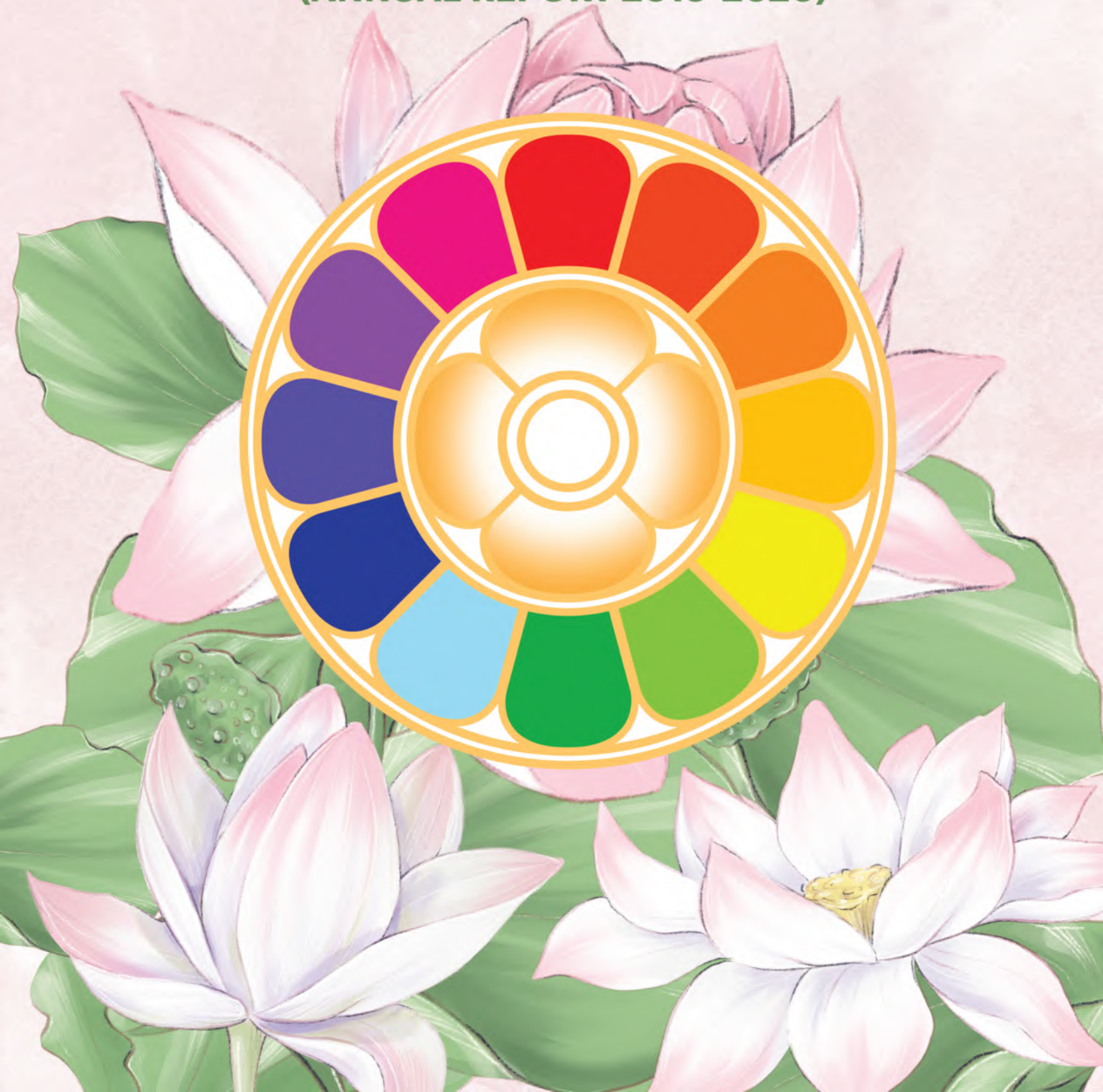




**SRI AUROBINDO ASHRAM  
DELHI BRANCH  
(ANNUAL REPORT 2019-2020)**









Be more eager  
for truth than for  
success.

blessings









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## THE YEAR GONE BY

The year 2019-20 was yet another year abuzz with activities aimed at establishing a harmony between the pace of modern living and innate nature of the human soul. Such has been the endeavour of Sri Aurobindo Ashram – Delhi Branch ever since its establishment about six decades ago.

The Ashram has reached out this year to the society through its Clean Mind Programme, community service, Body-Mind-Spirit program, talks and discourses on The Bhagavad Gita, The Upanishads and the contemporary society and its major issues in light of the teachings of Sri Aurobindo and The Mother. Besides, the Ashram is also deeply committed to the cause of environmental protection through its Khushali programme involving children and young adults as key stakeholders. The sponsorship programmes, vocational training and the Kechla Free Progress School (Auro-Mira Vidya Mandir) are some of the Ashram initiatives to reach out to rural India.

The present report is an overview of the major activities conducted during the year 2019-2020 and also highlights the plans for the next year.



**SCHOOLS IMPACTED**

**50+**



**STUDENTS BENEFITED**

**12,000+**



**NO OF STATES**

**15+**



**TEACHERS TRAINED**

**150+**



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

-Sri Aurobindo



## **SOCIAL INITIATIVES**



## SOCIAL INITIATIVES

*The seeds we plant today, will bear fruits tomorrow*

This has been the vision and theme behind the various social initiatives undertaken by Sri Aurobindo Ashram - Delhi Branch, with a focus on empowering the children and youth of the country. In 2019-2020 we have been able to touch the lives of more than 200 teachers, more than 1000 children and youth through various programs and workshops.

Integral Education as envisioned by Sri Aurobindo and The Mother, regards the child as a growing soul and helps him to bring out all that is best, most powerful, most innate and living in his nature. With an objective to deliver this vision and philosophy of Integral Education, Sri Aurobindo Ashram - Delhi branch regularly conducts camps, workshops and programs to share knowledge, skills and tools around Integral Health & Physical Fitness, Mathematics, Science, Library & Storytelling and Body Mind & Spirit (BMS) to support the development of rural schools.

The relevance of environment management cannot be underestimated, considering the conditions of pollution in the city and degradation of the surrounding atmosphere. It is posing a serious concern, hence it is important that children realize the value and ways to manage from a young age itself. As an extension of last year's program we continued to undertake trainings and educational workshops with children, teachers, villagers and trainees to create more awareness and knowledge about environment through various efforts around tree plantation, organic farming, workshops, composting.

The Sri Aurobindo Institute of Vocational Training (SAIVT) was set up in 1989 to help the under-privileged and un-employed youth from different geographical locations in India. This has been one of the most important social initiatives of the Ashram to train rural, tribal and other economically disadvantaged populations in multiple skills and knowledge of themselves, to improve their quality of life and their communities. We have imparted training to more than 2200 young people in skills such as cooking, tailoring, hand-made paper, art and craft, computers, and para-medical work, alongwith ensuring a holistic development to be better human beings.





## INTEGRAL HEALTH, YOGA & PHYSICAL FITNESS WORKSHOP

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 the school curriculum. Our effort through this project was to share the concept and methods to promote Integral Health among teachers and students from the rural schools with limited infrastructure.





The camp engaged teachers from rural schools with an objective to promote and create an understanding about Integral Health that can be methodologically shared with students in as many rural schools as possible. The 7-day residential project saw participation from 57 teachers from 23 rural schools across India. The amount contributed was utilized in training the teachers and equipping them with good physical practice and good quality sports equipment.

On the last day of the workshop, the team did a performance of all the activities and the training they had undergone during the workshop. All the participants took part in the final performance and shared their experiences with a larger audience.





## INTEGRAL EDUCATION & MATHEMATICS PROJECT

Sri Aurobindo Ashram - Delhi branch organized a residential workshop for school teachers from rural schools to share the methods of teaching Mathematics to children by experimental learning and project based learning through Teaching Learning Material. This workshop in particular aimed to strengthen the concept of Mathematics and skills of the students from rural schools as the schools and the teachers lack the exposure to such experience and knowledge. Through this workshop the teachers developed new skills, enquiring minds and curiosity about Mathematics. They were equipped to further help the students in conceptual understanding and skills for solving mathematical problems. The 7-day residential workshop conducted at the Sri Aurobindo Ashram - Delhi Branch from December 21-28, 2019 was attended by 42 teachers from 14 rural schools across different states.





## LIBRARY & STORYTELLING WORKSHOP

Sri Aurobindo Ashram Delhi - branch has been working with many rural schools to enhance their knowledge and awareness of Integral Education through workshops and interactions. One of the aspects is to provide them with interesting and informative story books which enhance social awareness, creativity and personal growth for the children. The aim of the project was to share the methods of library and storytelling and impart a deeper understanding of Integral Education and its benefits on our overall development as laid down by The Mother & Sri Aurobindo. The workshop aimed to help teachers inculcate good reading habits in their students by exposing them to a large array of storybooks and other reading materials. The 8-day residential workshop was hosted at Sri Aurobindo Ashram - Delhi Branch from January 1-8, 2020, which was attended by 45 teachers from 11 rural schools from different parts of India.





## BODY, MIND & SPIRIT (BMS) CAMPS

Sri Aurobindo Ashram - Delhi branch assisted rural schools by providing Body, Mind & Spirit workshops for children, youth and teachers from rural areas at Van Niwas Nainital. Sri Aurobindo was of the belief that a harmonious relationship between body, mind and spirit is essential for attaining true happiness. We conducted 15+ camps under the BMS program, sponsoring 800+ children and youth from economically weaker section of society during the year.

Both Sri Aurobindo and the Mother opined that the finest gift that can be given to a child is to give him the ability to have self-knowledge and aid him to not only understand his goals but to achieve them as well. This seven-day integrated programme is a step to connect man to his inner core through various activities like Rock climbing, Yoga, Trekking, Guided Meditation and Talks.

The venue of this initiative was Van Niwas- the Himalayan Centre run under the aegis of Sri Aurobindo Ashram-Delhi Branch at Bara Patthar, Nainital. The calm and serene ambience of the Van Niwas Ashram is in the midst of beautiful mountains and is a treat for the senses for children attending the camps.





## ENVIRONMENT PROJECT “KHUSHALI”

*To be one with all Nature, and all beings, this is Yoga - Sri Aurobindo.*

Human activity has resulted in massive environmental degradation, alarming pollution levels and imbalances in the natural biological rhythms. The present existential crisis faced by the modern civilization is due to the sheer exploitation of Nature by consumerist life styles lacking in the truer, deeper soul vision and spiritual foundation.

Sri Aurobindo Ashram - Delhi Branch has always emphasised the importance of environment at all its locations. The Khushali project attempts to bridge this gap in environmental awareness and steer humanity towards establishing a connection and living in harmony with nature. To this end, we believe in the proverbial, ‘catch them young’ and instill among the young children sensitivity towards nature. They will carry this attitude forward in their lives and the choices they make will be a reflection of their sensitivity. With this aim, a range of activities were organized in the year 2019 as part of the Khushali Environment Awareness project.

### NATURAL LIVING WORKSHOP

With the current lifestyle and affects of chemicals, radiation and toxins in the city, the workshop was very useful and an eye opener for the participants to know how vegetables, greens, herbs, spices can be used for healthcare, body care, home care, environment care solutions.



### PLOGGING

Clean while you workout - ‘Plogging’ is the term used for the organized activity of picking up litter on the roads while jogging.





## VERMICOMPOSTING

We started its journey this year with 50 tiny wriggly red worms. The students learnt to prepare the bedding for red worms, meet their dietary needs, moisture requirements. The numbers of red worms currently stands at 3,000.



## NATURE WORKSHOP

The workshop was conducted for the Ashram gardeners, which emphasized the importance of natural elements and the need for a synergistic approach towards life.



## GO GREEN INITIATIVE

Tree plantation has been the key focus of Sri Aurobindo Ashram - Delhi Branch for many years. This has contributed immensely to the greenery and low pollution within the ashram premises and neighbouring schools and also provides a home for a variety of birds.





## ORGANIC KITCHEN GARDEN

The Ashram has initiated organic farming in the Ashram premises since many years. We have ensured a healthy, sustainable environment for organic farming. The organic produce is consumed within the Ashram.





*“Endurance: going to the very end of the effort without fatigue or relaxing.”*

-The Mother



**SUPPORTING AND PROMOTING EDUCATION**



## SUPPORTING AND PROMOTING EDUCATION

Sri Aurobindo Ashram - Delhi branch is primarily focused towards supporting education of children as we believe educating a child is the best investment. Further, it is our mission here to touch as many lives as possible. To this end, we have initiated various sponsorship schemes under which individuals and corporates can contribute to the education of economically disadvantaged children. These schemes have gained momentum in the past few years.

In the last few decades, contributions from our corporate and individual sponsors have been used to educate many children of rural India, and the numbers of those benefited continue to grow. Across the country, children in remote areas, tribal populations and villages in the hilly areas are being educated under these schemes. The sponsored children are selected from low income groups and educated in good village boarding schools in their own state to avoid language problems. The entire expense of their tuition, board and lodging, training, books, clothes, travel and medical expenses is borne by the Sri Aurobindo Ashram - Delhi Branch. Additionally, a few students of The Mother's International School and Mirambika Free Progress School from economically weaker sections are also provided scholarship under the sponsorship programme.

Auro-Mira Vidya Mandir, a free primary school with over 130 tribal children on its rolls in Kechla, Odisha is also run by the Sri Aurobindo Ashram's Delhi branch as part of its sponsorship programmes.

The sponsorship schemes have been mainly used to support children and youth mainly under the following four main categories:

### SCHOOL EDUCATION

There are more than 500 Sri Aurobindo Schools all over the country which are run by devotees independently. Many children in these schools are sponsored by the Sri Aurobindo Ashram - Delhi branch. We also run a free school Auro Mira Vidya Mandir for over 130 tribal children at Kechla, a remote tribal area in Odisha.

We have also adopted several other schools in villages, tribal and backward areas of Odisha, Madhya Pradesh and Uttarakhand. These schools are provided with books, clothing, games and sports equipment among other essential items that are provided to them from time to time.





At the end of the academic year, the sponsors are provided with the progress report of each child supported by them. During the current year 2019-2020, we had spent a total of Rs. 42,85,235 under our sponsorship scheme for school education.

## HIGHER EDUCATION

Many of our Ashram youth, after finishing class XII, are pursuing their graduation in different streams through correspondence. We sponsor their undergraduate studies and thereafter career oriented courses.

## VOCATIONAL TRAINING PROGRAMME

Sri Aurobindo Ashram - Delhi branch also has a vocational training programme for the youth of the weaker strata of the society. As part of this programme, the youth undergo a structured training of six months in one of the areas such as cooking, carpentry, photo-framing and lamination, hand-made paper making, tailoring and weaving civil and electrical maintenance, library science, computer and typing, para-medical training. The tailoring stream is open only to girls.

After the successful completion of the course, most trainees can be successfully placed in jobs. A few trainees, however, continue to work in the Ashram in various departments. The Ashram extends financial support to them and they are encouraged to take up courses of their choice. During 2019-2020 nine aspirants secured job placements.





## SCHOLARSHIPS FOR PURSUING COURSES IN HIGHER EDUCATION ART, MUSIC AND YOGA

The Ashram youth are also sponsored for pursuing music and yoga courses in Matri Kala Mandir, Bhartiya Vidya Bhavan and from great gurus like Shantanu Bhattacharyya.

During the current year we have **sponsored 85 aspiring youth and spent Rs. Rs.9,43,201**  
The details of amount spent under various categories in the year 2019-2020 are as under:-

DETAILS OF PROGRAMME	NUMBER OF STUDENTS	AMOUNT (INR)
School Education	148	42,85,235.00
Higher Education	24	4,26,051.00
Vocational Training Programme	53	4,40,000.00
Scholarships for pursuing Indian art, music and yoga Courses	8	77,150.00



*"The nobility of a being is measured by its capacity of gratitude."*

-The Mother



**A LOOK BACK**  
**At Delhi Campus 2019**



## 109<sup>th</sup> ANNIVERSARY OF SRI AUROBINDO'S ARRIVAL IN PONDICHERRY & ANNIVERSARY OF TAPASYA BHAVAN'S INAUGURATION DAY

**APRIL 4, 2019**

Sri Aurobindo's arrival in Pondicherry was commemorated this year with an invocation of the Divine by Srila, Jayanthi and Minati in the Meditation Hall. The evening of the auspicious day had the listeners enthralled in a soulful rendition of devotional music by Ms. Mandakini Swain in the Tapasya courtyard.



## ANNIVERSARY OF THE MOTHER'S FINAL ARRIVAL IN PONDICHERRY

**APRIL 24, 2019**

The celebration of The Mother's second and final arrival in Pondicherry in the year 1920, began at early dawn with an invocation of the Divine by Srila Basu. In the evening, a cultural programme was put up by the Ashram youth. This included a dance-drama on 'the four aspects of The Mother' with a song by Late Km. Karunamayee in the background. Later in the evening, after the traditional march-past, the Ashram choir sang songs in adoration of The Mother and Tara Didi read passages from The Mother's 'Prayers & Meditations' and Sri Aurobindo's 'Savitri'.





## RELEASE OF THE MOTHER'S BLOSSOMS' SOUVENIR

**APRIL 27, 2019**

A souvenir of The Mother's International School's alumni association, The Mother's Blossoms, was released in the Ashram's Meditation Hall by Tara Didi. This was followed by devotional music by Ms. Rita Chatterjee, who was accompanied on the tabla by Shri. Fateh Singh.



## BEAUTIFICATION OF AREA NEAR CHACHA JI'S SAMADHI

**MAY 13, 2019**

A function for initiating beautification work near Chacha ji's Samadhi was held by lighting the Lamps of Aspiration at Sri Aurobindo's Shrine. These lamps were then carried over to Chacha ji's Samadhi, where the work was to begin. This was followed by chanting, devotional songs by the Ashram choir and meditation. The function ended with distribution of prasad.





## ANNIVERSARY OF ENSHRINEMENT OF RELICS AT VAN NIWAS

**MAY 29, 2019**

The 30<sup>th</sup> anniversary of enshrinement of the Sacred Relics of Sri Aurobindo at Van Niwas, the Himalayan Centre of Sri Aurobindo Ashram-Delhi Branch in Nainital was commemorated through devotional music rendition by Ms. Veena Sawale in the Meditational Hall. Mr. Neeraj Kumar accompanied her on the table.



## INTERNATIONAL YOGA DAY

**JUNE 21, 2019**

On the International Day of Yoga, June 21, 2019, an open air session of yogasanas was held early in the morning, which was open to everybody. Many yoga enthusiasts participated in the session.





## TARA DIDI'S BIRTHDAY CELEBRATIONS

**JULY 5, 2019**

Tara Didi's birthday celebrations started early in the morning with planting of the Kalpavriksha (baobab) sapling amidst chanting of sacred hymns. More saplings were planted during the day in the the Ashram and The Mother's International School campus. This was followed by cake cutting jointly by Tara Didi and Shri Y.R. Malhotra amidst birthday songs. The Ashram choir presented devotional songs and Tara Didi recited several passages from Sri Aurobindo's Savitri during the evening meditation session in the Meditation Hall. Thereafter, prasad was distributed.



## SONGS AND VISION OF KABIR

**AUGUST 9, 2019**

An event based on the immortal couplets of Kabir was held in the Meditation Hall began with a talk on Kabir's life by Prof. Sehdev Kumar, author of 'The Vision of Kabir'. This was followed by a series of captivating Kabir Bhajans by Ms. Ruma Chakravarty, founder of Sur Manjari, and her team.





## CHACHA JI'S BIRTH ANNIVERSARY

**AUGUST 13, 2019**

The 116th birth anniversary of Shri Surendra Nath Jauhar 'Faquir'- Chachaji, began with a formal inauguration of the beautified area around his Samadhi with an early morning havan amidst chanting by the Ashram choir. This was followed by lighting of the Lamps of Aspiration at the Samadhi and a meditative walk to Sri Aurobindo's Shrine on the labyrinthine path. The early morning session concluded with prasad distribution to all present.

Students of The Mother's International School also celebrated the day in a special assembly in the Meditation Hall, in which the senior children sang devotional songs and the younger children participated in an Inter-School Patriotic Song Festival. The evening performance by a group of musicians from Kolkata paid a tribute to Chacha ji by recounting significant events from his life, and devotional songs in Bangla and Hindi in the Meditation Hall.





## SRI AUROBINDO'S BIRTH ANNIVERSARY AND INDIA'S INDEPENDENCE DAY

**AUGUST 15, 2019**

The day dawned with prabhat pheri, in which a group of devotees went around the campus singing the glory of the Lord, led by Mr. Sukhendu Roy, followed by bhajans in the Meditation Hall by Km. Srila Basu, Ms. Jayanthi and Ms. Lin Thoi. Later in the forenoon, Pt. Barun Pal played the Hans-Veena. There was also a talk by Dr. Bharat Gupt on 'Freedom vs. Nationhood' interspersed with musical interludes by Dr. Maitreyee Karak. The programme concluded with the release of the Ashram publication, "Understanding Spirituality... and Living It 24x7", authored by Dr. Ramesh Bijlani based on Sri Aurobindo's 'The Life Divine.'

The students of Matri Kala Mandir later put up a musical program in the Meditation Hall followed by a cultural programme by the Ashram youth in the Hall of Grace. The highlight of the programme was a musical dance drama on the descent of the Ganga. In the evening, amidst lamps of aspiration and soulful music, march-past and dance were performed followed by singing of the Vande Mataram. Subsequently, the Ashram choir presented a musical offering interspersed with reading by Tara Didi. The events of the auspicious day concluded with distribution of a message card and prasad.





## CHACHA JI'S MAHASAMADHI DAY

**SEPTEMBER 2, 2019**

The thirty-third punyatithi of the founder of the Delhi Branch of Sri Aurobindo Ashram, Shri Surendra Nath Jauhar 'Faquir' (popularly called Chacha ji), was celebrated with music, floral offerings and havan at his samadhi. In the evening, amidst lamps of aspiration around Sri Aurobindo's Shrine and Chacha ji's Samadhi, devotional songs were sung by the Ashram choir in the Meditation Hall and readings by Tara Didi from Chacha ji's published biography. The day ended with distribution of prasad.



## MAHATMA GANDHI'S BIRTH ANNIVERSARY

**OCTOBER 2, 2019**

Mahatma Gandhi's 150th birth anniversary was observed in the Ashram through a 'Grand Shramdan' as a contribution to the 'Swachh Bharat' movement.





## VIJAYADASHMI CELEBRATIONS

**OCTOBER 8, 2019**

The Ashram choir sang a bevy of bhajans glorifying Lord Rama, interspersed with Tara Didi' reading from the Mother's writings in the Meditation Hall.



## DIPAWALI CELEBRATIONS

**OCTOBER 27, 2019**

Dipawali, the festival of light, was celebrated without crackers, as usual. The Ashram wore a festive look with creative rangolis painted on the floors in front of the Reception, the Dining Hall, and at the entrance of Tapasya by scores of Ashram residents and devotees. Youngsters had a lot of fun games in the forenoon. In the Sunday Satsang, in keeping with the occasion, the discourse was based on Sri Aurobindo's talks and writings about the 'Ramayana'. Lights of Aspiration were kindled at the Shrine in the evening, and diyas were lit all over the campus by Ashram residents, devotees and visitors. Subsequently, a program of musical offering led by Preamsheela and reading on Mahakali from Sri Aurobindo's 'The Mother' and on the triple soul forces from 'Savitri' by Tara Didi ensued in the Meditation Hall. The joyous day ended with distribution of Prasad.





## DHAMMAPADA CHANTING

OCTOBER 31, 2019

Continuing a tradition of the past several years, an international group of Buddhist monks from India, Nepal, Sri Lanka, Myanmar, Malaysia, Thailand, Vietnam and the USA devoted themselves to an entire day of chanting from the Dhammapada in the Meditation Hall. Soothing chants with an elaborate floral decoration created an extremely peaceful and inspiring atmosphere in the premises.



## SITAR RECITAL BY RADHIKA SAMPSON

NOVEMBER 14, 2019

Sushree Radhika Sampson offered a captivating sitar recital of Dhrupad as a gesture of gratitude towards her guru, Pt. Barun Pal, on his birthday in the Meditation Hall. She was accompanied by Shri. Pradeep Chatterjee on pakhawaj and Nitya on the tabla.



## GURU NANAK'S BIRTH ANNIVERSARY

NOVEMBER 15, 2019

Guru Nanak's 550th birth anniversary was celebrated as Prakash Parv starting from November 12, 2019. In this milieu, Sardar Balvant Singh ji Ragi sang 'SABAD' and 'Ardaas' in the Ashram Meditation Hall on November 15, 2019. He was adeptly accompanied on the tabla by Sardar Lakhvinder Singh.





## ANNIVERSARY OF THE MOTHER'S MAHASAMADHI DAY

**NOVEMBER 17, 2019**

In keeping with tradition, the day was observed as a day of 'silence', in which everybody was mindful of speaking only for essential matters. The lights of aspiration were kindled in the evening at Sri Aurobindo's shrine and Samadhi lawn, followed by silent meditation in the Meditation Hall. The day ended with distribution of Prasad to all attendees.

## SIDDHI DAY

**NOVEMBER 24, 2019**

This year, the Siddhi day celebrations began in the morning with invocation of the Divine Presence in the Meditation Hall by Km. Srila Basu and her team. Dr. Ramesh Bijlani later gave a talk on the "Process of Evolution", based on one of the early writings of Sri Aurobindo. Thereafter, Dr. Mithu Pal made a musical offering of devotional songs dedicated to Sri Aurobindo. In the evening, the traditional march-past took place to the accompaniment of Sri Aurobindo's Gayatri, Anandamayee, and the Vande Mataram. This was followed by lighting of the lamps of aspiration at the Shrine and in the Samadhi Lawn. Thereafter, the Ashram choir made a musical offering in the Meditation Hall and Tara Didi read passages from The Life Divine and about the significance of the Siddhi Day from Shri. A.B. Purani's 'The Life of Sri Aurobindo'. The programme ended with distribution of Prasad to all present.



## SRI AUROBINDO'S MAHASAMADHI DAY

**DECEMBER 5, 2019**

Anniversary of Sri Aurobindo's Mahasamadhi Day in the Ashram was observed on 5 December, 2019, beginning by invocation of the Divine Presence led by Km. Srila Basu in the Meditation Hall in the morning. In the forenoon the students and staff of The Mother's International School (MIS) along with the Ashram community, and visitor-devotees gathered in the Samadhi Lawn to pay homage to Sri Aurobindo. MIS programme began with a presentation on the significance of the Mahasamadhi Day through vivid recollections of a few close disciples of Sri Aurobindo and The Mother.





Reciting the prayer inscribed on the Samadhi at Pondicherry, the students reiterated their infinite gratitude towards the Master. The recitations, interspersed with 'bhajans' and chantings, made the atmosphere ethereal and the students renewed their resolve to be 'Hero Warriors' as exhorted by The Mother. A dance recital on selected couplets of Sri Aurobindo's sonnets was beautifully enacted by the students.



The event ended with floral offerings at the Shrine by all present. In the evening, the devotees and the Ashram community kindled the lamps of aspiration, followed by devotional songs by the Ashram choir in the Meditation Hall. Thereafter 'Tara Didi' read out snippets from 'The Mystery of 5 December 1950' from Prof. K.R.S. Iyenger's biography of Sri Aurobindo.



## DESCENT OF LIGHT

### DECEMBER 25, 2019

Christmas was celebrated in the Ashram as the day of the Descent of Light as the days start getting longer from this point on, symbolizing the growth in knowledge. In the forenoon, Tara Didi talked about how Christmas was celebrated at Pondicherry with The Mother and there after distributed gifts. In the evening, the Ashram youngsters played fun games in which skill and ready wit were rewarded. Later in the evening, the Ashram community kindled lamps of aspiration at and around Sri Aurobindo's Shrine. This was followed with a musical offering by the Ashram Choir, interspersed with readings of relevant passages by Tara Didi in the Meditation hall. Prasad was distributed at the end to all attendees.



## ADVENT OF THE NEW YEAR 2020

### DECEMBER 31, 2019

To usher in the New Year, vocalized reading of 'Savitri' began on the afternoon of 31 December 2019 in the Meditation Hall and continued till the afternoon of 1 January 2020. The reading was interrupted only at 11.45 p.m. on the New Year's Eve for meditation and distribution of the New Year calendar. Earlier in the evening, youngsters put up a variety cultural program, which gave evidence of their multifaceted talents, starting at 8:30 pm till about 11 pm.



A highlight of the program was a mime on the excessive use of smartphones. On the New Year day, Ashram youngsters had games in the morning and saw a film in the afternoon. In the evening the Ashram community and visitors kindled the lamps of aspiration and participated in a special meditation in which the Ashram choir made a musical offering accompanied with reading by Tara Didi.



## REMEMBERING SHRI ANIL JAUHAR

**JANUARY 20, 2020**

A special assembly was organised to mark the birth anniversary of The Mother's International School's late Chairman, Shri Anil Jauhar who led a simple, disciplined life filled with a deep reverence for The Mother's mission. The bhajans and recitations were based on the theme of dedication to The Mother and the ideals upheld by Anil Ji. A presentation highlighting his achievements was made followed by 'Khelo MIS', a sports workshop to pay a tribute to his sporting spirit. The evening programme in the Ashram's Meditation Hall entailed a soulful music rendition by Shri. Himanshu Dutt on the flute.



## CERTIFICATE DISTRIBUTION FOR YOGA TEACHING COURSE

**JANUARY 22, 2020**

The course on teaching yoga, conducted by Sri Aurobindo Ashram - Delhi Branch finally culminated with the distribution of certificates to the successful students by Shri. Srijan Pal Singh, founder of the Kalam Foundation.





## PUNYA TITHI OF KARUNA DIDI

**JANUARY 26, 2020**

On the third Punyatithi of Karuna Didi on January 26, 2020, her students Premsheela, Minati and Linthoi made a musical offering during the Sunday Satsang. Since it was also the Republic Day, they sang some patriotic songs. Shri. Samiullah Khan, a Kirana Gharana vocalist offered his music at the lotus feet of The Mother.



## ASHRAM'S FOUNDATION DAY

**FEBRUARY 12, 2020**

The day started with an invocation of the Divine by Km. Srila Basu and Ms. Minati. Later, students of the senior wing of The Mother's International School made a musical offering of devotional songs. In the afternoon, a film on the Ashram was screened for the residents and visitors. Subsequently, continuing the past tradition, the Ashram community assembled for group pictures. In the evening, a musical rendition of Sri Aurobindopanishad, interspersed by English translation of the same by Tara Didi was put up.





## BIRTH ANNIVERSARY OF THE MOTHER

**FEBRUARY 21, 2020**

The 142<sup>nd</sup> birth anniversary of The Mother dawned with Prabhat Pheri followed by invocation for the Divine Presence in the Meditation Hall. The students of the primary wing of The Mother's International School put up a programme in the Hall of Grace replete with music, anecdotes from the Mother's life, quotations and dance performances.



Sri Smriti, an exhibition of memorabilia of The Mother was organized in the Ashram premises and attracted many visitors. 'Impressions & Expressions'- an art exhibition showcasing the paintings made by the Ashram youth and other Ashram associates was inaugurated by the renowned artist, Ms. Rita Jhunjunwala in the Ashram premises.



As the day also coincided with Mahashivaratri, the Ashram youth dedicated the first presentation in their cultural programme to Lord Shiva. The evening programme commenced with the traditional march-past, followed by kindling of lights of aspiration, with the accompaniment of music, around the Shrine and in the Samadhi Lawn. The day ended with an offering of devotional music in the Meditation Hall by the Ashram choir, and reading of the 'Four Aspects of The Mother' by Tara didi.





## SHRI ANIL JAUHAR'S PUNYATITHI

**FEBRUARY 28, 2020**

The sixth Punyatithi of Late Shri Anil Kumar Jauhar, erstwhile Chairperson of Sri Aurobindo Ashram - Delhi Branch, was observed with a musical offering by the Ashram choir and reading by Tara Didi from Sri Aurobindo's 'Savitri'.



## GOLDEN DAY

**FEBRUARY 29, 2020**

The Mother declared that on 29 February 1956, Supermind was concretely established in the atmosphere of the Earth. The sixteenth cycle of this momentous event began with an invocation of the Divine presence in the Meditation Hall. The Ashram youth organized a programme of mantra chanting and oral presentation on the life and works of The Mother, under a banyan tree near Sri Aurobindo's shrine.



'Sri Smrithi' – the exhibition of The Mother's memorabilia and 'Impressions and Expressions' – the exhibition of paintings by Ashram devotees was kept open from morning till evening. Amidst a heavy downpour, the evening came alive with musical offering interspersed with readings by Tara didi in the meditation hall. The attendees also saw a video on the 'Embroidered Dragons from the Mother's Collection'.





## HOLI CELEBRATION

**MARCH 10, 2020**



## BHUMI PUJAN FOR ASHIRVAD BLOCK

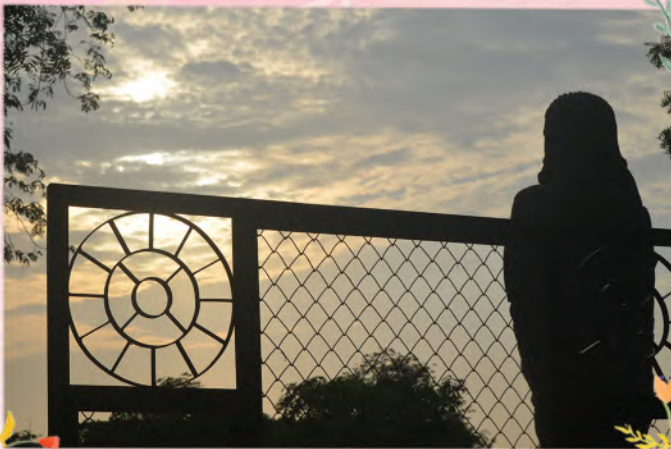
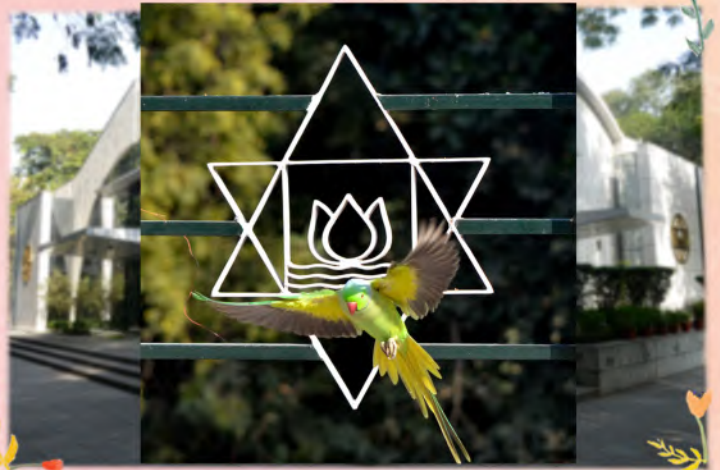
**MARCH 12, 2020**

Construction of a new building to house the vocational trainees and their associated departments began with chanting of hymns & mantras and havan at the designated site. In an atmosphere of deep aspiration and peace, Mother's Blessing Packet was laid on the foundation and covered up with the first spadeful of cement by Tara didi.





## DELHI CAMPUS GALLERY





*“The whole of our life should be a prayer offered to the Divine.”*

-The Mother



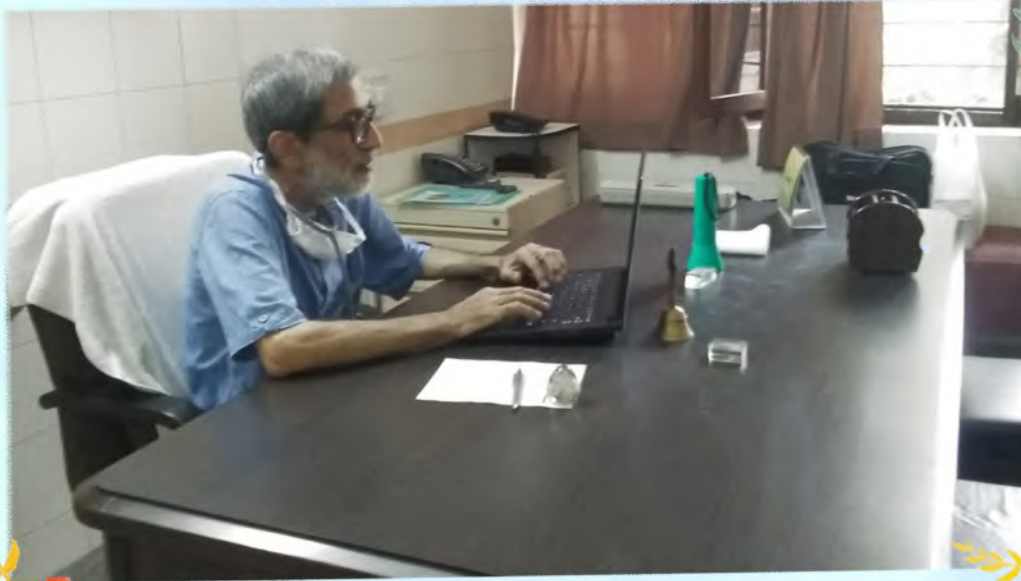
## **THE MOTHER'S INTEGRAL HEALTH CENTRE**

*An integral view of health is based on an integral view of life.*



## THE MOTHER'S INTEGRAL HEALTH CENTRE

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Health is viewed as a dynamic equilibrium between the energies acting at different planes of consciousness. These planes are universally self-existent and reflect in all living and non-living creatures as the mental, the vital and the physical. Illness is therefore seen as disequilibrium or disharmony that can be corrected by moving to a higher level of consciousness.

The Mother's Integral Health Centre at Sri Aurobindo Ashram - Delhi Branch has been inspired by this vision of an integral approach to health care and looks at the person as a whole and strives to bring about a balance at all levels of the person's consciousness. It recognizes the fact that external therapeutic measures are important tools for correcting a disorder, but their effect is enhanced if they are viewed as adjuncts in helping the body to consciously gain this inner equilibrium.

The Delhi Ashram houses an allopathic dispensary as well as speciality clinics and facilities for other systems of medicine, viz. homeopathy, ayurveda, dental services, pediatrics, ophthalmology and more. The centre also holds regular yoga, ayurveda and eye camps. Many of these services including medicines are provided free of cost to the economically poor. As part of social outreach, it also runs rural clinics in villages around Nainital, Madhya Pradesh and Odisha wherein addition to free medical aid, clothes and other essentials are also distributed to the needy.

The eye camps provide free intra-ocular transplants and spectacles to the economically weaker sections of society. The services rendered draw inspiration from the wisdom and guidance of Sri Aurobindo and the Mother, as a form of spiritual sadhana and as an overflow from it.



## CLEAN MIND PROGRAMME

The Clean Mind Programme is another initiative by the Sri Aurobindo Ashram - Delhi Branch which aims at a holistic purification process of the mind and body. The main premise underlining Sri Aurobindo and the Mother's teaching is that the earth is the site of an evolutionary process that began in matter, emerged in simpler and then complex life forms, became self-conscious in mankind and is continuing its development towards a complete fulfilment as a future Supramental being.

The Clean Mind Programme thus came into play as an experimental module to reach out to children from the economically weaker sections (EWS) as a methodology towards the greater good- an integration of spirituality into all aspects of life, to facilitate the process of growth and well-being.





Our efforts have resulted in thousands of children participating in this unique approach towards life and living. The clean mind programme recognises the fact that the quest of happiness needs a healthy body as well as a healthy mind. An “unclean” mind is typically due to disorders in our own lives, in our lifestyle and as an extension in our perception of things around us. Taking a cue from yogic wisdom, the initiative has been designed to bring about an equanimity within the individual by actively engaging them in modalities like chanting of mantras, the ancient science of prayers and invocation, havan (a consecration fire ceremony/ritual), the understanding and practice of physical culture through yogic asana, exercises and games, art and painting workshops, talks and presentations on topics relevant to the times. Nutritious wholesome meals and a token gift are other highlights of the clean mind programme. Thus the gains are in terms of larger human values. The idea is to help them connect at a deeper level, even if momentarily, and thus provide a platform for creative imagination and aesthetic experience - sowing seeds of a future blossoming!

The Manojaya project that comes under the ambit of the Clean Mind Programme reaches out to the EWS students of The Mother’s International School in Delhi. Camps are held for about 10 participants each month. Activities of the camps included talks, drawing, creative arts and nature walk. Resource persons for the camps were Ms. Madhumita Nayak, Ms. Meenakshi, Ms. Harpreet Kaur, Shri. Deepak Jhamb and Shri. Mukesh Batra.





## CLEAN MIND OUTREACH

Under the programme's outreach dimension, Mr. Lodha, Dr. Katoch and Acharya Navneet ji conducted an Ayurveda retreat on wellness from June 4, 2019 to June 10, 2019 at one of the Himalayan centres of Sri Aurobindo Ashram - Delhi Branch, Madhuban in Talla Ramgarh, District Nainital. The participants were of a mixed age group. The daily practices of lectures, yoga, games, study times and individual massages by trained Ayurveda therapists were the key points of this spiritual retreat.

In its Reverse Outreach dimension, the Clean Mind Programme conducted a camp for teachers of Ashiana Children's Home of Panchakula, Haryana from July 27-28, 2019 at Sri Aurobindo Ashram - Delhi Branch. The activities included a lecture on 'Holistic Wellness' by Dr. Surinder Katoch, and on 'Sri Aurobindo's Philosophy and Integral Education' by Dr. Ramesh Bijlani. The group was also given practical sessions of Ayurveda therapy.





At Uttarkashi, Uttarakhand the outreach was held for the students and staff of Govt. Model Primary School as well as residents of the village Kamad from June 18-21, 2019. In all, 850 persons were given health-check-ups, and participated in eye exercise routines and hatha-yoga sessions. A special programme of mantra chanting, health awareness and talks for the Yoga Day was organised.



In Thada, Rajasthan on September 4, 2019 the students and staff of the Govt. Primary School were also given sessions on art and craft in addition to health check-ups and yoga sessions, much to the joy of the young children.





The Outreach camp in Bahadurgarh, Haryana on October 10, 2019 was for ninety trainees and staff of the Footwear Development Institute (Training Centre).



In Bhatal, Rajasthan, 130 Upper Primary students were part of the camp held on November 13, 2019.



A two-day camp was conducted at Swami Dayananda Saraswati Sukhanand Career Public Inter College, Rishikesh from February 4-5, 2020. It was well attended by nearly 200 individuals. The activities of the camp included eye exercises, physical practices of yoga as well as health check-ups.





An outreach camp at Shamli, U.P. was conducted in which 120, 220 and 250 individuals attended on each of the three days of the camp from February 14-16, 2020.



Resource persons for these outreach programmes included Dr. P. Kaushal, Dr. Pardeep Kaur, Dr Bharti, Shri. Deepak Jhamb, Raksha Yadav, Seema Dabi, Shahajahan, Akanksha, Suman, Rajnish and Ajay.

## YOGA TEACHER TRAINING

The Ashram runs a yoga training and certification course each year based on Sri Aurobindo's Integral Yoga. This year the Yoga Teachers Training course was conducted by Sri Aurobindo Ashram - Delhi Branch from August 7, 2019 to December 20, 2019. The popular 20-week teaching course had the highest enrolment this year of nearly forty students. The inauguration of the course was held in the Hall of Gratitude on August 7, 2019 with devotional songs of The Mother and Sri Aurobindo by Ms. Triparna and Ms. Shubhra Maheshwari.

The course itself was co-ordinated by Dr. Ramesh Bijlani, former Professor of Physiology, AIIMS, New Delhi and Ms. Monica Chand covered physical practices. Many external experts were also invited to share their styles of yoga. The theory of Sri Aurobindo's Integral Yoga and the nuances of effects of yoga were explained. The course also had sessions on Ayurveda by Dr. Surinder Katoch and human diet and physiology by Dr. Bijlani.





## VISION IMPROVEMENT CAMPS

Vision improvement camps developed at Sri Aurobindo Ashram Pondicherry, based on Dr. Bateson's principles are held regularly in the Delhi Ashram. This year twenty-six camps were conducted benefitting 112 individuals with different eye conditions. An eye-exercise kit was also provided to the participants.

## ORIENTATION CLASSES ON INTEGRAL YOGA

A week-end orientation on Integral Yoga is conducted thrice each year for beginners as well as other yoga enthusiasts. The sessions are conducted by Dr. Ramesh Bijlani and the focus is on leading a more fulfilling and happy and healthy life through Integral Yoga and the philosophy of Sri Aurobindo and The Mother. This year the sessions were held on April 6-7, 2019 with 36 participants; October 5-6, 2019 with 33 participants and in January 18-19, 2020 with 23 participants.





## THE MOTHER'S INTEGRAL HEALTH CENTRE – FACTS AND FIGURES

Between April 1, 2019 and March 31, 2020, a total of 4634 patients were provided consultation and treatment in the health centre. A total of 1110 patients including 522 males, 558 females and 30 children sought consultation in the General OPD while 3524 patients were provided treatment through speciality clinics. These clinics function with the help of visiting consultants.

### SPECIALITY CLINICS

<b>Gynecology : 5</b>	<b>Dental : 298</b>	<b>Acupressure : 115</b>
<b>General Surgery : 10</b>	<b>Psychiatry : 148</b>	<b>Homeopathy : 24</b>
<b>Dermatology : 155</b>	<b>Ayurveda : 374</b>	<b>Counseling : 115</b>
<b>Ophthalmology : 112</b>	<b>Physiotherapy : 2163</b>	<b>Orthopedic : 5</b>

Besides, three students were given one-year training on Paramedical techniques. Two courses on First Aid and Health Education were run for fifty vocational trainees. Twenty-six vision improvement camps were carried out for 112 participants who were also provided an eye-exercise kit each. The round-the-year yoga classes conducted by the health centre saw a participation of 492 persons this year.



*"Always do what you know to be the best even if it is the most difficult thing to do."*

-The Mother



## **VOCATIONAL TRAINING**



## VOCATIONAL TRAINING

The central theme of Sri Aurobindo's vision has been the evolution of human life into the life divine. A great advocate of integral living, he strongly believed that "all life is yoga". According to him, man is a transitional being, not the final product of evolution. Further he said, "everyone has in him something divine, something his own, a chance of perfection and strength in however small a sphere which God offers him to take or refuse. The task is to find it, develop it and use it ..."

Indeed, life is not to be rejected, rather lived vibrantly with an aspiration for the highest ideal. The outer must be in tune with the most important aspect of ones being, the inner. This prophetic vision has been the driving force behind the vocational training programme at the Sri Aurobindo Ashram - Delhi Branch which has been conducting a six-month vocational training program since 1989. Young people from various regions of the country get trained in multiple trades through activities in this course.

The vocational wing of the Ashram was established on October 1, 1989 with an aim to empower the youth with practical and productive skills along with a strong spiritual grounding as its foundation. The training was initially sponsored by the Department of Youth affairs, Ministry of Human Resource Development, India to help the underprivileged youth be part of the mainstream society by training them in life-enhancing skills and useful trade, to help them lead a creative and meaningful life. The vocational programme has since grown from strength to strength and is now being sponsored wholly by the Sri Aurobindo Ashram - Delhi Branch.

It offers courses of six-month duration in areas as diverse as bakery and food processing, cookery and kitchen management, carpentry, photo framing, office management, computer science, tailoring, library science, calligraphy and painting, retail management, hand-made paper making, art and craft, web-designing and social media. The trainees are provided a rigorous hands-on training in their chosen field and an introductory knowledge of theory. These are basic courses with a strong emphasis on discipline, character-building and work ethics. As The Mother would often say "Work done in the true spirit is meditation."

A unique aspect of this vocational programme is its content in terms of the training methodology. Sri Aurobindo maintained that "nothing can be taught," meaning that the teachers can at best be facilitators, catalysts in bringing out the inherent qualities latent in the pupils. Keeping this in mind an environment has been created to provide ample opportunities for creative expression, which in turn stimulates interest in seeking out new experiences with a receptive mindset. An integral approach has thus been formulated by engaging the youth through art, theatre, music, dance and numerous theme related workshops which promotes original thinking through dialogue and discussions.

Special classes for improvement in language proficiency is another highlight of the vocational training programme. For many youth who come from remote parts of the country, it is a great confidence booster and gives them greater access to literary work.

Community service is another important aspect of the training process. Since the trainees live on the campus, engaging in community service gives them an opportunity to become active members of the organization. It inculcates a strong sense of responsibility and ownership.



Evening satsang at the Ashram interspersed with talks and devotional music creates a feeling of calm and peace. Movie screenings and cultural get togethers on special occasions create an atmosphere of bonhomie.

Equal stress is placed on physical education which is indispensable to the overall personality development of the wards. It goes beyond games and physical exercises.

Cleanliness, good hygiene habits and a positive outlook - all form part of the physical culture as taught by The Mother and Sri Aurobindo thus bringing poise and balance at all levels of their being. Food served at the dining hall is a nutritious balance of hundred percent vegetarian fare freshly cooked in the premises.

Many trainees, after the completion of the six-month course, aspire to stay on and continue learning. After due evaluation of their performance, conduct and keenness to learn they are permitted an extension and are thereafter called "aspirants". The vocational trainees as well as the aspirants are also paid a monthly stipend known as "prosperity". It is not something merely external and has a very profound significance. It denotes a symbolic acceptance and protection from the Divine and an inner commitment from the individual to work towards the good of one and all, to live with gratitude and good cheer. Medical facilities for all and assistance in higher studies for the deserving is also taken care of.

All this requires resources, meticulous planning and above all an undying commitment to the cause. The Mother has said "let money come and go in abundance for good work". Funds from Corporate Social Responsibility (CSR) and donations from devotees, patrons and well-wishers are a big support. Contributions in any form are always welcome. A lot has been done; a lot needs to be done.

The youth is the future of any nation. Sri Aurobindo Ashram - Delhi Branch continues its endeavours into channelling their talents and energies into the building of a new future. In keeping with the vision of Sri Aurobindo and The Mother, it is work in progress. The transformation of the ordinary into the extraordinary; life on earth into The Life Divine.





## HAZARDS OF CELL PHONES

Mr. Prashant Gautam from Synergy Environics Ltd. gave a talk with illustrations on the documented hazards from radiation ascribed to the usage of cell phones on May 20, 2019. He averred that sufficient evidence has already been garnered to expose this as a threat to human health. Similar to a delay of 150 years in acknowledging the hazards of smoking, he expressed fear that the hazards of mobile radiation may incur a similar fate. He also talked about a chip that can reduce the radiation hazard, and gave a practical demonstration to prove that. It is hoped that the IT industry will incorporate this solution in its products to at least partly mitigate the harmful effects of radiation.



## IMPORTANCE OF DIPAWALI CELEBRATIONS

Ms. Aparna Roy gave an enlightening talk in the Hall of Joy on October 25, 2019 to the aspirants and vocational trainees of the Ashram on celebrating Dipawali with creative depictions of rangoli around the campus. She also dwelt on the importance of lighting diyas at the entrances, dehri ka diya and making both inside and outside of our homes brighter and better by the warmth of love and joy.





## NATURAL LIVING' WORKSHOP

A workshop on 'Natural Living' was conducted at the Ashram from May 6-7, 2019, by Shri. Shailendra Singh, a graduate in computer science and a healthy living exponent. He said that most of us are not fully cognizant of the extent to which our environment is choked with chemicals, radiations and toxins. Despite their deleterious effects on our health, people have no time to even acknowledge this, much less act to mitigate the effects. The magnitude of pollution in our society came as a shocker to even the info-savvy students of The Mother's International School and Mirambika. Shri. Shailendra shared a number of healthcare, body care, home care and environmental care tips on how to make and use cleansing bio-enzymes from various fruits, vegetables, herbs & spices and mitigate the harm of these xenobiotics. The workshop also included sessions on conscious breathing and meditative communication with trees.



## CONFIDENCE BUILDING WORKSHOP

Walter Peter, an expert on 'Theatre in Education', conducted a workshop on confidence building on July 16, 2019 for the vocational trainees and other youngsters of the Ashram. He used several interesting ways to help the youngsters overcome their inhibitions. The workshop focused on body language such as making eye contact while speaking, talking to a stranger, developing confidence, group work and team management.



## SESSION ON SMART PHONE ADDICTION

A stimulating and participatory session on smart phone addiction was conducted for the Ashram youth on June 8, 2019 by Ms. Jahnvi Pandya, a fresh psychology graduate from Mumbai, and a popular Youtuber. Being quite young herself, she could grasp fully the pull of the manifold attractions including movies, games, mass media and other information galore available on the phone today. Ms. Pandya said that though extremely useful as a judicial utility, an addiction to smart phone could be equally injurious. She then gave several practical tips to empower the young audience to limit its use in the long run and how best to manage one's time so that more important things are not given short shrift.



## ART WORKSHOP

An artworkshop for the aspirants and vocational trainees of the Ashram was conducted on February 2, 2020. The resource person, Ms. Raj Choudhury, introduced the participants to tribal forms of art in India with special emphasis on Gond and Warli tribes' art forms. Ms. Choudhury is an erstwhile art teacher at the Central Institute of Education, Basic School, University of Delhi, and presently teaches at Masoom Special School located in Timarpur, North Delhi. It was an exhilarating experience for many of the participants who were novices in art.



## COURSE COMPLETION AND CERTIFICATE DISTRIBUTION

The vocational trainees in this year's April-Sep 2019 batch came from Delhi, Haryana, Nagaland, Odisha, Tamil Nadu, Uttarakhand and West Bengal. In a solemn function held on September 27, 2019, Tara didi awarded certificates of completion to 15 trainees in the Meditation Hall.





*“Teach us to be really sincere in our effort towards the Truth.”*

-The Mother



**TALKS, DISCOURSES AND WORKSHOPS**



## TALKS, DISCOURSES AND WORKSHOPS

Sri Aurobindo refers to the ongoing evolution of the consciousness as the basis of all manifestation and the psychic being as the evolving soul. The aim of each individual therefore is to create a better version of oneself. In order to foster this endeavour, the Ashram follows a planned calendar of activities which benefit the visitors as well as the people staying in the Ashram. These include daily group meditation and yogasana practices, weekly sessions on the Bhagavad Gita and the Upanishads, satsangs and talks and discourses to expound the philosophy of Sri Aurobindo and The Mother. As The Mother believed that music was one of the most powerful methods of inner opening, music is interwoven into the fabric of the Ashram activities seamlessly, besides which the Ashram holds musical evenings called 'Bhajan Sandhyas' frequently for the benefit of the spiritual seekers.

### DAILY MEDITATION SESSIONS

The Hall of Gratitude at the Ashram is open for everyone to pray and receive blessings. The collective meditation in the evenings is a daily feature in the hall to seek The Mother's blessings. Music and devotional songs by the Ashram choir is an integral part of these daily group meditations. Readings by Tara didi from the works of The Mother and Sri Aurobindo follow the meditation sessions.

### SUNDAY SATSANGS

Sunday mornings in the Hall of Gratitude are devoted to addressing challenges of life, through discourses by the Ashram's experienced and learned devotees. This year too enriching sessions were taken by Dr. Mithu Pal, Dr. Aparna Roy, Acharya Navneet, Ms. Pragya Taneja, Shri. Prashant Khanna, Ms. Preamsheela, Dr. Ramesh Bijlani and Ms. Sapna Mukherjee.

### BHAGAVAD GITA CLASSES

India has a rich heritage of scriptures and The Bhagavad Gita is one such scripture whose teachings have great relevance even in today's world. To a confused seeker of solutions to his moral problems, The Gita is a beacon of light in the chaos of a materialistic world order. Sri Aurobindo Ashram - Delhi Branch reaches out to these needy seekers through weekly discourses on the Bhagavad Gita and Upanishads. Every Thursday and Friday, Mr. Prashant Khanna conducts classes on Gita in his enchanting style, replete with anecdotes from daily life in DAIVIC, near the Samadhi Lawns in the Ashram. Dr. Tarun Baveja reaches out to the devotees keen to learn from the Upanishads through Skype classes.

### BHAJAN SANDHYA

On Saturday evenings, the Hall of Gratitude is witness to musical talents from around the world. These programmes, in which the listeners are treated to melodious music by highly accomplished or budding artists, are called as 'Bhajan Sandhya'. This year some of the highlights include, a string of popular bhajans, along with a deeper insight into them, by Ms. Jahnvi Pandya on June 3, 2019 and soulful lyrics sung with deep emotion was offered by Ms. Sapna Mukherjee in the Ashram's Meditation Hall on June 8, 2019.



A mesmerizing offering of Krishna Bhajans was made by Dr. Mithu Pal on August 24, 2019, that transported the listeners to another world altogether. On November 9, 2019 Ms. Sapna Mukherjee made an offering of devotional songs in her melodious voice in the Meditation Hall. She was adroitly accompanied on tabla by Shri. Fateh Singh.



Besides the above, which are a regular feature in the Ashram, the year also witnessed many talks and workshops by various eminent personalities on topics related to yoga.

## TALKS

### YOGA, SCIENCE AND RESEARCH

Dr. Sat Bir Khalsa, yoga researcher and Assistant Professor of Medicine at the Harvard Medical School, Boston, USA, gave a talk on 'Yoga: Science and Research' to a large audience including former yoga students in the Ashram on April 1, 2019. Some of the highlights of his talk were that a significant number of American adults now practise yoga regularly. The ashrams, yoga studios, gyms and spas play an important role in popularizing yoga there.



Yoga research is focused on postures, breathing practices, relaxation techniques and meditation, and the effects of these practices have been studied on fitness, self-control, awareness and spirituality. The effects are generally favourable in all these areas, and this translates into a global improvement in functionality. He also mentioned that further research is still needed, however, to convince administrators of the wide-ranging benefits of yoga for them to introduce it in schools, workplaces and hospitals. He concluded his talk by citing experiences of US school students who had benefited from yogic practices in terms of physical fitness, emotional well-being, improved academic performance and a leading a fulfilling life.



Dr. Khalsa, in yet another talk on 'Current Trends in Yoga Research' on November 6, 2019 addressed the current and former students of the 'Course on Teaching Yoga', as well as yoga researchers from All India Institute of Medical Sciences (AIIMS) and the Indian Institute of Technology - Delhi on November 6, 2019 in the Yoga Hall. Dr. Khalsa emphasized that further research was necessary to take yoga to schools, hospitals and workplaces. Based on his own research, he elaborated on the beneficial effects of yoga on school students which included better academic performance, more meaningful interpersonal relationships, an enhanced capacity to deal with emotions and a wider perspective on life in general.





## MYTHOLOGICAL LEGENDS OF INDIAN RIVERS

On July 3, 2019, Prof. Manoj Das of Sri Aurobindo Ashram, Pondicherry, gave a captivating talk on mythological legends associated with the sacred rivers Ganges, Narmada and Kaveri as well as the Dandakaranya forest.



## SIXTH D.N. JHUNJHUNWALA MEMORIAL LECTURE

Dr. J.P. Singh, chairman of Sri Aurobindo Society's Uttar Pradesh and Uttarakhand chapters, and a respected cardiologist of Sultanpur, U.P., delivered this year's lecture on 'India in the nineteenth century: From Sri Ramakrishna to Sri Aurobindo' on August 14, 2019 in the Meditation Hall. He emphasized on the grand design of the Divine spanning a hundred years on the canvass of India with significant and interrelated contributions from Sri Ramakrishna through Swami Vivekananda to Sri Aurobindo. One mission that was common to all three was to rid the country of the tamas that had taken hold of the nation in the preceding centuries.





## NAYE JAGAT KI PADCHAP

Dr. Alok Pandey, a well-known speaker and ashramite of Sri Aurobindo Ashram, Pondicherry, gave an inspiring talk entitled 'Naye Jagat ki Padchap' (Signs of the New World) in the Meditation Hall on October 11, 2019. While referring to the common observation that the children today are unwilling to accept conventions and traditions, he said that these may very well be signs of the coming new age, as visualized by Sri Aurobindo and The Mother. It may all appear very chaotic on the surface because we are passing through transitional times when old social structures are being gradually dismantled but the new ones are slow in filling the gap. Demolishing an old structure generates a lot of debris. Therefore, while the demolition is going on, it becomes difficult to draw consolation from the beauty of the structure that will eventually replace it. We must, however, not despair and, trust the assurance of Sri Aurobindo and The Mother.



## SHRI ANIL JAUHAR 3<sup>RD</sup> MEMORIAL LECTURE

The first Shri. Anil Jauhar Memorial Lecture was delivered on January 21, 2020 by Sister Shivani, who teaches at the Brahma Kumari World Spiritual University and also conducts motivational courses through public seminars and TV programs. She spoke to an enthralled audience of the students and teachers of The Mother's International School, Ashram residents and others who packed the Hall of Grace.





The essence of her talk was: 'Our thoughts manifest into our reality' stating that positive thoughts are a storehouse of energy which gets depleted by negative thoughts, such as anger, jealousy, and the like. Giving down-to-earth tips based on spiritual wisdom, she held to the students the carrot of five percent extra marks in the exam if for one month they did not get angry, prayed before eating, ate only home-made food, and were mindful of what they saw, heard and read. She also emphasized on the importance of self-affirmation as a regular feature of living. Her talk was preceded by the release of Dr. Ramesh Bijlani's book, 'One Book, Two Stories'.

## THE IDEA OF INDIA

Dr. Charan Singh, a scholar who teaches in Joshimath, spoke in the Meditation Hall of the Ashram on January 29, 2020 on 'The Idea of India' as perceived by Sri Aurobindo. He said, quoting Sri Aurobindo's Bhavani Bharati, that India is more than an idea; it is a living and vibrant power.



## WORKSHOPS

### SCIENCE TEACHERS' WORKSHOP

The teaching staff of Mirambika conducted a workshop in the Ashram for twenty elementary and secondary school teachers of a number of schools from Rajasthan, West Bengal, Madhya Pradesh, Uttarakhand, Punjab and Odisha from May 14-20, 2019. On behalf of Sri Aurobindo Ashram - Delhi Branch and Mirambika Free Progress School, Tara Didi welcomed the participants and inaugurated the workshop. Baren, Mehak, Jayanty and Vivek performed experiments on electricity, light, magnetism, osmosis and diffusion to show how the interest of the children can be kindled.



Srila, Kamlesh and Mehak explained the use of card games to facilitate the understanding and memorization of the Periodic Table. The groups also had a session on Integral Education with Dr. Ramesh Bijlani. Each school was also presented equipment worth **INR 30,000/-** which was generously funded by the Foundation for World Education of USA.



## MYTHOLOGY WORKSHOP

A workshop for 7-14 year olds on Mythology, with a special focus on the Ramayana, was conducted from May 20, 2019 to May 31, 2019 and again from June 17, 2019 to June 28, 2019 in the Ashram with Ms. Shubhra Maheshwari as the resource person.



As a finale, children presented bhajans and episodes from the Ramayana to the parent audience. The workshop was perceived to be educative and playful at the same time by the parents and as a commendable effort to familiarize children with their cultural roots.



## WORKSHOP ON INTEGRAL EDUCATION

A workshop on Integral Education was conducted for a batch of thirteen new teaching staff of The Mother's International School on August 23 and 24, 2019. They were introduced to the ideal of the totality of the person, and how an approach through integral education induces the psychic being to unveil itself and gradually assume direction of the three instruments, viz., the physical, the vital and the mental.



In addition, the teachers also had two sessions of asanas and pranayamas. They found it to be a very enriching experience for them.



## WORKSHOP ON INTEGRAL EDUCATION

Thirty seven third year B.El.Ed. (Bachelor of Elementary Education) students of Shyama Prasad Mukherji College for Women, New Delhi, attended a workshop on Integral Education in the Ashram on November 16, 2019. The group was introduced to the totality of the being in light of the precepts of Sri Aurobindo and The Mother and familiarized with practical methodology to impart Integral Education to elementary school children through stories and plays. The workshop helped the participants reflect on their methodologies of teaching and instilled a lot of positivity in their outlook towards teaching.





Sixty students of Bachelor of Education curriculum at Shyama Prasad Mukerjee College for Women, New Delhi, accompanied by their teacher, Dr. Hemlata, attended a one-day workshop on Integral Education in the Ashram on Feb 15, 2020. The focus of the workshop was an introduction to the philosophy and practice of Integral Education with special emphasis on mental and psychic education. Other elements included a session of yogasanas and pranayamas, and musical breaks which the students found to be very relaxing.



One hundred first year students of Diploma in Elementary Education (D.El.Ed.) from the District Institute of Education and Training (DIET), Pitampura, New Delhi, accompanied by four teachers, attended a two-hour session on the Philosophy and Practice of Integral Education in the Ashram campus on February 5, 2020.



## COURSES AND PROGRAMMES

### DECISION MAKING BASED ON SELF DISCOVERY PROGRAMME

The 4th 'Decision making based on self-discovery' program was conducted from April 3, 2019 to April 19, 2019 and again from September 2, 2019 to September 15, 2019 for two different groups of students from the Indian Institute of Technology -Delhi, with approx. twenty students in each batch. The course, with Dr. Ramesh Bijlani as the chief resource person, consisted of seven theory and seven practical (asanas and pranayama) classes. The theory sessions were on yoga, the spiritual worldview, the purpose of life, stress management, mind - body relationship in health and disease, and ancient Indian wisdom in a global context. The practical sessions gave the students sufficient proficiency to continue regular practice of asanas and pranayamas on their own.





## ORIENTATION PROGRAMME FOR NEW MIS PARENTS

Parents of children recently admitted to The Mother's International School had an orientation to the philosophy that guides the school in the Ashram's Meditation Hall on April 11, 2019. In his introductory talk, Dr. Ramesh Bijlani laid specific emphasis on the role of psychic education which goes further than value and moral education, and its importance. The talk also covered a history of the Delhi Branch of Sri Aurobindo Ashram and The Mother's International School. Dr. Bijlani introduced the group to the Ashram's myriad activities in which they could take part henceforth.



## INTEGRAL PSYCHOLOGY

Eighteen students of Counselling Psychology and three accompanying teachers from Kannur University, Kerala, attended a session on the concepts of Integral Psychology on February 5, 2020 in the Ashram campus. Focus of the session was on the way these ideas can boost the effectiveness of the armamentarium available to a counsellor. It not only overcomes the limitations of cognitive restructuring based on logic; it also equips the client to deal with psychological issues that may arise in future, besides stimulating the spiritual growth of both the client as well as the counsellor.





*"Persist in your aspiration and your effort and you will succeed."*

-The Mother



## **VISITORS TO THE ASHRAM**



## VISITORS TO THE ASHRAM

Each year the Ashram has been attracting a steady stream of visitors from across the world. These seekers of truth are struck by the simplicity and high values upheld by the Ashram. During their stay, they witness how Sri Aurobindo's philosophy of Integral Yoga is woven into the fabric of the Ashram activities. They are also introduced to the life-affirming philosophy of Sri Aurobindo and The Mother, and how this philosophy can help us live a life full of love, peace, joy and fulfilment.

## VISITORS FROM NORWAY

At the end of March 2019, sixteen students from Norway visited the Ashram with their leader, Ms. Irina Morrison as part of their 'The Mystic Express' tour of India. During their stay in the Ashram, they attended a talk by Dr. Ramesh Bijlani on 'The Journey of Life' in which the importance of the psychic being was emphasized for living a life full of love, peace and joy. The group also had an opportunity to attend an illuminating talk given by Dr. Sat Bir Khalsa of Harvard Medical School on April 1, 2019.



## VISITORS FROM MAHARASHTRA

A group of 30 persons from Mumbai on their way to Van Niwas, Nainital for a Study Camp, halted in the Ashram for a few hours. On April 29, 2019 post-dinner, their interaction with Dr. Ramesh Bijlani introduced them to the role of Sri Aurobindo and The Mother's philosophy in leading a fulfilling life.





## VISITORS FROM POLAND

A group of nine visitors from Poland, led by Mr. Filip Rucinski, while staying in the Ashram for a few days, had several sessions on August 11-12, 2019, with Dr. Ramesh Bijlani. Since most members of the group were yoga teachers, it was also brought out as to how Integral Yoga goes beyond the physical practices of yoga and encompasses all life.



## VISITORS FROM GURUGRAM

A group of 15 individuals from Gurgaon Travel and Adventure Group, Gurugram, led by Ms. A. Chitra, visited the Ashram on September 1, 2019. They were taken on a tour of the Ashram, after which they attended Dr. Ramesh Bijlani's session on Integral Yoga.



## VISITORS FROM IIT DELHI

Twenty-two students doing a course on 'Professional Ethics and Social Responsibility' at IIT-Delhi, accompanied by their teacher, Dr. Sonika Thakral, visited the Ashram on September 20, 2019. After a tour of the Ashram, they were introduced to the idea of interplay between the vital, mental and the psychic being (expounded by Sri Aurobindo and The Mother in their Integral Yoga) as the essence of ethical and socially responsible behavior in a session with Dr. Bijlani.





## VISITORS FROM GERMANY

Four German nationals led by Ms Marika Hardung on their way to Madhuban (Himalayan Centre of Sri Aurobindo Ashram - Delhi Branch) for a camp on Integral Health, stayed in the Delhi Ashram on September 29, 2019 and interacted with Dr. Bijlani on the philosophy of Sri Aurobindo and The Mother.

## INTERCULTURAL EXCHANGE PROGRAMME WITH AUSTRALIA

The Building Relationship through Intercultural Dialogue and Growing Engagement (BRIDGE) programme is an Asia Education Foundation (AEF) initiative to foster school partnerships between teachers, students and school communities across the globe. As part of the BRIDGE exchange programme, Shri. Baren Roul, a resident of the Ashram and a senior teacher at Mirambika Free Progress School, had visited the Paraburdoo Primary School, Western Australia, during May - June, 2019 and interacted with the students there to exchange knowledge of Asia and Australia, practice language skills and develop long-term friendships with them. The visit was returned by the principal of the school, Ms. Ruth Proslmeyr, during September - October 2019. At the Delhi Ashram, she interacted with the children and staff of Mirambika Free Progress School on September 30, 2019. At Kechla, from October 7-9, 2019, she was involved with the children of Auro-Mira Vidya Mandir School. Her sessions were informative and dwelt on the geography of Australia, its natives, and the teaching methods and skill levels of school children in her part of the world. Through songs and games she made the sessions interesting for the children.





## VISIT BY DEHRADUN STUDENTS

Twenty-five students of the John Martin School, Dehradun, led by Sandhya and Shravan Thadani, stayed in the Delhi Ashram from October 2-7, 2019. Apart from imbibing the peaceful and positive vibrations of the Ashram, they also attended collective meditation in the evenings, and had a story session primarily based on psychic education.



## VISITORS FROM THE USA

A group of 14 yoga enthusiasts led by Mr. Jogi Bhagat stayed in the Ashram from October 15-19, 2019. During this period, the group toured the Ashram and became familiar with the Ashram activities. In the session with Dr. Bijlani, they were introduced to the life-affirming philosophy of Sri Aurobindo and the Mother and received a set of relevant literature. On the health-wellness front, the group listened to a talk on Ayurveda by Dr. S. Katoch followed by an interactive session designed to evaluate their own prakriti and current lifestyle. They also had an option of taking advantage of the Ayurvedic rejuvenating therapies offered in the health centre. Additionally, they attended several yoga sessions by various teachers; joined a few classes of an on-going Yoga Teacher Training course, and also participated in guided meditation in the Meditation Hall.





## VISITORS FROM BRAZIL

Twenty yoga enthusiasts from Brazil led by Mr Joao Vieira visited the Ashram on February 19, 2020. In addition to touring the Ashram premises, the group participated in a demonstration of the physical practices of yoga, and had a session with Dr. Bijlani.



## VISITORS FROM THE UK

Ten school students from Lycee Francais, London, led by Dr. Robert Carr and Ms. Ernestina Meloni, stayed in the Ashram from February 20-22, 2020. Besides participating in the events organized by the Ashram on the Mother's Birthday, the group practised yogasanas and pranayamas, worked in the garden and kitchen, and attended sessions with Dr. Bijlani. The experience was a true stress-buster for many, giving them an opportunity to step out of the humdrum of modern life into the serenity of the Ashram.





*“When, in our despair, we cry to the Divine, always He answers to our call.”*

-The Mother



**VAN NIWAS, NAINITAL**



## VAN NIWAS, NAINITAL

Van Niwas, Nainital is one of the Himalayan centres of Sri Aurobindo Ashram - Delhi Branch. Every year the place is abuzz with camps and retreats with a spiritual focal point. This year was no exception. Amidst the tranquillity and beauty that nature has extravagantly bestowed upon the place, seekers come with the hope of discovering something new and go back promising to return each year. While there is everything here to cater to the needs of the elderly seeking a sanctuary in spirituality, even the young find the place conducive to adventure. The dormitories and double rooms together can host up to 200 people at a time in Van Niwas.

### STUDY CAMPS

The study camps are organized by Sri Aurobindo Ashram - Delhi Branch as a means to convey the teachings of Sri Aurobindo and The Mother to spiritual seekers. They get a chance to discover the spiritual path to liberation. The details of the camps held during the period April 2019 to March 2020 are given in the Annexures.

#### Marathi Study Camps

This year alone, seven camps were held between April and November 2019 on 'Ved Rahasya', 'Gita', 'Ishopanishad', 'Sri Aurobindo Mirra' and 'Spiritual teaching' in Marathi. These camps were co-ordinated by Shri. Krishna Dixit and Shri. Rajendra Sarodiya ji. Each of these camps had sixty participants and were facilitated by Dr. Bharati Sudame, Dr. Uday Kumathekar, Dr. Leena Rastogi, Sushri Madhavi Joshi and Dr. Ujhas Ratanaparkhi.

#### Gujarati Study Camps

Study camps in Gujarati on Sri Aurobindo's teachings were held between May and September, 2019. Sixty participants attended each of the three study camps that were organized and facilitated by Dr. Bharatsinh Jhala.

#### Oriya Spiritual Retreat

A week-long spiritual retreat expounding Sri Aurobindo's and The Mother's teachings was held in May-June, 2019 by Smt. Shanti in Oriya for over thirty participants.

#### Hindi Study Camps

Shri. Rajesh Madan and Ms. Aparna Roy facilitated a study camp on 'Sri Aurobindo' in Hindi from May 21, 2019 to May 27, 2019. It was attended by sixty participants. A 7-day study camp titled 'How to Live a Spiritual Life?' addressing the common challenge of integrating spirituality in everyday life was conducted by Ms. Aparna Roy for forty Hindi-speaking participants in May-June, 2019. Subsequent to this, Dr. J.P. Singh held a camp on 'Sri Aurobindo and Bhagwad Gita' in Hindi.



## English Camp

Jaya Jorel Berrgreen from Auroville conducted a ten-day camp on 'Sourcing Our Oneness' from November 3-12, 2019. The camp was conducted in English and had a participation of sixty-four persons.

## YOUTH CAMPS

Each year Van Niwas hosts a number of youth camps focusing on physical and mental well-being of participants aged 12-25 years. This year also there were twenty-two such youth camps with a total participation of over 1300 young people. A few glimpses of these camps are shared below:

Fifty seven young students and eight teachers from several schools in Uttarakhand participated in Body, Mind & Spirit (B.M.S.) camp from April 2-8, 2019.



Sixty students from Auro University, Surat participated in the youth camp from April 9-15, 2019.





Four different camps were organized simultaneously from May 7-15, 2019. These included B.M.S. camps for the youth of the Delhi Ashram and for thirty-seven girls from PPES, Bulandshahr. Among the other two camps, one was attended by thirty-four participants from KVO SevaSamaj, Mumbai and the other by nine participants from K.R. Doshi College, Bhavnagar, Gujarat.



The young participants in these camps enjoyed the long treks and the adventure sports. They started the day early with exercises and games. After breakfast, depending on the duration of each camp, treks were undertaken to the different peaks in the vicinity of the Ashram. As the days went by, more challenges are set for the groups in the form of scrambling, rock-climbing, rappelling, bouldering and terra terra, while being mindful of safety.

Evenings were devoted to meditation, discourses on lives of interesting personalities and camp fires where the young crowd warmed to the talent shows they put up. They enjoyed the views of Nainital and Haldwani from the peaks they visited during trekking. The Ashram's tranquillity was not lost even on the boisterous youth. They expressed feeling peaceful here and wished to come back. It was amazing to watch them take to the discipline of the Ashram with great ease and even enjoying it. They went back packed with memories of dormitory life, the incessant excited chatter in dining rooms, shrieking at the sight of leeches getting into their shoes, and just plain, beautiful silence!

## ANNIVERSARY OF RELICS ENSHRINEMENT

The 30th anniversary of the Enshrinement of the Sacred Relics of Sri Aurobindo was celebrated on May 29, 2019 by offering devotional music and early morning meditation. In the evening, a cultural programme was put up by the youth, which was followed by dinner and prasad.





*"Harmony is my aim and all that leads to harmony makes me happy."*

-The Mother



**MADHUBAN, TALLA RAMGARH**



## MADHUBAN, TALLA RAMGARH

Madhuban, a Himalayan centre of Sri Aurobindo Ashram - Delhi Branch is situated in Talla Ramgarh, which is a picturesque valley in the Kumaon hills of Nainital district. The Ashram itself, with its floral beds, fruit orchards and vegetable gardens affords a great feast for the eyes and is a worthy chapter of Sri Aurobindo Ashram - Delhi Branch. The aroma of herbs and quietude welcomes a visitor and enchants him far, far away from the madding crowds of urban living.

This year alone, seven camps were held between April and November 2019 on 'Ved Rahasya', 'Gita', 'Ishopanishad', 'Sri Aurobindo Mirra' and 'Spiritual teaching' in Marathi. These camps were co-ordinated by Shri. Krishna Dixit and Shri. Rajendra Sarodiya ji. Each of these camps had sixty participants and were facilitated by Dr. Bharati Sudame, Dr. Uday Kumathekar, Dr. Leena Rastogi, Sushri Madhavi Joshi and Dr. Ujhas Ratanaparkhi.



## SPRITUAL RETREATS

Spiritual Retreats are deeply spiritual getaways that connect participants to a space that is reflective, harmonious and synchronous with their quest for integral living and integral health. Spirituality is practised as a way of living and the participants are themselves seekers of peace. The Ashram discipline of morning shramdan, timings for meals, evening games and meditation are followed by each participant. The year's calendar at the Madhuban Ashram was replete with spiritual retreats for different age groups and catering to specific outcomes, albeit with the ultimate goal of connecting with the Divine.

A devotee of the ashram who first visited the Nainital ashram as a participant in the integral education camps, Amit ji now lives in the U.S.A. This year he visited the Madhuban ashram after many years, with his friends - also seekers on the same path, from April 2, 2019 to April 8, 2019. The simplicity and tranquillity percolating the ashram life and the in-depth discussions with Tara didi on spirituality were both emotionally moving and spiritually uplifting for them.



## OUTDOOR WORKSHOP FOR CHILDREN

Children of Matrikiran Junior School, Gurugram visited Madhuban from April 16, 2019 to April 18, 2019. These children lived in the simple, yet beautifully designed spartan dormitories of the Ashram. The idea behind this sojourn was to enable these city children to experience nature's bounty and connect with it. As an institution that believes in integral education, their school wanted to instil sensitivity towards nature and self-reliance among these children. Each child was involved with work - washing plates, making his bed, working in the garden, trekking along the river and in the nearby forest. Children loved the evening meditation sessions and enjoyed the meals together in the open dining area.





## JEEVAN VIDYA

The retreat was conducted from April 29, 2019 to May 1, 2019 for a group of nineteen devotees from Gujarat to understand and practice the philosophy of Sri Aurobindo and The Mother. Against the serene backdrop of the Ashram the group also found food for their culinary interests in Madhuban's kitchen and gardens, which also helped them connect with the Ashram residents.

## TAI CHI RETREAT

Sensei, Sandeep Desai facilitates the retreat for the Tai Chi International Academy from Mumbai annually. This year it was conducted for sixteen participants from April 30, 2019 to May 6, 2019. These participants came seeking spiritual connect for their physical and mental harmony and they participated in all the Ashram activities, especially 'shramdan'. 'Shramdan' is the daily offering of work to the Divine, in the Ashram.

## STUDY CAMP

Thirty-nine people from Gujarat came to Madhuban with Dr. Hari Pamnani and his wife from May 7, 2019 to May 13, 2019 and had discussions on rhythmic breathing yoga as developed by Shri. S N Tavaria. Each participant was enchanted with the natural beauty of the place and with the excellent facilities in the form of accommodation, meals, and access to the lecture hall and meditation hall. They also went for a daily evening trek and participated in 'shramdan', especially carrying of wood from parking area to the wood store.

## TEACHER'S WORKSHOP

Teachers from Shikshanter school, Gurgaon visited Madhuban for a four-day workshop starting May 8, 2019. The workshop was conducted by Ms. Vijay Bharti through her illumining interactions. The sessions on self-work, and discussions with Tara didi and Vijay didi were enriching for them and they felt rejuvenated. These sessions were conducted in an atmosphere that bespoke of the principles of integral education of Sri Aurobindo and The Mother. Besides, the magical quality of the serenity and beauty of the Madhuban ashram touched the hearts of these teachers deeply.

## ARVIND DARSHAN

Mrs. Krishna Dixit and Sudhir Pandey ji conducted a retreat for 30 sadhaks from May 14, 2019 to May 20, 2019. The schedule included morning yoga and exercises, and in the afternoon lectures on Sri Aurobindo in Marathi.



## KRIYA YOGA RETREAT

Per H. Vibe led the fifth Kriya yoga retreat in Madhuban from May 21, 2019 to May 27, 2019. The focus of this retreat was to practise the technique of silence and experience solitude and the universality of human life.

## FAMILY RETREAT

A family retreat was also organised this year concurrent with the Kriya Yoga retreat. The intention of this retreat is to create a space for like-minded families to meet, spend time together, and work towards collective progress. This year, there were twelve adults and nine children. Markus gave yoga sessions for parents and children, and also taught the children a song, as well as how to play the ukulele. The children put up a small musical performance for everyone on the last day. Subhash bhaiya, an ashramite, took the participants for a trek to Mountain Paradise. Raie, a parent and an artist, worked with the children every day and helped them draw and paint, absorbing the serenity of the valley and bringing out their creativity. The children finished a painting each of the flowers of Madhuban and decorated the dining hall with their creations. Ravi bhaiya, an alumnus of MIS and an Ashram volunteer, taught astronomy to the children using the new state-of-the-art telescope at Madhuban.





## AYURVEDA RETREAT, CLEAN MIND PROGRAMME(C.M.P.)

Mr. Lodha, Dr. Katoch and Acharya Navneet ji conducted an Ayurveda retreat on wellness from June 4, 2019 to June 10, 2019. The participants were of a mixed age group. The daily practices of lectures, yoga, games, study times and individual massages by trained Ayurveda therapists were the key points of this spiritual retreat.

## ONENESS RETREAT

The Oneness Community is a group of entrepreneurs that comes to Madhuban annually to reconnect with their inner self. They seek to experience peace through silence and work towards spiritual growth. Sameer Guglani, who coordinates this group, brought a group of eleven members this year from June 11, 2019 to June 17, 2019. The participants took to the Ashram's routine with great ease performing shramdan daily at the Ashram.

## DISCOVER HEALTH AND JOY WITHIN

This camp was conducted from June 18, 2019 to June 24, 2019 by Acharya Navneet ji with the aim of initiating the 24 participants on the path of practical spirituality. The camp sought to familiarise the seeker with his true self through lectures and sessions for exchanging ideas and experiences with time for meditation.

## SPIRITUAL RETREAT

Saraswati and Raghu Markus, with twenty-five other sadhaks, came for their spiritual retreat to Madhuban from September 20, 2019 to September 28, 2019. The group participated in treks, music sessions, ashram routines and visits to the different temples of Baba Neem Karoli in the nearby Himalayan terrain. The focus of this group was to work with nearby village schools. The art sessions and music that they brought to the children in the valley is an annual gift from them.





## MEDICAL RETREAT

Dr. Marika from Germany came to Madhuban with a small group of fellow doctors to spend quiet time and self-healing for their own group from September 30, 2019 to October 6, 2019. They also did medical check-ups for a few ashram inmates and went on a long trek to the mountains. Their presence and connect with Madhuban was valuable for them as well as for the ashramites.

## OUTDOOR LEARNING EXPERIENCE

The Mother's International School brings children to the Madhuban Ashram each year to help them experience calmness away from their homes while ensuring safety. This year nearly 120 children of the junior school of M.I.S. visited Madhuban in three separate batches from September 28-October 1, October 9-12 and October 13-16-2019. The children went for treks along the river and the Ashram forest land. Their enthusiasm was palpable! Every evening they had a cultural night where the children watched interesting videos. On the last day they put up a cultural programme on the themes of 'Swachh Bharat' and 'Conservation of Resources'.

## SADHANAS OF PURNA YOGA IN DAILY LIFE

Facilitated by Dilip Bhai and coordinated by Arun bhai Mistry, the subject of the study camp held from October 9-18 this year was – 'Purna Yoga in daily life'. Nearly seventeen participants from different places in Gujarat like Vadodara, Navsari, Amalsad, Bilimora, Vanakbori and Puducherry participated in all activities of the camp enthusiastically including early morning yoga and study sessions of 45 minutes duration thrice a day. During their spare time, the participants also undertook small daily treks suited to their interest and capacity, in the vicinity of the Ashram. Many of them, connected with different spiritual centres, were immensely satisfied with the amenities provided at the Ashram. All of them abided by the norms of the Ashram, and went about their regime in quiet discipline. They were prompt for the evening meditation sessions which they never missed. In short, they found tremendous joy in this spiritual venture and took back fond memories with them.





## **SPIRITUAL RETREAT**

Ahmed Elfouly and a small group of spiritual seekers held their spiritual retreat this year from October 13-23. They had sessions on yoga, sharing personal spiritual experiences at both Madhuban and Van Niwas camps. They also took part in 'shramdan' enthusiastically.

## **SRI AUROBINDO UPANISHAD**

Shri. Kaivalya Smart brought a group of 34 sadhaks from Gujarat from October 30, 2019 to November 5, 2019 for a study camp on Sri Aurobindo's Upanishad. The participants were deeply in sync with Sri Aurobindo's philosophy. However, their interest also reached beyond the meditation room into the Ashram kitchen as they shared their culinary skills with the Ashram chefs also. The Ashram menu now is updated with the names of new dishes they taught during their stay.

## **SOURCING OUR ONENESS**

'Sourcing Our Oneness' is a gathering of participants on the path of Sri Aurobindo's yoga. Jaya from the Unity Pavilion, Auroville has been holding this space every year. This year she was joined by Uma from Upasana, Shiv Kumar and Dr. Arti from the Pondicherry ashram, Tara didi, Jayanthy and Dr. Anju Khanna from the Delhi Ashram. Artists, the technical support team and youth from Auroville, Pondicherry and Madhuban and eleven girls of TREC participated in this wonderful gathering. From November 12-14, 2019 the group worked together enthusiastically on Sri Aurobindo's five dreams. The Madhuban campus hosted the rigor of work after which the Van Niwas campus posed a space for quiet reflection. The group embraced the spiritually uplifting effects and aspired to take the work forward.

## **INTEGRAL EDUCATION**

The village schools in the vicinity of the Ashram have been adopted for capacity building. Teachers have been empowered through workshops for science, mathematics, sports, storytelling, art and craft. Schools have been given infrastructure support in terms of teaching equipments and books. The Ashram has also worked towards inspiring children in the locale towards education through workshops for reading, writing, art, science, mathematics and values. The beneficiaries of these ongoing efforts are the Sunrise School, Shishu Mandir and the Himalayan Public School.

## **CREATIVE WRITING WORKSHOP**

From June 1, 2019 to June 7, 2019, the children of the Talla valley attended a workshop on creative writing. The resource persons for the workshop were from the Bal Pahari organization. The Ashram hosted them and connected them with the children in the locale. They worked with the children of these local village schools, and on the final day, helped the children put up a cultural programme.



## SCIENCE WORKSHOP

In order to develop a scientific temperament among the school children of the Talla valley, and also to reflect on the myths and notion of witchcraft among the villagers, 260 high school children from the local schools were selected for a three-day science workshop starting June 11, 2019.

## WORKSHOPS FOR TEACHERS

Teachers from various Kumaon village schools - the Sunrise School, Hitesh Vidya Niketan, Himalayan Public School, Shishu Mandir, Soodling's Paradise Public School, Woodland School and Avani School visited Sri Aurobindo Ashram - Delhi Branch for workshops on story-telling, mathematics, science and sports. They were also given instructional materials by the Ashram for use during the teaching-learning process in their respective schools. Ms. Seema Wahi took classes for teachers of Sunrise, Shishu Mandir and Chirag schools for puppetry and story-telling in the Madhuban Ashram. Mr. Siddhartha and Ms. Smriti conducted story-telling, story book making and weaving songs to develop their creative abilities. Thirty children and four teachers from the Sunrise and Shishu Mandir schools visited Van Niwas, Nainital, for a four day, creative writing workshop conducted by Shri. Kirloa Ji. A group of writers working on children's literature inspired these children and many creative poems and passages were 'spun' during these sessions.





## SANITATION DRIVE IN THE VILLAGE

As part of school community work, a sanitation drive with participants from three village schools and the Ashram community was successful as the village Pradhan, the Block Development officer and the local village shop owners came together to brainstorm on how we can work on keeping Talla Ramgarh clean and have a waste management policy. The drive was steered by the Madhuban Ashram.

## TEACHER RESOURCE AND EDUCATION CENTRE (TREC)

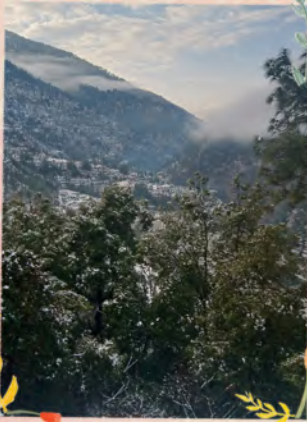
A two-year program has been started by the Madhuban Ashram for educating the village girls in aspects of integral education. This year the course commenced with eleven girls who were groomed on the nuances of self-development through observation and self-reflection. They played games, had sessions on yoga, English, computers, art, music, mathematics, science, history, geography, aspects of Montessori and early child development. Dr. Kamala Menon and Dr. Anju Khanna have led the program with support from the Delhi Ashram and 'Friends of Madhuban' - a team in the U.S.A. Resource persons for the programme included experts from the Delhi Ashram, local village educationists and visiting faculty from the Oneness project. Besides, faculty members from Delhi University are helping both in curriculum enhancement and teaching. TREC is a unique offering to the villages around Madhuban, and even during the lockdown due to Covid-19 virtual classes were held in the month of March 2020.





## MADHUBAN ASHRAM AS AN ECOLOGICAL SPACE

The Ashram has adhered to the ecological principles of water conservation, organic mulching and vermi-composting both for internal use as well as for training the villagers as part of the Hariyali project in Madhuban. As part of the project, the village youth and women have been given an experience of organic farming, poly house farming, vermi-composting and horticulture. These have been accomplished through one-to-one sessions with the village women, field visits to organic farms as well as workshops on organic farming.



## VILLAGE HARMONY AND WOMAN EMPOWERMENT

The village outreach programmes inspired by Sri Aurobindo and The Mother are facilitated with village women as the key stakeholders of the projects. Many initiatives have been developed with this focus, as discussed below:



## THE VILLAGE KNITTING GROUP

Under the project –‘Village Kushali’ supported by the Foundation of World Education (F.W.E.), Madhuban Ashram facilitated the empowerment of the rural women. Ms. Manju, from the village, coordinates this program which involves building their skills in intricate knitting, colour coding patterns, fine work in crochet use and materials management.

Ms. Anuska from Delhi helped in designs and wool procurement. Ms. Sumita Mittal from Meerut extended support for procuring material for crochet making and also conducted a four-day workshop for these trainees. Ms. Uma Prajapati from Upasana, Auroville accompanied the women trainees to the bigger production units and has been mentoring them for design, finesse, packaging and customer needs to develop new markets for their produce.

The women meet in the Khushali centre every Tuesday, beginning the sessions with readings from the Mother’s works. Chanting is an integral part of their daily routine and marks the beginning of their work-day. This group of women are all homemakers from the area and they now feel empowered, having learnt specialized skills which enables them to earn a monthly income from sales of the products made.

## STITCHING CENTRE

Supported by the F.W.E. under the project ‘Village Harmony’, the Madhuban ashram has become a space for training the village women and girls to learn stitching as a livelihood. The training centre has fourteen machines and the material for stitching is provided by the Delhi Ashram. The trainees have a well-structured six month course curriculum which is overseen by two village women, Ms. Geeta and Ms. Mamta.

## WOMEN’S CO-OPERATIVE BANK ACCOUNT

Under the directive of a President and a Secretary appointed by the women from the knitting and stitching centres, a co-operative bank account was started for the welfare of these women. Nearly twenty women workers became the first members to join this initiative by depositing INR 100 each. This is an important step in their financial independence. The amount collected through the sale of knitted and stitched products is also deposited into this account. Financial management is also done by these women under the guidance of Madhuban Ashram for auditing accounts and disbursement of payments to the women workers.

## MADHUBAN DENTAL PROGRAMME

The preventive dental programme for the schools of Talla Ramgarh, took place for the sixth consecutive year in 2019. It is organised by Sri Aurobindo Ashram - Delhi Branch, coordinated by Madhuban ashram and supported by Mother’s Blossoms, in collaboration with Auroville Dental Centre for Education, Research & Rural Action (ADCERRA).



It was carried out by a team of four members from June 24 to July 6, 2019. The team provided education on oral health and nutrition, child safety, check-ups, scaling, sealants, and ART treatment. With this programme, there has been an observable improvement in the students' oral hygiene. For example, caries has reduced in the students of the three participating schools due to the oral care provided in the last five years. Further, only 22 students, out of the 195 students screened, needed teeth cleaning. Nearly 23% of the oral hygiene problems were detected from the new students joining the programme, who had not been screened previously. Primary and permanent teeth fillings were also provided to the new students, who had more caries than the students who had already been treated. Almost 22% of the 24% cases with permanent caries could be treated. The 2% cases that could not be treated was because of the particular root system. This year, the dental care team also treated a few students from the nearby colleges, who came voluntarily for treatment. The students' oral hygiene was poor, and some had many molar teeth that were decaying till the root level. In comparison, in the three schools where the team has done regular treatment, the students' permanent teeth were in good condition and the fillings were intact. The students who came to the camp this year belonged to Talla Ramgarh, Malla Ramgarh, Pali, Jhuitya, Nakana, Nathuwakhan, Hartola, Sakkina, Behrakot or Loshgane which are 5-25 km. away from the Ashram and are at a height of 1500-2500m. This year, many students came by van, bus and car while some also walked to the camp.

## INTEGRAL SPACE FOR CREATIVITY

Madhuban Ashram has this year emerged as a space for the discerning writer, photographer, artist and seeker of quietude. In the past also, the Ashram has nestled writers, poets, artists and musicians who came to create their own work amidst the tranquillity of the Ashram.



This year, the programme titled 'Wings of Spirit' was curated by Prof. Sehdev Kumar and Gayathri Majumdar, both authors, poets, and dreamers, who wished to bring together poets, musicians, and artists from the global creative community in the Divine Kumaon range of the Himalayas where they could truly soar. From September 12, 2019 to September 19, 2019 nearly twenty poets, writers and singers from Pune, New Delhi, Bangalore, Mumbai, Pondicherry, Allahabad, Rourkela, Paris, Toronto and Nainital district came together at the Madhuban ashram to share their work, artistic passions and spiritual journeys. From the word go, everything fell into perfect synchrony and it was evident that a Divine hand was at work.



## MADHUBAN VILLAGE OUTREACH COMMUNITY



## STITCHING CENTRE





## VOLUNTEERS IN MADHUBAN

The volunteer community is an important part of Sri Aurobindo Ashram - Delhi Branch and all its centres. The volunteers are actively involved in all the Ashram projects while enjoying the solace of the Ashram and creating opportunities for self-reflection and inner harmony. Like every year, this year also the Madhuban ashram had many volunteers from across the globe. Adam, a fashion designing student from the U.S.A. helped with the tailoring unit, overseeing designs and enhancing creativity. Henry, a gap year student from Germany helped in the sports department. Xavier from the U.S.A. helped with the gardens. Frank from Holland, Keshav from Gurgaon, Pallani from Eco-services, Auroville, and Vipesh from Punjab helped with gardening and waste management. Marcus from Holland helped with yoga classes, Nonita helped with steering the photographs and coordination work with different volunteer teams during Madhuban's Founder's Day and Relics' Enshrinement Day celebrations on June 7, 2019. Eight teachers from the Shikshanter School, Gurgaon also volunteered for setting up an exhibition on Madhuban as part of the celebrations and also helped in preparing the resource centre in the Madhuban Sada Sukh area. Five students from the Auro University volunteered for gardening, sanitation drive, the Madhuban exhibition and to connect to the local village Block Development Office. Veronica, from France helped with starting the initial TREC work on 'self' with the beautiful handbooks that the community made. She also taught the kitchen staff to make soups, salads with dips and baking dishes. Ravi Narula from Delhi helped with computer classes. Amit Agarwal from Meerut helped with the gardens and helped multiply the rose creepers and also participated in community responsibility in areas of laying the drip irrigation pipes and experimenting with succulents. Markus, a volunteer from Germany, is a yoga instructor and musician. He worked with both the parents and the children in different time slots, practising yoga. He also taught the children a song, as well as how to play the ukulele, and they put up a small musical performance for everyone on the last day of their camp.

## DEVELOPMENTAL WORK ON THE MADHUBAN CAMPUS

Matri Kunj has been developed into a model for organic farming of vegetables. The construction of the cow shed was completed this year. It is home to two cows and a calf named 'Khushi'. A basket ball court and a volley ball court were constructed to enable the the village children and the Ashram youth to play. Drip irrigation was enabled in Matrikunj and in the flower gardens. Besides the above, the road to 'Sadasukh' was paved, a net was placed in the Sadasukh area and the badminton court. The road was extended till the parking lot of the Ashram. Repair work of the Sadasukh area, fruit godown, Abhipsa block and the Kurban block were successfully completed. Geysers were put up in Dhara block and Kurban block, while an invertor was installed in the Abhipsa block. Painting work was done in the dining hall and kitchen area. Solar lights were installed in fifteen designated sites. The construction of the carpentry shed was completed.



## APPRECIATIONS

"I felt privileged to be in the calm place where I actually felt peace. The Ramgarh Ashram 'Madhuban' is a heavenly place."

"The stillness in the mountains is mesmerizing and touches a pure chord in all of us. I am sure each one of my friends resonated with the serene and healing vibrations all around."

"Coming back here in the city made me realise that even the trees here are not as friendly as they were in the Ashram. The stress here has also weakened the harmony of things around us."

"Anju didi holds the space with love and abundance that one feels in all the work in Madhuban."

"The sessions were meaningful and engaging and yet I feel that I really need to expand my horizon of thoughts, exploration."

"If I close my eyes and sit quietly for a moment, I can recall the whole experience and feeling of Madhuban in me."

"Thanks to all the team specially Anju didi with her presence, love and care, Subhash bhaiya with his trekking gear and Munna bhaiya in the kitchen who makes it happen and look after Madhuban."

"We would like to specially thank Tapan da whose presence made a big difference in the Ashram. He was always present in the dining hall and helped things move smoothly." – M.I.S. Teachers

"The food was excellent. Some children felt it was better than the food they get at home. Best of all, no one wasted any food." – Ms. Preeti, M.I.S. Faculty



## GLIMPSES OF MADHUBAN





## GLIMPSES OF MADHUBAN





*"You must live with your heart full of peace and your mind full of hope."*

-The Mother



**KECHLA CAMPUS  
ODISHA**



## ACTIVITIES AT VILLAGE , DIST KORAPUT, ODISHA



As part of karma yoga sadhana envisaged in the teachings of Sri Aurobindo and The Mother, the Auro Mira Service Society adopted the Kechla village. Although generously gifted by nature in terms of scenic beauty and pristine air quality, the area lacked basic amenities for sustaining life. The Society's intervention in the area has resulted in supply of potable water and electricity, construction of roads, establishment of a primary school and the establishment of a health care facility for the benefit of the tribal people inhabiting the area. The Society works with the mission to realize the Divine in the mortal world through enlightened work lubricated with devotion.

The Society in association with Sri Aurobindo Ashram - Delhi Branch has been engaged in development work at Kechla and its adjoining villages through its various initiatives. These initiatives are focused on three main areas - health, environment and education. The highlights of the work done in these areas in the preceding year are shared below:





## INTEGRAL HEALTH OUTREACH PROGRAMME AT KECHLA

The Auro Mira Service Society has been co-ordinating the health services extended by Sri Aurobindo Ashram - Delhi Branch to the various stakeholders in the society - children, teachers, volunteers, as well as to the people of the adjoining villages. These include providing first-aid and also referrals to hospitals in Koraput for carrying out speciality consultation, investigations and minor surgeries. In case of chronic illnesses and diseases of severe nature, children have also been shifted to the tertiary care centers in Delhi and Vishakhapatnam.



## ENVIRONMENT INITIATIVES IN KECHLA

In order to spread environment awareness among the village folk in the area, the Auro Mira Service Society has engaged in various activities. Among children, these activities are aimed at increasing their sensitivity towards the environment. This is integrated seamlessly into the fabric of teaching methodologies in the Auro Mira Vidya Mandir in order to create more responsible and environmentally sensitive youth in future.

The society also strives towards making the villagers more knowledgeable and also provides the necessary support to them in terms of tools and equipments. Over the years, many tools and equipments have been purchased to support the plantation and environment work within the Kechla campus. Tree plantations have been done regularly on a large-scale within the society as well as in the adjoining denuded forest lands. This effort has resulted in a variety of fruits, flowers and herbs growing here.

It has also created livelihood for the local village folk who work in the gardens here. The delicious produce from these gardens is used for cooking and enjoyed by the children of the Auro Mira Vidya Mandir. With the aim of providing livelihood as well as to inspire the villagers to adopt natural agricultural practices, they are referred to the coffee and black pepper plantations in the nearby Padua and Chhatua areas.



Three groups each consisting of twenty individuals from the society as well as the villages, were sent to these plantations. In addition, one group was also taken to visit the progressive coffee village, Kasampadar of Padwa, to interact with the coffee growers in the region. Later, they also visited the coffee estate and spoke one-to-one with a coffee farmer to learn their farming methodologies. The society extends support to the farmers for use of eco-friendly farming, through its own experience of best farming practices.





## SPONSORSHIPS OF STUDENTS AT AURO-MIRA VIDYAMANDIR, KECHLA

A free-progress school, the Auro-Mira Vidya Mandir (AMVM) focuses on self-paced learning for a child. Challenging the norms that function at prominent city schools, the school discourages rote-learning and acquisition of bookish knowledge. The premise of learning emphasized and practised here is practical knowledge through hands-on experience.

The school receives financial support through the sponsorship programme of Sri Aurobindo Ashram - Delhi Branch. Besides, the Ashram has also been providing support in terms of clothes, books, furniture, musical instruments and sports equipment to the children of the AMVM. The children's learning is also enriched through the visits of guest resource persons, devotees, volunteers and Sadhaks of the Ashram. and MIS children to Kechla as well as other efforts of the Delhi Ashram. The Ashram invites students to come to Delhi for getting help in higher education. The children also visit Delhi and other centers of the Ashram for trips.





AURO-MIRA VIDYAMANDIR, KECHLA





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

-Sri Aurobindo



## **BOOKS PUBLISHED**



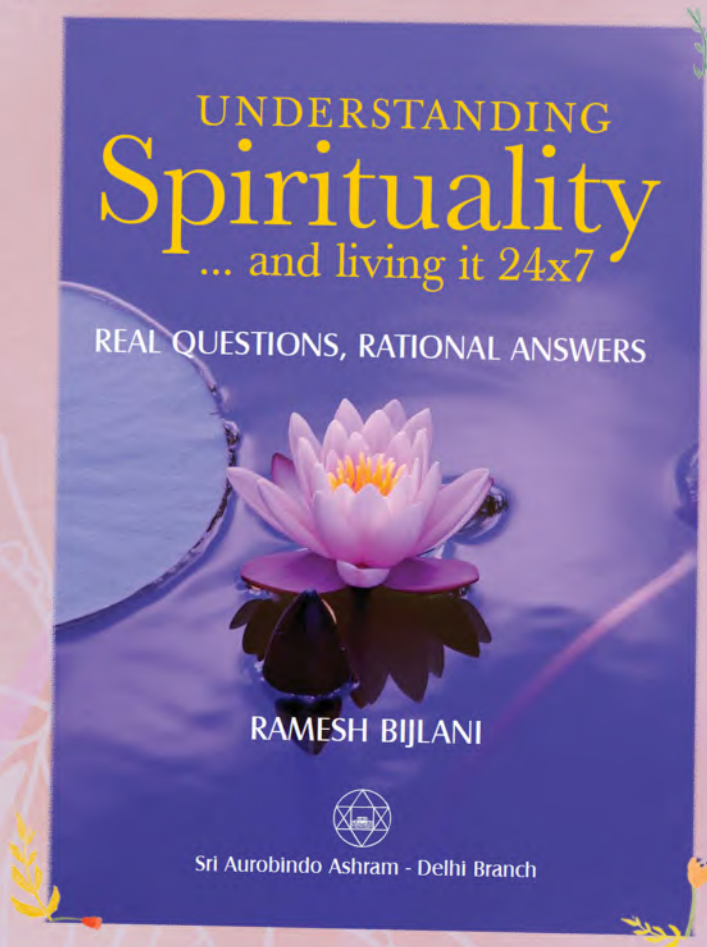
## BOOKS PUBLISHED

*Books are the plane, and the train, and the road.  
They are the destination and the journey. They are home. – Anna Quindlen*

Books are undoubtedly a man's best friend. In them we find what we seek. And so does the spiritual seeker. In keeping with the needs of the spiritual seekers, the ashram reaches out through its many publications, some in print and some which are circulated electronically. 'Realization' and 'The Call Beyond' are two publications of the ashram which have been circulated electronically for many years now. Besides these magazines, the ashram has also been publishing a steady stream of books extolling the ideologies of the Mother and Sri Aurobindo. During the year 2019-20, the ashram's Delhi branch published the following books.

### UNDERSTANDING SPIRITUALITY ... AND LIVING IT 24X7. REAL QUESTIONS, RATIONAL ANSWERS

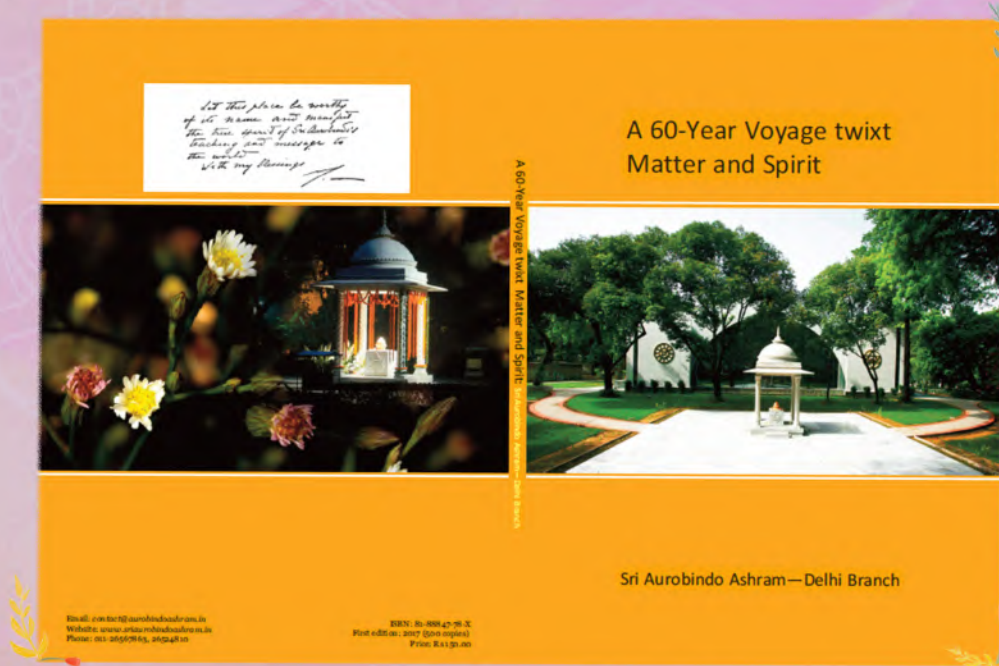
The book explains in simple language the life-affirming spiritual philosophy of Sri Aurobindo and The Mother, and its role in living a healthy, happy and fulfilling life, while at the same time making the world a better place to live in.





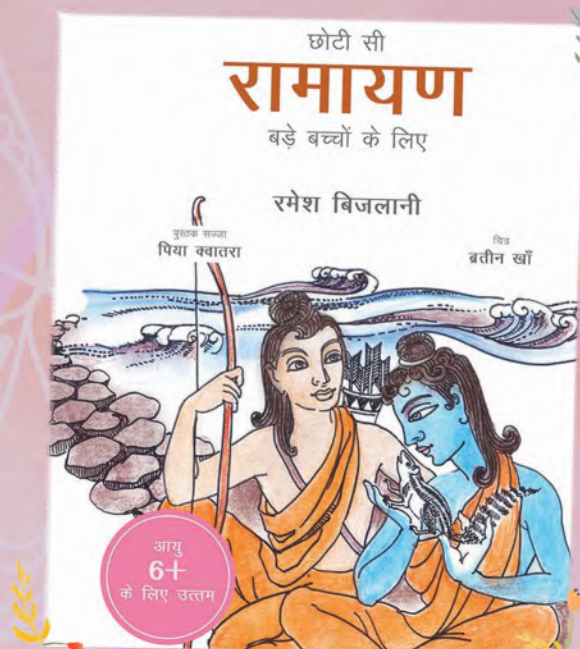
## A 60 YEAR VOYAGE TWIXT MATTER AND SPIRIT

It is a pictorial book intending to introduce visitors from India and abroad to the activities and history of Sri Aurobindo Ashram - Delhi Branch, Sri Aurobindo Education Society and Auro Mira Service Society.



## CHHOTEE SEE RAMAYANA BARE BACHHON KE LIYE

The book retells the story of Ramayana simply and briefly so that it can be understood and enjoyed even by a six year old child. The book includes questions and activities that will make the book interesting also to older children, at least up to the age of ten.

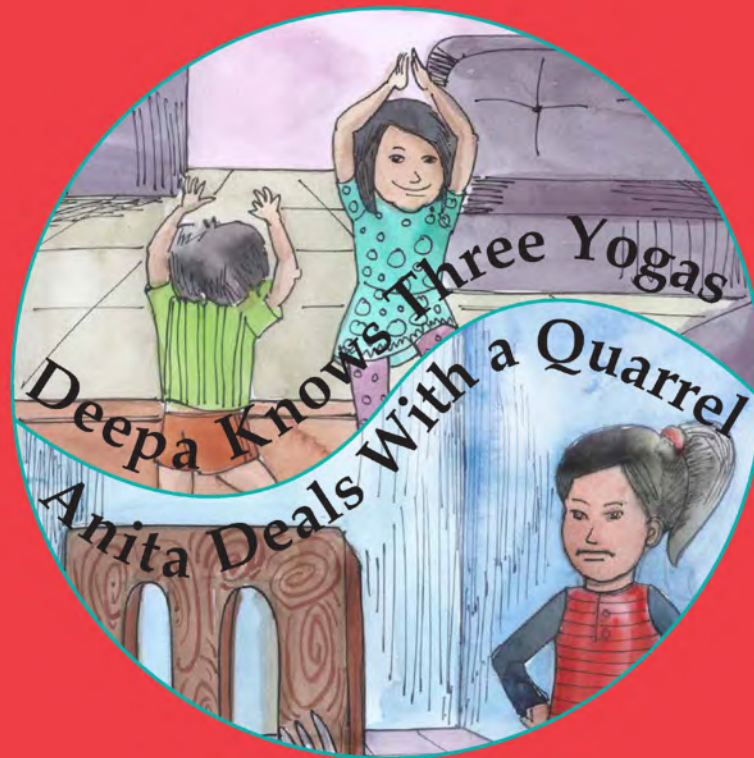




**ONE BOOK, TWO STORIES. DEEPA KNOWS THREE YOGAS.  
ANITA DEALS WITH A QUARREL.**

Through the medium of stories, the book aims at introducing two important ideas about yoga. First, that yoga is much more than the physical practices with which it is commonly but erroneously identified. Secondly, that we are not the doers but only instruments in the hands of God.

## One Book, Two Stories



Ramesh Bijlani

Illustrations  
Sarita



*"Nowhere will you be able to find peace unless you have peace in your heart."*

-The Mother



## **THE YEAR AHEAD**



## THE YEAR AHEAD

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

The team at Sri Aurobindo Ashram - Delhi Branch will continue with social initiatives and efforts to focus on projects and programs to spread the true meaning of education and yoga as envisaged by The Mother and Sri Aurobindo. Our efforts are to make an impact on the children and youth, as they hold the future of our country.

The coming years hold a special place with the 100th Anniversary of The Mother's final arrival at Pondicherry in 2020 and the 150th Birth Anniversary of Sri Aurobindo in 2022. We are making all efforts to focus on the vision of The Mother and Sri Aurobindo to spread their teachings on Integral Yoga and Integral Education through workshops, seminars, publishing books, films and exhibition. We are internally working towards going more digital and make teachings available online wherever possible and feasible.

The mandate given by The Mother to make Sri Aurobindo Ashram – Delhi Branch worthy of its name has taken one big leap through the meeting that we had with The Prime Minister of India, Shri Narendra Modiji. Meeting him was very encouraging because he understands the relevance of Sri Aurobindo in today's age as a spiritual master, an educationist and a national icon. We are sure that with his support and guidance, the 150th Birth Anniversary of Sri Aurobindo would be celebrated in a manner befitting the stature of Sri Aurobindo.

We look forward to the support of all our devotees, volunteers and the extended Ashram family in the coming years to manifest the vision of The Mother and Sri Aurobindo together as a team.





*“True harmony, inner organisation is the result of such a persistent effort.”*

-The Mother



## **ANNEXURES**



## SPONSORSHIPS – 2019-20

171 students were under our sponsorship and a sum of Rs. 4,788,436 was spent on them during the year as detailed below:

STATE	SCHOLARSHIPS		REMARKS
	No. Children	Amount Spent	
Delhi	20	329,014	To those doing miscellaneous academic <ul style="list-style-type: none"> <li>• Graduate and PG courses (10)</li> <li>• Music (3)</li> <li>• School (5)</li> </ul>
Odisha	120	3,953,422	To those doing miscellaneous academic <ul style="list-style-type: none"> <li>• Graduate and PG courses (11)</li> <li>• School (109)</li> </ul>
Uttarakhand	12	2,16,000	For different academic courses
West Bengal	9	72,000	For different academic courses (4) Music (5)
Jodhpur	4	48,000	For different academic courses
Madhya Pradesh	6	1,70,000	For different academic courses
Grand Total	171	4,788,436	

## STIPENDS TO VOCATIONAL TRAINEES

A sum of Rs. 4,40,000/- was the amount incurred on stipend paid to 53 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	REMARKS
Delhi	53	4,40,000 /-	Stipends to vocational trainees learning one of the trades under SAIVT apart from free boarding



## DONATIONS BY SRI AUROBINDO ASHRAM IN 2019-20

An expenditure of Rs. 4,40,000/- was incurred towards stipend paid to 53 students of the Sri Aurobindo Institute of Vocational Training who are undergoing basic training in various trades in six-month courses.

DATE	INSTITUTE	REMARKS
April 2019	Ma Mandir	Fans, Books, Clothes, Furniture
May 2019	Capt. Priti (Anand Parbat)	Old School Furniture
June 2019	Better World Gurgaon	Furniture, Books, Education Games.
July 2019	Antyadaya Niketan New Delhi	Clothes, Furniture, Bathroom Tuff, Woodens
August 2019	Delhi House Society	Clothes, Toys
September 2019	Ranjana Haldwani	Furniture, Books
November 2019	-	-
December 2019	Better World Gurgaon	Old School Furniture
January 2020	Madhuban Schools	Furniture, Books, Educational games.
February 2020	-	-
March 2020	-	-

## VOCATIONAL TRAINING (2019-20) FACTS AND FIGURES

AREA OF TRAINING	NO. OF TRAINEES
Computer Basics and Office Administration	49
Tailoring	08
Hand made Paper Making, Paper craft, Book binding and Screen printing	13
Electrical Repair and Maintenance + Carpentry	09
Cooking, Bakery & Food Processing	10
Para Medical	06
Panchkarma	02



## SCHOLARSHIPS AND SPONSORSHIPS AT MADHUBAN – 2019-20

Parent's Name	CHILD'S NAME	SCHOOL	AMOUNT
Amar Singh	Mahesh Singh	Govt. Intercollege, Tadagtal, Almora	15,000/-
Amar Singh	Gopal Singh	Govt. Intercollege Tadagtal, Almora	15,000/-
Lalu Yadav	Rekha Yadav	Saraswati Intermediate College, Ping, Babaganj, Pratapgarh	15,000/-
Bhopal	Ritika Arya	De Vito High School, Bhowali	15,000/-
Bhopal	Rohit Arya	De Vito High School, Bhowali	15,000/-
Lachi Bhatt	Hema Bhatt	Saraswati Vidya Mandir, Talla Ramgarh	15,000/-
Lachi Bhatt	Nirmal Bhatt	Saraswati Vidya Mandir, Talla Ramgarh	15,000/-
Sonu	Bhoomika	Sunrise School, Talla Ramgarh	15,000/-
Geeta Bisht	Shankar	Sunrise School, Talla Ramgarh	15,000/-
Geeta Bisht	Radha	Sunrise School, Talla Ramgarh	15,000/-
Asha Fartiyal	Karan Fartiyal	Sunrise School, Talla Ramgarh	15,000/-
Asha Fartiyal	Divya Fartiyal	Sunrise School, Talla Ramgarh	15,000/-
		<b>Total</b>	<b>1,80,000/-</b>

## CLEAN MIND PROGRAMME, 2019-20

S.No.	PLACE	CAMP DATE	Camps
1	The Mother's Integral Health Center	January 1,2019 to December 31,2019	81
2	Foorwear Development Institute, Training Center	October 10, 2019	1
3	Rishikesh, Uttarakhand	January 21, 2019 January 22, 2019 January 26, 2019	3
4	Bhiwadi, Rajasthan	September 4, 2019 November 13, 2019 November 27, 2019	3
5	Uttarkashi, Uttarakhand	June 18-21, 2019	4
6	Rishikesh, Uttarakhand	February 4-5, 2020	2
7	Shamli (U.P)	February 14, 2020 February 16, 2020	2



## ORIENTATION CLASSES ON INTEGRAL YOGA

Date of the workshop	NO. OF PARTICIPANTS
April 6-7, 2019	36
October 5-6, 2019	33
January 18-19, 2019	23

## BODY MIND SPIRIT

Camp No.	DATES	Organization	Facilitator	No. of Participants
YC 633	02.04.2019	Madhuban Ashram Youth	Anju Khanna	67
	08.04.2019	Delhi Ashram Youth	Vijay Bharti	15 girls
YC 635	16.04.2019	VATIKA GROUP	Divya Bhalla	17
	20.04.2019			
YC 637	30.04.2019 06.05.2019	TEACHER'S TRAINING	Baren Raul	8
YC 637	30.04.2019 06.05.2019	UDAVI SCHOOL, AUROVILLE	Sudhir Pradhan	22
YC 638	07.05.2019 13.05.2019	DELHI ASHRAM	Vijay Bharti	14
YC 640	21.05.2019 27.05.2019	Sri Aurobindo International School, Patiala	Pawan Kumar	28
YC 642	03.06.2019 08.06.2019	YOUTH CAMP	Baren Raul	84
YC 644	11.06.2019 17.06.2019	CLEAN MIND PROGRAM	Baren Raul Hira Das	101
YC 646	26.06.2019 02.07.2019	Shri Ratan Lal Foundation, Delhi	Sanjeev Gupta, Shri Ratanlal Foundation	16
YC 646	26.06.2019 02.07.2019	Udayan Ghar	Kiran Modi Shafi UG	59
YC 649	06.10.2019 12.10.2019	ABHAS, New delhi	Madhavi	50
YC 650	19.10.2019 25.10.2019	BHAGTA BHARAT , Haryana	Kashif Jamal	45
YC 651	14.11.2019 20.11.2019	MDVM SCHOOL, NEEMRANA, PARLE	Dr. Satyaveer Singh	110



## STUDY CAMPS AT VAN NIWAS, NAINITAL 2019-20

Camp No.	DATES	Subject	Facilitator	Language	Booked
348	22.03.2019 26.03.2019	SPIRITUAL RETREAT	Chinmaya Mission	English	60
349	02.04.2019 08.04.2019	VED RAHASYA	Dr. Bharati Sudame	Marathi	60
350	09.04.2019 15.04.2019	VED RAHASYA	Dr. Bharati Sudame	Marathi	60
351	16.04.2019 22.04.2019	GITA	Dr. Uday Kumathekar	Marathi	60
352	23.04.2019 29.04.2019	ISHAPONISHAD	Dr. Leena Rastogi	Marathi	60
353	30.05.2019 06.05.2019	GITA	Sushri.Madhavi Joshi	Marathi	60
354	07.05.2019 13.05.2019	RETREAT	Dr. Bharatsinh Jhala	Gujrati	60
355	14.05.2019 20.05.2019	RETREAT	Dr. Bharatsinh Jhala	Gujrati	60
356	21.05.2019 27.05.2019	SRI AUROBINDO	Rajesh Madan Aparna Roy	Hindi	60
357	28.05.2019	SPIRITUAL RETREAT	Shanti	Oriya	32
	03.06.2019	How to live a spiritual Life?	Ms.Aparna Roy,	Hindi	40
358	12.06.2019 18.06.2019	Sri Aurobindo & Bhagwatd Gita	Dr J.P.Singh	Hindi	60
359	19.06.2019 25.06.2019	Sri Aurobindo Mirra	Dr. Ujhas Ratanaparkhi	Marathi	60
360	19.06.2019 25.06.2019	Spiritual Teaching	Dr. Ujhas Ratanaparkhi	Marathi	60
361	23.09.2019 29.09.2019	RETREAT	Dr. Bharat Singh Jhala	Gujarati	60
362	02.09.2019 06.10.2019	Study Camp	Prakash Sahoo	-	62
363	12.10.2019 18.10.2019	RETREAT	-	Marathi	60
xxx	03.11.2019 12.11.2019	SOURCING OUR ONENESS	Auroville	English	64
364	13.11.2019 19.11.2019	SPIRITUAL RETREAT	-	Marathi	60



## YOUTH CAMPS AT VAN NIWAS, NAINITAL

CAMP NO.	DATES	NAME OF SCHOOLS	LEADER(S)	Booked
YC 634	09.04.2019 15.04.2019	AURO UNIVERSITY, SURAT	Debi Prasad	60
YC 635	16.04.2019 20.04.2019	MATRI KIRAN VIDYALAYA, GURUGRAM	Divya Bhalla,	11
YC 637	30.04.2019 06.05.2019	Sri Aurobindo International School, Hyderabad	Mrs. V.Jayashree	46
YC 636	16.04.2019 22.04.2019	SHIKSHANTAR SCHOOL,HARYANA	Shruti Jain Mr. Prantan Das	59
	24.04.2019 25.04.2019	SPIRITUAL RETREAT (JEEVAN VIDYA)	Vinod Bhai Mandaviya, Pratik Thakor	16
YC 638	07.05.2019 13.05.2019	KVO SEVA SAMAJ, MUMBAI	HitendraVira Suresh Gala	34
YC 638	07.05.2019 13.05.2019	K.R.DOSHI COLLEGE Bhavnagar, Gujarat	Ketan Pandya	9
YC 639	14.05.2019 20.05.2019	MOTHER'S INTERNATIONAL SCHOOL, NEW DELHI	Nisha	69
YC 640	21.05.2019 27.05.2019	AURO YOUTH RATLAM	Shanti	25
YC 640	21.05.2019 27.05.2019	ORIYA RETREAT	Debosmita	10
YC 643	19.06.2019 25.06.2019	CREATIVE WRITING WORKSHOP	Dr. Kamala Menon, Dr Anju Khanna	100
YC 645	17.06.2019 25.06.2019	SRI AUROBINDNO COLLEGE, LUDHIANA	Kanwaljeet Singh	65
YC 647	03.07.2019 07.07.2019	John Martin School,Dehradun	Shravan Thadani	27
YC 648	02.10.2019 05.10.2019	ALWAR PUBLIC SCHOOL, RAJASTHAN	Nikhil Mishra	35
xxx	03.11.2019 12.11.2019	SOURCING OUR ONENESS	Jaya Jorrel Bergreen	-
YC 652	03.12.2019 06.12.2019	I.I.T. KANPUR	-	29



## CAMPS AT MADHUBAN, TALLA RAMGARH

CAMP NO.	DATES	TOPIC/ INSTITUTION	FACILITATORS	No.OF PERSONS IN ROOMS
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
XXX	16.03.2019 19.03.2019	OUTDOOR WORKSHOP	Preeti Arora, M.I.S	35
XXX	22.03.2019 25.03.2019	OUTDOOR WORKSHOP	Preeti Arora, M.I.S	35
XXX	25.03.2019 28.03.2019	OUTDOOR WORKSHOP	Preeti Arora, M.I.S	35
M 200	02.04.2019 08.04.2019	SPIRITUAL RETREAT,U.S.A.	Tara didi	5
M 201	30.04.2019 06.05.2019	TAI CHI RETREAT	Sensei. Sandeep Desai	16
M 202	07.05.2019 13.05.2019	STUDY CAMP 3 SRB SYSTEM	Dr. Hari Pamnani	40
XXX	08.05.2019 11.05.2019	TEACHER'S WORKSHOP	Vijay Bharti	24
M 203	14.05.2019 20.05.2019	ARVIND DARSHAN	Dr. Sudhir Pandey	30
M 204	21.05.2019	KRIYA YOGA RETREAT	Per H. Vibe	20
	27.05.2019	FAMILY RETREAT	Rachna Bansal	12 families
M 205	28.05.2019 03.06.2019	AYURVEDA RETREAT(C.M.P.)	Dr. Surinder Katoch	24
xxx	01.06.2019 07.06.2019	CREATIVE WRITING WORKSHOP	Kamala Menon	6
M 206	04.06.2019 10.06.2019	AYURVEDA RETREAT(C.M.P.)	Dr. Surinder Katoch	39
M 207	11.06.2019 17.06.2019	ONENESS CAMP	Sameer Guglani	11




M 208	18.06.2019 24.06.2019	Discover health & joy within	Acharya Navneet	19
M 209	12.09.2019 19.09.2019	POETRY SAMELLAN	Gayatri Majumdar Sehdev Kumar	15
M 210	20.09.2019 28.09.2019	SPIRITUAL RETREAT	Dr. Saraswati Marcus	25
M 211	30.09.2019 06.10.2019	MEDICAL RETREAT	Dr. Marika	4
XXX	28.09.2019 01.10.2019	OUTDOOR LEARNING EXPERIENCE	Preeti Arora, M.I.S	35
XXX	09.10.2015 12.10.2019	OUTDOOR LEARNING EXPERIENCE	Preeti Arora, M.I.S	39
XXX	13.10.2019 16.10.2019	OUTDOOR LEARNING EXPERIENCE	Preeti Arora, M.I.S	39
M 212	09.10.2019 15.10.2019	Practice of 12 sadhanas of purna yoga in daily life.	Arun bhai Mistry	18
M 213	13.10.2019 23.10.2019	Spiritual Retreat	Ahmed Elfouly	5
M 214	30.10.2019 05.11.2019	SRI AUROBINDO UPANISHAD	Kaivalya Smart	34
XXX	12.11.2019 14.11.2019	SOURCING OUR ONENESS	Dr. Anju Khanna	32





Books Published by Sri Aurobindo Ashram in the year 2019

Sl No.	Title	Author	Edition	Volume	Pages	Year Of Allotment	Book Version	Book Description	ISBN Number	Cover Page	Language
01	Understanding Spirituality And Living It 24x7 Real Questions, Rational Answers	Ramesh Bijlani	First	Single	352	2019	Paper Back	The book explains in simple language the life-affirming spiritual philosophy of Sri Aurobindo and The Mother, and its role in living a healthy, happy and fulfilling life, while at the same time making the world a better place to live in.	"978-81-941078-0-4"		English
02	Understanding Spirituality And Living It 24x7 Real Questions, Rational Answers	Ramesh Bijlani	First	Single	352	2019	Hard Bound	The book explains in simple language the life-affirming spiritual philosophy of Sri Aurobindo and The Mother, and its role in living a healthy, happy and fulfilling life, while at the same time making the world a better place to live in.	"978-81-941078-1-1"		English
03	Understanding Spirituality And Living It 24x7 Real Questions, Rational Answers	Ramesh Bijlani	First	Single	348	2019	E-Book	The book explains in simple language the life-affirming spiritual philosophy of Sri Aurobindo and The Mother, and its role in living a healthy, happy and fulfilling life, while at the same time making the world a better place to live in.	"978-81-941078-2-8"		English



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04	A 60 Year Voyage twixt Matter and Spirit	Sri Aurobindo Ashram Delhi Branch	Reprint	Single	107	2019	Paper Back	It is a pictorial book intending to introduce visitors from India and abroad about the activities and working of Sri Aurobindo Ashram Delhi Branch, Sri Aurobindo Education Society and Auro Mira Service Society.	"978-81-941078-3-5"		English
05	Chhotee See Ramayana Bare Bachhon Ke liye	Ramesh Bijlani	First	Single	48	2019	Paper Back	The book retells the story of Ramayana simply and briefly so that it can be understood and enjoyed even by a six year old child. The book includes questions and activities that will make the book interesting also to older children, at least up to the age of ten.	"978-81-941078-4-2"		English
06	Chhotee See Ramayana Bare BachhonKeliye	Ramesh Bijlani	First	Single	48	2019	E-Book	The book retells the story of Ramayana simply and briefly so that it can be understood and enjoyed even by a six year old child. The book includes questions and activities that will make the book interesting also to older children, at least up to the age of ten.	"978-81-941078-5-9"		English



SI No.	Title	Author	Edition	Volume	Pages	Year Of Allotment	Book Version	Book Description	ISBN Number	Cover Page	Language
07	One Book, Two Stories. Deepa Knows Three Yogas. Anita Deals With a Quarrel	Ramesh Bijlani	First	Single	40	2020	Paper Back	Through the medium of stories, the book aims at introducing two important ideas about yoga. First, that yoga is much more than the physical practices with which it is commonly but erroneously identified. Secondly, that we are not the doers but only instruments in the hands of God.	"978-81-941078-7-3"		English
08	Chhotee See Ramayana Bare BachhonKeliye	Ramesh Bijlani	First	Single	48	2019	Paper Back	The book retells the story of Ramayana simply and briefly so that it can be understood and enjoyed even by a six year old child. The book includes questions and activities that will make the book interesting also to older children, at least up to the age of ten.	"978-81-941078-8-0"		English





**WHEN MIND IS STILL, THEN TRUTH GETS HER CHANCE  
TO BE HEARD IN THE PURITY OF THE SILENCE.**

**-SRI AUROBINDO**





**THE TRUE LASTING QUIETNESS... COMES FROM A COMPLETE  
CONSECRATION TO THE DIVINE.**

**-THE MOTHER**









The report is a compilation of work made possible during the year 2019-20  
by The Mother's Grace, and is offered at Her feet.

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Chairperson

**PRANJAL JAUHAR**  
Secretary









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