal, India, an organization for residential care of autistic children and their parents.



Ranadeb Sarkar

Ranadeb Sarkar does not need any introduction as he very well known in tri state area as a community worker who has always extend his hands to assist for the need of the Bengali Community. An Accountant by profession but a lover of humanity by heart has always supported the flourishing the Bengali Culture and Tradition.

He is an active member of "Tagore Society" which is one of the oldest Associations established in USA in the seventies. He served as the President of this elite Association.

Ranadeb is also a member of Board of Trustees of the Cultural Association of Bengal (CAB) who organizes the the largest Bengali conference known as "Banga Sammelan". Prior to this he served the CAB as Treasurer and President last few years. His amicable presence is always pleasurable among the Bengali Communities wherever he goes. CAB's recognition is well deserved for this lover of CAB.



কিংবদন্তী শিল্পী সন্ধ্যা মুখোপাধ্যায়কে সামনে থেকে দেখার কিছু স্মৃতি

সুনন্দা ঘোষ

নিউ জার্সি, মার্কিন যুক্তরাষ্ট্র



শ্রদ্ধেয়া শ্রীমতি সন্ধ্যা মুখোপাধ্যায়ের জীবনাবসানের সাথে সাথে হোল স্বর্ণযুগের এক নক্ষত্রের অবসান, সেই সঙ্গে আমাদের শৈশবেরও হোল পূর্ণ অবসান। এখন শুধুই স্মৃতি, ভালো মন্দ, সুখ দুঃখ, সুন্দর অসুন্দর সব স্মৃতির পাতা উল্টানোর দিন।।

আমি অতি ছোট বয়স থেকেই সন্ধ্যা মুখার্জীর গানের অন্ধ ভক্ত, রেডিওতে উনার গানের অনুষ্ঠান থাকলে যত রাতই হোক ওনার গানের শেষ অনুষ্ঠান না শুনে (স্কুল থাক সত্ত্বেও কিছুতেই আমাকে ঘুমাতে পাঠানো যেত না) সেই সাথে আমার মাকেও জেগে থাকার শাস্তি ভোগ করতে হতো।

আমার প্রিয় নায়িকা ছিলেন সুচিত্রা সেন, ওনার সিনেমায় ওনার কণ্ঠে অধিকাংশ গানেই কণ্ঠ দিয়েছেন সন্ধ্যা মুখার্জী। সুচিত্রা সেন ও সন্ধ্যা মুখার্জী এক নন তবুও ওরা দুজনে মিলে মিশে এক হয়ে গিয়েছিলেন। বহুবছর আমেরিকাবাসী, ছেলেরা তখন স্কুলে পড়ে, প্রতি একবছর অন্তরই গ্রীষ্মের ছুটিতে দেশে যাওয়া হতো; কোন এক বছরে ঠিক সালটা মনে নেই দেশে গিয়ে আমার বান্ধবী শিউলি সেনগুপ্তর সাথে সন্ধ্যা মুখার্জীর বাড়ি যাওয়ার সুযোগ ঘটেছিল। সেটা যেন ছিল এক স্বপ্ন সত্যি হওয়ার দিন। শ্যামল গুপ্ত সন্ধ্যা মুখার্জীর স্বামী, সম্পর্কে শিউলির কাকা, শিউলির সহযোগিতায় প্রিয় গায়িকার বাড়িতে যাওয়ার আমন্ত্রণ পেয়েছিলাম। চোখের সামনে আমার চির আকাঙ্ক্ষিত প্রিয় গায়িকাকে দেখে আনন্দে অভিভূত হয়ে গিয়ে ছিলাম।

প্রথম দেখাতে এত আপন করে নিলেন, মনে হল যেন শিউলির মতন তিনিও আমার অতি পরিচিত প্রিয় কাকীমা। প্রায় ঘন্টা খানেক সময় মুহূর্তে শেষ হয়ে গেল। বাড়ীর পূজোর ঘর ইত্যাদি সব ঘুড়ে ঘুড়ে আমাদের দেখালেন, যা এখনও ভুলিনি সেটা হল কাজের লোককে ডেকে বললেন “এই দিদি বিদেশে থাকে, মিষ্টি দেওয়ার আগে প্লেট বোতলের জলে ধুয়ে তারপরে মিষ্টি দেবে,

কতটা আন্তরিক ও নিজের করে ভাবলে মানুষ এতটা চিন্তা করতে পারেন। আমি শিউলির কাছে চির কৃতজ্ঞ কারণ সে দিনটা ছিল আমার জীবনের অতি স্মরণীয় দিন।

এর বেশ কয়েক বছর বাদে “কালচারাল এসোসিয়েসন অফ বেঙ্গল”এর আমন্ত্রণে ওনারা আমেরিকায় এসেছিলেন। সন্ধ্যা মুখার্জী ও শ্যামল গুপ্ত নিউ জার্সিতে এসেছিলেন ওনার দাদার বাড়িতে, দেখা করতে গিয়ে আমাদের বাড়িতে আসার আমন্ত্রণ জানিয়ে এসেছিলাম, কথা রেখেছিলেন, এসে সারাদিন আমাদের বাড়িতে আমাদের সাথে খাওয়া দাওয়া ও সময় কাটিয়ে ছিলেন, আমাকে অবাক করে জিজ্ঞেস করেছিলেন – আমি বেগুন পোড়া করে ওনাকে খাওয়াতে পারবো কি না। আমার বন্ধু আলোলিকা মুখার্জী ও অনুরাধা গোস্বামীকে ওনাদের সাথে আলাপ করার জন্য আসার জন্য অনুরোধ জানাতে ওরা আশুত হয়ে ছুটে এসেছিল। সারা দুপুর উনি আমাদের বহু অজানা গল্প ও গান শোনালেন, তার মধ্যে একটি ইংরেজী গানও ছিল, চন্দ্রনাথ সিনেমার “মোর ভীরু সে কৃষ্ণকলি” গানটি যখন গাইলেন, তখন মনে হল যেন সুরলোকে পৌঁছে গেলাম, আরো একটা আশ্চর্যের কথা জানালেন সেই সময়ে সুচিত্রা সেনের সাথে তার তেমন আলাপ পরিচয় নেই।

অনেকবার বলেছিলেন – কলকাতায় গেলে ওনাদের সাথে যেন অবশ্যই দেখা করি। আজ ভাবতে খুব কষ্ট হয়, তারপরেও কলকাতায় বহুবার গেছি, কিন্তু সময় করে দেখা করার সুযোগ হয় নি।

আমার প্রিয় শিল্পী চিরদিনই মনে মনিকোঠায় উজ্জ্বল হয়ে থাকবেন। এই সমস্ত কালজয়ী শিল্পী এনাদের কখনও মৃত্যু হয় না, এনাদের গান যুগের পর যুগ ধরে মানুষকে আনন্দ দিয়ে যাবে। পরম শ্রদ্ধেয়া শিল্পীকে নতমস্তকে প্রণাম জানাই।





ছাই

মহুয়া দাস

পশ্চিমবঙ্গ, ভারত

ছাই হয়ে গেছে সব।
আগুনে পুড়েছে আত্মরতি তার,
কতবার বলেছি তাকে
অহং কিছু নয়,
আন্তি সব, উড্ডীন স্বপ্ন যত,
শোনে নি সে।
প্রহর গুনে গেছি,
এক দুই তিন,

তাক ধিনা ধিন
এসেছে প্রলয়,
এবার কোথা যাবে?
বলো হে অর্বাচীন
গরলে ডুবে যাও ধাপে ধাপে
আমাকেও ডুবিয়ে মারো।
মৃত্যু আসন্ন কিনা
জানেন শুধু অন্তর্হামী।



নববর্ষের আগের রাত

পার্থ সারথি সেনগুপ্ত

পশ্চিমবঙ্গ, ভারত

আগামী সকাল শুধু কি একটা ভোর?
আমি তো যাইনি কোনো কিছুরই খোঁজে
হাত খুলে দেখি, মুঠো ভরে আছে ছাই
জলটাও খেতে পারি না আলগোছে
আজকে রাতটা অন্যরকম হোক
ঠোঁটে আঙুল ছুঁয়ে বলা যাক চুপ
আমি জেগে থাকি সেই ঘুমটার আগে
চাঁদের আলোয় আজ নেই বিদ্রূপ।

একটা গল্প লেখা হোক স্মৃতি জুড়ে
আলোর আকাশে মুড়ে নিয়ে থাকি তাকে
শেষ রাতের ঐ আবছা আলোর পারে
ঘুম পাড়ানো আমার যন্ত্রণাকে
কাল সকালে সেই ছেলটাকে খুঁজবো
ফুটপাথ জুড়ে শুয়ে থাকে আজকাল
সত্যের মাঝে অল্প খুঁজেছে একদিন
আজ খোঁজে তার ফেলে আসা কঙ্কাল।

বসন্ত আসবে তো?

দিলীপ চক্রবর্তী

নিউ জার্সি, মার্কিন যুক্তরাষ্ট্র

হৃদয়ের উত্তাপ নিয়ে মনে ছিল কত আশা
নিরাশার আগুনে পুড়ে সব হল ছাই,
পাতালে ডুবে থাকা ফ্যাকাসে চোখ আর জঠরের ক্ষুধা
নিয়ে এখনও চলছে বেঁচে থাকার লড়াই। অথচ
সামনেই আছে রাতের গভীরে লুকিয়ে রাখা
ভদ্র লোকের কোটি কোটি আশার প্রদীপ,
পারিনা ছিনিয়ে নিয়ে ক্ষুধার আগুন নেভাতে?
না, পারিনা, আমি যে লেখাপড়া না জানা
একজন সাধারণ মানুষ, জানি শুধু ভাগ্যের দোষ
দিতে। খেটে খাবো, সে উপায়ও নেই, একশ দিনের

কাজ নেই, টাকা নেই, নেতা বলেছে তাই চেয়ে
থাকি উপরে, কবে শেষ হবে এ খরা, শুকনো
মাঠ হবে সবুজ চাদরে ঢাকা, অপুষ্টির ছোট্ট
গাছটা তুলে ধরবে ওর সবুজ লিক লিকিয়ে
বেড়ে উঠা ফণা, থাকবে চোখে সলজ্জ হাসি
আর ভবিষ্যতের প্রতিশ্রুতি।
আশা নিয়ে বঞ্চনার শিকার হয়ে রাত জাগে
কবে আসবে সে বসন্ত, যখন দুটো ভাত পেয়ে
সজীব হয়ে উঠবে শুধু হাড় সর্বস্ব বঞ্চিত ওর ছোট্ট
শিশুটা, মনে শুধু সন্দেহ আর দ্বিধা
- বসন্ত আসবে তো?





Understanding Health: Questions and Answers

Is Turmeric bad for your kidneys?

For the last 2 to 3 years, I had been taking high doses of turmeric supplements. Yes, 1,500 to 2,000 mg every day, and, at times, even exceeding that because everyone was raving about its amazing anti-inflammatory properties. At the time, I believed that what I was doing was really good for my arthritis condition and, in general, my well-being. However, the moment I began to experience some weird symptoms, such as lower-back pains, changes in the pattern in which I would urinate, and overall exhaustion, was when, finally, I was subjected to the agony of blood testing, and my Doc noticed some alarming signs in my kidney health parameters.

The fact is that turmeric by itself is not a problem for your kidneys, but excessive consumption of turmeric can be problematic for some individuals. To speak more plainly, aside from taking excessive amounts of turmeric as I did, turmeric contains a high quantity of oxalates that can trigger kidney stones and can also affect kidneys for some people with other conditions and medications. It's thanks to an article that my nephrologist recommended that I learned about different ways that one can take turmeric safely while actually protecting their kidneys. This article has literally changed the way that I approach using turmeric now, bringing my kidney levels back into normal ranges within the first 8 months of following its advice. I can honestly say that now that I know more about the importance of balance and moderation in using supplements like turmeric safely. I no longer take the approach that all natural supplements are safe to consume in any amount that one wants. It's now important for me to take turmeric safely—and that means using the spice rather than supplements, staying well-hydrated to help eliminate the oxalates out of my body, taking turmeric along with black pepper which will allow the turmeric to be more easily absorbed even at a safe low dose. Furthermore, taking turmeric supplements is something that a person should avoid altogether depending on whether they are a sufferer of kidney stones.

There are methods to make a dry turmeric from a raw-plucked-harvested turmeric. One of the known method is to keep the freshly grown turmeric

in sunlight to naturally vaporize the moisture. Solar vaporization ideally takes 6–8 months, a natural therapy to dry the turmeric.

Above is pretty traditional model, In commercial world to meet the demand; there are multiple approaches.

- Boiled to heat-dry, boiling increases mass.
- Gas-ovens do dry the Turmeric quickly.
- Acid soak
- Thermal enabled pits
- Juiced to dry
- Likewise many to-go!

To conclude, Naturally dried Turmeric do carry lot of benefits; other methods may have side effects as well.

In-fact Turmeric do have multiple usage; read carefully before you use. Few uses of Turmeric;

- Personal consumption
- Cooking Ingredients
- Processed Food
- Laboratory
- Fertilizers
- Medical
- Chemist
- Temple, Religious site
- Coloring additives-agent etc..

This is the reason, many argue between (Healthy vs Unhealthy) or (Fresh vs Processed) Food.

In FSSAI, Dry turmeric is considered as processed food-supplement-ingredient-etc.

