



SRI AUROBINDO ASHRAM DELHI BRANCH



ANNUAL REPORT 2022-23



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THE YEAR GONE BY

After two very trying years of the coronavirus bringing much uncertainty, unpredictability and devastation in its wake, the year 2022 saw the return of much hope. Mass vaccination undertaken throughout the country meant that the immense hard work and dedication of various scientists, doctors, nurses and other personnel- manifestations of the human spirit of endurance, ingenuity and resilience- had given us the hope that “the worst was now behind us.” In the beginning of 2022, the Government eased the lockdown much more and the Ashram too opened up to welcome devotees, visitors and guests again.

It being the 150th birth anniversary of Sri Aurobindo, the tentative beginning of the year with a slow trickling of devotees returning to the Ashram, soon became like a free-flowing river with many visitors from across the country present during the darshan days, especially around 15th August. The Ashram celebrated this special milestone through plays, dance/ballet performances, conferences, workshops, publication of various books, and release of films on Sri Aurobindo and the Delhi Ashram. As compared to the last two years, 2022 saw the Delhi Ashram along with Van Niwas and Madhuban hold *shivirs* for youth as well as yoga shivirs for older devotees. Though a year filled with renewed hope and fresh life, it was also a year when the Ashram saw the loss of two precious lives- Mrs Nisha Verma and Dr Loveleen Bijlani- Ashramites who took refuge in the Mother and Sri Aurobindo and dedicated their lives to them.





150th Year Programme



150TH BIRTH ANNIVERSARY OF SRI AUROBINDO

Even if the struggling world is left outside
One man's perfection still can save the world.
There is won a new proximity to the skies,
A first betrothal of the Earth to Heaven,
A deep concordat between Truth and Life:
A camp of God is pitched in human time.

(Savitri, Book VII, Canto V, p. 531)

EXHIBITIONS

Life sketch of Sri Aurobindo: A detailed display of the entire life of Sri Aurobindo, portrayed on posters created by inmates of Sri Aurobindo Ashram Pondicherry was displayed in the Delhi Branch on 15th August 2022. An art exhibition entitled 'All Life is Yoga' was inaugurated on 12th Feb 2023. This exhibition comprised of various art pieces and many famous artists and devotees offered their works for it.



A variety of events were organized for the celebrations. An event on the broad theme of 'Sri Arvind ka Bharat' (Sri Aurobindo's India) was held in collaboration with the North India Chapter (Hindi Zone) of Sri Aurobindo Society, Pondicherry on 11th -12th August.

AUG 11TH 2022

Dr. Aparna Roy anchored the program with lamp lighting and musical offering. An exhibition 'Constitution of India in the Light of Sri Aurobindo' showcased original constitution pages with Nandalal Bose's paintings depicting Indian History. Shri Surya Pratap Singh Rajawat, from Sri Aurobindo Society, Rajasthan, recited passages related to Indian History from Sri Aurobindo's works for the exhibition. Tara Didi presented a memento to Shri Rajawat. In the evening, students from The Mother's International School performed Sri Aurobindo's poem 'Who' through costumes and dance, revealing the Creator's mystery in day-to-day living.



Talk by Shri Surya Pratap Singh Rajawat
'Constitution of India in the Light of Sri Aurobindo'



Cultural Programme (A ballet on Sri Aurobindo's Poem
'Who' by MIS Students)



AUG 12TH 2022

On August 12, Dr. Anil Vajpayee anchored the celebrations at the Mathura Centre of Sri Aurobindo Society. The program began with The Mother's organ music and lamp lighting, followed by the screening of a film on Sri Aurobindo's life and teaching. After that, Dr. Ramesh Bijlani and Mr. Bharat Gupt engaged in a brief interaction about the film and Sri Aurobindo's vision for India. In the evening, college students from Mathura presented a 'Maha Raas', titled 'Sri Aravind Krishnamrita,' portraying significant experiences from Sri Krishna's life. The event concluded with tokens of appreciation presented to the anchor, creative directors of the film, and the team behind its creation.



Release of the film 'Sri Aurobindo: An Indian Mystic who worked for human unity' by Dr. Ramesh Bijlani



Talk by Shri Bharat Gupt
'Sri Aurobindo and Nationalism'



Maha Raas by students from Mathura



AUG 13TH 2022

On Shri Surendra Nath Jauhar's 119th birth anniversary (fondly called Chachaji), the day began with an invocation and havan at his samadhi. Students and staff of The Mother's International School offered bhajans and recitations, depicting his life. Sushree Surendra Sharma released a book based on Chachaji's life story and then a new film on Chachaji's life was screened. The celebration continued with the Ashram choir's musical offering and reading from Chachaji's biography by Tara Didi. The day concluded with lighting diyas at Sri Aurobindo's Shrine and Chachaji's Samadhi. The day was a celebration of his expansive, meaningful, and dedicated life.



'Whose Gold?' A story told by Chachaji, book release by Sushree Surendra Sharma



A film produced under the guidance of Shri Kush Sen, Pondicherry, on Shri Surendra Nath Jauhar
'Anant kaa Aamantran: the Life and Times of Surendra Nath Jauhar'



AUG 14TH 2022

The program began with Dr. Mithu Pal's musical offering for the 150th Birth Anniversary of Sri Aurobindo. Dr. Ramesh Bijlani delivered the 9th D.N. Jhunjhunwala Memorial lecture, sharing Sri Aurobindo's vision for the future of humanity. This event dedicated to the memory of Shri D.N. Jhunjhunwala, had Dr. Kiran Bedi as the chief guest. The program included a talk on Sri Aurobindo's poem '*Baji Prabhou*,' followed by a dance drama. The day concluded with a memento presented to the Chief Guest by Tara Didi.



'Baji Prabhou'- A Dance Drama by Anjali Baghel and Team



Talk by Shri Prashant Khanna on '*Baji Prabhou*'

AUG 15TH 2022

The day commenced with a '*Prabhat Pheri*', followed by meditation. At 10:30 am, India's National flag was raised at the Meditation Hall with renditions of '*Vande Mataram*' and '*Jana Gana Mana*'. Noted philosopher Dr. Karan Singh, author of '*The Prophet of Indian Nationalism*', joined the celebrations. Dr. Karan Singh discussed Sri Aurobindo's life's phases and his five dreams for India's Independence. Among other events, the day featured performances, including music, yoga, aerobics, dance, and a tribute to the Indian Army. The evening involved book releases, recitals, and concluded with prasad distribution.



Talk and Book release by Dr. Karan Singh



Talk by Dr. Ramesh Lal Bijlani
'मानव चेतना व महर्षि श्री अरविन्द का राष्ट्रवाद'



Performance by Ashram youth

Sri Aurobindo's 150th Birth Anniversary & 75th Anniversary of India's Independence celebration at Sri Aurobindo Ashram Delhi Branch's Himalayan centre at Madhuban, Talla - Ramgarh, Uttarakhand

August 15, 2022, commenced with a community march led by Madhuban inmates. Participants included women from the Khushali Livelihood Initiative, inmates from the Ashram, children, and teachers from Sunrise School, local shopkeepers, Shishu Mandir, Global School, and Vidya Mandir School. The day featured flag hoisting, singing of 'Vande Mataram', and Sri Aurobindo's Five Dreams recited by Dr. Anju Khanna. The unique and emotional experience of the entire village community marching together was followed by prasad distribution and that concluded the day's auspicious events.



15th August Celebration in Madhuban

POSTAL STAMP AND COIN RELEASE

The Government of India released a poster stamp and a coin to honor Sri Aurobindo's 150th birth anniversary.



PM Modi Releases Commemorative Coin and Postal Stamp of Sri Aurobindo

MIRAMBIKA DIYAS GET-TOGETHER

To celebrate Sri Aurobindo's 150th Birth Anniversary, the Delhi Branch of Sri Aurobindo Ashram organized a reunion called 'Alumni Diyas.' Twenty eight educators, known as didis and bhaiyas (Diyas) from different Indian states, along with participants from the NCR region, totaling 34 attendees, came together for this event. The conference began with Shramdan activities on the campus and was inaugurated by Tara Didi, emphasizing sacrifice and commitment. The participants shared their experiences and best practices, attended various sessions, and enjoyed sports, meditation, music, and a trip to Delhi's landmarks. This reunion, after 24 years, promoted positivity and dedication to Integral Education and the Free Progress System. Alok bhaiya coordinated the event and discussed future collaboration possibilities.



Participants of residential get-together of Mirambika Alumni

LIFE TIME ACHIEVEMENT AWARD TO TARA JAUHAR

On the auspicious occasion of the celebration of the Mind Day on October 21st, 2022, Tara didi was conferred with the Lifetime Achievement Award by the Confederation of Indian Universities (CIU) in recognition of her work in the field of Education. The event was held at India International Centre, New Delhi. The Award was presented to her by Dr. Priyaranjan Trivedi, Honorable President CIU, and Dr. Utkarsh Sharma, Pro Chancellor of Indira Gandhi Technological and Medical Sciences University. Mr. Harsh Vardhan Shringla, ex-foreign Secretary of India was the Chief Guest.



SEMINARS AND WORKSHOPS

From April 1st, 2022, to March 31st, 2023, the Sri Aurobindo Ashram Delhi Branch organized various seminars and workshops. Notably, from November 11th to November 13th, 2022, Rishihood University collaborated with Sanskrit scholar Dr. Sampadanand Mishra for a national seminar on 'Sri Aurobindo and Sanskrit,' attended by about 100 participants. Additionally, from January 21st to January 22nd, 2023, Dr. Sampadanand Mishra led a two-day training workshop on 'Translation and Culture' for around 65 individuals, funded by 'Bhartiya Bhasha Samiti' under the Ministry of Education.



National Seminar on Sri Aurobindo and Sanskrit

AUROBINDO PHARMA HYDERABAD

Tara didi went to meet Mr. Nityanand Reddy and Mr. Radha Madhav Mella of Aurobindo Pharma in Hyderabad. Aurobindo Pharma is a big company and has been sponsoring workshops and training for children through Delhi Ashram since the last two years. Tara didi, was congratulated for her Padma Shri Award and they increased the number of children funded and sponsored by them, as they were delighted with the work done by the Ashram for the youth and children.



Felicitaton of Tara Didi by Mr Sadananda Reddy and Mr Nityanand Reddy (Aurobindo Pharma)

FILMS

A series of five animation films, based on the stories by The Mother published in the volume 'Tales of All Times', was released in the months of October and November by the Ashram. The films are primarily made for children, though they capture the attention and interest of adults as well and were received with much appreciation. All of them can be viewed on YouTube channel of Sri Aurobindo Ashram - Delhi Branch.



Kimshuka Tree | A story from 'Tales of All Times' told by The Mother. (Hindi)

From Oct 29, 2022 Available on



Polar Bear | A story from 'Tales of All Times' told by The Mother. (Hindi)

From Nov 8, 2022 Available on



King Rantideva || A story from 'Tales of All Times' told by The Mother. (Hindi)

From Oct 29, 2022 Available on



Vibhishana | A story from 'Tales of All Times' told by The Mother. (Hindi)

From Nov 23, 2022 Available on



Rama's Army | A story from 'Tales of All Times' told by The Mother. (Hindi)

From Nov 30, 2022 Available on



SRI AUROBINDO LANE

About 50 years ago, our founder, Shri Surendra Nath Jauhar was able to get the 7 km long road from Safdarjung Tomb to Mehrauli, renamed to 'Sri Aurobindo Marg'. With time, traffic on the road increased substantially and posed a risk to the people visiting the Ashram. To counter this issue the main entrance of the Delhi Ashram was shifted from Gate No. 3 to the side lane, Gate No. 6 opposite Sarvodaya Enclave. In April 2011, efforts started towards getting this side lane named 'Sri Aurobindo Lane'. Finally, on 28th October 2022, in honor of Sri Aurobindo's 150th Birth Anniversary, the name of the side lane has been changed to 'Sri Aurobindo Lane'



SOURCING OUR ONENESS CAMP

From 26th March to 6th April 2022, on the 150th birth year of Sri Aurobindo, 'Sourcing Our Oneness 2022', a collaborative camp, of various centres embracing Sri Aurobindo's and The Mother's way of life and being, was organized. The participating centres were Auroville, Sri Aurobindo Society - Pondicherry, Sri Aurobindo Ashram - Delhi Branch, and other related centres. A total number of 105 participants came from various parts of the country. The theme of the camp was Sri Aurobindo's Five dreams, with focus on his fourth dream - 'The spiritual gift of India to the world'.



The participants of 'Sourcing our Oneness' camp 2022

BOOK STALL IN WORLD BOOK FAIR - 2023

Delhi hosts 'The World Book Fair' each year, and the joy continued this year from Feb 25th - Mar 5th, 2023. Commemorating Sri Aurobindo's 150th Birth Anniversary, Sri Aurobindo Ashram - Delhi Branch, led by Chairperson Tara Jauhar, initiated a project to spread the works of Sri Aurobindo and The Mother. Partnering with other Sri Aurobindo centres, they secured two stalls, also shared with SABDA Pondicherry and Auroville, at the fair.

The display included a segment of the Republic Day tableau gifted to the Ashram. Efforts from Oindrila Didi, Tara Didi, and Mira Didi led to the event's success, as this helped in raising awareness about Integral Yoga. The stall featured an array of books, from The Mother and Sri Aurobindo. A dedicated team from different centres managed the stall, engaging with visitors and explaining the Integral vision. The fair attracted participants from across India and other countries, providing a diverse audience, some of whom were eager to learn about Sri Aurobindo and The Mother.



RE-OPENING OF SRI SMRITI

Sri Smriti is a remarkable collection of 650 items, many of which have been personally used by The Mother, while others are gifts that were given to Her. All these exhibits have been touched by The Mother and given to Tara di and some others, who have kept them with great care.

Every year, a few days before my birthday, The Mother would ask me if there was something that I wanted from Her. Invariably I would ask for something that She had personally used and this way I collected a lot of Her used articles which I still cherish possessively.

Tara Jauhar, 'Growing up with The Mother, p. 223'

Sri Smriti at its core is an attempt towards transmitting the essence of spiritual knowledge The Mother has given to all of us, through Tara didi and others, it's a golden chain continuing and beckoning us to follow the Sunlit Path.



Seekers visiting newly re-opened 'Sri Smriti'

A large, stylized blue flower graphic with a white center. The flower has ten petals, each with a gradient from light blue to a darker blue. The center is a white circle containing the text "Special days of Spiritual significance" in a bold, black, sans-serif font.

**Special days
of
Spiritual
significance**

SRI AUROBINDO'S ARRIVAL IN PONDICHERRY AND TAPASYA ANNIVERSARY: APRIL 4TH 2022

On the auspicious occasion of the arrival of Sri Aurobindo in Pondicherry, the Ashram also celebrates the inauguration of 'Tapasya' which accommodates some Ashramites and also devotees and guests. The evening was brought alive when the three artists- Shri Neelranjan (Hawaiian Guitar), Shri Himanshu Dutt (on Flute) and Shri Fateh Singh (Tabla) presented a wonderful *jugalbandi*.



Darshan day celebration on April 4th 2022

THE MOTHER'S FINAL ARRIVAL IN PONDICHERRY: APRIL 24TH 2022

Beginning with the invocation by Srila di, and a talk by Dr. Bijlani on the words of The Mother, the day was spent observing the importance of The Mother's arrival in Pondicherry, which made the formation of the Ashram around her possible. The evening ended with the march-past, lights of aspiration, reading by Tara didi and musical offering by the Ashram Choir.



Participants of march-past and lights of aspiration

Musical offering by the Ashram Choir

RELICS ENSHRINEMENT DAY (MADHUBAN): JUNE 7TH 2022

Residents, devotees and guests celebrated the anniversary of the Relics Enshrinement at Madhuban, the Himalayan Centre of Sri Aurobindo Ashram-Delhi Branch in the Kumaon Himalayas at Talla - Ramgarh in District Nainital, on June 7th, 2022. The day-long celebrations began with the inauguration of 'Gyan Kaksh', the new Library that will house the works of Sri Aurobindo and the Mother and related publications in English and Hindi.



Relics Enshrinement day celebration at Madhuban

SRI AUROBINDO'S BIRTHDAY: AUGUST 15TH 2022

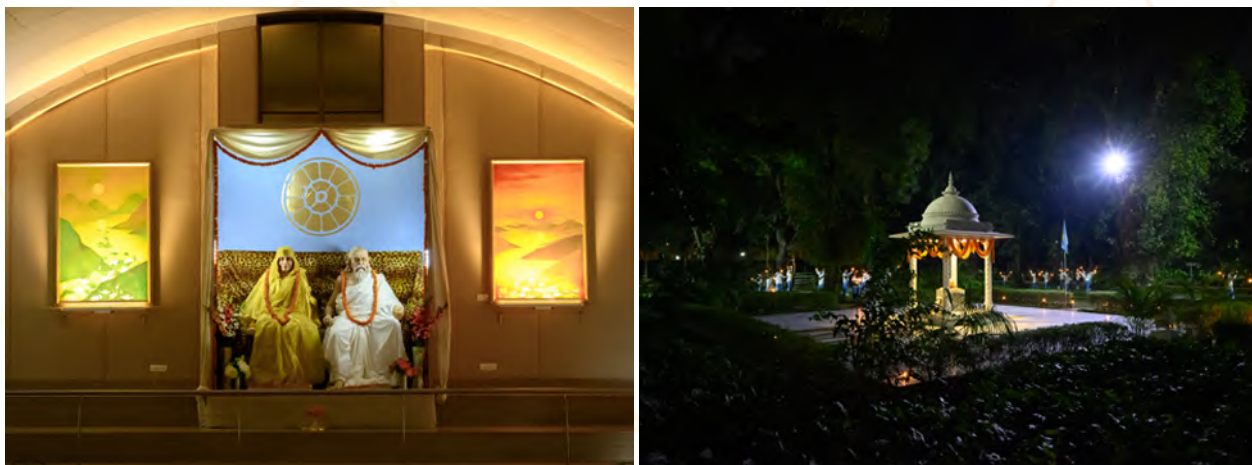
The 150th birthday of Sri Aurobindo saw a couple of speakers share their insightful thoughts on the life and contribution of the Master. Dr. Karan Singh, a scholar on Sri Aurobindo's political life, gave an insightful talk on 'Sri Aurobindo's five dreams'. A beautiful artistic book titled 'Flowers: Joyful companions to the soul' was later on released by him. Dr. Ramesh Bijlani gave a talk on the contribution of 'Sri Aurobindo's sadhana on the human evolution'. The Ashram youth presented a cultural programme entitled '*Tiranga*' with special dedication to the Indian Army.



Sri Aurobindo's birthday celebration, at Delhi Ashram

THE MOTHER'S MAHASAMADHI DAY: NOVEMBER 17TH 2022

The Mother's Mahasamadhi was observed by keeping silence in the Ashram. A day before, the Ashram youth were explained the meaning and purpose of silence. Following the lights of aspiration in the evening, everyone came together in the Meditation Hall for a silent meditation.



Delhi Ashram premises on Mother's Mahasamadhi Day

96TH SIDDHI DAY CELEBRATION: NOVEMBER 24TH 2022

The day marks the spiritual achievement of the merger of Sri Aurobindo with Sri Krishna's Consciousness, and was celebrated with the usual march-past, lights of aspiration, and a special recital of the shlokas of The Bhagwad Gita by the Ashram Choir and Tara didi.



Lights of Aspiration and special recital at Delhi Ashram on Siddhi Day

SRI AUROBINDO'S MAHASAMADHI DAY: DECEMBER 5TH 2022

The morning began with the invocation by Srila di, followed by an assembly of the students of The Mother's International School who offered bhajans to Sri Aurobindo in the Samadhi lawns. The day ended with the lights of aspiration and a musical offering by Dr Mithu Pal interspersed with reading by Tara didi.



Sri Aurobindo's Mahasamadhi day celebration in the Ashram lawns

WELCOMING NEW YEAR: DECEMBER 31ST 2022

Like every year, devotees performed the *akhand path* of Savitri, whereby each person reads 'Savitri' for 30 minutes in an unbroken continuous chain. The recital started at 1 pm on 31st Dec and went on till 7.30 pm evening, 1st January 2023. At midnight of 31st Dec, devotees from all over Delhi gathered in the Meditation Hall. With gratitude for the year gone by, and prayers for the coming new year, all sat quietly and concentrated on The Mother's music. This was followed by distribution of the new year calendar and prasad. Since youth are an integral part of the Ashram, they put up various cultural programmes pertaining to their home states, like performing Odishi, Manipuri and Bhangra etc.



New Year celebration at Delhi Ashram

ASHRAM FOUNDATION DAY: FEBRUARY 12TH 2023

Dr. Aparna Roy gave an insightful talk on the Ashram's founder, Shri Surendra Nath Jauhar's life, with an emphasis on his warm, energetic and inspiring personality and memories of her interactions with him. This was followed by soulful bhajan singing by Dr. Mithu Pal. On the same day, an exhibition on the life of Sri Aurobindo was also inaugurated. The evening was lit up by hundreds of diyas placed around the Samadhi by all devotees, this beautiful tradition is called 'lights of aspiration', where all the inmates of the Ashram pledge to keep burning their inner light just like the diyas. Finally, the evening ended with a reading by Tara didi and a musical offering by a devotee and vocalist Ms. Veena Sawale.



Ashram foundation day celebration

THE MOTHER'S BIRTHDAY: FEBRUARY 21ST 2023

The 145th Birth Anniversary of The Mother began with Srila di leading an invocation in the Meditation Hall and featured devotional music by students from The Mother's International School. A cultural program by Ashram youngsters focused on physical perfection under Shri Hira Das' guidance, emphasizing body care for spiritual growth by Dr. Aparna Roy. Senior executive Shri Ranjan Kumar Mahapatra from Indian Oil praised the youngsters and gifted them sport shoes. The evening activities included a march-past, hoisting The Mother's Flag, singing devotional and patriotic songs, Tara didi's reading from The Mother's 'Prayers & Meditations,' and a devotional music offering in the Meditation Hall with Dr. Mithu Pal, Srila di, Jayanthy di, Minati di, and Lin Thoi, along with readings from Sri Aurobindo's 'The Mother' by Tara didi.



The Mother's birthday celebration at Delhi Ashram

Physical demonstration by Ashram youth and Musical offering, The Mother's birthday

THE MOTHER'S FIRST ARRIVAL IN PONDICHERRY: MARCH 29TH 2023

The Mother's arrival in Pondicherry on March 29th, 1914, was observed at the Ashram with an invocation led by Srila di, accompanied by Jayanthy Ramachandran and the Ashram choir. The event featured a musical rendition of Puja Lal's Sanskrit poem welcoming The Mother to India. In the evening, Dr. Mithu Pal and Srila di performed a musical offering based on the twelve essentials symbolized by the twelve petals in The Mother's symbol. Jayanthy di complemented this with readings from 'Savitri' and narrations of The Mother's first meeting with Sri Aurobindo, his writings about The Mother, and The Mother's prayer dated March 30th, 1914.



Musical offering in the evening by Dr Mithu Pal, Srila Basu on Tanpura



Social Initiatives



Introduction

The Delhi branch of Sri Aurobindo Ashram has been working at the grass root level with different facets of society, striving for their holistic upliftment ever since its inception. Towards this, the Ashram serves as a bridge between needy sections of society and the prosperous corporate (Working with rural and urban teachers and students for their upliftment).

Delhi Ashram takes initiatives to strengthen and provide support to the teacher community and students belonging to EWS category, coming from both urban as well as remote rural backgrounds. Delhi Ashram is also providing support to women community of village Talla-Ramgarh by developing self help groups.

The Ashram's emphasis is on:

1. *National Educational Policy (NEP 20) and Integral Education*
2. *Environment: Towards a Greener Society*
3. *Holistic Development of the body: Body, Mind and Spirit*
4. *Upgrading Infrastructure for the Underprivileged*
5. *Sports Yoga & Physical Fitness: Khelo India*
6. *Khushali Project: Village outreach program. An initiative to strengthen and empower local community at Sri Aurobindo Ashram, Delhi Branch Himalayan Centre at Madhuban, Talla - Ramgarh*

Tara didi, who spearheads these activities at the Ashram, was acknowledged for her efforts in the field of Literature and Education by the Government of India conferred on her the prestigious Padma Shri award in March 2022. She has and continues to impact and transform the lives of thousands of rural youth from across the country.

Youth is not meant for mere amusement, but for daring, for love, for the life of the soul.

Sri Aurobindo

WORKSHOPS ON INTEGRAL EDUCATION AND NATIONAL EDUCATION POLICY (NEP 20)

The workshops began with questions and reflections on one's purpose in life and were an astounding success with the participant teachers from various schools in the rural belts of India. There were 3 workshops in total on NEP 20 and the total number of participants was 115. The participants were exposed to various mind, body and spirit blossoming activities like yoga, aerobics, dances, traditional games, rappelling, trekking, mantra and shloka chanting, meditation and shramdan. The use of 'Theatre in education' was also explored by the participants as that invokes critical thinking and problem-solving skills. These are the workshop details:

1. *IE / NEP 20 for rural teachers : 1-7 Jan, funded by Boston Consulting Group*
2. *IE / NEP 20 for rural teachers : 2-8 Oct, funded by Spocto Solutions Pvt. Ltd*
3. *IE / NEP 20 for rural teachers : 19-25 May, funded by Foundation for World Education*

SANSKRIT CHANTING AND YOGA WORKSHOP: SPONSORED BY STAR GRAIN SHIPPING PRIVATE LIMITED

Sanskrit, an ancient classical language, mirrors Indian culture in over a million manuscripts covering diverse subjects. Known as the Dev Bhasha, or language of the Gods, it holds spiritual significance. To honor Sri Aurobindo's 150th birth anniversary, Sri Aurobindo Ashram-Delhi Branch initiated a nationwide program, aligning with His and The Mother's focus on Sanskrit learning.

Sanskrit language has been universally recognized by those competent to form judgement, is one of the most magnificent, the most perfect and the most prominent...

Sri Aurobindo



Participants of IE / NEP 20 Workshop and Sanskrit Workshop



ENVIRONMENT: TOWARDS A GREENER SOCIETY

The ultimate goal of farming is not the growing of crops but the cultivation and perfection of human beings.

Masanobu Fukuoka

Farming and tending to land sustains us and fosters a profound bond with nature. This interconnectedness is often overlooked but is vital. The Haryali project (funded by Peethambra Granites Pvt. Ltd.) in Sri Aurobindo Ashram Delhi and Madhuban strengthens our commitment to rekindle this connection by:

1. *Spreading environmental awareness amongst children, youth and adults*
2. *Education and training on sustainable practices and new technologies for the same*
3. *Building horticulture and environmental management skills in BPL (Below Poverty Line) youth*

Work at Delhi Ashram

Organic farming is practiced within the premises, supplying produce to the Ashram kitchen for Ashramites, vocational trainees, and visitors. In 2022-23, the total harvest was:

| Vegetables Grown | Quantity (2022-23) | Herbs Grown | Quantity (2022-23) |
|-------------------------|---------------------------|--------------------|---------------------------|
| Spinach | 1435 kg | Indian Gooseberry | 433 kg |
| Brinjal | 854 kg | Mint | 99 kg |
| Radish | 632 kg | Tulsi | 109 kg |
| Bottle Gourd | 323 kg | Curry leaves | 40 kg |
| Bel Fruit | 301 kg | Coriander | 131 kg |
| Lemon | 308 kg | Dill/fennel | 7 kg |
| Lady Finger | 311 kg | Raw turmeric | 131 kg |
| Carrot | 226 kg | Mehndi | 29 kg |
| Broccoli | 223 kg | Moringa | 32 kg |
| Cabbage | 199 kg | Neem | 25 kg |
| Methi | 131 kg | | |
| Tomato | 167 kg | | |

Hands-on training in organic farming practices was provided through workshops, including vermicomposting, hydroponics, and making bio enzymes, engaging young individuals and school children.

On Tara didi's birthday, 'Van Mahotsav' was celebrated with the planting of 30 saplings, comprising trees, shrubs, and herbs like Anjeer, Ficus, Hibiscus, and Rudraksh, suited to various areas of the Ashram based on sunlight and water needs.



Participants involved in Green Initiatives funded by CSR grants

Live according to Nature, runs the maxim of the West; but according to what nature, the nature of the body or the nature which exceeds the body? This first we ought to determine.

Sri Aurobindo

Work at Madhuban

Madhuban features fruit orchards, flowers, herbs, and vegetable gardens cared for by skilled seekers and volunteers. They cultivate plums, peaches, apricots, lemons, and malta; crafting jams and chutneys for sale and distribution. Sage, parsley, thyme, and rosemary are grown, dried, and utilized in the Ashram kitchen. Organic methods prevail, with compost-derived manure supporting crops. Training villagers, especially women and youth, includes cultivating diverse produce and they are given fruit trees for personal patches. Project Haryali has initiated multiple eco-friendly actions to restore the valley's ecological equilibrium. It involves awareness campaigns and provides a platform for the community to reconnect with their land. Mrs. Geetika Bhist, the local Education Officer, also helps to educate youth about the environment. A joint effort led by Mr. Sandeep Tiwari, united villagers for eco-programs. Workshops were organized to teach women about vermicomposting and plant-care using organic sprays. Schoolgirls were engaged in sharing circles to understand water scarcity, environmental, and other economic issues. Training sessions include organic soil grub treatment. The project also supplies organic resources and plants to village women.

We are thankful to Peethambra Granites Pvt. Ltd. for sponsoring our green initiatives both at Delhi Ashram and Madhuban.



Learning about organic manure and vermicompost, Madhuban

Kitchen gardening at Madhuban

HOLISTIC DEVELOPMENT : BODY, MIND AND SPIRIT

Aiming to provide a holistic insight into life, several 'Body Mind and Spirit' Youth *shivirs* were organized throughout the year at Van Niwas, Nainital, catering to youth aged 12 to 19 years from children homes pan India. Since 1977, these youth *shivirs* have empowered economically weaker participants to become healthy and conscious citizens. The week-long sessions focused on the body, mind, and spirit, with well-designed activities to optimize learning capabilities. Participants engaged in Keep-Fit exercises, rock climbing, shramdan, and treks to improve fitness and appreciate nature and received valuable life skills guidance.

Two 'Healthy eating and living green sessions' were conducted and inspirational talks were given by Dr. Om Prakash Kulkarni and Mr. Nilesh Bharane. Meditation and cultural activities with meals were organized.

1. *Shivir No. 661 (40 participants): May 25-June 1, funded by Peethambra G. Pvt. Ltd.*
2. *Shivir No. 663 (40 participants): June 9-June 15, funded by Peethambra G. Pvt. Ltd*
3. *Shivir No. 666 (68 participants): June 29-July 7, funded by Peethambra G. Pvt. Ltd*
4. *Shivir No. 657 (70 students): April 24-May 4, funded by Ewart Investments Ltd.*
5. *Shivir No. 659 (40 participants): May 12-May 25, funded by Ewart Investments Ltd.*
6. *Shivir No. 660 (18 participants): May 19-May 25, funded by Ewart Investments Ltd.*
7. *Shivir No. 662 (60 participants): June 2-June 8, funded by Ewart Investments Ltd.*



SPORTS YOGA & PHYSICAL FITNESS: KHELO INDIA

Children are the future of the world, and it is imperative that they are exposed to good values. Towards this we have conducted a series of programs to inculcate the practice of conscious living in children and youth.

Sports, Yoga and Physical Fitness Workshop (For Teachers)

The Ashram organized a 7-day workshop (25-31 Jan funded by Boston Consulting Group) on Sports, Yoga, and Physical Fitness for 42 rural teachers from 20 schools in Jharkhand, Uttarakhand, Chhattisgarh, Odisha, and West Bengal. Tara didi inaugurated the workshop stressing the importance of discipline. The workshop highlighted Physical Education, so that the body can be used for higher ideals. Regular yoga, surya namaskar, and meditation was conducted to revitalized participants. Other activities were Shramdan, Psychic education, Vital education and storytelling. Mr. Alok Kumar Mohanty conducted Mental education towards processing, decision making, and mind classification. The curriculum of this education encompassed sports, games, fitness, theater, body awareness, and health in 16 hours.

Sports, Yoga and Physical Fitness Workshop (Children)

The Delhi branch of Sri Aurobindo Ashram organized a Sports, Yoga, and Physical Fitness Workshop for Economically Weaker Section (EWS) students from Sri Aurobindo's School in Telangana and The Mother's International School in Delhi. Three camps funded by Boston Consulting Group, were conducted in January (7-14 Jan & 12-14 Jan) and March (11-13 March) involving approximately 60 students from Grades 4 to 10. The workshop aimed to emphasize the importance of sports, yoga, and physical fitness in children's lives while exposing them to various areas of learning such as theatre, storytelling, arts, crafts, and nature. It was a great success, providing children with an enjoyable and memorable experience and promoting a lifelong fitness approach.



KHUSHALI PROJECT: VILLAGE OUTREACH PROGRAM

An initiative to strengthen and empower local community at Sri Aurobindo Ashram's Himalayan Centre Talla-Ramgarh, Uttarakhand

The Village Outreach Program, also known as the 'Khushali' project, empowers the local community. Over the past year, 70 village women and 20 young girls have been trained under this. The project from April 2022 to March 2023 (Parle Biscuits Pvt. Ltd.) encompassed integral education, livelihood improvement, teacher resource education, early child learning, and youth development. Notable efforts include skill clusters led by village women, education support for primary schools, childcare during skill training by our crèche, and youth workshops.



Crochet cluster



Food Processing cluster



Village children participating in activities under TREC



Youth Building



Medical camps and Healing Camps

A large, stylized blue flower graphic with a white center. The flower has ten petals and is positioned in the middle of the page. The text "General Programmes" is written in a bold, black, sans-serif font within the white center of the flower.

General Programmes

OPENING OF ASHIRVAD BLOCK: MAY 16TH 2022

A new building to accommodate the Vocational Trainees was opened on 16th May 2022 at Delhi Ashram, with a brief meditation and prasad distribution. The building has a capacity to house 40 boys.



Opening ceremony of Ashirvad Block with the Ashram family

PERFORMANCE BY THE VISUALLY IMPAIRED: AUGUST 27TH 2022

A group of 6 visually impaired young men comprising the music band 'Anhad' offered a music concert in the Meditation Hall on 27th August 2022 for over an hour. The troupe was led by the soul-stirring voice of the band founder Rajeev. Beginning with a devotional bhajan to the glory of Lord Ganesh, the offering continued with a repertoire of Sufi songs of renowned Sant Kabir. Despite their major physical limitation, the blessed individuals have really progressed far in their pursuit for excellence and the audience responded with great appreciation of their spectacular performances.



Members of 'Anhad' Band with the Ashram family

INTERNATIONAL YOGA DAY: JUNE 21ST 2022

To celebrate the 8th International Yoga Day, a yoga session was organized on 21st June 2022 in the morning at Sri Aurobindo Ashram – Delhi Branch with the support of the Ministry of AYUSH. The session was guided by Dr. Surinder Katoch. There was chanting and a brief introduction to Patanjali's Ashtanga Yoga, the eight-limbed path that culminates in Samadhi. The participants performed the basic asanas and pranayams. On this occasion, Yoga mats and T-shirts were distributed to the participants by the Ministry of AYUSH. In the evening, an online session under the title 'Talk Yoga, Not Just Asanas, even to Three-Year-Olds' was organized under the YES (Yoga, Education and Spirituality) project. The session was based primarily on a children's story, 'Deepa Knows Three Yogas'. The recording of the session is available on the YouTube channel of Delhi Ashram.



The session was guided by Dr. Surinder Katoch

ANNUAL PICNIC: FEBRUARY 26TH 2023

On 26th February 2023, the Ashram community, youngsters and those not so young, participated in a fun-filled picnic, which included music, dance, poetry, storytelling, games and scrumptious meals. The picnic was held at Vatika Farms, Gurugram, Haryana.



Ashram's Annual picnic at Vatika farm, Gurugram



**Supporting
&
Promoting
Education**



SUPPORTING AND PROMOTING EDUCATION

The children in remote areas, tribal population and villages in the hills are being educated under these schemes and their numbers continue to grow. 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, boarding, lodging, training, books, clothes, travel and medical expenses is borne by the Sri Aurobindo Ashram-Delhi Branch. Additionally, a few students in The Mother's International School, from the economically weaker section are also provided scholarship under the sponsorship program.

In addition, 49 students of Auro-Mira Vidya Mandir, a free primary school in a remote tribal area of Odisha were also sponsored under this sponsorship program. Besides providing sponsorship, the Ashram also collected clothes for distribution, for students as well as the villagers.

The sponsorship schemes mainly supported children and youth under the four main below mentioned categories:

SCHOOL EDUCATION

More than 500 Sri Aurobindo Schools throughout the country are run by independent trusts and societies registered in their area of operation. Many children in these schools are sponsored by the Sri Aurobindo Ashram Delhi Branch Trust Society. These children are provided with books, clothing, games and sports equipment among other essential items from time to time.

HIGHER EDUCATION

Many of our Ashram youth after finishing class XII pursue graduation in different streams. We sponsor their undergraduate studies and career-oriented courses.

During the current year 2022-23, a total of Rs. 5,13,533/- has been spent, under our sponsorship scheme.

VOCATIONAL TRAINING PROGRAMME

To train youth from Economically Weaker Section and disadvantaged group of the society, Sri Aurobindo Ashram-Delhi Branch Trust Society has a structured Vocational Training Program.



These are the main areas of the program:

1. **Office Administration and Customer Service**
2. **Multi Skill Courses (Electrical, Plumbing, Carpentry, Basic Welding)**
3. **Herbal Department**
4. **Tailoring**
5. **Cookery, Bakery & Food Processing**
6. **Health and Wellness Skills**
7. **Integrative Learning Methodologies**

After the successful completion of these courses, most trainees can be successfully placed in jobs.

SCHOLARSHIPS FOR PURSUING HIGHER EDUCATION COURSES IN PHOTOGRAPHY, SPORTS AND ARTS

The Ashram youth are also sponsored for pursuing higher education, courses in photography, sports training and nursing courses. During the current year we have sponsored 132 aspiring youth. The details of amount spent under various categories in the year 2022-23 are as under:

| Details of programme | Number of Students | Amount (INR) |
|----------------------------------|---------------------------|---------------------|
| School Education | 101 | *31,35,350/- |
| Higher Education | 24 | 3,91,633/- |
| Scholarships for Nursing courses | 5 | 90,000/- |
| Photography | 1 | 5,500/- |
| Sports Training (Football) | 1 | 26,400/- |
| Grand Total | 132 | 36,48,883/- |

*Partial amount towards Education of 49 children of AMVM was made in the month of May, 2023.

*The State wise break-up is attached as Annexure.



SPONSORSHIPS: 2022-2023

A total number of 101 students were under our sponsorships and a sum of Rs. 31,35,350/- was spent on them during the year as detailed below:

| State | Sponsorships | | Remarks |
|------------------|-----------------|---------------------|-------------------------|
| | No. Of Students | Amount Spent (Rs.) | |
| Delhi | 3 | 91,050/- | School Education |
| Odisha | 10 | 2,15,200 /- | School Education |
| Kechla (Odisha)* | 49 | 22,05,000/- | Auro- Mira Vidya Mandir |
| Uttarakhand | 24 | 3,60,000/- | School Education |
| West Bengal | 7 | 90,000/- | School Education |
| Madhaya Pradesh | 6 | 1,44,100/- | School Education |
| Uttar Pradesh | 1 | 15,000/- | School Education |
| Puducherry | 1 | 15,000/- | School Education |
| Total | 101 | 31,35,350 /- | |

•Partial payment was made in May, 2023

SCHOLARSHIPS: 2022-2023

31 students were under our scholarships and a sum of Rs. 5,13,533/- was spent on them during the year as detailed below:

| State | Sponsorships | | Remarks |
|---|-----------------|--------------------|------------------------------|
| | No. Of Students | Amount Spent (Rs.) | |
| Delhi / Odisha / Chandigarh Higher Education | 24 | 3,91,633/- | For Various Academic Courses |
| Scholarships for Nursing courses | 5 | 90,000/- | |
| Photography | 1 | 5,500/- | |
| Sports Training (Football) | 1 | 26,400/- | |
| Grand Total | 31 | 5,13,533/- | |

SCHOLARSHIPS AND SPONSORSHIPS: 2022-2023

| Scheme | No. of Students | Sponsorships |
|------------------------|-----------------|--------------------|
| Total for Sponsorships | 101 | 31,35,350/- |
| Total for Scholarships | 31 | 5,13,533/- |
| Total | 132 | 36,48,883/- |



VAISHAKHI PARV: APRIL 13TH 2022

On Wednesday, April 13th, 2022, Dr. Alankar Singh, renowned for his soulful vocals, graced the stage, accompanied by the talented Shri Sandeep Singh on the Dilruba and providing vocal support. Adding rhythmic brilliance to the performance was Shri Narindar Pal Singh on the tabla. Audience was transported to a world of enchanting melodies and profound serenity during this unforgettable evening.



Vaisakhi Parv celebration in the Ashram

CHRISTMAS CELEBRATIONS: DECEMBER 25TH 2022

On the evening of 24th December 2022, Ashram youngsters played novelty games in which multiple skills of the participants were put to test. A 'Father' meanwhile distributed Christmas gifts. Later, the Ashram Choir led by Dr Mithu Pal sang Christmas carols in the Meditation Hall interspersed with reading of a passage by Tara didi which quoted Sri Aurobindo as having affirmed Jesus Christ as an Avatar (incarnation of God in a human form on earth), an emanation of God's Power of Love. In the Sunday Satsang of 25th December 2022, Dr Mithu Pal sang Christmas carols, and Dr Ramesh Bijlani narrated some historical snippets around the beginning of Christmas celebrations in Sri Aurobindo Ashram, Pondicherry.



Games and celebration on December 25th

GANDHI JAYANTI: OCTOBER 2ND 2022

On the occasion of Gandhi Jayanti, youth and Ashramites participated in a special shramdan enthusiastically near the newly inaugurated Ashirvad block.



Grand shramdan by Ashram Youth on Gandhi Jayanti

DIWALI CELEBRATION: OCTOBER 24TH 2023

Just like every year, Diwali was celebrated in the Ashram without crackers. The spirit of the festival, however, prevailed with decorations and illuminations throughout the campus. In the forenoon, most of the Ashram youngsters made Rangoli on the campus and prepared lunch, as it was a day off for the kitchen staff. At dusk, everyone gathered near the Ashirvad Block which was beautifully decorated by the boys as it was their first Diwali in their new dormitory and lit lamps of aspiration at Sri Aurobindo's Shrine and all over the campus. In the evening, the Ashram Choir offered a musical offering in the Meditation Hall along with the reading of the passage on Mahakali from Sri Aurobindo's book, 'The Mother' by Tara didi.



Ashram Youth making 'Rangoli'

Musical offering by Mirambika



Health Centre

THE MOTHER'S INTEGRAL HEALTH CENTRE

The Health Centre came into being in 1992 to generate awareness about the maintenance and strengthening of Physical, Mental, Vital and Spiritual health.

'The Mother's Integral Health Centre' offers a variety of health services to both the Ashram community as well as general public. People can avail services of experts from different schools of medicine: Allopathy, Ayurveda, Homeopathy, Yoga and Naturopathy. A team of dedicated volunteers, all experts in the different fields of medicine - runs the Integral Health Centre under the able leadership of Dr. Tarun Baveja. Strongly aligned with the principal of Integral Health - yoga classes, yoga camps, Ayurveda camps, eye camps, clean mind camps and peace walks are an integral components of the Health Centre.



The Mother's Integral Health Centre at Delhi Ashram

THE AYURVEDA WING OF THE MOTHER'S INTEGRAL HEALTH CENTRE

In the Ayurveda wing we have two well-trained doctors – Dr. Surinder Katoch and Dr. Mukta Katoch Arora, dedicated towards keeping Ashramites, guests and visitors in good health. The consultancy is free of cost and it is much more than just *nadi-pariksha*. Dr. Mukta Katoch has a PhD degree with research on body and mind, and has expertise in the same.

Key offerings by our Ayurveda wing :

- ◆ *Free consultation*
- ◆ *Lifestyle & Diet counseling*
- ◆ *Stress & Weight management programs*
- ◆ *Panchakarma (detox therapies)*
- ◆ *Abhyangam, Potli & Marma massage*
- ◆ *Udvardanam (Powder Massage)*
- ◆ *Shirodhara, Pizhichil*
- ◆ *Therapies for Eyes, Ears, Nose & Throat*
- ◆ *Camps, study courses, training & more....*



THE VISION CENTRE

Self-health and Eye care program

This is a 5-day comprehensive educational program for holistic health seekers. The assessment is done on a one-to-one basis after carefully understanding the disease, health status, and requirements. The course includes a session on the theoretical aspect of the probability of vision improvement based on Dr. William H. Bates' hypothesis of 'how our eyes actually see' which is different from the generally accepted medical paradigm. School for Perfect Eyesight (SPES), a unit of Sri Aurobindo Ashram, Pondicherry, developed a regimen of exercise and routines which included some routines recommended by Dr. Bates while others were formulated in-house. Sri Aurobindo Ashram-Delhi Branch began conducting similar Eye Courses in 2005 with help of the SPES.

The course offers help in the following areas:

Holistic wellness and potential improvement of vision in cases of:

1. *Myopia (short-sightedness)*
2. *Hyper-metropia (long-sightedness)*
3. *Presbyopia (age-related reading problem)*
4. *Astigmatism (blurred, fuzzy or distorted vision)*
5. *Eye Strain & Dry Eyes*

The practice involves following regimen of routines:

- ◆ *Ayurvedic Eye therapies (Akshi Seka and Pindi)*
- ◆ *Guided Eye ball exercises (Honey & Sun Treatment, Blinking in water,*
- ◆ *Palming, Ball-play,*
- ◆ *Reading of fine-print, Swinging & Shifting, Distant chart reading, Cold pack*
- ◆ *Making mindful changes in lifestyle after understanding the causes of eye disorders and everyday practices for healthy eyes*



Health Centre Activities - 2022 - 23

| SI No. | Activity | Topic details | Date | Name of Resource Person | Number of Participant |
|--------|------------------------------|---|--|--------------------------|-----------------------|
| 1 | Allopathy | Consultation | Mon to Sat. (10:00 to 1:00) | Dr Tarun Baveja | 1349 |
| 2 | Homoeopathy | Online & Offline Consultation | Mon, Wed & Fri (11:00 to 1:00) | Dr Pardeep Kaur | 243 |
| 3 | Ayurveda | Consultation | Consultation - Saturday (11:00 to 1:00) | Dr S Katoch | 701 |
| 4 | | Treatment | Treatment - Mon to Sat (10:00 to 4:00) | Mr. Velu & Ms, Jarina | 662 |
| 5 | Eye Exercise Camp | Online | 6 Hours Camp | Dr Nirankar Agarwal | 92 |
| 6 | Eye Specialist | Consultation | Every Thursday (11:30 to 12:30) | Dr Rajiv Ghai | 46 |
| 7 | Counselling | Online & Offline | Every Tuesday (10:00 to 12:00) | Ms. Meenakshi | 14 |
| 8 | Psychiatry | Offline | Every Friday (1:30 pm to 2:30 pm) | Dr Nitin Pal Singh | 125 |
| 9 | Dental | Consultation | 2nd & 4th Monday (12:00 noon to 1:00 pm) | Dr Rashmi Sharma | 2 |
| 10 | Surgery | Consultation | Every Wednesday (10:00 am to 12:00 noon) | Dr Prameela Kaushal | 7 |
| 11 | Physiotherapy | Offline | Mon to Sat. (10:30 to 12:30) | Mr. Aqueel Ahmad Khan | 2259 |
| 12 | Spiritual Talks | Online | All Day | Dr Tarun Baveja | 60 |
| 13 | Skin Specialist | Offline | Every Thursday (1:30 pm to 2:30 pm) | Dr Mankul Goyal | 92 |
| 14 | Gynaecology | Offline | Every Tuesday (10:30 AM to 12:00 NOON) | Dr Poonam Singh | 11 |
| 15 | Holistic Health Consultation | | All Days | Dr Tarun Baveja | 3 |
| 16 | Yoga | Physical Practice around the Year | Mon, Wed & Fri (11:00 AM to 12:00 NOON) | Vidya Mundhra | 76 |
| 17 | Yoga | Physical Practice around the Year | Mon, Wed & Fri (6.45 AM to 7:45 AM) | Priya Gupta | 71 |
| 18 | Yoga | Physical Practice around the Year | Tue, Thu & Sat (8:00 AM to 9:00 AM) | Anushree Jain | 1 |
| 19 | Yoga | Yoga Art | Sunday (10:30 AM to 12:30 PM) | Raie Dey | 23 |
| 20 | Yoga | Physical Practice around the Year | Mon, Wed & Fri (5:30 PM to 6:30 PM) | Deepa | 20 |
| 21 | Yoga | Yoga for Spiritual Wellness - Individual Season | Daily (10:00 AM to 12:00 NOON) | Mr Deepak Jhamb | 7 |
| 22 | Acupressure | Offline | Tuesday & Friday (11:00 AM to 1:00 PM) | Ms. Shashi Khosla & Team | 76 |
| 23 | Vaccination Programme | COVID Vaccination | All Days, Except Sunday | Sanjeeb & Team | 24 |
| | | | | | 5964 |

GLIMPSES OF THE HEALTH CENTRE ACTIVITIES



Physiotherapy



Ayurveda



Yoga



Eye Exercises



FEEDBACK FROM THE PATIENTS

"Eye Camp created awareness about eye health. Very knowledgeable. Had great fun..."

"My daughter attended the eye camp, which was very useful and Sir gave a brief info about eye exercises. These are easy to follow. People here are helpful... And they clear the doubts in a very kind manner."

"In the beginning I was a bit bored. After practicing found it lovely and useful. Thank you so much for such orientation."

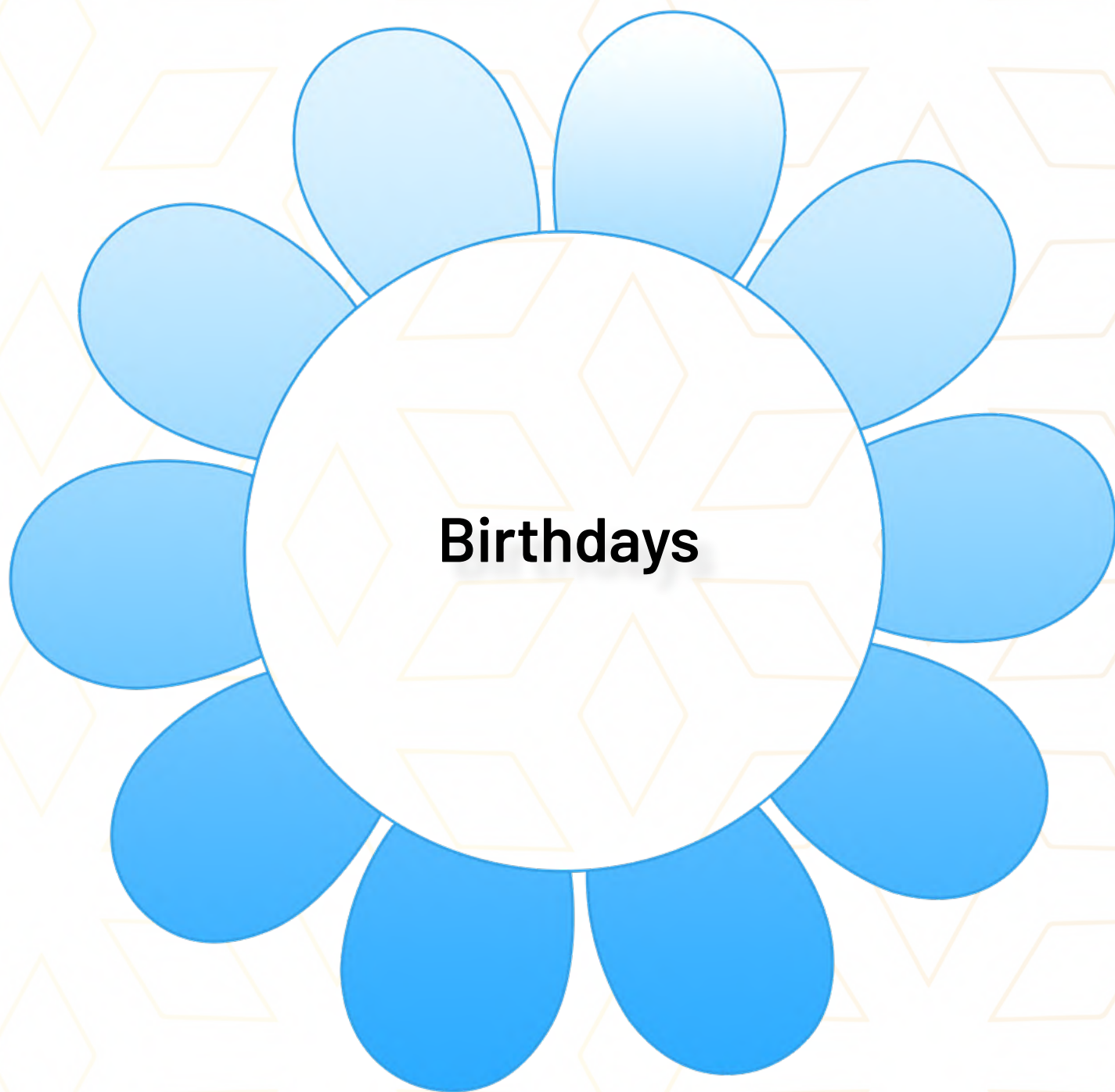
"It was the great experience with this eye camp. So knowledgeable and beneficial. Hope will attend the next eye camp."

"I can highly recommend this camp to everybody... one needs to be careful about vision and this camp with tested natural remedies is really beneficial for all sorts of troubles related to vision... This camp is value for time, money & effort."

"After 3 days I have noticed less strain in my eyes, what looked fuzzy before became very clear."

"The camp is must for all! Pranayama session is a unique way to teach children easy ways to do it."

"Vision Enhancement Course organized by the Ashram was really an eye-opener for me as it helped me to understand the importance of blinking and relaxing."



Birthdays

Because of the rhythm of the universal forces, a person is supposed to have a special receptivity on his birthday each year. He can therefore take advantage of this receptivity by making good resolutions and fresh progress on the path of his integral development.

The Mother

TARA DIDI'S BIRTHDAY: JULY 5TH 2022

In keeping with the wishes and passion of Tara didi, her birthday was celebrated with a massive tree plantation drive. Trees were planted near the Shrine and the Meditation Hall and several other places in the Ashram, and also in the associated schools, The Mother's International School and Mirambika, where 'human saplings' are planted year after year and nurtured for as long as 14 years. As on other special occasions, the Exhibition on Sri Aurobindo's life was kept open to visitors from 10:30 am onwards. In the evening, a musical offering by the Ashram Choir was followed by reading by Tara didi of a passage primarily about adoration of and salutations to the Divine.



Tree plantation drive on Tara didi's birthday, at Delhi Ashram

SHRI SURENDRA NATH JAUHAR 'FAQUIR': AUGUST 13TH 2022

Shri Surendra Nath Jauhar 'Faquir' known as Chacha ji, is the founder of Sri Aurobindo Ashram - Delhi Branch. He was known for his intense passion to do something for a noble cause. His 119th birth anniversary was celebrated with a havan, soulful bhajans, recitations, and a talk by Sushree Surendra Sharma. A book, 'Whose Gold: Yours, Not Mine,' based on Chacha ji's real-life story, was released. A film based on his life was also screened, and the Ashram Choir sang his favorite bhajans. The day ended with the kindling of diyas at Sri Aurobindo's Shrine and Chachaji's Samadhi.



Chacha ji's birthday celebration at Delhi Ashram

DR. TARUN BAVEJA: OCTOBER 1ST 2022

Dr. Tarun Baveja's 60th birthday saw a special evening meditation led by Dr. Katoch and included Gita path, mantra chanting, bhajans and readings. This was followed by prasad.



Collective chanting and readings on Dr Baveja's birthday

DR. RAMESH BIJLANI: OCTOBER 16TH 2022

Being a popular teacher and a scholar on Sri Aurobindo, Dr. Bijlani's 75th birthday saw him thronged by his students from early morning till late evening. Tara didi gifted him a portrait of The Mother on behalf of the Ashram. Special meditation with Tara didi's reading was held in the evening.



Dr Bijlani's birthday celebration with well wishers and students

A large, stylized blue flower graphic with a white center. The text "Vocational Training Program" is centered within the white circle. The background of the page features a repeating pattern of light yellow diamond shapes.

Vocational Training Program



INTRODUCTION

Sri Aurobindo Institute of Vocational Training (SAIVT) is a project aimed at empowering underprivileged youth with professional skills and spiritual strength. It focuses on human development by instilling moral values, higher aspirations, and faith.

SAIVT selects economically disadvantaged youth, aged 18-25 years, from different states of India. The application process is free, and candidates are given training in the Ashram. The students start in their preferred departments but are periodically assessed. For this, they are given tasks and goals and are closely inspected and mentored. They are motivated towards pursuing something that is a right fit, and if needed, they are encouraged to even shift departments. As part of the program, they are provided with free boarding, lodging, and a monthly allowance of Rs. 1500 for one year. A total number of 38 young adults were enrolled in 2022.

LIST OF PARTICIPANTS

| S. No. | NAME | Department |
|--------|-----------------------|-----------------------------------|
| 1 | Parwati Thapa | Teaching Skills |
| 2 | Kamlu Paraja | Teaching Skills |
| 3 | Pitamber Muduli | Multi-Skilled Training |
| 4 | Roshan | Cooking, Bakery & Food Processing |
| 5 | Stanzin Landol | Office Administration |
| 6 | Ningombam Akash | Retail Management |
| 7 | Thoudam Hobit Singh | Office Administration |
| 8 | Bhavika Gehlot | Office: Housekeeping |
| 9 | Barshan Ghosh | Office Administration |
| 10 | Rashmi Rekha Roul | Health and Wellness |
| 11 | Raja Shaw | Cooking, Bakery & Food Processing |
| 12 | Arunima Balakrishnan | Teaching Skills |
| 13 | Souzonya Krishnatreya | Teaching Skills |
| 14 | Geetanjali Das | Teaching Skills |
| 15 | Roshni Maurya | Health and Wellness |
| 16 | Shubham Maurya | Office: Audio and Videography |
| 18 | Kum. Poonam | Teaching Skills |
| 19 | Divya Mishra | Teaching Skills |
| 20 | Vimlesh | Office |
| 21 | Rupa Patra | Tailoring |
| 22 | Nikita Negi | Office: Housekeeping |
| 23 | Niraj Muduli | Cooking, Bakery & Food Processing |
| 24 | Meenakshi | Teaching Skills |
| 25 | Deepak Paswan | Health and Wellness |
| 26 | Kishor Kumar Roul | Office: Graphic Designing |
| 27 | Mansi Gouda | Teaching Skills |
| 28 | Khagaeswar Gouda | Office: Accounts |
| 29 | Savitri | Tailoring |
| 30 | Vivek Mali | Health and Wellness |
| 31 | Bibhuta Pradhan | Tailoring |
| 32 | Bijaylaxmi Moharana | Tailoring |
| 33 | Sukhbir Singh | Cooking, Bakery & Food Processing |
| 34 | Rohit | Cooking, Bakery & Food Processing |
| 35 | Pinki Ghosh | Office: Housekeeping |
| 36 | Harshranjan Sharma | Office Administration |
| 37 | Vandana Bisht | Health and Wellness |
| 38 | Dibya Prasad Dey | Health and Wellness |

Youth is not meant for mere amusement, but for daring, for love, for the life of the soul.

Sri Aurobindo

GLIMPSES OF THE TRAINING

The trainees were trained in tailoring, multi-skill training courses such as carpentry, electrical, plumbing, cooking, bakery & food processing, and office administration



Tailoring



Multi-Skill Training



Cooking, Bakery & Food Processing



Office Administration



Project-Based Learning



Health & Wellness



Shramdan



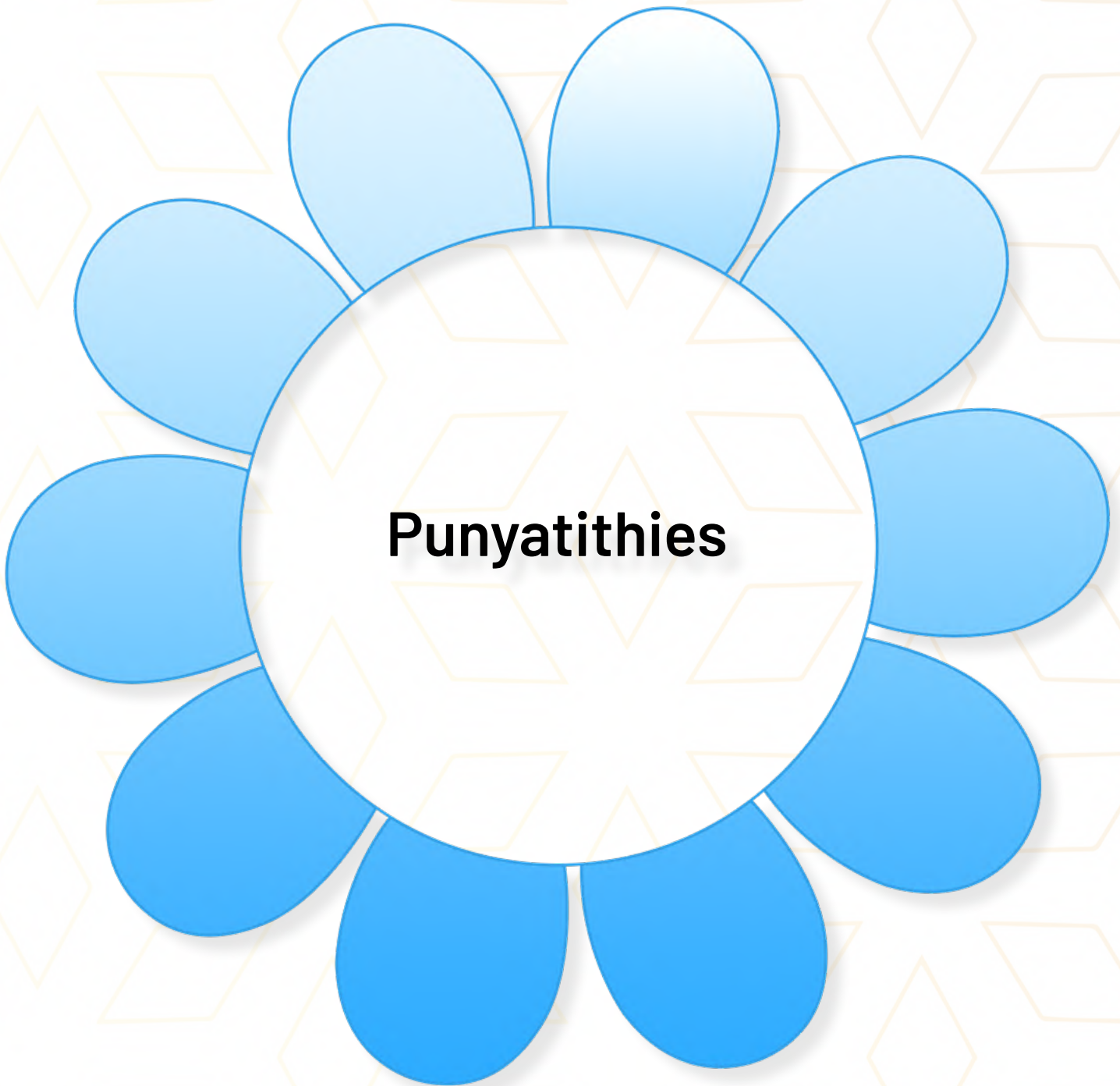
Computer & Spoken English



Singing Classes



Physical Fitness



SHRI SURENDRA NATH JAUHAR 'FAQUIR': SEPTEMBER 2ND 2022

The day started with Havan in the vicinity of Chachaji's Samadhi with participation of Ashram community. Later in the evening, a heart-warming offering of Shabad from Gurbani and Kabir Dohe (couplets) was done by Bhai Baljit Singh Namdhari and his troupe in the Meditation Hall. Thereafter lamps of aspiration were kindled at Sri Aurobindo's Shrine, Chachaji's Samadhi and the surrounding lawn.



Havan and Gurbani-Shabad on Chacha ji's punyatithi

DEVI KARUNAMAYEE: JANUARY 26TH 2023

On Republic Day, 26th January, which also happens to be Karuna didi's Punyatithi, who left her body on this day in 2017, the Ashram community saw the Republic Day parade on the TV in the morning. In the evening, there was a musical offering by Shri Kshitij Mathur, who was accompanied by Shri Chetan Nigam on the Harmonium, and Shri Shambhunath Chatterjee on the Tabla. There was also a reading of Sri Aurobindo's commentary on the Isha Upanishad by Tara didi, with special emphasis on '*tenatyaktenabhunjithaa*' (Renounce and enjoy), the ancient Indian ideal, exemplified by King Janaka.



Musical offering on Karuna Didi's punyatithi, in the Meditation Hall, Delhi Ashram

SHRI ANIL JAUHAR: FEBRUARY 28TH 2023

Erstwhile Chairman of Sri Aurobindo Ashram-Delhi Branch Trust and associated educational institutions, Sh. Anil Jauhar left for his heavenly abode on 28th February 2014. His ninth punyatithi was commemorated through an offering of devotional music by Ms. Anisha Ray with Tabla accompaniment provided by Shri Fateh Singh. The bhajans included '*Aao Janani Aao*, and '*He Jaga Trata, Vishva Vidhata*'. The offering was interspersed by Tara didi's readings of passages from The Mother's '*Prayers and Meditations*'.



Remembering Shri Anil Jauhar on his punyatithi

Death is the doorway through which the soul passes to continue its journey towards higher states of consciousness and union with the Divine.

Sri Aurobindo



Visitors at the Ashram

KIRAN BEDI JI: AUGUST 14TH 2022

Dr. Kiran Bedi: Kiran ji has been associated with the Delhi Ashram for many years now, and shares a very warm affectionate relationship with Tara didi. She visits the Ashram atleast once every year, and this year too she encouraged the youth to have the courage and confidence to do something meaningful for others. Owing to her dynamic personality and her effulgent optimism, Kiran ji is much adored and respected by all the Ashram residents.



Dr Kiran Bedi meeting the Ashram family

BLACKROCK VISIT : SEPTEMBER 24TH AND DECEMBER 3RD 2022

A volunteering program was conducted with the team of BlackRock at Sri Aurobindo Ashram - Delhi Branch. The team conducted a debate on Technology with the Vocational Trainees residing in the Ashram Campus. This was a great experience for the Vocational Trainees as they got to interact with the team, and showcased their work learned in the Ashram.



BlackRock team interacting with the Vocational Trainees, Delhi Ashram

PROF. M. SRINIVAS: SEPTEMBER 27TH 2022

Within a few days of his appointment as Director of the All India Institute of Medical Sciences (AIIMS), New Delhi, Prof. M. Srinivas made a brief visit to the Ashram on 27th September 2022. He is a devotee of Sri Aurobindo and the Mother, and has a longstanding association with Sri Aurobindo Ashram-Delhi Branch, ever since the days when he was on the faculty of the Department of Pediatric Surgery at AIIMS. After offering his Pranams at Sri Aurobindo's Shrine, he met, among others, Tara Didi and Dr. Ramesh Bijlani.



Prof. M . Srinivas with Tara didi and Dr Ramesh Bijlani

DENMARK GROUP VISIT: OCTOBER 15TH 2022

A group of 17 college students from Denmark spent a day in the Ashram on 15th October 2022. They were introduced to the Ashram and its activities and then led on a conducted tour of the Ashram. Subsequently through discourse they acquired a glimpse into the life-affirming spiritual philosophy of Sri Aurobindo and The Mother, and its relevance for a life brimming with love, peace, joy, good health and fulfilment. In addition, they also participated in sessions on the physical practices of yoga and on the self-evaluation of lifestyle. Feedback comments at the end included: "very good and educational," "an eye-opener," "loved the yoga and a very nice lunch," "nice to be in a peaceful place," "all the people we met have been so nice and smiling."



A group from Denmark spent a day at the Ashram

BUDDHIST MONKS VISIT: OCTOBER 27TH 2022

Buddhist monks: Like every year, the Ashram was happy to host a group of around 50 Buddhist monks from Sri Lanka, Thailand, India, and Myanmar. They collected together in the Meditation Hall and recited sacred Buddhist chants.



Buddhist Monks visiting the Delhi Ashram

BRAZILIAN GROUP VISIT: JANUARY 8TH 2023

A group of 25 yoga enthusiasts from Brazil led by Mr. Luis Lopes spent the afternoon of 8th Jan 2023 in the Ashram. They were given a guided tour of the Ashram. They also listened to an illustrated talk on Integral Yoga, and the definitive life-affirming role spirituality can play in making life happier, healthier, and meaningful. They also saw a demonstration of the physical practices of yoga. The visit ended with tea & snacks in the Ashram Dining Hall.



Mr. Luis Lopes with the Brazilian group in the Ashram premises

STUDENTS FROM SHAHEED SUKHDEV COLLEGE OF BUSINESS STUDIES: JANUARY 18TH 2023

A group of 50 students from Shaheed Sukhdev College of Business Studies, accompanied by their teacher, visited the Ashram on the afternoon of 18th January 2023. They were given a guided tour of the Ashram and then given an illustrated interactive session on the life affirming philosophy of Sri Aurobindo and The Mother followed by a lecture-demonstration on the physical practices of yoga. The visit concluded with tea in the Ashram Dining Hall.



Students from Shaheed Sukhdev College, in the Ashram premises

SHUBHAKSHIKA EDUCATION SOCIETY: JANUARY 24TH 2023

The students from the society were introduced to the VT program, which is designed to provide an opportunity for young people to experience the teachings of Sri Aurobindo and The Mother. The students were given a tour of the Ashram and participated in shramdan and had lunch. The day concluded with an interactive session with Dr Ramesh Bijlani and Vijay Bharti, where they discussed life in light of the teachings of Sri Aurobindo and The Mother.



Participants from Subhakshika Education Society with Dr Ramesh Bijlani



Prayer Meetings

SMT. NISHA VERMA: JUNE 11TH 2022

Smt. Nisha Verma, an Ashramite and mother of Dr. Prakash Verma, passed away on June 11th, 2022. Dr. Verma expressed gratitude for her six-year survival with cancer, her dedication to their education, and her peaceful passing surrounded by loved ones, a testament to The Mother's Grace.



Prayer Meeting, Smt. Nisha Verma

DR. LOVELEEN BIJLANI: DECEMBER 22ND 2022

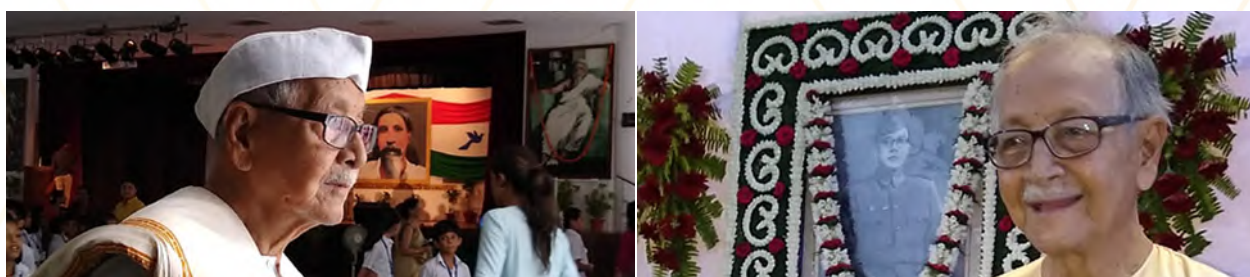
Dr. Lovleen Bijlani, an Ashramite for 15 years, passed away on December 19th, 2022. Her eyes were donated to fulfill her wishes. A tribute prayer meeting on December 22th celebrated her truthful and peaceful nature, with contributions from family and devotional music. Her soul journeyed toward Knowledge and Immortality, with prayers for a spiritually progressive rebirth.



Prayer Meeting, Dr. Lovleen Bijlani

SHRI NEPAL RANJAN GHOSH: JULY 10TH 2022

Shri Nepal Ranjan Ghosh, affectionately known as Nepal da, was a devoted freedom fighter and translator of 'Fiery Patriot Speaks' by Shri Surendra Nath Jauhar. He lived a simple, dedicated life, inspiring selfless service. He passed away on July 10, 2022, at 93, leaving a legacy of devotion and patriotism. His memory will inspire future generations to uphold these values. Nepal da's spirit lives on in those he touched.



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Bhajan Sandhyas



Meera bhajans by Dr. Jayanti Ravi: April 6th 2022

On the evening of 6th April 2022, Dr. Jayanti Ravi, Secretary, Auroville Foundation, made a musical offering of Meera Bhajans in the Meditation Hall.

Musical offering on Vaisakhi Parv: April 13th to 15th 2022

On the occasion of the Indian new year (Vaisakhi), we had a musical offering of devotional music in Punjabi by Dr. Alankar Singh, the first recipient of Sangeet Natak Akademi's prestigious '*Ustad Bismillah Khan Yuva Puraskar*' for Gurbani Kirtan. He is on the faculty of the Department of Music, Punjabi University, Patiala. Dr. Alankar Singh was accompanied by Shri Sandeep Singh on the Dilruba, and by Shri Narinder Pal Singh on the Tabla.

Bhajan Sandhya: April 16th 2022

Ms. Sapna Mukherjee, gifted singer and disciple of Ustad Wasifuddin Dagar, made an offering of devotional songs on the evening of 16th April 2022 in the Meditation Hall. She was accompanied on Tabla by Shri Fateh Singh.

Bhajan Sandhya: May 26th 2022

Ms. Jahnvi Pandya from Mumbai, who is currently doing a PhD in Psychology in the USA, during her visit to the Ashram on May 26th, made a musical offering of devotional songs, which consisted of a few Krishna Bhajans; the evergreen '*Tora Man Darpan Kahlaye*'; and a not so well known song, '*Sansar se bhage phirte ho Bhagavan ko tum kyapaoge*', which is in keeping with the life-affirming spiritual philosophy of Sri Aurobindo and The Mother. She ended with Gandhij's favourite, '*Vaishnava jana to taine kahiye*', and '*Raghupati Raghava Raja Ram*'.

Bhajan Sandhya: July 29th 2022

During the evening meditation, Ms. Sapna Mukherjee offered a collection of melodious devotional songs in the Meditation Hall. She was accompanied on the tabla by Shri Fateh Singh, and received vocal support from her daughter, Ms. Suhani Mukherjee.

Gratitude Event: July 29th 2022

The Satsang Foundation held a two-month Yoga program for Tihar Jail inmates to mark Sri Aurobindo's 150th Birth Anniversary and India's 75th Independence Anniversary, with Government of India's support. They expressed gratitude with devotional music by Ms. Sudha Raghuraman at the Ashram, featuring performances, Sri M's message, and felicitations. Dr. Ramesh Bijlani highlighted Sri Aurobindo's spirituality and lauded the Government's backing for spiritual organizations' interactions.

Bhajan Sandhya: February 20th 2023

Shri Gopal Saha from Vrindavan made an offering of Krishna Bhajans in the Meditation Hall. He was accompanied on the Tabla by Shri Giridhar Sharma from Mathura.

Bhajan Sandhya: February 27th 2023

Shri Siddhartha Kishore made an offering of Rama bhajans, Krishna bhajans, Shiva bhajans and Gandhi ji's favourite '*Vaishanava janato*', in the Meditation Hall. He was accompanied on Manjira by his mother, Smt. Jyoti Srivastava, on Harmonium by Guru Prashant Behera and on Tabla by Shri Pradeepta Moharana.

Bhajan Sandhya: March 6th 2023

Dr. Jayanti Ravi, Secretary, Auroville Foundation, made an offering of devotional songs in the Meditation Hall. She was accompanied on Tanpura by Dr. Jayanthi Ramachandran and on Harmonium by Dr. Mithu Pal.

Sangeet Sandhya : March 31st 2023

Shri Ranjan Kumar gave a very soothing Violin recital in the Meditation Hall. He was accompanied by Shri Neeraj Kumar on the Tabla.

GLIMPSES OF BHAJAN SANDHYAS AT DELHI ASHRAM**2022**12th November29th July25th April**2023**20th February27th February20th February

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Sunday Satsangs

2023

Dr Mankul Goyal



Dr Bharat Gupt



Dr Mohit Bansal

2022

Dr Ramesh Bijlani



Dr Mithu Pal



Dr Aditi Kaul

CLASSES BY SHRI PRASHANT KHANNA

Online & Offline Mode

Regular Classes on Sri Aurobindo's philosophy were conducted by Shri Prashant Khanna Ji. Topics of the talks were - *Bhagvad Gita*, *Savitri*, *Sonnets by Sri Aurobindo*.



| Day | Time |
|----------|-------------------|
| Thursday | 11:15 am–12:15 pm |
| Friday | 11:15 am–12:15 pm |
| Saturday | 11:00 am–12 noon |
| Sunday | 11:15 am–12 noon |

A large, stylized blue flower graphic with a white center. The flower has ten petals and is centered on the page. The text "Van Niwas, Nainital" is written in a bold, black, sans-serif font within the white center of the flower.

**Van Niwas,
Nainital**



WORK AT VAN NIWAS, NAINITAL

Away from the busy atmosphere of Delhi, the Himalayan Centre of Sri Aurobindo Ashram – Delhi Branch, commenced its journey in 1958. Perched at an elevation of approximately 8000 feet (2200 metres), Van Niwas in Nainital serves as an Ashram retreat in the Himalayas. This center hosts a diverse range of workshops including youth and adventure camps (*Yogarohan shivirs*), value education seminars, national integration programs, and study camps (*Yog Gyan shivirs*) focused on the teachings of Sri Aurobindo.



On May 29th, 2022, the event of Relics Enshrinement Day was observed, featuring a musical presentation by young campers and participants from the Odia study camp. On August 15, 2022, India's 75th Independence Day coincided with the 150th birth anniversary of Sri Aurobindo. To mark this occasion, the residents of the Ashram engaged in a period of silent meditation on this special day. Demonstrating similar sentiments of reverence and gratitude, the inmates also commemorated November 17th and December 5th as the respective Mahasamadhi days of The Mother and Sri Aurobindo. Lastly, The Mother's Birthday on February 5th, 2023, was celebrated with equal fervor and gratitude.

SRI AUROBINDO GYAN YOGA SHIVIRS

Van Niwas conducts Gyan Yoga workshops throughout the seasons: Summer (April to June), Autumn (October), and Winter (November). During the week-long camps, participants immerse themselves in the teachings of Sri Aurobindo and The Mother, striving to embody the principles advocated by them. In the period from April to November, around 300 individuals took part in these camps. The activities offered encompass a variety of themes such as '*Bharatha Sanskruticha Paya*,' 'The Synthesis of Yoga,' 'Savitri,' and 'The Life Divine.' These camps are conducted in Marathi, Gujarati, Odia, and Hindi, and are guided by facilitators such as Smt. Madhavi Joshi, Srikrishna Dikshit, Trupti Nerkar, Dr. Bhanose, Dr. J.P. Singh, and Ms. Santilata Pattnaik. As a result, Van Niwas has evolved into a transformative sanctuary rooted in nature, offering a profound and enriching experience.

To Be young is to be always ready to give up what we are in order to become what we must be.
To be young is never to accept the irreparable.

The Mother



Participants from GyanYoga Shivirs

YOGAROHAN SHIVIRS

At Van Niwas, several invigorating camps named Yogarohan Shivirs are held that cater to young individuals who are seeking both adventure and inner enrichment. These transformative gatherings took place from March to June and again in October. Activities such as Yoga, Chanting, Meditation, Community Service, Dramatics, Adventure Sports, and Personal Growth Workshops are part of these shivirs. Focused on fostering all-round progress, these shivirs attracted around 600 attendees from various Indian states.

Yoga & Chanting:

The youth camps include yoga sessions, informal games and shramdan (voluntary community service). These activities foster teamwork, camaraderie, and a sense of responsibility among the youth.



Participants from Youth Camps engaged in Yoga and Chanting in the morning

Trekking & Adventure activity:

The shivir offers treks of increasing difficulty, starting with a short 4 km trek and as the stamina and endurance increases, the participants undertake a challenging 16 km trek. This approach allows participants to embrace the beauty of the landscape while pushing their limits.



Youngsters enjoying the treks



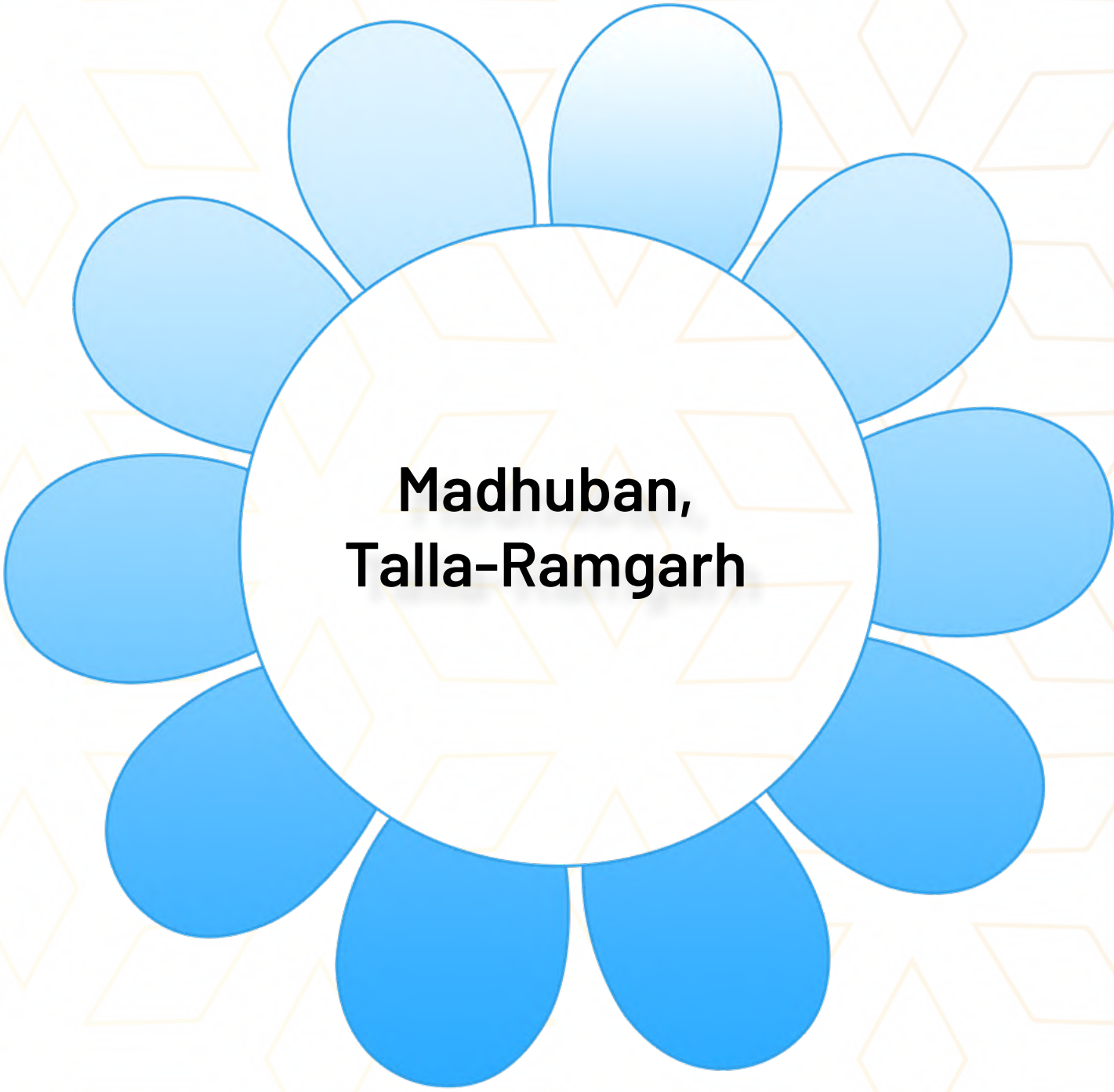
Adventure activities

Meditation & Talks:

The youth are exposed to various talks on healthy living, self-development, national challenges and the role of youth. Youth from various parts of the country benefit from these camps.



Youth from all over the Nation participating in a talk

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Madhuban, Talla-Ramgarh

WORK AT MADHUBAN: TALLA - RAMGARH

The Madhuban Sri Aurobindo Ashram - Delhi Branch, nestled in the serene landscapes of Talla-Ramgarh in District Nainital, stands at an elevation of 5000 feet within the picturesque expanse of '*Dev Bhoomi*' Kumaon. The Ashram, enveloped in the beauty of nature, boasts a profusion of flowers, trees, and winding creepers. Its orchards bear a rich tapestry of fruits including Peach, Plum, Apricot, Pears, Pomegranate, and Walnut. This close connection with the community has engendered a symbiotic bond, aligning their endeavors with the Ashram's focus on Integral living and sustainability.



Madhuban overlooking the valley, Talla-Ramgarh

DARSHAN DAYS AND OTHER CELEBRATIONS

On April 24th, 2022, the Ashram reverberated with a collective meditation to commemorate The Mother's final arrival in Pondicherry. Spring's vibrant flowers lent their colors and fragrances to the occasion, followed by prasad distribution, the illumination of aspiration-infused lamps, and an evening reading.

June 7th, 2022, witnessed the Relics Enshrinement Day, celebrated with a musical tribute by students of Late Pandit Barun Pal ji. Devotees partook in an orchestra of music and chants, followed by Dr. Alok Pandey's insightful discourse on 'The significance of the Relics'. The festivities extended to village Khushali women rendering Sri Aurobindo's Gayatri Mantra and a village fair named '*Auro Utsav*'.

August 15th, 2022, marked India's 75th Independence Day and the 150th anniversary of Sri Aurobindo's birth, celebrated with a march-past led by Ashram devotees and Vocational Trainees, joined by village youth, Khushali women, and school children, echoing devotion and patriotism.

Quietude embraced Madhuban on November 17th, 2022, on The Mother's Mahashamadhi Day, mirrored on December 5th, 2022, for Sri Aurobindo's Mahashamadhi Day. The Mother's Birthday on February 5th, 2023, signaled spring's advent, with blossoms unfurling, inspiring reflection on her 12 qualities through aspiration and meditation.

RETREATS AND CAMPS AT MADHUBAN

Numerous workshops enriched the ashram's landscape ranging from yoga camps and spiritual awakenings to philosophical discourses, music workshops, and collaborations with organizations like Youth Alliance and Iskcon Shivir. This tapestry of events showcases the Ashram's commitment to nurturing holistic living, empowering the local community by developing self help groups, embodying the legacy of Sri Aurobindo and The Mother.

Some Moments From the Camps





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