

মনিকা দাস

একসাথে কিছু মুহূর্ত

Manika Das

A few moments together



Ranu

13-Sep-1930



Manika

আনন্দলোকে মঙ্গলালোকে

Celebrates the divine presence permeating the universe. It expresses that the world is filled with **joy, auspiciousness, light, beauty, and harmony.**

Tanya Das – তানিয়া দাস

First Family

Father and Mother – বাবা মা



Byomkesh Das

Parul Bala Das



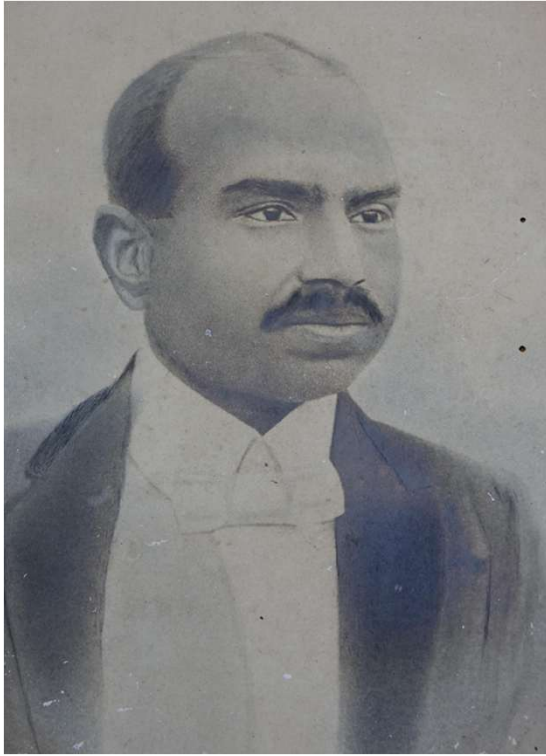
Siblings – ভাই বোন



Kanika Das Debajyoti Das Subhajyoti Das Manika Das

Byomkesh Das Parul Bala Das

From a Family of Barristers and Doctors- Grand Parents – ঠাকুরদা, ঠাকুমা ও দাদু



**Barrister Ashotosh Das –
Grandfather**

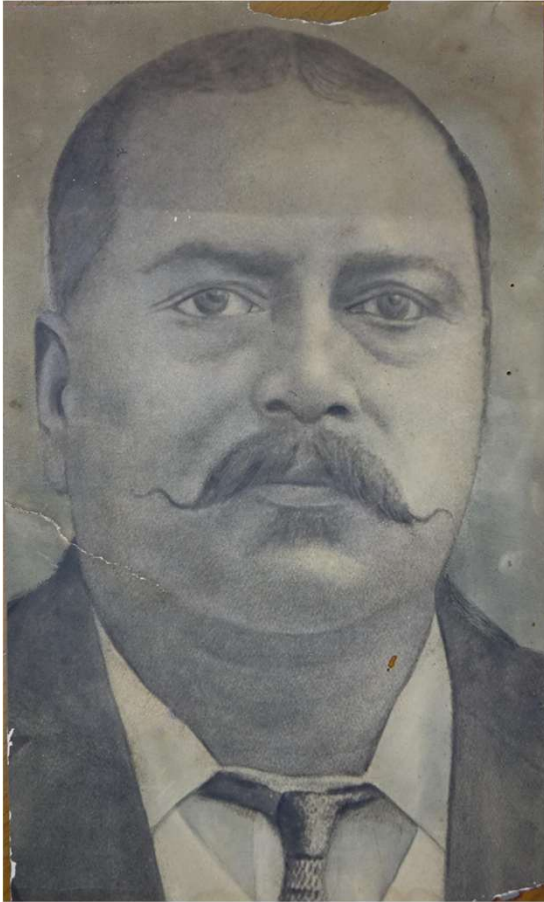


**Banalata Das – Grandmother
– Went to Bethune School**



**Mrityunjoy Das
– Maternal
grandfather**

Great Grand Parents – বড় দাদু ও বড় ঠাকুমা (মামণি)



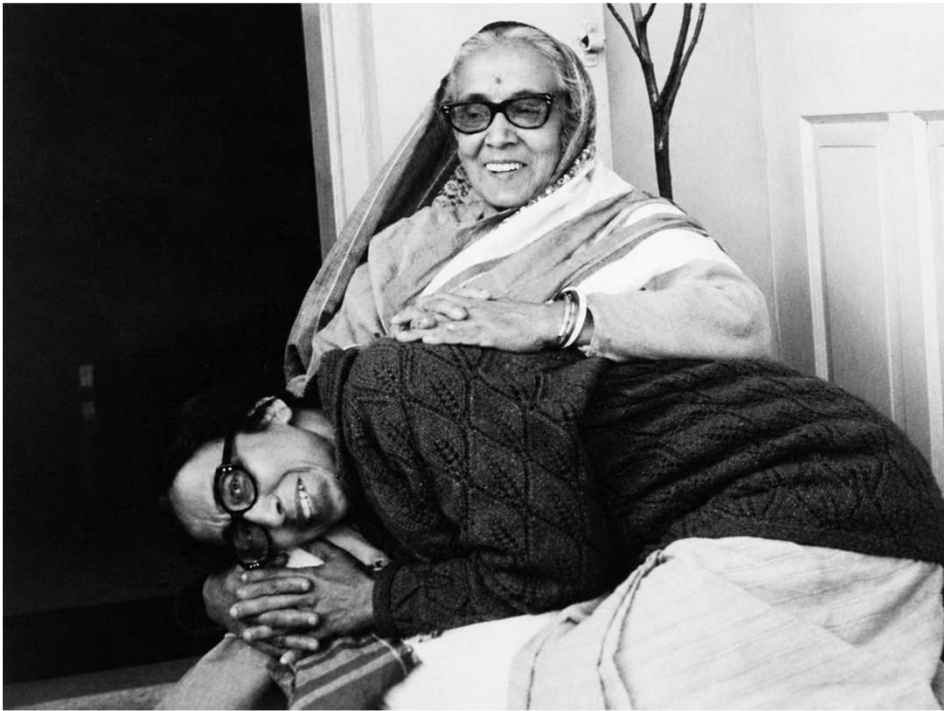
Barrister Nandalal Halder
– father's maternal
grandfather

Son of
Nilmadhab
Halder
classmate of
Nilratan Sircar –
a gold medalist
from Sealdah
Medical College,
later Campbell
Medical College
and
subsequently Nil
ratan Medical
College



Tarasundari Devi – father's
maternal grandmother

Dima - was Ma's support when tradition and custom limited her aspirations



Two Sisters – দুই বোন - companions forever



Ranu and Konu



Education and Profession

Education

Matric: 13th / 1st among girls
(Peary Charan Girls School)

ISc.: (Bethune College)

BSc.: 1st Class 1st (Presidency College)

MSc.: 1st Class 2nd (Presidency College)



Bethune & Presidency College



Manju – standing in the middle
Nandita – sitting next



**Sujata – best
friend in college**

Vidyasagar College for Women

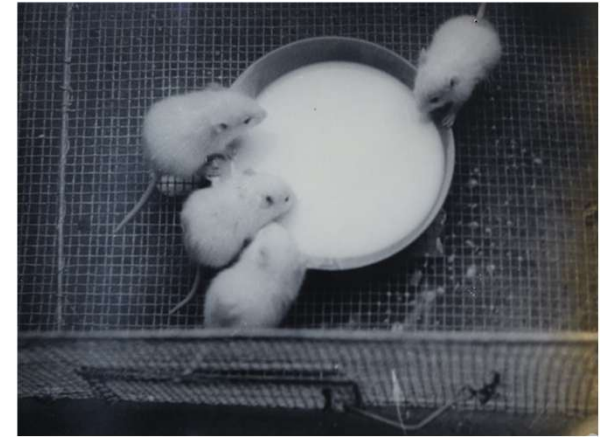
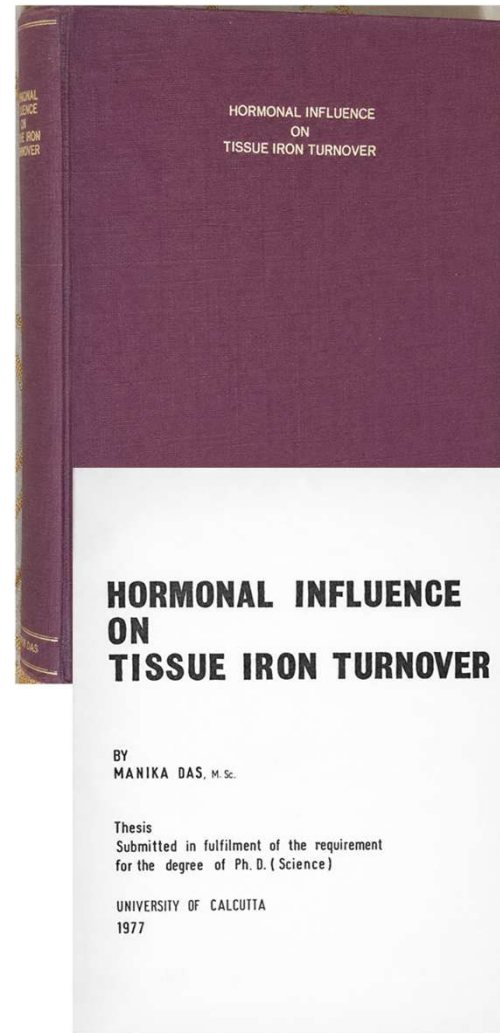
- Physiology was introduced in the degree course in the year 1956 under the leadership of the late Dr. Satinath Sen
- Reader and Head
- Served : 1957-94



Research



**Supervisor: Dr. Achintya
Mukherjee, ex-Head of Physiology
and ex-Principal of Presidency
College**



Animal Farm @ Home



Immediate Family

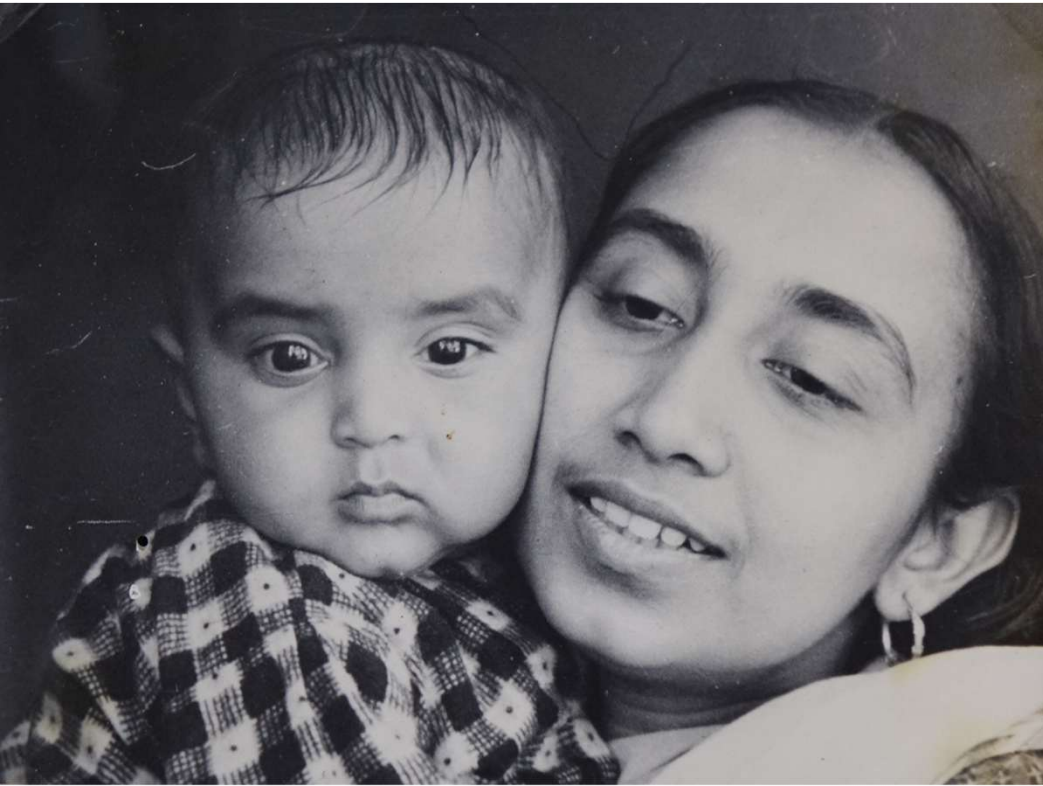
Baba - Basuki Nath Das – Ma's friend, philosopher and guide





25 years

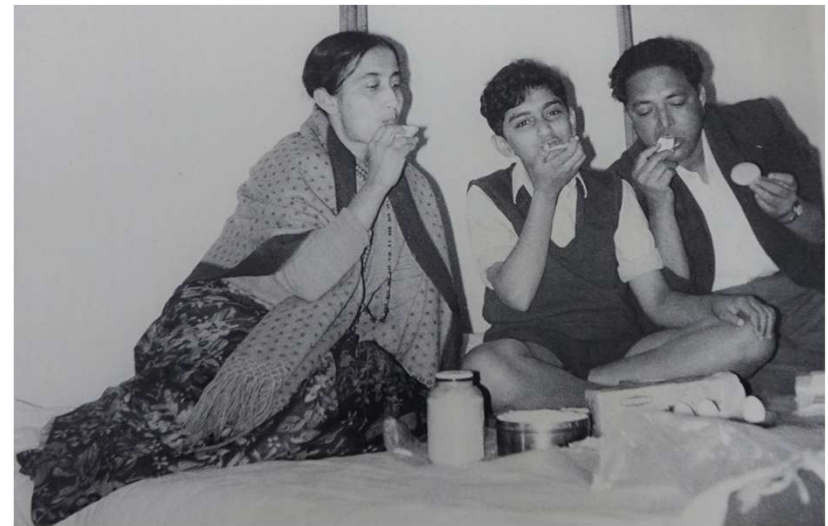
Kabi / Partha







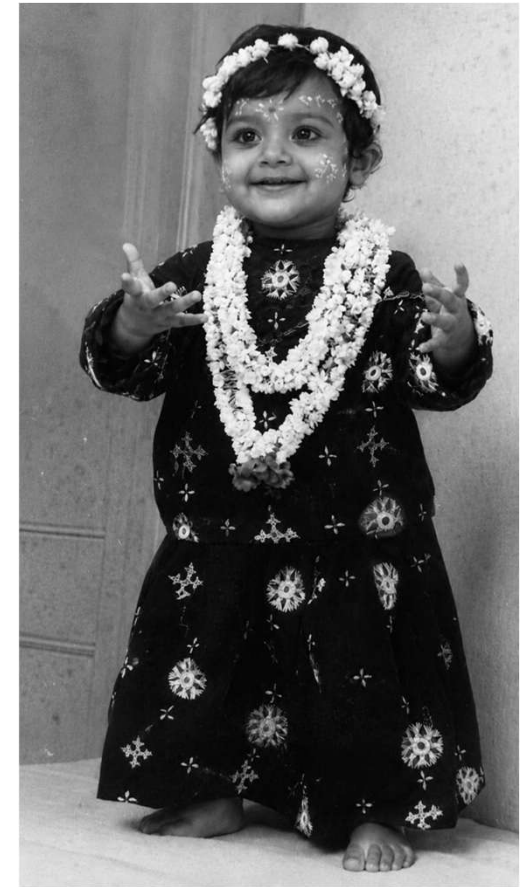
**Son time -
Family
time - fun
time**



Expanded Family



Near and Dear Ones



In-Law's Family - The Bardhaman Connection



Shibarani Das, Mother-in-law



Embraces Mimi



Esho esho amaar ghore esho - amaar ghore



With Mimi



As Mimi beautifully puts it, "**The relationship evolved from awe to friendship, and ultimately to parental affection.**"



Shounak - Named him Dou (Sky) but lovingly called him Puntu



Puntu's Birthday Celebration



Handcrafted Return Gifts



And ... Puntti (Sonakshi) arrives



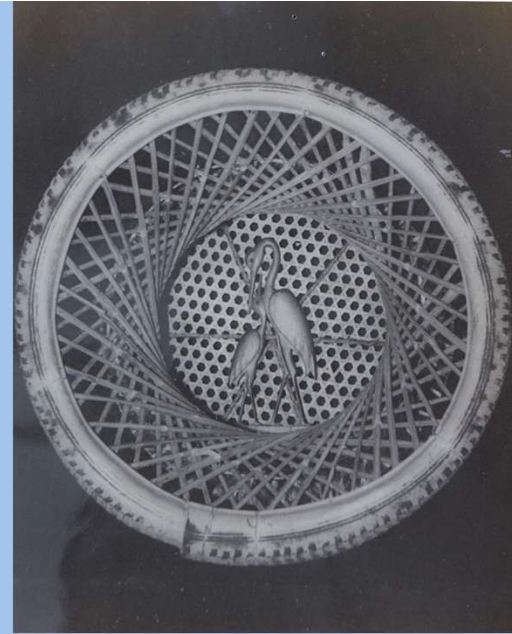
Album of LOVE



FUN in Nati's Wedding



Passion for Expressions



Passion for Expressions

- **Hara-kaka**, friend of dadu:
 - Groomed young Ranu in Art and craft
- **Asim Roy**, Ma's senior colleague at Vidyasagar College:
 - Trained her in Photography
- **Baba**:
 - Baba not-only relentlessly supported Ma, but with his matching skills and passion.....
 - they did resonate loud and symphonic in photography, art creation, literature, slidography, album making, and more

Photography

Ma - the photographer



A dark room was created for developing photographs with Baba in a 2-room flat



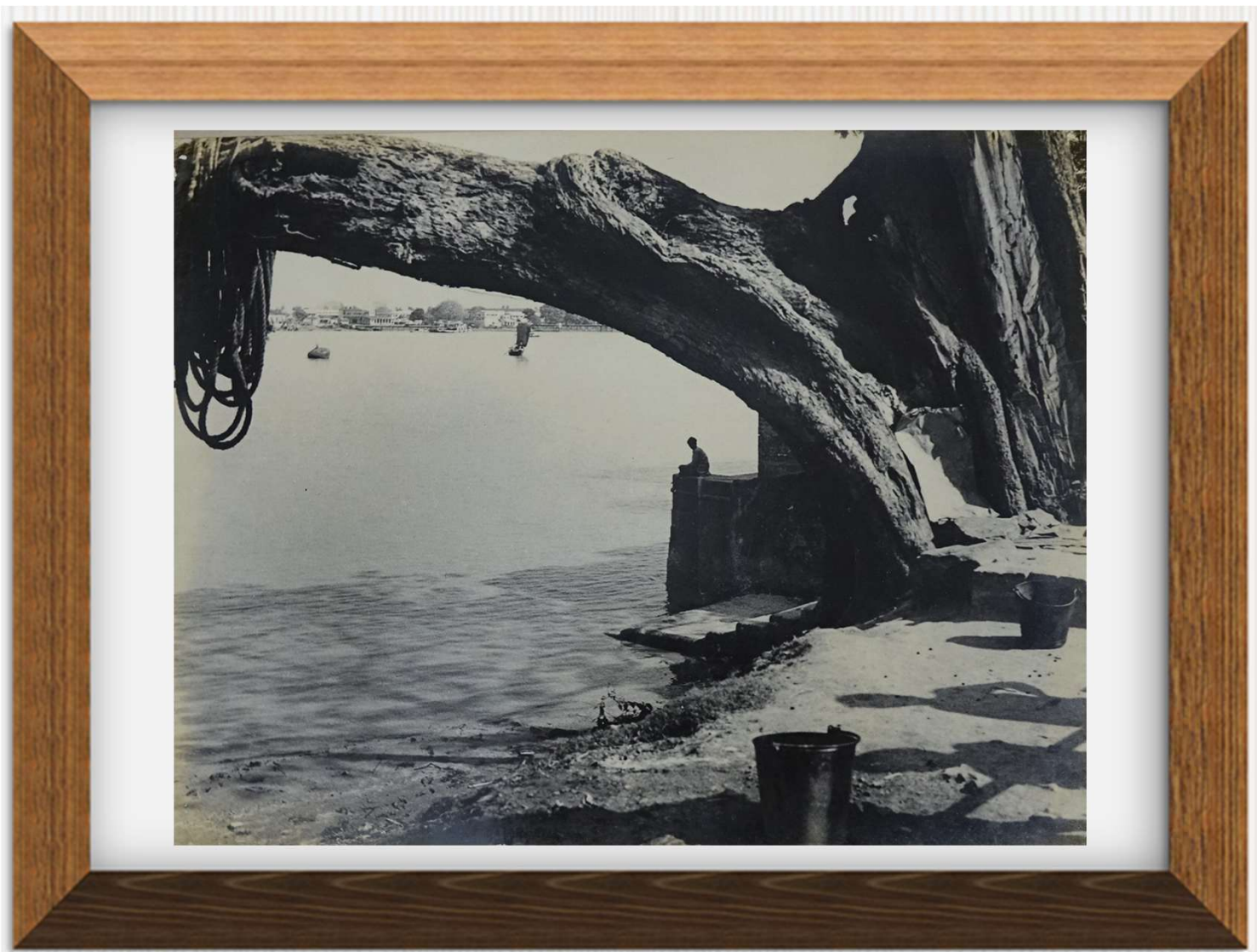
Selfie in those times

*Exhibition samples and pictures from
Illustrated Weekly - the magazine*







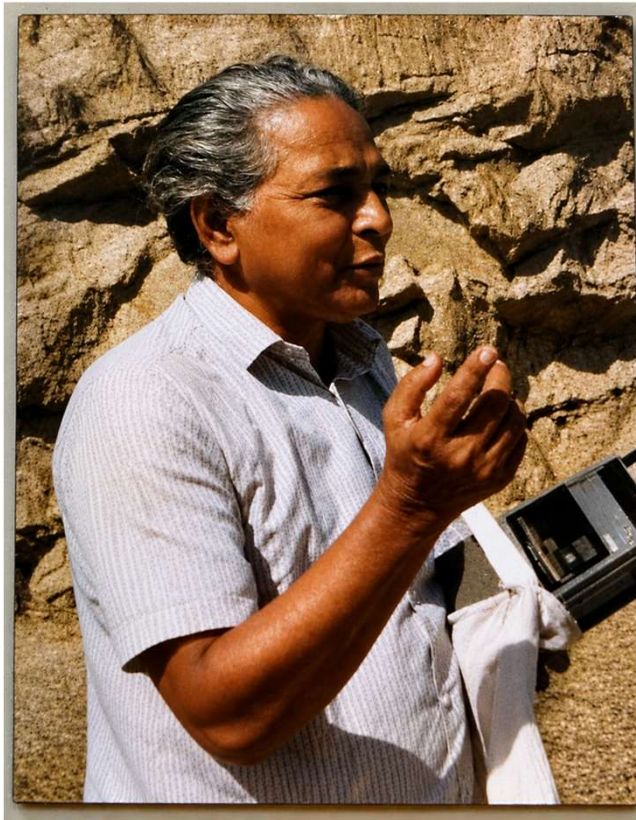


Experimentation with Photography

In-painting - conversion to colour



Superimposition in Time and Space



Art and Craft

Passion for Art

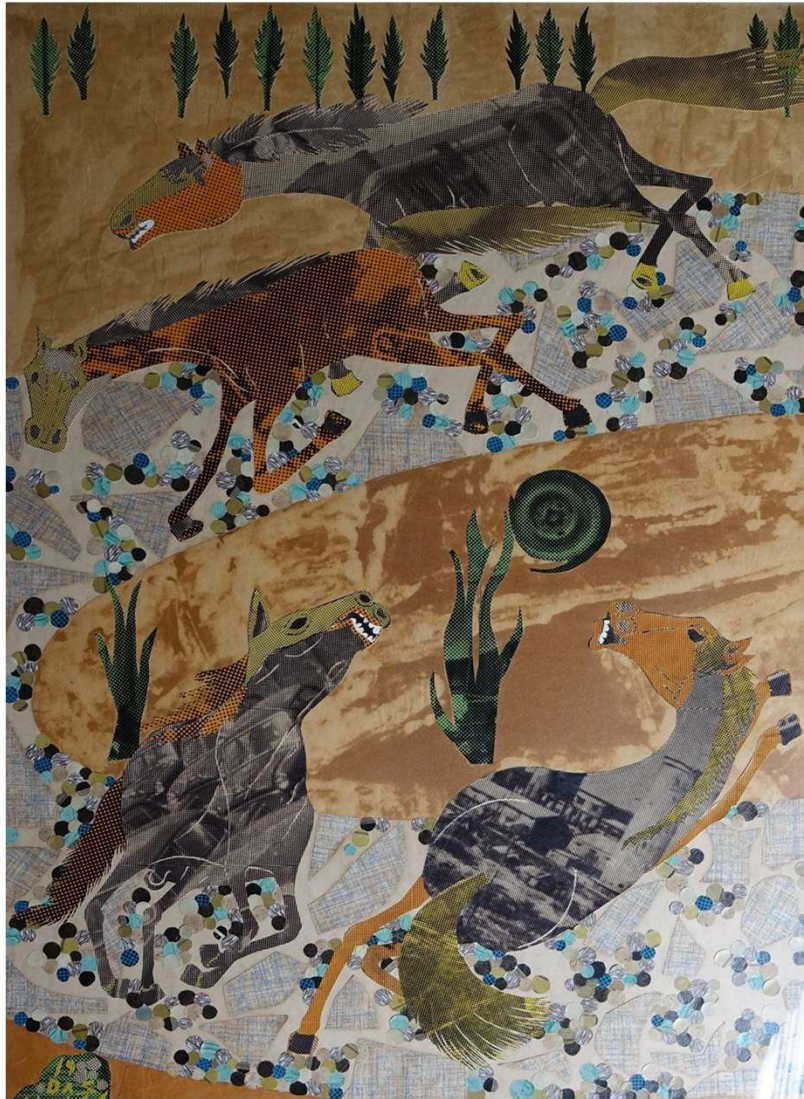
- Ma's passion for art has been characterized by
 - Innovation and experimentation,
 - Sensitivity, typical of an artist,
 - Perfection and Excellence, and
 - Short-span of attention
- Ma's creativity has been driven strongly by curiosity
 - Ma will put in all her energy to explore every challenge, and
 - Will desert it with unfailing ease when it stopped offering the challenge
- Only exceptions being
 - Photography
 - Album making
- Because here the expression was possible only through the unison of the minds of Ma and Baba

Paper Cutting

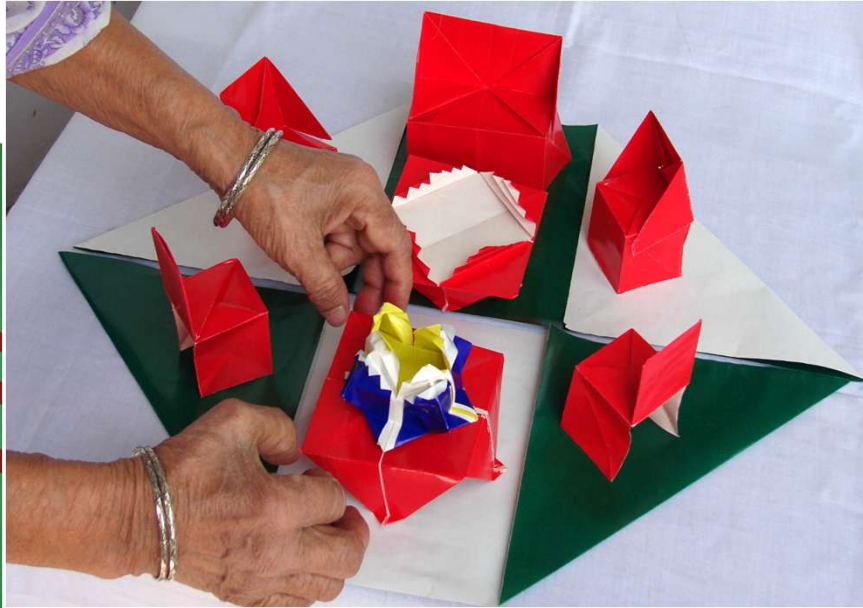


Paper Collage

Depicts life's
race — paper cut
out from
magazine covers



Origami



Pictures with Saw Dust



- Baba collected sawdust from mills
- Different shades of color came from the type of wood
- The picture was drawn in homemade liquid gum and sawdust was sprayed on it
- Extra dust was blown away for the picture to come out



Pictures with Crushed Glass

- On a visit to Baba's friend Barin Mitra, Ma found that his garden was decorated with empty drink bottle of multiple colours
- Baba (and I) made visits to kabarhiwalas (junk dealers) and collected drink bottles
- We crushed them at home and sieved to segregate grain sizes
- While the colour came from the glass, shades were created by different grain sizes of glass particles
- Picture was done by gum and spray

Expressions in Pastel



- Ma read about the heroics of Roshenara (Raushan Ara) - the narrative of a female student from Eden College forming a female brigade to blow up an advancing Pakistani tank in Daily Sanbad.
- She was utterly disturbed and created this painting in pastel
- **Note:** Roshenara was actually an imaginary character created by the journalist Bikoch Chowdhury to boost the morale of the freedom fighters.
[Raushan Ara Battery: A Forgotten Part of Our History](#)

Source: Debasish Banerjee

Junk Art

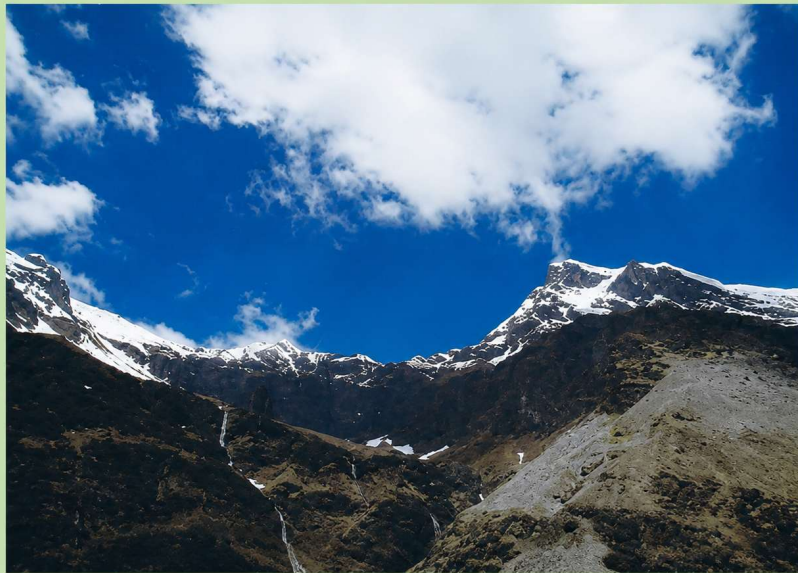


A Cricketing Family –
Handcrafted from
coconut shells and
marbles, with hair and
beards fashioned from
coconut fibre

Album Making - an artistic exposition: just not a photo documentation

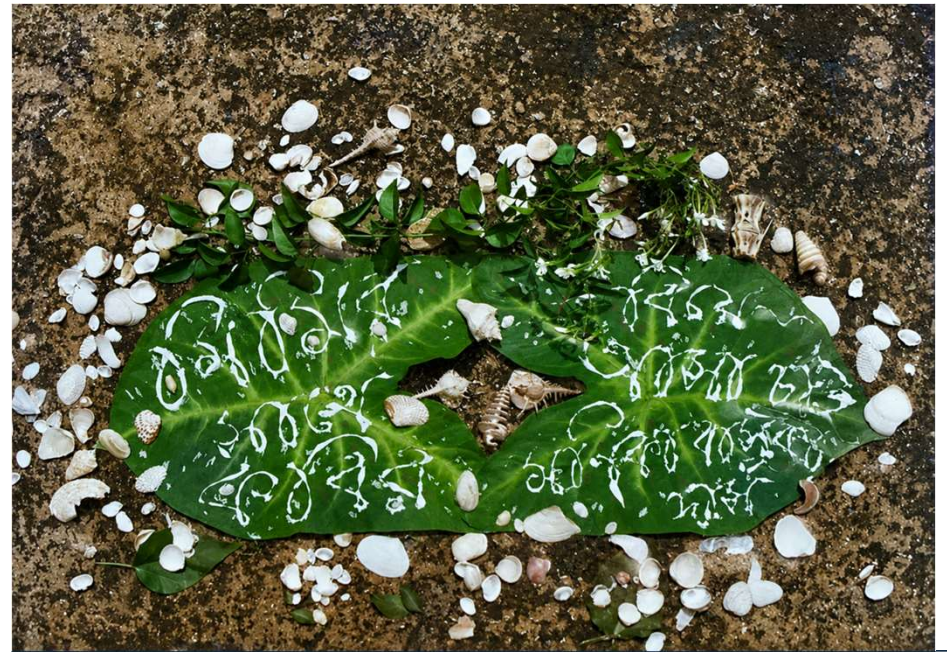


Art beyond Tradition : Partha - Mimi's Wedding Card



হৃদয়ছোঁয়া ক্ষণ, হউক শুভক্ষণ

Outer cover reads as “A Heartfelt Moment... May It Mark an Auspicious Beginning”



Writing on a Lotus Leaf – Intricate lettering created on a lotus leaf using toothpaste, then photographed to produce a screen-printing design It says “Kabi (Partha) is getting married to Mimi - You have to come “

Knitting as an Art

- Ma knitted sweaters without stitching the front and back and then stitching them
- Ma used 4 needles of No. 14 grade very thin needles – Baba used metal files to make the round-end pointed
- Ma knitted a number of sweaters for Baba with intricate floral and other pattern
- These were a big hit in the family and among friends

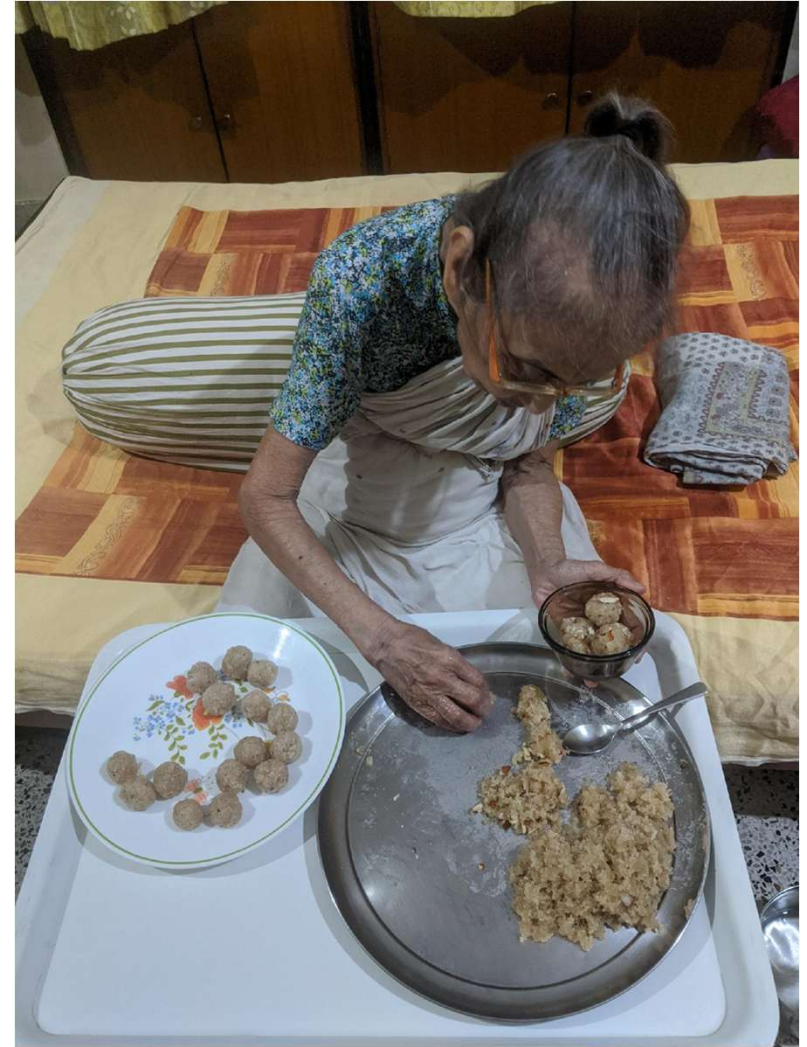


Culinary Perfection



তাল ফুলুরি
সাদা নারকেল
নাড়
**WHO
WINS?**
**Coconut
Laddoo or
Chocolate
Walnut
Cake**

- Palm Fruit Fritters
- White Coconut Ladoo



Gardening as a Passion



From Gardening in Ishwarchandra Nibas and Kharagpur to rooftop gardening in GC Block Salt Lake - totally relentless in her effort



Literature

- No wonder that Ma had deep literary skills and was most influenced by Rabindranath's Writings
- However, her interests span deep and wide
 - Upnishad to Bankim to Manik . Was hooked to Children's Literature in recent times.
- An avid reader of newspapers
 - The Statesman and collected cuttings and used them appropriately
- During her artistically creative most years, Ma chose a to be a critique of Baba's writings (mostly poem and narration) that complemented her art
- Took up serious writing while in search of Spirituality and Truth. Learnt Hindi, Marathi to spread Sahaj Yoga
- Ma loved recitation of poetry
 - Was a fan of Kazi Sabyasachi
 - Baba was also pretty good

Ma's "Chharaa" or playful rhyming poems

ইরিন ঘাটৰ পত্ৰ

ইরিন ঘাটায় নাইকো ইরিন
নাইকো ভাল ঘাট,
এখন সেমায় আছে শুই
গৰু চৰাৰ ঘাট ॥

এক কালেত পাখায়েত
হয়ত মুননাতি
এখন সেমায় গন্ধ ছড়ায়
বিদেশী সব গাভী ॥
সেদিক পানে কেউ হাঁটে না
আশ্ৰয় না তার নীৰ
সেমায় কেবন কাঁধা আছে
বিৰাট বিৰাট স্নান ॥

ঘৰে ইরিন চক্ৰে মনে
ছুটে তেঁওঁ পিছু,
হয়ত সেমায় দেখতে পাবে
পোখা শুয়োৰ কিছু ॥
ছুটিৰ দিনে তবু সবে
সামখে 'ইরিন-ঘাট'
মনে আছে, হয়ত পাবে
খাঁটি দুখের ঘাটা ॥

//উপালিৰ উপাখ্যান/

Page : পৃষ্ঠা
Date :
pioneerpaperco.com

(১)

শব্দ কলমে ভাৱ ।
চক্ৰা বনে, মুনকুৰি ৰে, তামে তামে মোৰ ।
দুখের থেকে উঠ, বাঘাশ্বতে ছোঁ ।
মনে পুজোৰ খাল্য,
পিউনি মুনৈ গাঁথৰ গোড়ের সান্না ।
ঘৰে আশ্বৰ গৌৰ নিতাই, — পৰম পেমের নবম ছ'তাই ।
ছোঁ সান্না তেঁওঁ তো চাই ।
ওৰে মুনু, তামে মোৰ সন্মত তো মাই, নাইবে; সন্মত নাইবে ॥

আমি উপালি

ছোট উপালিৰ গল্প তুমি লিখেছিলে ভালোবেসে,
আজ আমি বড় হয়েছি তোমার আশীৰ্বাদ হৃদয়ে মেখে।
আজ তুমি নেই, তবু বেঁচে আছো তোমার মহৎ কর্মের আলোয়,
তোমার আত্মার শান্তি কামনা করি—ভালো থেকে অনন্তের ভালোয়।

আবার দেখা হবে

As death drew near, he earnestly sought answers to what lies beyond it. Every explanation left him unconvinced—until his father's simple yet profound assurance, "**We will meet again,**" brought him the peace he had been searching for.

Bijurika Sen – বিজুরিকা সেন

Passion for Music

- Ma loved music, mostly
 - Rabindra Sangeet
 - Nazrul Geeti (as sung by Manabendra and Mrinal-kaku), and
 - Classical
- Music was a rare field in which Baba lacked the ear, yet he supported Ma with turn-table, records and creations

Travel and Treks

Kashmir: 1966



Digha: 1975



Passion for Adventure: Trekking

- Gangotri – Bhujbasa – Gaumukh
- Kedarnath
- Pindari
- Roopkunda (Nanda Devi Biosphere Reserve)
- Har-ke-doon

Har ki Doon



Tired after the
day's trek



Ma's last trip was to Shekhawati and Jaipur, Rajasthan



Interesting Masima and Thakuma

Guardians' Association



Baba and Ma formed a Guardians' Association as a shared learning platform for me and my friends. Day trips, hands-on activities, and creative assignments blended education with fun. Ma's innovative teaching ideas made learning engaging and memorable.

Teaching Taxonomy by Mnemonics

Taxonomy by mnemonics এর কিছু কায়দাকানুন শেখানো দেবশীষের বেথুন রো-র বাড়ির ছাদে বসে।

"কত প্রেম কথা ওরে ফুটিল গানের
সুরে" "পথে পথে চলে প্রভু নাহি মিলে এ আমার ইহ
ক্রন্দন"

- কত k: kingdom
- প্রেম p: phylum
- কথা c: class
- ওরে o: origin
- ফুটিল f: family
- গানের g: genus
- সুরে s: species

- পথে p: protozoa
- পথে p: porifera
- চলে c: coelenterata
- প্রভু p: platyhelminthes
- নাহি n: nemathelminthes
- মিলে m: mollusca
- এ a: annelida
- আমার aa: arthropoda
- ইহ e: echinodermata
- ক্রন্দন c: chordata

কলকাতা বিশ্ববিদ্যালয় আর প্রেসিডেন্সি কলেজে এমন চল ছিল। Source: Debasish Banerjee, Amitava Ganguly

...Her passion lived on with her grandchildren
- the play *Poteshwari's Biye* in Kharagpur



Rehearsals



All props and musical
instruments made by Ma- we
helped.

Ma in INSPIRATION (a Social Organization)

As a member she silently contributed to the activities of the Organization

Formal and Informal meets of INSPIRATION



Annual General Meeting



Annual Picnic@
INSPIRATION

Teaching Slum Children Origami



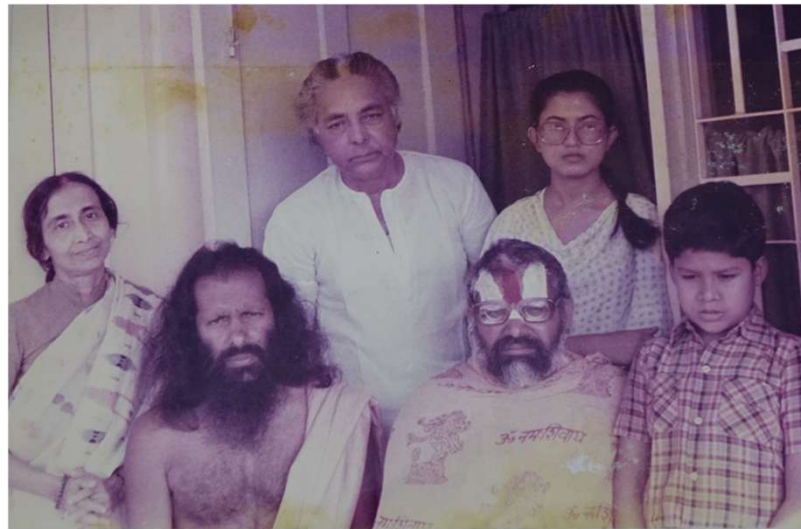
In Search of Truth

A Journey on the Spiritual Path

Spiritual Quest - culminating in Sahaj Yoga

Her spiritual Journey

- 1986 Kumbhmela – Spirito-physiological research
- Her interaction with Pilot Baba through Lalbaba during a trekking expedition
- Nigurdananda and Anuradha Ma in search of peace after Baba's sudden demise
- And finally, Nirmala Mataji and her induction into Sahaj Yoga, gradually progressing to leading Sahaj Yoga practices



- Pilot baba: Wing Commander Kapil Singh (1938 –2024), served as a fighter pilot in the 1965 and 1971 Indo-Pakistani wars before retiring and taking up a public spiritual life. He later became known for demonstrations of prolonged samadhi and for claims of mystical experiences



Shri Nirmala Mataji

Being a Sahaj Yogi

“Meet Mrs. Monika Das, who has been a Sahaja Yogini for over 3 decades! As a seeker she often used to meet enlightened/ evolved souls and requested them to show her the path towards God when one of them predicted to her that a Guru of very high caliber is going to come in her life soon! When she asked as to how will she recognize such a guru, he had said that she would know who she had been seeking all these years! Listen to her narrating the incident when she first saw Shri Mataji at an event organized by the Indian Airforce in an open ground and how her life changed ever since !”

Source: [Being Sahaja Yogi - Mrs. Monika Das, Kolkata, West Bengal](#)

[20th December, 2019](#)

Sahaj Yogees - the other family



Our Ma





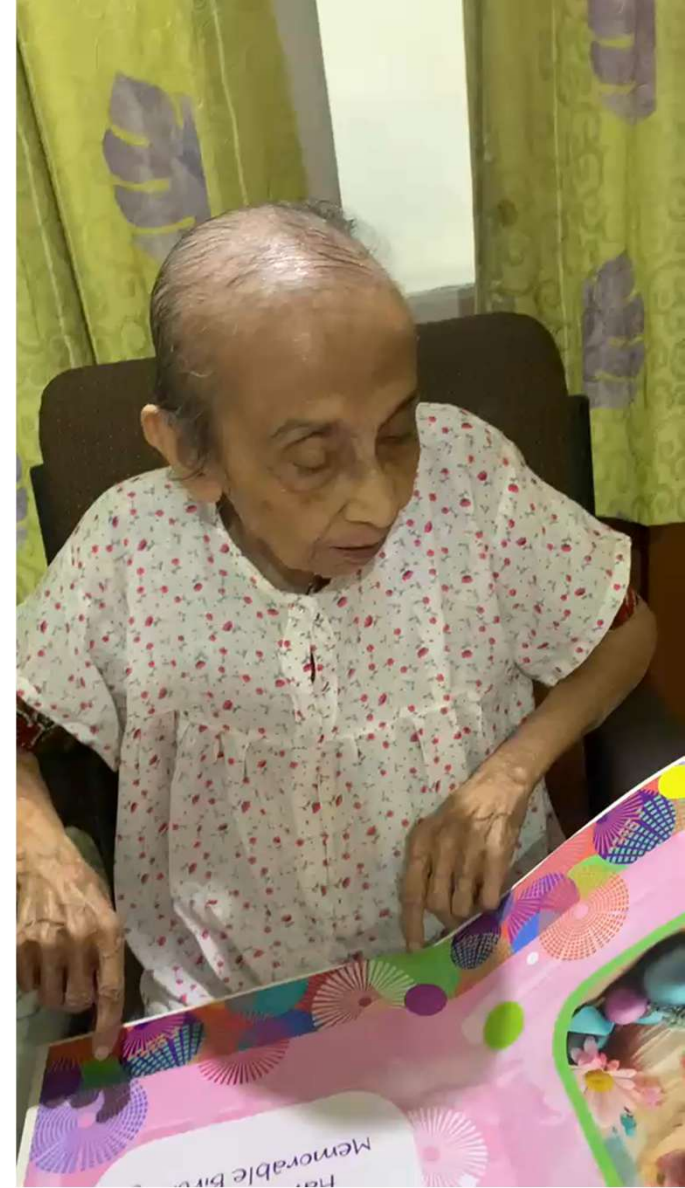








দিদি , শ্রী মাতাজির শ্রী চরণতলে খুব ভালো
থাকুন 🙏🙏❤️❤️🙏🙏





জীবন ও মরণের সীমানা ছাড়ায়ে

*The song
expresses the
feeling that beyond
the limits of birth
and death, beyond
the physical world,
there exists an
infinite realm
where the soul
longs to unite with
that eternal
presence.*

[Play](#)

Chandreyee Das – চান্দ্রেয়ী দাস

Credits

- **Photos:** Manika Das, Basuki Nath Das, Asim Roy, Bidhan Chandra Jana and others
- **Recitation:** Kanika Banerjee and Bijurika Sen
- **Songs:** Tanya Das, Anindya Basu, and Chandreyee Das
- **Production:** Chandreyee Das, Partha Pratim Das, and Bidhan Chandra Jana
- **Information Source:** Debashis Banerjee, Kanika Banerjee
- **Composition:** Chandreyee Das, Partha Pratim Das