



SRI AUROBINDO ASHRAM DELHI BRANCH

(ANNUAL REPORT 2018-2019)





Let this place be worthy
of its name and manifest
the true spirit of Sri Aurobindo's
teaching and message to
the world
With my blessings



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2018. THE YEAR OF BLOOMING SMILES

Every moment lived lays the foundation of the future. Every moment lived with aspiration lays the foundation of a glorious future. The seed that flowered into Sri Aurobindo Ashram Delhi Branch was planted with a vision to correlate and harmonize the outer dynamism of modern life with inner soul values. Following the vision, every endeavor carried out here is focused on environment, education or yoga.

For more than five decades, Sri Aurobindo Ashram Delhi Branch has been working towards bringing a positive change to every life it touches upon. The year 2018-19 opened up newer vistas of possibilities. Sri Aurobindo Ashram Delhi Branch conceptualized and executed various social initiatives like **Project Library, Sports and Physical Training Program** focusing on providing better opportunities to children and youth in the rural India. Unique initiatives like **Body Mind Spirit, Clean Mind Program; Vocational Training Program** engaged children and Youth from the economically weaker sections of our society and helped them discover a higher self worth. Other than these, **Khushali**, an environment awareness project executed for school children and young volunteers to make them conscious about nature's presence and spread awareness to conserve it, leading to wellness for all.

This annual report will provide readers a comprehensive understanding of these projects and many other activities that were executed by Sri Aurobindo Ashram Delhi Branch in the past year, as well as the plans for future. With a transformative approach focused towards children and youth in the rural India and from the economically backward classes, Sri Aurobindo Ashram Delhi Branch will continue to make efforts to create a positive difference in their lives.



"The Sense of Impossibility is the Beginning of all Possibilities."

-Sri Aurobindo



IGNITING HOPES

Our Social Initiatives

KHUSHALI

Environment Awareness Projects

Sri Aurobindo and The Mother believed that nature in the form of flowers bring a touch of eternity, joy and beauty, which lie beyond the sorrows, and cares of the human world. To make future generations sensitive about this connection and care for the environment that is constantly degrading because of pollution, Sri Aurobindo Ashram Delhi Branch initiated environmental project 'Khushali'.

Khushali means wellness for all. The environment awareness projects executed under project Khushali were aimed to engage school children and young volunteers to become conscious of nature's presence and spread awareness to conserve it, leading to wellness for all i.e. 'Khushali'. Children from Mother's International School, Mirambika Free Progress School, Young volunteers from Sri Aurobindo Ashram Delhi Branch and children from the economically weaker sections became the crusaders for project Khushali. The students also got an opportunity to interact and learn composting from the experts at Center for Rural Development and Technology (CRDT) and IIT Delhi.

Starting from enhancing the physical environment to spreading awareness on conservation, projects executed under Khushali were an attempt to protect as well as conserve our ecosystem and value all the things that nature gives us. Initiatives executed under Khushali included learning and experiencing various organic composting processes, planting and organic farming activities, waste segregation and workshops on environment management.



BHUMI MANGALAM

A tree plantation drive to celebrate Tara Didi's birthday.



ORGANIC FARMING

In-field knowledge sessions to help school children understand the complete procedure of organic farming.



WASTE MANAGEMENT

Vinegar using kitchen waste: School children were taught to make vinegar using orange peel and banana peel.

Compost making: School children also learnt to make grass and dry leaf compost using grass net. Five metal mesh tumblers were made and installed at Sri Aurobindo Ashram Delhi Branch.



VERMICOMPOSTING

Collaborative learning lessons on soil fertility, life and functions of worms and vermiculture were organized.



NATURAL LIVING

A workshop on 'Natural Living' was conducted at Sri Aurobindo Ashram Delhi branch by Mr. Shailender S. Practical tips were shared on making Bio-enzymes and different types of edible and cleaning enzymes using various fruits, vegetables, greens, herbs and spices.



WATER MANAGEMENT

Watering pipes at Aurobindo Ashram were recycled to create a unique sprinkler system that minimizes the wastage of water.



BODY, MIND AND SPIRIT

Sri Aurobindo said that the true happiness lies in the finding and maintaining a natural harmony of spirit, mind and body. He emphasized on the importance of moral and emotional development, which as per him should be integral to mental development.

Following this philosophy an integrated programme was conceptualized and executed by Sri Aurobindo Ashram Delhi branch. This 7-day camp focused on the children belonging to the economically weaker section of our society who are studying in rural schools. This initiative helped both the children and their parents to connect with their core strengths and find a balance between body, mind and spirit.

Sri Aurobindo Ashram Delhi Branch organized these integrated camps at 'Van Niwas' (Himalayan Centre of Sri Aurobindo Ashram Delhi Branch), Bara Pathar, Nainital and reached out to **more than 450 school children**. The cost of travel and stay were fully funded by the Ashram.

These camps proved to be an effective tool to give children from rural areas the exposure to enhance their confidence, agility and balance in a holistic manner.

The programme included the following activities:

- Yoga and other strengthening exercise
- A minimum half and hour of Shramdaan or selfless work offering
- Five-day rock climbing course
- Trekking starting with 3 kilometer on the first day and finishing 16 Km on the last day
- Daily talks on self-observation and self-analysis
- Guided meditation
- Awareness sessions to clear the dysfunctional thoughts and condition the mind
- Group interactions for children and EWS parents
- Short modules using art and play



THE PROJECT LIBRARY

True education, according to Sri Aurobindo, is imparted by life itself. As per his concept of integral education, the curriculum designed to impart mental education must not be confined to a limited syllabus or a few textbooks. We should teach children to enjoy reading, which is both instructive and attractive. A child should read anything that awakens and pleases his imagination. But sadly most of the schools in rural India do not have libraries as they run on shoestring budgets.

Sri Aurobindo Ashram Delhi Branch decided to create a new story for children studying in rural schools by transforming empty shelves or rooms into wonder filled libraries. **Till date we have created libraries in 16 schools situated across rural India.**

These libraries are giving children in rural schools the much-needed exposure and are helping them improve their literacy skills, which they will remember and share long after school days are over. For students these libraries have become an information center where they can refer and learn new aspects of the topic they are learning through their textbooks. Even teachers are using resource books to enhance their knowledge and make their subject more interesting.



SPORTS AND PHYSICAL TRAINING PROGRAM

Sri Aurobindo and The Mother believed that of all the domains of human consciousness, physical is the one completely governed by method, order, discipline and process. This is precisely the reason why games and sports form an integral part of school curriculum. But to facilitate physical education, the financial condition of most schools in the rural India is abysmal. Most of the schools cannot afford good quality sports equipment, even if the funds are allocated these equipments are not available in these remote locations and most importantly the teachers are not trained. This need gap made Sri Aurobindo Ashram Delhi Branch initiated **Spots and Physical Training Program for 15 schools in the rural India.**

In addition to sourcing and delivering sports equipment, Sri Aurobindo Ashram Delhi branch also provided training to both teachers and students. Trainers from the Ashram visited 9 of these schools situated across India. These sports activities helped enhance physical fitness, agility and confidence among children studying in these schools.



SHRI RATANLAL UDAYAN SHALINI FELLOWSHIP PROGRAM

Ratan Lal Udayan Shalini Fellowship program is a unique academic excellence and personality development program for deserving and talented girls from weak socio-economic background. The aim of this program is primarily to turn these girls into empowered and dignified women or *Shalinis*. This program is implemented with a mission to make young lives shine bright, *"Humara Sapna H Ki -Tumhara Sapna Pura Ho."*

Sri Aurobindo Ashram Delhi Branch provides space and infrastructure to conduct the Shalini Fellowship Program. Ashram's spacious Hall is used to conduct workshops with Shalinis. Active volunteers of Ashram like Ms Punita Puri, Dr Katoch and Dr Bijlani helps in facilitation of various important sessions such as Dreams, Team Building, Collective Responsibility, Nutrition, Ayurveda, etc. The trainees enthusiastically participate in cultural events and clean mind program organized by Sri Aurobindo Ashram Delhi Branch from time to time.



“The aim of education is not only to prepare a man to succeed in life and society, but to increase his perfectibility to its utmost.”

-Sri Aurobindo



FUTURE READY INDIA

Supporting and Promoting Education

SUPPORTING AND PROMOTING EDUCATION

Education not only widens our horizons but also aids us in becoming complete individuals. Keeping this perspective in mind, Sri Aurobindo Ashram Delhi Branch started its Sponsorship Scheme with the sole aim of uplifting the under privileged children by arming them with the most precious tool - Education. The focus of this scheme is mainly on the children from remote, tribal, rural and hilly areas of India.

During the academic year 2018-19, we can proudly claim that 8 of our students under this scheme were able to finish their High School. All of them have now moved a step forward and taken up Science and Humanities streams as they continue their studies and follow their dreams. 8 more sponsored students after successfully completing Twelfth Standard are further enrolling for Graduation in different streams. Many of our Ashram VTs who have passed Higher Secondary Education (Standard XII) have now taken up Under Graduation studies in streams of their choice.

In all this we are extremely grateful to all the corporate sponsors and individual supporters who have been generously contributing for this program, year after year. All expenses for these children including tuition, boarding, lodging, training, books, clothes, travel expenses, etc. are borne by the Sri Aurobindo Ashram Delhi Branch.



In the year 2018 – 2019, we had about 235 children under the aegis of our Sponsorship and Scholarship Scheme and a total of Rs. 64,06,261/- (Rupees Sixty Four Lakhs Six Thousand Two Hundred and Sixty One only) was disbursed.



SUPPORTING HIGHER EDUCATION

Sri Aurobindo Ashram Delhi Branch runs a Vocational Training Program for the economically weaker youth of the society whereby they learn various trades of their choice. Through this program they are able to earn a relatively decent livelihood. After the completion of their Vocational Training, many of these trainees desire to stay back not only to imbibe the spirit of the Ashram but also to grow into more integrated and complete individual by pursuing higher education. We accommodate as many of these "Aspirants" and Delhi Ashram supports them by funding for the course of their choice. During 2018-19, a few of them were even helped with placements.

A sum of Rs. 4,05,000/- was incurred on stipend paid to 45 students of the Sri Aurobindo Institute of Vocational Training.



SUPPORTING SCHOOL EDUCATION

There are more than 500 Schools under the banner of Sri Aurobindo across India. 80% of these schools are in tribal, village or backward areas. The devotees of Sri Aurobindo support day-to-day operations of these schools. Sri Aurobindo Ashram Delhi Branch aids and supports many students in these schools. In addition to this, the Ashram grants scholarships to a few deserving day scholars in The Mother's International School and a few students from the Talla Ramgarh sector in Uttarakhand and in Jodhpur.

Sri Aurobindo Ashram Delhi Branch also runs a free Primary School, The Auro Mira Vidya Mandir, for over 130 tribal children at Kechla, a remote tribal area in Odisha. We have adopted approximately 15 other schools in the village and other backward areas of Odisha, Uttarakhand and Madhya Pradesh. Along with the financial aid, all these schools are provided with books, furniture, clothing, games, sports equipment and sundries from time to time.

Last year 207 students were supported and the total disbursement made was of Rs. 60,49,920/- (Rupees Sixty Lakhs Forty Nine Thousand Nine Hundred and Twenty only).

In all there were 28 children from Delhi. Out of which 2 children were given music scholarships; 1 were given scholarships for National Institute for Open Schooling, New Delhi; 2 scholarships were given for certificate course in Computers; 1 student was sponsored from the Mother's International School; 17 scholarships were given for pursuance of graduate and post graduate courses and 1 scholarship each for training in Football, Yoga, Painting, Digital Marketing and Tourism courses were granted. An amount of Rs. 3,56,341/- (Rupees Three Lakhs Fifty Six Thousand Three Hundred and Forty One only) was granted for the same.

31 children from the states of West Bengal, Odisha, Uttrakhand and Rajasthan were given scholarships for various academic courses and for music for which an amount of Rs. 5,83,920/- (Rupees five lakhs eighty three thousand nine hundred and twenty only) was disbursed.

Refer to annexure for more details.



COMMUNITY SERVICE

Other than financial grants, Sri Aurobindo Ashram Delhi Branch supports schools in kind by donating things like furniture, books, sports equipment, utensils, medical aid, and clothes.

Refer to annexure for more details on donation.

"As Knowledge Grows, Light Flames Up From Within."

-Sri Aurobindo



A LOOK BACK

Delhi Campus in 2018-19

ANNIVERSARY OF SRI AUROBINDO'S ARRIVAL IN PONDICHERRY & INAUGURATION OF THE TAPASYA BUILDING

4th APRIL 2018

The celebrations to commemorate Sri Aurobindo's arrival in Pondicherry began with invocation for divine presence by the Ashram choir in the Hall of Gratitude. An open-air function was organized in the Ashram courtyard in front of Tapasya, which was also inaugurated on 4th April. Ms. Swati Mulugu presented a bevy of sufi ghazals with explanation in English by Shri Srinivas.



THE MOTHER'S FINAL ARRIVAL IN PONDICHERRY

24th APRIL 2018

The day commemorating final arrival of the Mother in Pondicherry was celebrated on 24th April with invocation for the divine presence in the Hall of Gratitude.

The celebration also featured the traditional march-past and kindling of the lamps of aspiration around Sri Aurobindo's shrine. To add to the celebrations, the Ashram choir presented a musical rendition of Isha Upanishad interspersed by Tara Didi's reading of Sri Aurobindo's translation of the mantras.



INTERNATIONAL DAY OF YOGA

21st JUNE 2018

International Yoga Day celebrations at the Ashram saw participation from the both Ashram community as well as the general public. Activities included a bevy of yogasanas and pranayamas at the Samadhi Lawn. Later in the day, two other groups- one from S.S. Rana & Co. and the other comprising of forty girls participating in a training program run by Ratan Lal Foundation also experienced the rejuvenating effect of yogic practices.



TARA DIDI'S BIRTHDAY

5th JULY 2018

Tara Didi's birthday saw spontaneous outpouring of love. Early in the morning, Tara Didi planted the flower 'vigilance' near Sri Aurobindo's Shrine followed by a tree plantation drive at The Mother's International School. The afternoon was about celebrations with Tara Didi cutting the cake amidst a chorus of Happy Birthday to you... During the evening meditation, Ashram Choir presented a recitation of Sanskrit chants and bhajans interspersed with readings by Tara Didi from the works of the Mother and Sri Aurobindo. Tara Didi's birthday was also celebrated at Madhuban, Talla Ramgarh (Nainital) with plantation of saplings on the campus and a Savitri reading session.



115th BIRTH ANNIVERSARY OF SRI SURENDRA NATH JAUHAR (FAQUIR)

13th AUGUST 2018

Celebration of Chacha ji's birthday began with an invocation by Ms. Srila Basu followed by the flower offering ceremony and havan at his Samadhi. The students of The Mother's International School paid a musical tribute in the Hall of Grace.

An inter-school patriotic song festival organized by MIS also marked the occasion. It was a be fitting tribute, since Chacha ji was an active participant in India's freedom struggle for nearly three decades. The day concluded with a musical presentation from the Ashram choir in the Hall of Gratitude.

Tara Didi thereafter read out several paragraphs from Chacha ji's autobiography specifically in context of his gradual withdrawal from politics and progressive involvement in spiritual endeavors.



SRI AUROBINDO'S BIRTHDAY AND INDIA'S INDEPENDENCE DAY

15th AUGUST 2018

"This evening . . . I would like us to meditate on the remembrance of Sri Aurobindo, on the way to keep it alive in us and on the gratitude we owe him for all that he has done and is still doing in his ever luminous, living and active consciousness for this great realisation which he came not only to announce to the Earth but also to realise, and which he continues to realise. Tomorrow is the anniversary of his birth, an eternal birth in the history of the universe".

- The Mother

Both Sri Aurobindo's birthday and India's Independence together was celebrated on 15th August. The day began with Prabhat Pheri (walking around the campus singing the glory of the Lord) welcoming the morning with good vibrations lead by Sukhendu Roy. This was followed by a musical invocation for the divine presence by the Ashram choir. Shri Prashant Khanna also marked the auspicious morning with a talk on The Inspiring Life of Sri Aurobindo. While portraying the manifold phases of Sri Aurobindo's life, Shri Khanna particularly laid emphasis on the common thread of sincere commitment, focus and concentration that he followed in each of his very endeavor whether in scholastic learning, political work for India's freedom struggle, or yoga & spiritual.

Afternoon in the Hall of Grace began with the screening of a short video about Sri Aurobindo Ashram Delhi Branch - An Island of Tranquility. This was followed by a musical tribute by the students of Matri Kala Mandir. Young forces of the Ashram including Aspirants, Vocational Trainees along with Sadhana course participants presented a cultural program depicting the life of soldiers in the Indian Army and their immense contribution to the task of preserving sovereignty of Mother India. A group of young women performed cultural dances that featured Bhangra, a traditional folk dance from Punjab region and Bhavani Barati, a poem written in Sanskrit by Sri Aurobindo depicting the victory of the Shakti over Ignorance and Evil. These musical scenes were interspersed with a narrative in Hindi by Ms. Aparna Roy. Pt. Barun Pal and his disciples thereafter presented a musical offering entitled Trinaad, a Hansa Veena recital.



ANNIVERSARY OF SRI SURENDRA NATH JAUHAR - THE MAHASAMADHI DAY

2nd SEPTEMBER 2018

Flower offerings followed by invocation for the divine presence by Km. Srila Basu and a havan at Chacha ji's Samadhi marked the beginning of this auspicious day. The Sunday Satsang by Ms. Aparna Roy reminisced Chacha ji's dedication and surrender to The Mother and his unceasing efforts to nurture the Delhi Ashram. In the evening, lamps of aspiration were kindled around Sri Aurobindo's Shrine and Chacha ji's Samadhi. Subsequently, an offering of devotional songs was made in the Hall of Gratitude by the Ashram choir. Thereafter Tara Didi read several passages from Chacha ji's published biography mainly concerning his encounter with the police during India's freedom struggle. The eventful day ended with distribution of Prasad.



DHAMMAPADA CHANTING

1st AND 2nd NOVEMBER 2018

Sri Aurobindo Ashram Delhi Branch had the opportunity to welcome nearly 50 Buddhist monks from Thailand, Myanmar, Laos and India, who chanted verses from the Dhammapada, a simple but very comprehensive exposition of human values. Though chanted in the original Pali, the chants created a melodious and peaceful atmosphere. Lavish and beautiful floral decorations added significantly to the positive vibrations of the Hall of Gratitude. The event was ably organized by Ms. Wangmo Dixey from U.S.A.



THE MOTHER'S MAHADASHMI DAY

17th NOVEMBER 2018

The Mother's Mahadashmi Day was observed as the day of silence to acknowledge her presence. The day started with a havan in the morning. The devotees and guests lighted lamps of aspiration around the Shrine in the evening. Silence was observed at Hall of Gratitude. The day concluded the silence with Prasad served outside the Hall of Gratitude with card bearing her interaction with a disciple interested in sports activities.

"Sweet Mother, are you with us during the collective meditation at the Playground?"

Certainly, I am always there.

To benefit from it, what should we meditate on? And how?

The Method is always the same. Gather together the energies in you that are usually dispersed outside; concentrate your consciousness within, beneath the surface agitation, and establish, as far as possible, a perfect quietness in your heart and heard; then formulate your aspiration, if you have one, and open yourself to receive the divine force from above."

- The Mother

SIDDHI DAY

24th NOVEMBER 2018

"Where you are? In the Mother's Presence here and close to me. Where you are going? Towards union with the Divine through dedication and service. What you are doing here? Service and self-giving to the Divine The rest depends... on the simplicity and fullness with which you give yourself and serve"

- Sri Aurobindo

The Siddhi day commenced with invocation of the Divine by the Ashram choir. The evening was marked with a march past near the Shrine, accompanied by recital of Vande Mataram and reading by Tara Didi. This was followed by the lightening lamps of aspiration by the devotees, a musical offering by the Ashram choir and a recitation by Tara Didi.



SRI AUROBINDO'S MAHASAMADHI DAY

5th DECEMBER 2018

"In absolute silence sleeps an absolute Power."

- Sri Aurobindo

With Sri Aurobindo's pictures and colourful flowerpots adorning the Samadhi Lawns, the Shrine borne its glory for the day. The day commenced with a musical invocation by the Ashram choir at Hall of Gratitude. The morning continue with devotees and guests offering flowers as a gesture of gratitude to the Master. The whole lawn area soon got filled with the energies of the children from The Mother's International School to convey their homage with music and improvisations. They recited prayers seeking guidance and blessings of the Guru for their lives. In the evening, Tara Didi read the gratitude message to the Master by the Mother while the Ashram Choir performed Mantra Gaan.



THE SAD DEMISE OF INDU DIDI, A MUCH LOVED TEACHER

12th DECEMBER 2018



In the early hours of 12th December, the curtain finally came down on a story that would be difficult to forget, the story of a person who had strolled the corridors of The Mother's International School and inhabited the quarters of Sri Aurobindo Ashram Delhi Branch like a colossus for more than half a century. Indu Bala Pillay, best known in the Ashram as Indu Didi, turned to Sri Aurobindo and The Mother while she was doing her BA. She was inspired by the lives of Shri M.L. Parashar ji and the founder of Sri Aurobindo Ashram – Delhi Branch, Shri Surendra Nath Jauhar (Chacha ji). They provided her a karmabhoomi to lead a meaningful life.

Indu Didi started as a teacher of the primary classes and went on to become the Principal of The Mother's International School (MIS) in 1977, a position that she held with distinction till her superannuation in 1999, after which she was appointed Honorary Director of the School. It was during her tenure that MIS rose from a fledgling to become one of the best schools in the country. In spite of dealing with so many students, she knew each of her students individually and took care that their talents were nurtured.

In the words of Sanghamitra Ghosh, her colleague for decades, and the current Principal of The Mother's International School, *"Indu Didi had an emotional connect with all who came in contact with her... She had a childlike simplicity. She would cry easily and laugh easily... She gave the teachers the freedom to innovate and experiment in the classrooms... She was very open to suggestions, and not only heard them but also implemented many of them irrespective of whom they came from... She was firm but never harsh."*

Indu Didi was a highly respected figure, not only in her school but also in the educational fraternity. She was the Chairperson and a Life Member of The National Progressive Schools Conference (NPSC). Indu Didi was a gifted singer and had a distinctive love for literature. With her unique assets, she could have gone far, but she was concerned with making the school rather than herself. As Chacha ji's grandson, Pranjali Jauhar put it:

"Indu Didi did not promote herself. She was fearless, spoke less, and used carefully chosen words. Once when asked her opinion about a dispute, she said, "I am on the side of the truth."

WELCOMING THE NEW YEAR

31st DECEMBER 2018

"Day and night constantly the Presence is there. It is enough to turn silently inward and we detect it. Let this experience be yours this year. Love and blessings to my dear child."

– The Mother

Sri Aurobindo Ashram Delhi Branch welcomed the New Year with Savitri reading to help improve our ability to become aware of the Divine. The reading became more inclusive with devotees, guests and Ashram inmates joining in to read Savitri. This was followed by a cultural presentation by the youths from Ashram. They reviewed their moments, learning and realizations of the passing year as a presentation screened at the Hall of Grace. The program continued with a colourful presentation folk dances and songs from different parts of the country. The cultural program was followed by guests and devotees illuminated the space around the Shrine and the Hall of Gratitude with lights of aspiration to consciously welcome the New Year.

The first day of the year, sports conquered the priority for Ashram youths. They enjoyed team games at the playground of Mother's International School.



BIRTH ANNIVERSARY OF LATE SRI A.K. JAUHAR

20th JANUARY 2019

The day commenced with Bhumi Puja for Prasad Block – a new building for kitchen facility, as a commemoration of Shri Anil Kumar Jauhar, erstwhile chairman of Sri Aurobindo Ashram – Delhi Branch trust. The celebrations continued with devotional songs and a discourse by Shri Prashant Khanna on Sri Aurobindo's Sonnet, 'The Cosmic Dance.'

The birth anniversary of Shri Anil Kumar Jauhar was also celebrated by The Mother's International School on 21 January 2019. The tribute began with a devotional song and the recitation of shlokas from the Bhagvad Gita.

The highlight of the program was an inspiring address by the Chief Guest, Dr. Anirban Ganguly, an alumnus of Sri Aurobindo International Centre of Education, Pondicherry, and the director of Dr. Shyama Prasad Mukherjee Research Foundation, a New Delhi based Think Tank. An audio of Mr. Ganguly's address can be accessed from <https://tinyurl.com/y5xczegg>



KARUNA DIDI'S PUNYATITHI

26th JANUARY 2019

Karuna Didi left us for her heavenly abode on 26th January 2017. In her memory, Ms. Suparna Adhikari made a musical offering in the Hall of Gratitude, including a Bhajan taught to her by Karuna Didi herself, "Kusum Kali Saa Meraa Maanas...." She was splendidly accompanied by Mr. Saubhagya Gandharva on the flute, Mr. Intezar Ahmad on the tabla, Mr. Shah Nawaz Khan on the sarangi, Ms. Preamsheela on the tamboora, and Ms. Divyakshi on the manjira.



ASHRAM FOUNDATION DAY & SAVITRI PAINTING EXHIBITION

12th FEBRUARY 2019

Amidst the colourful flowers adorning the Ashram campus, the celebrations commenced with the Ashram choir invoking the Divine presence and seeking the Mother's blessings. Children from The Mother's International School offered devotional songs at Hall of Grace expressing their gratitude to the Mother's blessings and guidance and to the founder Sri Surendra Nath Jauhar (Chachaji) for initiating the existence of such facility for them.

As a homage to Savitri, Tara didi inaugurated a painting exhibition. The paintings depicted scenarios from Savitri in the Ashram main building. These paintings were created by a devotee of Sri Aurobindo and the Mother, named Agni (Indian name) from Italy. Celebrations continued with screening of a film on Sri Aurobindo Ashram Delhi Branch capturing the journey of the Ashram. The day was marked with a substantive dance drama, BHAVANI BHARATI, a poem written in Sanskrit by Sri Aurobindo depicting the victory of the Shakti over Ignorance and Evil, by dancer Anjali Bagal and team from Pune.



THE MOTHER'S BIRTHDAY

21st FEBRUARY 2019

"If the aspiration is there in you, if the will is there in you, it is absolutely certain that sooner or later you will succeed. And I am saying this for the people who live in very ordinary circumstances, less favourable perhaps than yours, but who can, even so, learn to know themselves and conquer themselves, master themselves, control themselves. Therefore, if the conditions are favourable you have a much greater chance of succeeding. One thing is always necessary, not to give up the game – for it is a great game and the result is worth the trouble of playing it through."

– The Mother

On 21st February 2019, Sri Aurobindo Ashram Delhi Branch celebrated the 141st birth anniversary of The Mother. The day commenced with Prabhat Pheri followed by a musical invocation to the Divine Mother by the Ashram choir at the Hall of Gratitude.

Devotees thronged the ashram premises since morning to participate in various activities throughout the day. While the Pushpanjali (Floral tributes) offering was in progress at the Shrine lawn as a gesture of gratitude to The Mother, The Mother's International School Primary students' performed a musical offering of devotional songs at the Hall of Grace.

Towards the evening the devotees gathered at the Hall of Grace to mark the occasion. The event started with lighting of the candles by Tara didi. Agni, a painter from Italy who visited the ashram paid homage to Sri Aurobindo and The Mother by exhibiting paintings inspired by their lives.

The students evinced their talents and creativity by performing array of activities including Yoga Mudras, formation of pyramidal structures and the movements of Kalarippayattu (Indian martial art and fighting system that originated in Kerala).

The penultimate event was a performance of folklore from Uttarakhand on goddess Nanda Devi. Chanting of namastasye namo namaha... concluded the event.



Later in the evening, Shrine lawn got filled with devotees and guests as spectators of the March-past and the Lights of Aspiration. While Tara Didi proclaimed Vande Mataram three times the parade repeated and sang Vande Mataram. Parade improvised their gratitude with Diyas and proceeded to lit the lawns around the Hall of Gratitude with diyas along with the guests. This was followed by a compilation of Tara Didi's reading and a musical offering by Ashram Choir on 'Four aspects of the Mother'.



PUNYATITHI OF SHRI. A.K JAUHAR

28th FEBRUARY 2019

The fifth Punyatithi of Shri Anil Kumar Jauhar, former chairman of Sri Aurobindo Ashram Delhi Branch began with a musical presentation by the Ashram choir in the Hall of Gratitude. Tara Didi then read a passage from the works of the Mother about the role of meditation in spiritual progress.

KARUNA DIDI'S 89th BIRTH ANNIVERSARY CELEBRATIONS

20th – 24th MARCH 2019

Sri Aurobindo Ashram Delhi Branch celebrated Karuna Didi's Birth Anniversary for five days beginning on 20th March, her spiritual birthday till 24th March, her actual birthday as Swaraanjali. To pay homage, a 5-day music festival was organized at the Hall of Gratitude.

20th March 2019: A Jugalbandi of Flute and Hawaiian Guitar by Flautist Shri Himanshu Dutt and Guitarist Sri Neelranjan Mukherjee. They played Raag Bageshree with Mohd. Faraz accompanying them on tabla.

21st March, 2019: A Vocal music was offering by Shri Rajesh Singh Negi. He sang Raag Malkauns vilambit and Drut Kheyal followed by holy bhajans. He was accompanied by Shri Kharak Singh on Tabla, Shri Chetan Nigam on Harmonium & Shri Ankit Singh on Tanpura.

22nd March 2019: Sushree Savani Mudgal a vocalist, who is also the granddaughter of Pt. Vinay Chandra Maudgalya - Karuna Didi's first music teacher, presented Vilambit and Drut Kheyal in raag Multani followed by Bhajans of Sant. Kabir, Goswamy Thulasi Das, Surdas and Mira Bai. Shri Kharak Singh and Shri Chetan Nigam accompanied her on Tabla and Harmonium respectively.

23rd March 2019: Shri Kshitij Mathur offered vocal music with songs in Raag Puria Dhanasree, Raag Kafi and Guru Vandana in Raag Bhairavi.

24th March 2019: Musical offerings began with Dhiyana Moolam Gurur Murthihi by Rangamma Ji, which was followed by raag based songs by the Ashram choir. Speaker of the day Acharya Navneet spoke about Karuna Didi's spiritual music. After the talk, Smt. Mitu Pal sang an Ode to Karuna Didi, which was Mitu Ji's own composition and compilation. Shri Neeraj Kumar accompanied all the singers on Tabla. The offering ended with a joint prayer to the Mother, 'Aao Hum sab milkar gayen Ma Mira ke gaan...'



105th ANNIVERSARY OF THE MOTHER'S FIRST ARRIVAL IN PONDICHERRY

29th MARCH 2019

The day commenced with invocation by Ms. Srila Basu at the Hall of Gratitude followed by Grand Shramdhan with participation from all inmates of the Ashram as well as guests. In the evening, Shri Debojyoti Mukherjee, a well-known disciple of Pandit Barun Pal Ji paid a mucial offering with Rag Kafi played on Sitar.

FESTIVITIES AT DELHI CAMPUS



“Physical ailments are always the sign of a resistance in the physical being; but with surrender to Divine’s will and a complete trust in the working of the Grace, they are bound to disappear soon.”

– The Mother



CELEBRATING THE YEAR OF SPIRITUAL HEALTH

Mother’s Integral Health Center

MOTHER'S INTEGRAL HEALTH CENTER

Integral Health is a state of being in which the individual's body (the physical), emotions and life energies (the vital), and thoughts (the mental) are in harmony with her inmost self, the Soul. Absence of such harmony manifests as disease or illness.

Mother's Integral Health Center at Sri Aurobindo Ashram Delhi Branch works to seek answers to human's long-felt need for perfect health and wholesome living by researching, synthesizing and sharing new healing methods. Our Health Center is engaged in understanding health and practicing healing in all dimensions. Our aim is to build a universal movement towards integral health. Experts from different specialties of Allopath, Ayurveda, Dental, Naturopathy, Physiotherapy, Homeopathy and Acupressure who believe in this philosophy volunteer on organized schedules and help us in providing assistance to school children, Ashram inmates and anyone approaching us.

To achieve Integral health, the center also holds regular Yoga Classes, Ayurveda and Eye Camps. The Centre also provides free services and medicines to the economically poor. Apart from regular OPD, Camps and Programs hosted by Mother's Integral Health Center included:

CLEAN MIND PROGRAM

Modern researches and empirical practices suggest change of diet, inclusion of supplements, adequate sleeping, exercising, talking to a friends or cognizant mentors, reading a book, going for a long run as best procedures for cleaning a fogged mind.

Sri Aurobindo Ashram Delhi Branch felt the need to facilitate such self-help capabilities in everyone especially in Economically Weaker Sections (EWS) to help them face the confusion and obstacles that arise in their lives, which led to the Execution of The Clean Mind Program (CMP). In the year 2018 - 19 **105 camps were conducted for 4624 participants** at Delhi campus and through outreach programs in the northern regions of our country. CMP was executed as a four hour camp which included Havan and Chanting, Talks and Presentations, Physical Culture like Yoga, Exercises and Games that brings awareness through Body, Art and Painting workshops and Shramdhan. CMP was conceptualized especially for School children from the Economically Weaker Section (EWS) belonging to the neighbouring schools and was executed as an outreach program at different schools in Delhi, Uttarakhand, Uttarpradesh as well as Ashram campuses at Madhuban, Ramgarh and Van Niwas, Nainital. Cognizant facilitators from different organization explaining the importance and benefits of spiritual and yogic practices for optimal living become the highlight of the program.

CLEAN MIND OUTREACH PROGRAM AT MADHUBAN, RAMGARH

A **two-day Eye Screening Camp** was conducted at Madhuban, Ramgarh (Sri Aurobindo Ashram Delhi Branch's Himalayan Centre) in collaboration with Guru Kripa Trust on 29th and 30th September 2018. **A total of 328 individuals were screened for vision problems.** Free spectacles were provided to 205 patients and IOL (intraocular lens) surgery was recommended for 42 patients after detection of cataract. The medical team consisted of Mr. Nadeem, Mr. Bishnu Prasad, Mr. Sanjeeb Giri, Mr. Nikhil Dubey and Mr. Shahjahan.

Another **two day Health Camp** was organized focusing on Consultation, Health Checkups and distribution of Free Medicines at Madhuban, Ramgarh on 13th and 14th October 2018. **More than 155 patients were attended** during this camp. Problems identified included hypertension, cough and cold, worms, asthma, lower backache, and eye cataract. A random blood sugar test helped in detecting several cases of diabetes. Medical team for the camp included Dr. (Mrs.) Parmeela Kaushal, Dr. Meghraj Kundan, Mr. Sanjeeb Giri, Mr. Shahjahan and Mr. Ratikanta.



YOGA TEACHER TRAINING

Training and Certification course on teaching yoga is carried out at Sri Aurobindo Ashram Delhi Branch every year. The course is based on the guidance of Sri Aurobindo on perceiving yoga in our day-to-day life. This year Yoga Teacher Training was conducted from 14th August to 12th December 2018. The course was inaugurated with a solemn function on 14th August at the Hall of Gratitude. **Over 30 registered individuals along with 30 alumni of previous courses attended the event.** Mantra chanting by Ms. Mayoore, devotional singing by alumni Ms. Sapna and Ms. Pragya and a brief introduction to the course by Dr. Ramesh Bijlani marked the event.

The course was designed following a student-centric and interactive approach. Students were taught Asanas, Pranayama and Meditation technique in a physiotherapeutic and psychotherapeutic manner. The aim of the course is to help participants realize of essentialities of Sri Aurobindo's Integral Yoga and making the same accessible to the humanity through their teachings. The course was executed for about 200 hours, which included 80 hours of theoretical classes about understand Yoga, different schools of teaching and practicing Yoga, Sri Aurobindo and Mother's Integral Yoga, importance of Meditation, stress management, physical culture, human anatomy, physiology & nutrition along with soft skills. The remaining 120 hours were dedicated to practical aspect of Yoga including warm up activities, Surya Namaskar, basic Asanas and basic Pranayamas.

The participants were made to self examine their learning via written tests, demonstrations, written assignments as well as oral recitations of the mantras. Their efficiency was recognized through an award ceremony function post completion of the course.



VISION IMPROVEMENT CAMPS

The Mother's Integral Health Centre at Sri Aurobindo Ashram Delhi Branch conducts Vision Improvement Camps on a regular basis. The camp includes intensive practical coaching on best practices for vision improvement. Participants of all age groups attend this program facilitated by Dr. Nirankar Agarwal and get orientated to continue this practice on their own post the completion of the camp. Participants are taught a series of exercises starting from cleansing the eyes and expose them to morning sunlight, exercises to strengthen the nerves supporting the vision, reading different sized letters at different distances. These techniques were primarily developed at Sri Aurobindo Ashram, Pondicherry and few of which were incorporated from Dr. Bates' work.

Through 'word of mouth' more and more people are getting cognizant about the Ashram's Eye Exercise & Vision Improvement program. A constant stream of people including children, youth, and adults and elderly attend this 6-day program. They all seem pleasantly surprised at the simplicity of the routines and the benefit derived in such a short time.



ORIENTATION CLASSES ON INTEGRAL YOGA

Orientation classes on Integral Yoga for beginners as well as new investigators were executed at Sri Aurobindo Ashram Delhi Branch as weekend activity. The aim of these classes was to provide a more clear understanding of Integral Yoga, the philosophy of Sri Aurobindo and the Mother and its importance in filling life with love, peace and joy. About thirty participants attend every such orientation camp. Dr. Ramesh Bijlani organizes and conducts these camps and has a unique expertise in transferring life-affirming spiritual philosophy of the Mother and Sri Aurobindo, Bhagvad Gita and their potential roles for a happy, healthy and fulfilling life. The program engages participants with Yogasanas, Pranayama, and Mantra Chanting followed by the essential messages through discourses.

Find the details of participation as Annexure.



SADHANA COURSE FOR THE YOUTH

Sri Aurobindo Ashram Delhi Branch introduced a course on Sadhana to inculcate the knowledge and guidance of Sri Aurobindo and The Mother in the minds of youths. This year long residential course had about 15 young participants. A group of 5 chosen educationalists facilitated lectures as well as the practical sessions during the course. Lectures were designed to unfreeze the meaning of fear, anger and ignorance as well as to comprehend the four powers - Maheshwari, Mahakali, Mahalakshmi and Mahasaraswathi and twelve qualities - sincerity, peace, equality, generosity, goodness, courage, progress, receptivity, aspiration, perseverance, gratitude and humility through regular discourses. Practical sessions included leading a Sadhak's life at Sri Aurobindo Ashram Delhi Branch, mantra chanting and participating in sports as well as in environmental care activities. The course included regular discourses on topics revealing the essential powers called the Gunas and coaching on written and spoken English to equip self-learning.



Participants interested to extend their concentration on meditation were sent to special meditation camp ‘Vipassana’ – A meditation practice based on Buddhism conducted at Dhamma centres. All participants also attended International Oneness camp conducted as a joint effort of all centres and societies following Sri Aurobindo and the Mother’s guidance. The scope of the camp is to realize the practical application and implication of Sri Aurobindo’s Integral Yoga.



Almost all the participants expressed realization of a positive change in their thoughts and actions after the course completion.

NATIONAL AYURVEDA DAY

The Mother’s Integral Health Centre celebrated National Ayurveda Day on 5th November 2018. The celebration began with Dhanvantari Pooja followed by chants from Charaka Samhita in Sanskrit by Ayurveda physician, Dr. Mukta Katoch and Dr. Surinder Katoch.



THE MOTHER’S INTEGRAL HEALTH CENTRE – FACTS & FIGURES

General OPD A total of 4277 people were given general medical consultation and treatment in the year 2018-19. These include 2760 children, 716 men and 801 women.

SPECIALTY CLINICS

Special support was given to more than 9480 patients along with the support of visiting consultants.

Specialty wise stats:

Gynecology: 78	Dental: 28	Acupressure: 721
General Surgery: 55	Psychiatry: 198	Homoeopathy: 132
Skin: 176	Ayurveda: 291	Naturopathy counseling: 280
Eye: 75	Physiotherapy: 2917	

Paramedical Training was given to a student for one year

First Aid and Health Education Training

Two courses were conducted for 37 vocational trainees.

Vision Improvement Camps

27 6-day long Vision improvement camps were conducted in the year 2018-19. A total of 502 patients having vision problems were benefited from these camps. Each of the patients was given an eye exercise kit.

Yoga Classes

Attending the Yoga classes conducted by The Mother's Integral Health Centre benefited more than 522 participants.



"Do not pretend - be. Do not promise - act. Do not dream - realize."

- The Mother



VOCATIONAL TRAINING

Sri Aurobindo Institute of Vocational Training

VOCATIONAL TRAINING PROGRAM

Sri Aurobindo and the Mother believed that it is the youth who builds the new world for they are free in mind and heart to accept the complete truth and labour for a greater ideal.

Following their belief, in 1989, Sri Aurobindo Ashram Delhi Branch formulated Sri Aurobindo Institute of Vocational Training to help young people who due to lack of resources, were unable to continue their studies. This program helps these young minds realize their hidden abilities and the manifold of opportunities around them. This program provides the participants with a community living environment including boarding, lodging, clothing along with a stipend for any incidental expenses they may have. The organized lifestyle experienced helps them realize a meaningful and successful rational behind their being.

These trainees are also free to connect with the ashramites, the teachers, the volunteers, guests and visitors from all across the country and abroad. This helps widen their horizons of knowledge and develop self-confidence.

At Sri Aurobindo Institute of Vocational Training not only helps VTs with professional training but also work on helping them build confidence and self worth through regular Computer and English Language classes, Sports and collective Meditation. There were also given periodic Workshops on subjects such as Physical Well being, Nuero Linguistic Programming, Character building, and Music etc. Those with special aptitude for music or art have been given special classes in their area of interest. The Vocational Training Program at Sri Aurobindo Institute of Vocational Training include:

SHRAMDAAN - DIGNITY OF LABOR

Rendering selfless physical labor along with other Ashram residents and teachers induces awareness on the dignity of labor in the minds of the trainees. A fixed hour of Shramdaan promotes regularity and discipline.



MEDITATION AND CHARACTER BUILDING

Vocational trainees participate in the evening group meditation. This helps them introspect about their strengths, weaknesses, fears, hopes and opportunities.

Participants of this group meditation are guided to ponder on how to inculcate the qualities of sincerity, punctuality, discipline, courage, teamwork through readings from the philosophy of Sri Aurobindo and The Mother.



COMPUTER CLASSES

Other than this specialized training, all the trainees have to take a six-month basic computer course that prepares them for the future, which is becoming more and more technological. Trainees with strong determination to become computer professionals are given training on special computing skills like website designing, accounting, etc.



ENGLISH CLASSES

Other than the Vocational Skills, to aid all-round development it is a mandate for the trainees to attend English classes. Since these trainees come from economically backward classes and are often deficient in academics, these language classes enables them to communicate effectively and confidently.



AREAS OF SPECIALIZATION



Handmade Paper Making
and Paper Craft



Carpentry



Electrical



Holistic Wellness
Training



Kitchen Management



Tailoring



Office Management



Catering and Baking

WORKSHOPS, ORIENTATION CLASSES AND EDUCATIONAL TRIPS

Regular workshops are organized to promote character building, enhance writing skills, arts, music and dance, yoga, self-defense, health, hygiene, food and nutrition and other aspects to promote a holistic development. Trainees also get an opportunity to connect and learn from experienced musicians, speakers and dancers, who visit the ashram on a regular basis. Ms. Srila Basu and Ms. Preamsheela conduct regular music classes for interested trainees.



EDUCATIONAL TRIP

Vocational trainees were taken on an educational excursion to Delhi Science Museum and National Zoological Park on 6th May 2018. The educational trip was followed by a fun-filled evening at Delhi's biggest Nehru Park.



Refer to annexure about details on number of trainees and departments.

ASPIRANT TRAINEES

At the end of the vocational training course, trainees who wish to extend their stay at Sri Aurobindo Ashram Delhi Branch to work further on their personal and professional growth are allowed to stay and are then called the 'Aspirants'.

As Aspirants, they then function as the group leaders for new trainees by assisting them with activities like Sports, Yoga, Meditation, Personal hygiene and Interpersonal skills. The Ashram also provided with financial assistance to help them enroll for courses to upgrade their qualifications. Post which the Ashram also helps them finding suitable job.

Last year about 8 aspirants - Sunita Joshi (Physical Education Teacher), Ashish (Catering and Baker), Akanksha (Physical education teacher), Sonam (Nursery School Teacher), Ruby (Handmade aper technician), Sanjeeb Dass (Computer technical support), Debashish (Yoga Instructor) and Nikita (Librarian) got the desired placement.



*“Trust the divine power and she will free the godlike elements in you
and shape all into the an expression of divine nature.”*

- Sri Aurobindo



SMILE FROM WITHIN

Talks, Discourses and Workshops

TALKS, DISCOURSES AND WORKSHOPS

An evolving soul is a key concept reflected in each of Sri Aurobindo's work. It has its ramifications for further development of human potential and psychology. Following his teachings, Sri Aurobindo Ashram Delhi Branch follows a planned calendar of activities to make everyone who visits or stays here realize an uplift in their focus on faculties of both body and mind on a daily, weekly, monthly and periodic basis. Perennial talks, discourses, yoga practices, group meditations, satsangs, group studies on Bhagvad Gita and Upanishads are a specialty of Sri Aurobindo Ashram – Delhi Branch.

DAILY MEDITATION SESSIONS

While the Hall of Gratitude at Sri Aurobindo Ashram Delhi Branch is open for everyone to pray and receive blessings, the collective meditation in the evenings evinces the Mother's blessings. During daily group meditation, Ashram Choir members dedicate their abilities in the form of music and devotional songs while the attendees submerge into their being quietly allowing themselves to hear out the messages read by Tara Didi. On Saturdays, Hall of Gratitude becomes a host to musical talents from around the world. We call it Bhajan Sandhya.



SUNDAY SATSANGS

On all Sunday mornings, Satsangs are conducted at Hall of Gratitude on interesting topics essential for all walks of life. Satsang starts with on a musical offering followed by the discourse on the topic for that day. Frequent Satsang Contributors include Dr. Ramesh Bijlani, Shri Prashant Khanna, Dr. Mithu Pal, Ms. Preamsheela, Ms. Pragya Taneja, Ms. Sapna Mukherjee, Ms. Acharya Navneet and Dr. Aparna Roy

BHAGVAD GITA CLASSES

Thursdays at Sri Aurobindo Ashram Delhi Branch is about Shri Prashant Khanna giving discourses based on Sri Aurobindo's essays on Bhagvad Gita. These myth breaking classes are about getting rid of ignorance through knowledge, improving inner strength, understanding ways to lead a balanced life, understanding the importance of action and transcending emotions to attend duties and rejoicing in devotion.

TANA BANA - A MUSIC AND ART WORKSHOP

A workshop on music and art Tana Bana was conducted between 17th to 31st May 2018 by Ms. Preamsheela and Mr. Kamlesh. Eleven children in the age group of 5-10 years learnt many inspiring songs and created pieces of art from simple inexpensive materials.



MYTHOLOGY FOR KIDS

Mythology for Kids was an interactive workshop by Ms. Shubhra Maheshwari specifically conceptualized for kids between the age group of 3-16 years. The workshop was conducted from 18th to 29th June, 2018 at Sri Aurobindo Ashram Delhi Branch with 22 children participating in the workshop. The activities included retelling of mythological stories, devotional songs, reciting of mantras, dancing, and enacting of scenes from mythological tales in such an interesting way that the children were captivated and participated enthusiastically.



BHAJAN SANDHYA

Sri Aurobindo Ashram Delhi Branch is very frequent in organizing Bhajan Sandhyas or evenings soaked in the melodies of devotion. You can hear musical offerings from highly accomplished, prestigious voices or even from budding talents. Besides creating a pious and peaceful atmosphere, these sessions provide encouragement and inspiration to the youngsters of the Ashram.



*"Find your joy and satisfaction in being of service
to the Divine's work upon earth."*

-The Mother



EMBRACING HAPPINESS

The Visitors at the Ashram

THE VISITORS AT THE ASHRAM

The increasing receptivity to ancient Indian wisdom attracts a large number of visitors from all over the world to Sri Aurobindo Ashram Delhi Branch. We are always happy to introduce them to the life-affirming spiritual philosophy of Sri Aurobindo and the Mother. We see this as an opportunity that would lead to a perceptible shift in human consciousness.

INTEGRAL YOGA COURSE FOR IIT STUDENTS

25 students of IIT-Delhi attended a course comprising of 12 hours of theory and 6 hours of practical on Integral Yoga and its underlying philosophy. The course was conducted between 5th to 25th April 2018 by Dr. Ramesh Bijlani at Sri Aurobindo Ashram Delhi Branch.

VISITORS FROM AUSTRIA

Sri Aurobindo Ashram Delhi Branch welcomed a group of 12 visitors from Austria. During their stay Dr. Ramesh Bijlani took them through the teachings and philosophy of Sri Aurobindo and the Mother and its role in living a life filled with love, peace and joy.

TEACHERS FROM SHIKSHANTAR SCHOOL

A group of 30 teachers from Shikshantar School, Gurugram spent the afternoon of 23rd May 2018 at Sri Aurobindo Ashram Delhi Branch. Dr. Surinder Katoch gave them an introduction to health and disease from the point of view of Ayurveda. This was followed by a discourse on Integral Education by Dr. Ramesh Bijlani.

VISITORS FROM BRAZIL

A group of 8 visitors from Brazil led by Ms. Ana Isabel visited Delhi Ashram on 22nd August 2018. During their stay they got a chance to attend an interactive session on the integral philosophy of Sri Aurobindo and the Mother by Dr. Ramesh Bijlani.



VISITORS FROM POLAND

A group of 12 yoga enthusiasts from Poland led by Mr. Philip (a.k.a. Shivananda) visited Sri Aurobindo Ashram Delhi Branch on 1st September 2018. They were graced with a session by Dr. Ramesh Bijlani on the journey of life, and how it can be filled with love, peace and joy by adopting Sri Aurobindo and Mother's Integral Yoga into their daily lives.



MANAGEMENT STUDENTS FROM GLA UNIVERSITY

20 management students of GLA University, Mathura, visited the Ashram on 28th-29th September 2018 with intent to understand and learn yoga. In addition to practical sessions on asanas and pranayamas, Dr. Ramesh Bijlani gave them an introduction to Sri Aurobindo's integral yoga. They also attended a session on guided meditation and music conducted by Ms Sapna Mukherjee and Ms. Kuckoo Mathur.



STUDENTS FROM LADY SHRI RAM COLLEGE FOR WOMEN

40 students pursuing Bachelor of Elementary Education (B.El.Ed.) at Lady Shri Ram College along with three teachers visited Delhi Ashram on 10th October 2018. Dr. Ramesh Bijlani introduced the group to the basics of the theory and practice of Integral Education.



SEEKERS FROM THE UNITED STATES OF AMERICA

6 yoga enthusiasts from USA led by Mr. Jogi Bhagat while on a spiritual journey to India stayed at Sri Aurobindo Ashram Delhi Branch from 12th to 15th October 2018. Interactive talks and discussions with Dr. Ramesh Bijlani became the highlight of their stay. The topics included were introduction to the life of Sri Aurobindo and The Mother, their integral philosophy, and its contemporary relevance in the modern life.



STUDENTS FROM IIT-DELHI

A two-week program on Decision making based on self-discovery was conducted for 15 students of IIT- Delhi from 22nd October 2018 to 5th November 2018 at Sri Aurobindo Ashram Delhi Branch. The course included discussions on the importance of the decisions that lead to choices in life. In addition to this, Dr. Ramesh Bijlani conducted 7 theory sessions on unveiling the psychic being and on the physical practices of yoga.



VISITORS FROM KOREA

5 yoga enthusiasts from Korea visited the Ashram on 19th December 2018. They were welcomed with a talk on the life-affirming spiritual philosophy of Sri Aurobindo and the Mother by Dr. Ramesh Bijlani. The group also attended a class on yogasanas and pranayamas.

I.A.S ASPIRANTS FROM KARMA CIVIL SERVICE ACADEMY

28 IAS aspirants from Karma Civil Service Academy, Kannur, Kerala accompanied by their teacher Mr. Nithin and Managing Director Mr. Vipin spend a day in the Ashram. During their stay on 27th December 2018, Dr. Ramesh Bijlani introduced them to the teachings of Sri Aurobindo and The Mother.



VISITORS FROM BRAZIL

Two groups from Brazil (a group of seventeen on 22nd January 2019, and another group of eight on 27th January 2019), led by Ms. Amala Pizzolato visited Sri Aurobindo Ashram Delhi Branch. While in the Ashram, they were introduced to the Integral Yoga of Sri Aurobindo and the Mother by Dr. Ramesh Bijlani.



VISITORS FROM UNITED KINGDOM

14 school students from Lycee Francais Charles de Gaulle, London, led by Dr. Robert Carr spent two days i.e. 14th-15th February in the Ashram. On both the days, they got to attend sessions with Dr. Ramesh Bijlani on the teachings of Sri Aurobindo and the Mother that they can adopt in their daily lives. They were also given practical sessions on Yoga and Pranayama. They were also engaged in practice of Shramdaan in the kitchen and the gardens.



VISITORS FROM BRAZIL

A group of 20 visitors from Brazil, led by yoga teachers Joao Vieira and Marcos Aquino, visited the Ashram on 17th February 2019. In addition to touring the Ashram premises, they also attended a session on Sri Aurobindo's Integral Yoga by Dr. Ramesh Bijlani.



VISITORS FROM THE UNITED STATES OF AMERICA

Fifteen visitors from U.S.A visited the Ashram to spend a day on 18th February 2019. Besides touring the Ashram premises, they attended a lecture-demonstration on the physical practices of yoga. They also got to attend an interactive session by Dr. Ramesh Bijlani on the Integral Yoga of Sri Aurobindo and the Mother with its potential role in helping us to live not only a meaningful life ourselves but also in contributing to make the world a better place for all.

HEARTWARMING COMMENTS

"Very inspirational sessions, giving reasons to re-evaluate life."

*"Surroundings of the ashram are soothing, calm and beautiful. A wonderful experience.
All my doubts and problems were solved."*

*"The course has shown me new depths of understanding and wisdom.
It was the best experience in my life."*

"I have understood the purpose of life... now I am able to concentrate better."

*"The visit to the Ashram has helped think about my life,
how I've been living it and how I would want to spend the rest of it."*

"Amazed to see the infrastructure, cleanliness and greenery of the Ashram."

*"Very inspirational sessions, giving reasons to re-evaluate life. I liked most the list
of how to manage stress in a spiritual way. I am taking with me a lot of knowledge."*

*"I have learnt how to live a stress-free life by matching expectations
with actual conditions. Feeling grateful."*

"To know is good, to live is better, to be, that is perfect."

-The Mother



VAN NIWAS, NANITAL

Camps and Activities

VAN NIWAS, NANITAL



The Nanital Campus of the Ashram, Van Niwas acts as an energy center for Sri Aurobindo Ashram Delhi Branch. The place comes alive with camps that provides ample opportunities to explore the tranquil environment and adventurous landscapes. Van Niwas Campus is a host to 30 double rooms, Dormitories for more than 100 people, Hall of Gratitude, Sri Aurobindo's Shrine Hall, Study Hall, Library, Dining Hall, Music and Recreation Hall. The place is well suited to do explore both Sadhana and adventure.

STUDY CAMPS

Study camps are full-time residential spiritual retreats conducted in various languages based on the life and teachings of Sri Aurobindo and the Mother. These camps help participants find the spiritual path to self-realization and liberation. The tranquil environment and spiritual atmosphere of Van Nivas offers a perfect backdrop for these camps.

Refer to Annexure for details on Study Camps held at Van Nivas, Nanital.

MARATHI STUDY CAMPS

6 Marathi Study Camps were conducted from 1st April to 5th May 2018 led by Mr. Srikrishna Dixit. These camps focused on creating an understanding on Ishopnishad, Sri Aurobindo's Integral Yoga and his supremacy in practicing it. Highlight of these camps include discourse on Purna Yoga by Dr. Uttara Shastri, detailed interpretation of Sri Aurobindo's Sadhana by Dr. Uday Kumathekar, details on Sri Aurobindo's Dashan by Shri. Vivek ji Ghalasasi and discourse on Ishopnishad by Madhavi Joshi. These camps saw an overwhelming participation with 74 people in each camp.

GUJARATI STUDY CAMPS

Two Study camps in Gujarati were organized and conducted by Dr. Bharatsinh Jhala between 6th May and 19th May 2018. The core purpose of the first camp was to create an understanding on Sri Aurobindo's Integral Yoga and Savitri. The camp was attended by 62 participants. The second camp on the theme of Sri Aurobindo & Purna Yog was attended by 55 participants.

LOOKING INWARD TO GROW OUTWARD

Sri Aurobindo Ashram Delhi Branch organized this theme based study camp from 20th – 26th May 2018 for 74 participants. Dr. Alok Pandey's discourse on the interwoven nature of the two realms - inner and outer was the highlight of the camp. He also focused on experiences that everyone goes through while making choices to experience peace and harmony. Every participant acknowledged and appreciated the support from resource person to further access the works and guidelines of the Mother and Sri Aurobindo.



SPIRITUAL RETREATS

Van Niwas became a spiritual retreat center for two groups from 27th May 2018 to 2nd June 2018. First group led by Debasmita Samal and Shanti had 36 participants visiting for 7 days. Their day routine included Yoga sessions in the morning followed by discourses and talk on the guidelines for practicing Sri Aurobindo's Integral Yoga, adapting and spreading Integral Education and inculcation of messages from Savitri and the Mother. Their day concluded with group meditation to sustain the awareness achieved during the day.

The other group was led by Mahesh lodha had 44 participants. The theme of the retreat was Cultural values in modern times. Dr. Bharat Gupt's discourses helped the participants in identifying in-time existence and practice of cultural values in the modern society. The focus was to inculcate life-affirming guidance from the Mother and Sri Aurobindo to help achieve a meaningful harmonious life in present social conditions.

Both the group participated in the 30th Anniversary of Relics Enshrinement at Van Niwas, Nainital celebration. Every one expressed their gratitude for leading them to leap further in understanding of the messages from Sri Aurobindo and the Mother.

RELIGION AND SCIENTIFIC THINKING

A group of 70 men and women from Senior Citizen Welfare Association participated in the study camp on the theme of Religion and Scientific Thinking at Van Niwas from 3rd to 9th June 2018. The camp was led by S.R.Garg and facilitated by Dr. J.P. Singh, who being a cardiologist by profession has acquired stupendous knowledge in religion and spiritual arena. Mr. Shankaran conducted guided Yogasanas and Pranayama sessions for all participants during the camp.

SRI AUROBINDO'S SYNTHESIS OF YOGA

Another group from Senior Citizen Welfare Association visited Van Niwas for a camp on Sri Aurobindo's Synthesis of Yoga from 10th to 16th June 2018. The group was led by S.R.Garg and facilitated by Dr. Kiran Sood who is known for her discourses on Savitri. Mr. Shankaran conducted guided Yogasanas and Pranayama sessions for all participants during the camp.

POWER OF MANTRAS BY SRI AUROBINDO AND SRI MAA

Mr. Rajendra Sarodiya along with Mr. Shankaran led a study camp facilitated by Ms. Anjali Pujadhikari from 17th – 23rd June 2018 on the Power of Mantras by Sri Aurobindo and The Mother. The day schedule included discourses on the life work of Sri Aurobindo and The Mother and *Pravachan* (A systematic interpretation or explanation of doctrine, treatise or a scripture) by Ms. Anjali Pujadhikari. The participants felt rejuvenated by attending the study camp in a soothing weather with a schedule suitable for getting recharged both mentally and physically.

SOURCING OUR ONENESS

The third annual 'Sourcing' retreat was held at Van Nivas from 23rd to 30th September 2018. The retreat saw participation from more than 80 devotees and followers of Sri Aurobindo and The Mother belonging to all walks of life from across India. The theme of this year's retreat was based on Sri Aurobindo's final dream about the evolution of humanity culminating in a life perfectly harmonious, expressed in his own words:

"The final dream was a step in evolution which would raise man to a higher and larger consciousness and begin the solution of the problems which have perplexed and vexed him since he first began to think and to dream of individual perfection and a perfect society."

Everyday the participant got to attend two main sessions around Perfection of the Society and Perfection of the Individual.



YOUTH CAMPS

Youth camps are organized at Van Nivas, Nanital for participants between the age group of 12 to 25 years. Unlike in the study camps, youth camps focuses on activities for both physical and mental wellbeing. Apart from trekking, participants are also engaged in learning and experiencing various adventure sports like rock climbing, river crossing, rappelling, scrambling, and bouldering. Talks and discourses around the teachings of Sri Aurobindo and The Mother are also given to help develop courage, endurance, alertness and discipline.

Van Nivas, Nanital in the year 2018-19 became a host to more than 20 youth camps touching lives of more than 1200 young minds.

Participants in each of this youth camps had a holistic experience to condition body, mind and spirit. The routine included morning keep-fit exercises and games. Our adventure sports instructors kept the campers engaged in adventure sports activities like scrambling, rock- climbing, rappelling, bouldering and river crossing. At different schedules of 4 to 6 hours, depending on camp duration, campers were taken on treks to different peak spots around the Van Niwas facility. Almost every day in the evenings, discourses were held on lives of inspiring personalities and their accomplishments along with life- affirming messages of the Mother and Sri Aurobindo. The routine also included guided meditation sessions. Our main adventure sports instructor **Mr. Jayantho Paul** with his assistants responsibly conducted the outdoor activities while our senior Sadhak. **Sukhendu Roy** was there to support the campers (in most of the camps) with discourses and meditation sessions.

Refer to Annexure for details on Youth Camps.





HEARTWARMING COMMENTS AND FEEDBACKS

“The planning and execution of the trekking trips of varying distances and difficulties in an incremental manner helped many of the young children to accomplish such a long distance trekking trips in their young ages.”

– A Teacher from Mother’s International School, New Delhi.

“This is completely a new experience and lifestyle I have never imagined in my life. Trekking to distances in kilometres was tiring but interesting to do it the nature. The view of the landscapes from different mountaintops was very beautiful especially the view from tiffin top in the evening and from the highest peak in Nainital (Naina peak about 8622 feet above the sea level) is breathtaking, energizing as well as encouraging to do more of these activities in life. I wish to come back to attend this every year.”

– A Student from Auro School Ratlam, M.P.

“It was a great learning experience where we pushed ourselves to the limit and at the same time we kept on redefining the limit as well... One thing that I’m taking as a lesson from this place is there’s only opportunity in life and if you want to do anything good, you just have to hold your head high and put the sweat and work into it.”

– A Graduate Student from IIM Indore.

“I would surely encourage other students who are scared of heights to attend this camp. I was one amongst those who were scared of heights. I overcame it and would love to recommend to others to attend camps like this. I am grateful to all the teachers who helped me to overcome my fear.”

- A Teacher from Shikshantar School, Gurugram.

*"In thy light we shall see, in Thy knowledge we shall know,
in Thy Will we shall realise."*

-The Mother



MADHUBAN

Talla Ramgarh

MADHUBAN, TALLA RAMGARH



Madhuban Sri Aurobindo Ashram situated in Talla Ramgarh is a worthy chapter of Sri Aurobindo Ashram Delhi Branch. Our focus, as is in the Delhi Ashram, is on education and health; thus, we have adopted village schools in the nearby areas and are working with them to build teacher capacity, develop their skills, and provide infrastructural support such as giving furniture, books, play field equipment, science material, and games and puzzles.

In the year 2018-19, Madhuban has witnessed the return of the buzzing bees, the fluttering butterflies, and our winged friends, the birds, who helped us pollinate and carry on the rhythmic cycle of nature. These sights and sounds continuously filled all of us at Madhuban with a deep sense of gratitude, as nature slowly understands the Ashram's love and reverence for it.

From the beginning, Madhuban has been focusing on building village harmony in an integral manner. In the year 2018-19, we have continued to take small steps towards becoming a model for the village, in terms of sanitation, ecological mindfulness, growing and experimenting with organic food, and growing beautiful flowers that are suited to the climate of the Himalayan terrain. our focus was on **Waste Management, Water Management, Solar Energy, Vermi Compost and Organic Farming.**

Other areas of work included:

1. Village outreach programs in education for the primary schools
2. Training of village youth in English and computer literacy
3. Facilitating programs for village women in areas of knitting, stitching, and growing organic herbs
4. Disseminating garbology and menstrual hygiene information for our village community of Behrakot and Jhutiya in Talla Ramgarh, by organisations such as "Wasteless" and "Eco Femme" in Auroville
5. Supporting boarding and lodging of resource people to Madhuban Ashram, and facilitating their work with the village community in areas of sustainable agriculture practices and village outreach programs
6. Supporting and promoting education of children from our village and worker community
7. Hosting and facilitating spiritual retreats

OUR SOCIAL INITIATIVES

At Madhuban we have been working to support the people of Talla Ramgarh through our attempts and interventions in the areas of education, livelihood generation and healthcare.

PROJECT GAZAAB – A STEP TOWARDS WOMEN EMPOWERMENT

Gazaab, a woman empowerment project executed at Madhuban, engaged women from Talla Ramgarh and other surrounding villages with creative and life supporting skills like Knitting, Stitching and Processing herbs. In the month of August three students from Singapore Management University were invited to do a mid-year assessment of this projects. These students worked with these women and gave practical ideas and tips on maximizing their capabilities. The project benefitted more than 20 women, who are also passing on their knowledge and supporting other women in their village.

Other than this, in December 2018, 14 students from SMU mentored the 20 women for a period of two weeks, wherein the areas of training included branding and marketing of the products the women are making, and how to manage their finances.



STITCHING CLASSES FOR VILLAGE GIRLS AND WOMEN

12 new girls and women were given training in basic and advanced stitching. Material such as cloth, thread, scales, tapes, and scissors were also given to them to keep their work readiness intact. Through this classes Neema, Sonu, Geeta, and Mamta have emerged as master trainers. All of them now work in the Madhuban stitching unit and two of them also work at home, doing tailoring work for the local villagers.

SOCIAL LIFE EDUCATION FOR RURAL WOMEN

A ten-day Social Life Education Trip was organized in coordination with Foundation for World Education (FWE). As a part of it, six village women from Talla Ramgarh made a trip to Pondicherry and Auroville in August 2018.

The women reached Pondicherry on August 14, 2018 and were blessed, because on August 15, they could be a part of the Darshan Day celebrations there. They visited the Samadhi and Sri Aurobindo's room, which was coordinated and facilitated by Suman from Pondicherry, who also gave them an inside view of the Pondicherry ashram. They visited the different departments, stayed in Delhi House and visited the dining room for their meals during their stay there. Further, Hemant Lamba from Auroville coordinated their stay and visits to different places in and around Auroville.

The trip was once-in-a-lifetime opportunity for these women to travel outside their village to meet and interact with other women engaged in similar work, and to see what life is like in Auroville. This not only increased their confidence, but also made them more receptive to be agents of change for their own village.



TEACHER TRAINING FOR PRIMARY SCHOOLS IN TALLA RAMGARH

Workshops on storytelling, creative writing, minor games, art and music were periodically conducted for the primary teachers of Sunrise School and Shishu Mandir. Material such as sports equipment, science kits, library books, furniture, and art and craft material was given by Sri Aurobindo Ashram Delhi Branch. F.W.E. Resource people from Delhi gave dustbins for waste segregation. Volunteers from Auroville and Moscow helped conduct the wasteless garbology, and music and art workshops.



A WORKSHOP ON YOGA

Gangadhara Saraswati initiated a five-day workshop for some of the teachers and students of Sunrise School at the Madhuban campus, from 13th to 18th November 2018. The workshop helped the teachers and children enhance their learning of yoga in an informal yet deep way. She shared small yoga capsules, drops of inspiration, reflection and care practices with them.



WORKSHOP ON INTEGRAL EDUCATION FOR LOCAL SCHOOL TEACHERS

Dr Prabjot conducted a workshop on aspects of creativity in education, wherein the lecture method was abandoned, replaced by hands-on work by the participants.

WORKSHOPS ON INTEGRAL EDUCATION FOR RURAL SCHOOLS

- Mirambika Research Centre for Integral Education and Human Values conducted a workshop to train young teachers aged between 20 and 40 years from rural schools of Nainital district, Uttarakhand on integral education and its application. Facilitated by Srila Basu, Swapnika, and Dr Kamala Menon from 7th to 13th January 2018, the workshop was attended by 17 teachers, including 4 anganwadi teachers, 8 primary teachers, 2 upper primary teachers, and 4 supervisors from Aarohi School. The workshop included both theoretical and practical engagements with a focus on physical, vital, and mental growth.



- A local teacher, Sonu, was paid a monthly stipend under Project Village Harmony, to support children who need help beyond the classroom. 20 children were given this support and 6 of them have now been integrated back into regular classes. There has been a notable improvement in the attention span of the 14 others.
- Mr. Uday Kirola, a popular child literary figure from Bal Prahari Institution, visited Madhuban Ashram and worked with teachers on creative writing techniques. Navjyoti, a book compilation of stories, poems and essays was developed as the outcome of this workshop.
- Dr. Anju Khanna conducted three workshops on the development stages in early years, which included The Importance of Language Learning and Activities like story weaving in developing communication skills, The Role of Free Choice Play and Same Time, Same Place, and Same Activity, and its relevance in early years.



TRAINING FOR MADHUBAN ASHRAM AND LOCAL VILLAGE IN FARMING

Subhash Das, an ashramite and Kamal, a local village farmer attended a 15-day formal training program called AUROKRISHI at AuroOrchard, Auroville from 16th November to 1st December. This program gave them a practical exposure on new methods in sustainable farming. The broad objectives of it included:

- Help acquire mastery in conducting sustainable agricultural practices in Madhuban.
- In-field training on preparing various bio-inputs and organic pest control methods and their applications.
- Expertise in end-to-end farm operations and management as well as guidance on how to propagate the acquired knowledge to their farm members, through practice.
- In-field experiential training to acquire knowledge on identification, sourcing, and preparation of essentials such as biomass and compost making using naturally available ingredients (bio mass and cow dung), farm yard preparation including soil analysis, preparation and use of Jeevamirtham (soil enrichment using microbes), Dhaincha (increasing organic content using green manure), Panchakavya (use of bio pest repellents) and many other methods and procedures such as setting up micro sprinklers, Aqua phonics, etc to protect as well as support crop growth, naturally.



TRAINING FOR THE VILLAGE CLUSTER ON NEW TECHNIQUES IN FARMING

Madhuban and Pantnagar University coordinated a training program on application of new techniques in farming. The initiative included visits by professors from the university and a visit by Anju didi from Madhuban to Pantnagar. Students from the university helped identify common plant diseases as well as how to use organic methods to curtail such diseases.



FILM INITIATIVE FOR VILLAGE CHILDREN

As an experiment, schoolteachers and children were periodically invited to visit Madhuban Ashram to watch educational films with an intention to help them connect to new ways of learning. The undercurrent of all these films was integral education and free progressive ways of thinking. The teachers and students have benefitted from these interactions in an atmosphere that is peaceful, serene and yet robust, to think creatively. Post these interventions and workshops, we can see the difference in the teachers, as they now let the children make and play games, be more creative, and ask questions. While the teachers have expanded their imagination, the children also seem to enjoy performing activities with an increased interest. The film, "Story of Stuff" inspired the children to buy less and waste less.

FOUNDER'S DAY CELEBRATION AT MADHUBAN

Each year, Madhuban celebrates 7th June as its Founder's Day, and for the last 4 years now, as the Relic's Enshrinement Day as well. It's a day when the entire village community, old and young, come together to celebrate Madhuban and its work with the village women and children. Children from schools in Ramgarh put up shows. This year, the village women dressed in their traditional attire performed the local Kumaoni dance. Workshops by Hira das, an instructor from the Mothers International School, helped the children of local schools learn physical education in a focused, fun, yet disciplined manner, which was well evident on the stage. Thematic topics like environment issues, stories from mythologies, a display of physical strength through acrobatics and drills, poems such as "Who" by Sri Aurobindo and The Mother's "Make of us the hero warriors" were performed by groups of children from different grades.



INTEGRAL HEALTH PROGRAMS

The Mother's Integral Health Centre under its Clean Mind Program's Outreach activities conducted two medical camps at Madhuban. An **Eye Screening Camp** was conducted on 29th – 30th September 2018 for about **328 individuals** and a **School Health Checkups & Free Meditation Camp** was organized on 13th – 14th October 2018 for **155 patients**.

SUPPORTING AND PROMOTING EDUCATION

To support and promote education, Madhuban Ashram has been giving scholarships to encourage the children and extend support to ensure that the schooling continues. In the year 2018-19, 9 students were supported and the total disbursement made was of Rs. 1,23,000/- (Rupees One Lakh and Twenty Three Thousand only).

Refer to the annexure for details.

DEVELOPMENT AT THE CAMPUS

EASING THE CONNECTIVITY

A road has been built within our own campus to link us to the village road. For the construction, we mindfully employed local contractor and local labour along with an aesthetic sensibility of growing flowers and shrubs on its side. We have also left drainage for the flow of rain water to the connecting down slope. This has ensured that the rain water is harnessed by the Ashram for its horticulture needs and for the flow of water to the river.



DEVELOPMENT OF MATRI KUNJ

Matri kunj area has been developed for growing vegetables. Our produce of spinach, salad greens, beans, capsicum, tomatoes, cherry tomatoes, chilies, gourds, peas, potatoes, radish and herbs are adding a new flavor to the Madhuban menu. This is a small step towards being mindful of producing our own food and an attempt for cutting the carbon footprint.



COW SHED

A cow shed has been successfully built, which currently houses two cows: Tara and Anju. Through this, Madhuban Ashram has created an eco-system conducive to natural living for example, the cow dung is used for mulching and composting, which is essential for our garden and vegetable produce and our Vermi compost pits are setting an example for villagers to follow.



KITCHEN STORE REFURNISHED

The kitchen store needed both repair and reorganization, which was done by replacing the prefabricated walls with brick walls. This has given us more storage space, and the store is now protected from insects and rodents.

POLY HOUSE

A Poly house was created in the Matri Kunj area to grow vegetables and herbs. This Polly house is also a prototype for the village youth and women farmers to learn how to grow crops in a controlled environment. While it was being made, it served as a practical workshop for vocational trainees engaged in learning carpentry, electric work and plumbing. Through this project, they acquired hands-on experience of building a green house, right from planning the space to landscaping, material selection, sourcing, and costing. This was an enriching experience for all.



SOLAR COOKING TERRACE

A Solar cooking terrace has been created as an extension of the kitchen. This has made cooking pulses and boiling vegetables much more easier.



OPEN-AIR GYM

Given Madhuban's increasing emphasis on physical education, a new open-air gym has been installed to create more facilities for the inmates and sadhaks to exercise. The outdoor gym has a wide variety of fitness equipment such as leg stretchers, abs developers, hip twisters, shoulder exercisers, air walkers, and push-up bars, among others. We encourage the children, youth and adults visiting us to utilize this facility for better health, fitness, and enhanced physical activity.



SPIRITUAL RETREATS AT MADHUBAN

The spiritual retreats in Madhuban are intended to inculcate some moments of pause in the participants so that they can reflect on their lives in an atmosphere of peace and calm and of the grace of the relic centre.

RETREAT ON THE SECRETS OF THE GITA

Dr Ananda Reddy shared the secrets of the Gita in the light of Sri Aurobindo. The context and depth of knowledge that he shared was much needed and appreciated by his group, which also included a few residents of Madhuban.

EXPLORING OUTDOORS

Three summer camps were conducted for the Class V students of The Mother's International School. The camps saw participation from more than 110 children, led by the sports department in-charge from their school, Ms. Preeti Arora. The activities included morning keep-fit exercises or games such as football, workshops on art, bird watching around Madhuban, trekking and crossing the stream flowing through the valley. The children were also made to learn meditation and other concentration techniques during the camp.



WORKSHOP ON INTEGRAL EDUCATION

A workshop on integral education was conducted for 18 teachers from Delhi International School, Dwarka by Mr. Lavlesh Bhanot. The workshop was led by Mr. Bhanot who acquired his life education from Mirambika Free Progress School, which is run by Sri Aurobindo Ashram Delhi Branch. He gave discourses on the benefits of Integral Education and its methodologies, as prescribed by Sri Aurobindo and The Mother.

SPIRITUAL RETREAT BY ANIL PURI JI

A spiritual camp was held by Daminibhen Jariwala spiritual group, led by Anil Puri. Daminibhen is a devotee and disciple of Sri Aurobindo and The Mother. The camp had two sessions every day. In the morning, Savitri was read and explained and the evenings were dedicated to Mother's Agenda followed by meditation. In addition, the group undertook daily cleaning of the Relics' room and the large meditation hall.



SPIRITUAL RETREAT BY SARASWATI

This Himalayan retreat featured chanting of scriptures, travel to temples, nature walks, and silent meditation sessions, all befitting the serene offering of Madhuban. The group also visited neighbourhood schools and offered classes in storytelling, art, and music. The group also followed Morning shramdan and evening meditation at the Madhuban Ashram.

SPIRITUAL RETREAT BY SWAMI TATTVARUPANANDA

Swami Ji teaching Vedanta to his group of devotees was the highlight of this camp. Treks in the mountain terrain, and shramdan in the Ashram and the village added even more value to this spiritual retreat.



HIMALAYAN YATRA BY MATHEW

Benjy, Heather and Mathew, who are seekers of inner harmony through Music, brought with them a group that was keen to spread music in the village schools. A visit to the local Ramleela and the chanting of the Hanuman Chalisa by the group formed a bond between them and the local actors.

KRIYA YOGA RETREAT

A retreat on Kriya Yoga was organized at Madhuban, which is a meditation technique that takes us inside to silence - a level of no conflict. Participants were taught simple and effective meditation techniques based on the breath, awareness and the energy centres (chakras) as developed and tested through thousands of years.



FAMILY RETREAT

Organised by Rachna Bansal, this retreat engaged families from children of Mirambika Free Progress School. They explored both the creative and quiet terrain of the Madhuban Ashram.



ADDING JOY AND MEANING TO LIFE

A camp on the theme 'Adding Joy and Meaning to Life' was held from 29th June to 2nd July 2018 at Madhuban. Acharya Navneet, the resource person, gave scholarly discourses on the Upanishads and Bhagvad Gita, based primarily on Sri Aurobindo's translations and commentaries, including his momentous work, 'Essays On The Gita'.

TEACH FEST

An engaging Teach Fest was organized from 6th to 8th July 2018. The highlight of the camp was the talk on the life of Sri Aurobindo and the Mother by Dr. Anju Khanna. The ambience of Madhuban, musical satsangs, guided meditation, and treks in the scenic Kumaon hills made the participants feel heightened both mentally and spiritually.



CLEAN MIND PROGRAM

The Mother's Integral Health Centre, Sri Aurobindo Ashram Delhi Branch, organised a camp under its Clean Mind Program from 7th to 13th June 2018 for 33 participants from Panchkula. Dr. Surinder Katoch and Mr. Himanshu Dalakoti facilitated the camp. Activities at the camp included a havan, mantra chanting, discourses on Ayurveda and living spiritually. An introduction and guidance to practice yoga and pranayama was the highlight of this camp.



APPRECIATIONS FROM THE GUESTS

"Such a beautiful Ashram in the middle of mountains. A perfect place to just connect oneself to the Mother Nature, this place organically processes whatever path you are on to, Yoga Yatra, Pilgrimage trip or some Sewa work. While being here many creative imitations cropped in my mind to come back to become an artist, to write a book, contemplate on meditators, yogis. I am thinking about bringing my son here to involve in some Sewa work."

-Anji

"The environment around the Madhuban Ashram speaks for itself; completely stunning with beautiful flowers and different kinds of plants everywhere."

-Daniel

"The Mother talked about the flowers so much and have names for them along with the divinity in each of them. Here at Madhuban, I could feel the true relations she revealed about the flowers."

-Ann

"I would say that the highlight of my experience in being at this Ashram is exquisite experience amidst of the beauty around, the flowers and the love that I feel now. I was not familiar at all with the Mother and Sri Aurobindo and its been so perfect to get know them and their work."

-Carol

"Madhuban is an excellent place for people who are new on their spiritual path. Madhuban Ashram is a wonderful place if you want to learn about being, living in an Ashram or shown on how to be in an Ashram. Functions of this Ashram not only posses forward thinking to leap a step forward to realize where spirituality is leading us in the social realms of Education, Health Care and Sewa (selfless service) but it also has its foot into the history of people living in village community settings where people rely on each other to live together. Happiness is based on our inner experience and not necessarily our outer experience. The outer experience here is staggering and it is a reflection of the inner beauty. One could feel the happening between the inner and the outer beauty while being here at Madhuban. I am so grateful for being here."

-Sarswati

"Everything about this place is very interesting: surrounding culture, architecture and spirituality of this place is beautiful."

-Sarswati

A GLIMPSE OF MADHUBAN



"The real difficulty is always in ourselves, not in the surroundings."

-Sri Aurobindo



KECHLA CAMPUS

Odisha

AUROMIRA SERVICE SOCIETY, KECHLA



Set amidst numerous pockets of a rugged hilly terrain and an extensive reservoir is Kechla, a conglomeration of several hamlets inhabited primarily by a tribal populace. Our outreach programme ensures support and development of Kechla and the nearby villages.

Environment has been a key focus for Sri Aurobindo Ashram Delhi Branch. Through plantation of trees, flowers and herbs, the same practices have also been followed in Kechla. The youth and children are given exposure to gardening through which the relevance of environment is emphasized. The villagers are encouraged to do tree plantation and then manage the trees, for which Sri Aurobindo Ashram Delhi Branch reimburses the costs.

The youth from the nearby villages and surrounding areas also encouraged to join Sri Aurobindo Ashram Delhi Branch to learn skills in Vocational Training like tailoring, cooking, carpentry and other trades. Once the youth return to the villages, they are equipped to get some employment or initiate their own work.



SPONSORSHIP PROGRAMME IN KECHLA

Nestled within these hillocks is the **Auro-Mira Vidya Mandir (AMVM)**, a school that is home to more than **140 children**. Based on the precepts of Sri Aurobindo and the Mother, the school believes that “personality and character is more than a subject matter, not knowledge or information, but self realization is the goal.”

The teaching here is done in a non-formal manner, an education that is need-based. The school follows no strict curriculum or methods but the objectives are well defined. This kind of learning is life long, relevant and comes through practical experience. Every single child at the AMVM works with a system of education called the ‘Free Progress System’. Each child learns at his or her own pace. They are strictly against rote learning and discourage learning that is only bookish. They try to give a practical turn to the learning and many things are learnt with a hands-on experience. There are no exams or tests of any nature and the children learn with a beautiful amalgamation of freedom with responsibility.

Sri Aurobindo Ashram Delhi Branch has been sponsoring the education of all the children at Auro-Mira Vidya Mandir in Kechla through the sponsorship program. These children are sponsored by individual donors and corporates, which ensures proper education at the school. **For the education of 128 children an amount of Rupees Forty Two Lakh, Twenty Four Thousand (Rs. 42,24,000) has been remitted in the year 2018-19.** This amount covers the expenses of tuition, boarding, lodging, training, books, clothes, travel expenses, trips and excursions, sports and co-curricular activities.

Along with education, Sri Aurobindo Ashram Delhi Branch also donated clothes, furniture, musical instruments, sports equipment, books, etc. in year 2018-19. The Ashram extends support in every possible way to enrich the exposure of the rural children in Auro-Mira Vidya Mandir.

Individuals from the Ashram, volunteers and devotees visit Kechla on a regular basis to support in various areas of education, teaching, music, sports etc.



INTEGRAL HEALTH OUTREACH PROGRAM AT KECHLA

Sri Aurobindo Ashram Delhi Branch also provides support for health services to the children, teachers, volunteers of Auro Mira Vidya Mandir and the people of surrounding villages. First aid is provided to the children and villagers on a regular basis. Referral services are also provided to them through specialty consultation, investigation and minor surgery in Koraput.

In certain chronic illnesses and diseases of severe nature, the children are brought to tertiary care centers in Visakhapatnam and Delhi. In the year 2018, Little Madhumaya, suffering from Juvenile Arthritis was brought to Delhi for one month Ayurveda Panchkarma treatment.



KECHLA DENTAL CAMP

Dental camps are held every year at Kechla to emphasise the importance of oral health and hygiene among the children. Over years the oral health of children has improved a lot, resulting in reduction of dental problems.

In 2018-19, Dental check-ups were conducted for 124 children at Kechla. Our Health Workers and Voluntary Dentists found out 64 issues in primary teeth of 32 students for which 57 treatments were given and 2 issues in Permanent teeth of 2 students for which 2 treatments were given. Other than these 108 (Sealents) preventive treatments were done. Additionally, 9 adult patients were checked and 28 preventive and curative treatments were done.



AURO MIRA VIDYA MANDIR, KECHLA



THE YEAR AHEAD

As a continuation with efforts from the year 2018-19, Sri Aurobindo Ashram Delhi Branch will continue to undertake many more activities and projects in the field of Education, Environment, Vocational Training and Camps for the youth, children, parents and teachers.

- In the year 2019-20, the Ashram will be continuing with the integrated program of Body, Mind & Spirit for children, parents, workers and youth from the Economically Weaker Sections. Camps will be conducted throughout the year to support the participants on physical, emotional, mental and spiritual levels, enabling them to feel more connected, peaceful and integrated in everyday life.
- We will be continuing with the 'Environment Awareness Project - Khushali' to inculcate the importance and relevance of environment through trainings and educational workshops with children, teachers and youth. A number of initiatives are being planned and undertaken at Sri Aurobindo Ashram Delhi Branch, Madhuban, Talla Ramgarh and Van Niwas, Nanital in the areas of waste management, solar energy, water management and organic farming. The villages near Madhuban have greatly benefited with these initiatives and we shall continue with our endeavor to train the local villagers and youth on latest technologies in the area of environment.
- Our effort is to conduct many comprehensive educational workshops with schools teachers from rural schools in the areas of project-based learning, experiential learning of science through experiments, physical fitness, sports and integrated health for children. The knowledge and experience we plan to share with the teachers will greatly benefit many students and children in rural schools.
- The gratification from accomplishing Clean Mind Program in 2018-19 as Year of Spiritual Health has advanced us to extend our activities in 2019-20 as Year of Ayurveda. Activities that we plan to include are Spiritual Health Camps, Outreach camps, Spiritual group study sessions, Mantra Chanting, free distribution of clothes, medicines, books, sports equipment, distribution of free booklet on Spiritual Health, Counseling Sessions and Psychiatry Clinic Services, Teerth Yatras along with our 24x7 Helpline.

Our aim and activities are geared to achieve all this both in action and spirit. We look forward for your support in helping us walk on this path enlightened by The Mother's blessings.

*"I am on earth because it is on earth that the divine work must be done,
and for no other reason."*

-The Mother



ANNEXURE

SCHOLARSHIPS & SPONSORSHIPS- 2018-19

STATE	SCHOLARSHIPS		REMARKS
	No. Children	Amount Spent (Rs.)	
Delhi	28	3,56,341/-	To those doing miscellaneous academic and other courses as follows : a) Graduate & P.G. Courses (17) b) Music (2) c) Delhi School (2) d) Open School (1) e) Certificate course in Computers (2) f) Program in Digital Marketing (1) g) Course in Painting (1) h) Diploma in Yoga (1) i) Course in Football (1) j) Diploma in Tourism (1)
Total	28	3,56,341/-	
Odisha	11	3,43,920/-	For different academic courses
Uttarakhand	11	1,56,000/-	For different academic courses
West Bengal	6	48,000/-	For different academic courses (2) , Music (4)
Jodhpur	3	36,000/-	For different academic courses
Total	31	5,83,920/-	
Grand Total	59	9,40,261/-	

176 students were under our sponsorship during the year and a sum of Rs. 54,66,000/- was spent on them during the year as detailed below:

STATE	SPONSORSHIPS		REMARKS
	No. Children	Amount Spent (Rs.)	
Odisha & M.P.	176	54,66,000/-	For different academic courses
Total	176	54,66,000/-	

Scheme	No. of children	Amount Spent (Rs.)
Total for Sponsorships:	176	54,66,000/-
Total for Scholarships:	59	9,40,261/-
Grand Total:	235	64,06,261 /-

STIPENDS TO VOCATIONAL TRAINEES

A sum of Rs. 4,05,000/- was the amount incurred on stipend paid to 45 students of the Sri Aurobindo Institute of Vocational Training who are undergoing basic training in various trades in 6-month courses.

State	Numbers	Amount Spent (Rs.)	Remarks
Delhi	45	4,05,000/-	Stipends to vocational trainees learning one of different trades in SAIVT apart from free boarding and lodging

SCHOLARSHIPS & SPONSORSHIPS AT MADHUBAN - 2018-19

Parent's Name	Child's Name	School	Amount
Amar Singh	Mahesh Singh	Govt. Inter College, Tadagtal, Almora	15,000
Amar Singh	Gopal Singh	Govt. Inter College, Tadagtal, Almora	15,000
Dheeraj	Kalpna	Govt, Girls' High School, Bankot	15,000
Dheeraj	Mukesh	Po. S.B. Govt School, Bankot	15,000
Lalu Yadav	Rekha Yadav	Saraswati Intermediate College, Ping, Babaganj, Pratapgad	15,000
Bhopal	Ritika Arya	De Vito High School, Bhowali	12,000
Bhopal	Rohit Arya	De Vito High School, Bhowali	12,000
Lachi Bhatt	Hema Bhatt	Saraswati Vidya Mandir, Talla Ramgarh	12000
Lachi Bhatt	Nirmal Bhatt	Saraswati Vidya Mandir, Talla Ramgarh	12000
		Total	1,23,000

DETAILS ON DONATIONS GIVEN BY SRI AUROBINDO ASHRAM IN 2018-19

A sum of Rs. 4,05,000/- was the amount incurred on stipend paid to 45 students of the Sri Aurobindo Institute of Vocational Training who are undergoing basic training in various trades in 6-month courses.

Date	Institute	Items
April 2018	SEWA Trust (Sarin Thapa)	Old Furniture
June 2018	Gurgaon Better World	Furniture, Books, EDN Games
June 2018	Ramgarh School	Old Clothes, Medicines
July 2018	SEWA Trust	Old Clothes, Medicines
August 2018	Delhi House Society	Clothes, Toys
September 2018	SEWA Trust	Old Clothes, Furniture, EDU Games, Utensils
December 2018	SEWA Trust	Old Clothes, Furniture, EDU Games, Utensils
January 2019	Antyadaya Niketan, New Delhi	Clothes, Furniture, Bathroom Tuff
January 2019	Ranjana, Haldwani	Furniture, Books
February 2019	Kahan Gaon, M.P.	Books, Furniture, Clothes, Utensils
February 2019	Ma Mandir	Fans, Books, Clothes, Furniture
March 2019	Madhuban Schools	Furniture, Books, EDU Games

CLEAN MIND PROGRAM, 2018-19 CAMP DETAILS

S. No	Place	Camps	Participation
1	The Mother's Integral Health Centre, Delhi Ashram	68	1909
2	Government School, Begumpur, Delhi	05	300
3	Rishikesh & Dehradun, Uttarakhand	06	817
4	Talla Ramgarh, Madhuban	11	517
5	Van Niwas, Nanital	05	30
6	Panchkula, Chandigarh	03	268
7	Uttarkashi, Uttrakhand	05	500
8	Thihar, Shahjahanpur, Uttar Pradesh	02	283
	Total	105	4624

ANNEXURE ORIENTATION CLASSES ON INTEGRAL YOGA

Date of the workshop	Participants
28 th – 29 th April 2018	32
13 th May 2018	20
22 nd -23 rd September 2018	32
22 nd – 23 rd December 2018	36

ANNEXURE FOR BODY MIND AND SPIRIT

Camp No.	Dates	Organization	Facilitator	No. Participants
YC 622 (BMS)	10.06.2018	India Vision Foundation	Pearly Paul	34
	16.06.2018	Pardada Pardadi Educational Society	Krishana Kumar Sharma	36
YC 627 (BMS)	30.09.2018 03.10.2018	Woodlands Senior Secondary School	Ranjana Bisht	22
	01.10.2018 06.10.2018	Body, Mind & Spirit (Vatika Group)	Dr. Katoch & Meenakshi Priya	25
	03.10.2018 08.10.2018	Sri Aurobindo Integral Education, Vellora, Kharidchak, Baliapal, Kalanda, Kalapada Beden	Baren Raul	100
YC 631 (BMS)	18.11.2018 24.11.2018	MDVM School (Parle), Neemrana, Rajasthan	Dr. Satyavir Rao	100
YC 632 (BMS)	21.03.2018 28.03.2018	Odisha Schools (BMS)	Baren Raul	100

VOCATIONAL TRAINING (2018-19) FACTS AND FIGURES

AREA OF TRAINING	NO. OF TRAINEES
Computer Basics and office Administration	4
Tailoring	5
Hand Made Paper Making, Paper craft, Book binding and Screen Printing	8
Electrical Repair & Maintenance	5
Cooking, Bakery & Food Processing	6
Carpentry	4
Para Medical	1
Panch Karma	1

STUDY CAMPS AT VAN NIWAS, NAINITAL 2018-19

Camp No.	Date	Subject	Facilitator(s)	Language	Booked
331	01.04.2018 07.04.2018	Purna Yog	Dr. Uttara Shastri	Marathi	74
332	08.04.2018 14.04.2018	Purna Yog	Dr. Uttara Shastri	Marathi	74
333	15.04.2018 21.04.2018	Sri Arvind Sadhna Padhati	Dr. Uday Kumathekar	Marathi	74
334	22.04.2018 28.04.2018	Sri Arvind Darshan	Shri. Vivekji Ghalasasi	Marathi	74
335	29.05.2018 05.05.2018	Ishopanishad	Madhavi Joshi	Marathi	74
336	06.05.2018 12.05.2018	Sri Arvind & Purna yog	Dr. BharatsinhJhala	Gujarati	55
337	13.05.2018 19.05.2018	Savitri	Dr. BharatsinhJhala	Gujarati	62
338	20.05.2018 26.05.2018	Looking inward to grow outward	Dr. Alok Pande	English	74
339	27.05.2018 02.06.2018	Spiritual Retreat	Shanti	Oriya	36
		Cultural Values in modern times	Dr. Bharat Gupt	Hindi	44
340	03.06.2018 09.06.2018	Religion & Scientific Thinking	Dr.J.P.Singh	Hindi	70
341	10.06.2018 16.06.2018	Sri Aurobindo's Synthesis of Yoga	Dr. Kiran Sood	Hindi	70
342	17.06.2018 23.06.2018	Power of mantras Sri Aurobindo& Sri Maa	Anjali Pujadhikari	English	72
343	23.09.2018 30.09.2018	Sourcing Our Oneness	Jaya Jorel Berrgreen - Auroville	English	66
344	01.10.2018 07.10.2018		Dr. BharatsinhJhala	Gujarati	52
345	21.10.2018 27.10.2018	Ishopanishad & Sri Arvind Darshan	Dr. Leena Rastogi & Srikrishna Dixit	Marathi	51
346	14.11.2018 20.11.2018	Sh. Ramdas Charitrya	Rajendra Sarodiya	Marathi	74
347	21.11.2018 24.11.2018	Outdoor Activities	Prakash Pathak	English	11
348	22.03.2018 26.03.2018	Spiritual Retreat	Chinmaya Mission	English	46

YOUTH CAMPS AT VAN NIWAS, NAINITAL 2018-19

Camp No.	Date(s)	Organization	Leader(s)	Booked
YC 612	01.04.2018 06.04.2018	Ramanlal Shorawala Public School ,Mathura	Lata Goyal	49
YC 613	13.04.2018	Aditi Gurukul, Hyderabad	Challamayi Reddy	50
	17.04.2018	Hyderabad Children's Aid Society (RK Homes)	Jenny Gupta	
YC 614	18.04.2018 22.04.2018	Shiv Nadar School, Noida	Aneeta Pathak	66
YC 615	23.04.2018 28.04.2018	Shikshantar School, Gurugram	Shruti Jain	71
YC 616	29.04.2018 05.05.2018	Sri Aurobindo International School Hyderabad	Seethadidi	43
YC 618	13.05.2018 19.05.2018	The Mother's International School, New Delhi	Meenakshi Thakkar	41
YC 619	20.05.2018	Auro School, RATLAM, M.P.	Manindra Tiwari	20
	26.05.2018	Yuva Pragati Trek & Tours, Baroda	Rakesh Patel	32
	24.05.2018 27.05.2018	Prakriti School	Shipa Tayal & Prakash Sahoo	18
YC 620	27.05.2018 02.06.2018	Mixed group from Kolkata, Pune, Odisha	Jayanto paul	21
YC 621	04.06.2018 08.06.2018	Clean Mind Program	Dr. Katoch & Meenakshi Priya	65
YC 622 (BMS)	10.06.2018	India Vision Foundation	Pearly Paul	34
	16.06.2018	Pardada Pardadi Educational Society	Krishana Kumar Sharma	36
		Individual Bookings		11
YC 623	18.06.2018 26.06.2018	Sri Aurobindo College, Ludhiana	Kanwaljit Singh	56
YC 624	26.06.2018 30.07.2018	Clean Mind Program	Renu Vishwanathan	49
YC 625	18.09.2018 22.09.2018	Jesus & Mary College, New Delhi	Prakash Sahoo	51
YC 626	23.09.2018 30.09.2018	Auroville	Jaya Jorrel Bergreen	35
YC 627 (BMS)	30.09.2018 03.10.2018	Woodlands Senior Secondary School	Ranjana Bisht	22
	01.10.2018 06.10.2018	Body, Mind & Spirit (Vatika Group)	Dr. Katoch & Meenakshi Priya	25
	03.10.2018 08.10.2018	Sri aurobindo Integral Education, Vellora,Kharidchak, Baliapal, Kalanda, Kalapada Beden	Baren Roul	100
YC 628	07.10.2018 12.10.2018	Matri Kiran Vidyalaya	Divya Bhalla	44
YC 629	14.10.2018 18.10.2018	Alwar Public School, Rajasthan	Kamini Chugh	61
	15.10.2018 18.10.2018	CO VEDA, Chandigarh	Vineesh	18
YC 630	28.10.2018 03.11.2018	I.I.M. Indore	J.V. Avadhanulu	50
YC 631	18.11.2018 24.11.2018	MDVM School (PARLE) NEEMRANA, RAJASTHAN	Dr. Satyavir Rao	100
YC 632 (BMS)	21.11.2018 28.11.2018	Odisha Schools (BMS)	Baren Roul	100

CAMPS CONDUCTED AT MADHUBAN, TALLA RAMGARH IN 2018-19

Camp No.	DATES	TOPIC/ Institution	FACILITATORS	NO. OF PERSONS IN ROOMS
M 175	11.04.2018 15.04.2018	YOGA RETREAT	Anuska	8
M 176	19.04.2018 21.04.2018	OUTBOUND LEARNING, Indus World School, Gurgaon	Priyanka Agrawal	18
M 177	22.04.2018 27.08.2018	SPIRITUAL RETREAT	Padmini Bisht	30
M 178	28.04.2018 05.05.2018	TAI CHI Retreat	Sensei Sandeep and Pallavi Desai	14
M 179	06.05.2018 12.05.2018	Sanskriti-Indian Scriptures in the light of SRI AUROBINDO	Sampadananda Mishra	30
M180	13.05.2018 18.05.2018	SPIRITUAL RETREAT	Swami Sri Satchidananda	40
M 181	19.05.2018 25.05.2018	YOGA RETREAT, Overman Foundation	Anurag Banerjee	6
M 182	25.05.2018 31.05.2018	FAMILY RETREAT	Rachna Bansal	30
M 183	31.05.2018 06.06.2018	The Secret of the Gita: In the Light of Sri Aurobindo	Ananda Reddy	20
M 184	07.06.2018 13.06.2018	CLEAN MIND PROGRAM	Dr. Katoch	35
M 185	14.06.2018 20.06.2018	Kriya Yoga Retreat	Per H. Vibe	22
M 185A	14.06.2018 19.06.2018	RETREAT	Sameer Guglani	11 in dorms
M 186	21.06.2018 27.06.2018	International Textual Workshop - YOG DARSHANA	Prof. V.N. Jha	38
M 187	29.06.2018 02.07.2018	STUDY RETREAT, BHARTIYA VIDYA BHAWAN	Dr.Acharya Navneet	40
M 188	06.07.2018 08.07.2018	SRJNA TEACH FEST	Dr. Anju Khanna	19
M 189	29.07.2018 09.08.2018	SPIRITUAL RETREAT	Anil Puri	21
M 190	10.08.2018 12.08.2018	TEACHER'S WORKSHOP	Lavlesh Bhanot	18
M 191	02.09.2018 04.09.2018	MEDITATION RETREAT	Ana Isabel	9
M 192	05.09.2018 10.09.2018	SPIRITUAL RETREAT(U.K.)	Swami Tattvaraupananda	11

CAMPS CONDUCTED AT MADHUBAN, TALLA RAMGARH IN 2018-19

M 193	11.09.2018 17.09.2018	"Dhama, Artha and Kama: Unity or Dissonance?"	Dr. Bharat Gupt	26
M 194	19.09.2018 23.09.2018	SPIRITUAL RETREAT(GERMANY)	Sw. Tattvarupananda	26
M 195	26.09.2018 02.10.2018	SPIRITUAL RETREAT(AUROVILLE)	Partho	40
M 196	02.10.2018 07.10.2018	SPIRITUAL RETREAT(U.S.A.)	Dr.Saraswati Marcus	26
M 197	07.10.2018 17.10.2018	SPIRITUAL RETREAT(U.S.A.)	Matthew Andrews, SHRADDHA YOGA	26
M 197A	07.10.2018 09.10.2018	OUTDOOR LEARNING	MATRI KIRANVIDYALAYA, Divya Bhalla	36 in DORMS
M 197B	15.10.2018 21.10.2018	COVEDA WORKSHOP	Vineesh	15 studnts + 3 adults, DORMS
M 197C	22.10.2018 19.11.2018	INTERNSHIP " HARYALI"-III	Pant Nagar	19 Girls DORMS
M 197D	23.10.2018 30.10.2018	COVEDA WORKSHOP	Vineesh	30 students+5 adults DORMS
M 197E	21.11.2018 22.12.2018	INTERNSHIP " HARYALI"-IV	Pant Nagar	18 Girls DORMS
M 197F	09.12.2018 20.12.2018	WORKSHOP, Singapore Management University	Anju Khanna	14 in DORMS
M198	08.03.2019 16.03.2019	SPIRITUAL RETREAT	Dr.Saraswati Marcus	20
M199	17.03.2019 28.03.2019	STUDY RETREAT	Prof. V.N. Jha	27
M199A	16.03.2019 19.03.2019	OUTDOOR WORKSHOP	M.I.S (BATCH I),Preeti Arora	35 in DORMS
M199B	22.03.2019 25.03.2019	OUTDOOR WORKSHOP	M.I.S (BATCH II),Preeti Arora	35 in DORMS
M199C	25.03.2019 28.03.2019	OUTDOOR WORKSHOP	M.I.S (BATCH III),Preeti Arora	35 in DORMS



The report is a compilation of work made possible during the year 2018 - 19
by The Mother's Grace, and is offered at Her feet.

TARA JAUHAR
Chairperson

PRANJAL JAUHAR
Secretary





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