Research Report
(April, 2023-March, 2024)
Focus Area: Indian Culture
Institute: BHĀRATSHAKTI

Report prepared by: Dr. Beloo Mehra

May 2024
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INTRODUCTION

BhāratShakti is a vertical/department of Sri Aurobindo Society dedicated to study, research and programme development in the area of Indian Culture in the light of Sri Aurobindo’s vision for India and her work for the future of humanity. We find inspiration for our name and focus of work in the following words of Sri Aurobindo.

“Each nation is a Shakti or power of the evolving spirit in humanity and lives by the principle which it embodies. India is the Bhārata Shakti, the living energy of a great spiritual conception, and fidelity to it is the very principle of her existence. For by its virtue alone she has been one of the immortal nations; this alone has been the secret of her amazing persistence and perpetual force of survival and revival.” (Sri Aurobindo, CWSA, Vol. 20, p. 57)

VISION-MISSION

Vision

• Rediscovery of the immortal Bhārata Shakti, the living energy, the force that is behind India’s persistence, survival and revival, which will lead her towards a new future, a renaissance that is true to her spirit, to her swadharma and swabhava.

• Dynamic application of the inner genius of India, her spirituality, to life and all its activities necessary for the building of a new India.

Mission

“It is more important that the thought of India should come out of the philosophical school and renew its contact with life, and the spiritual life of India issue out of the cave and the temple and, adapting itself to new forms, lay its hand upon the world.”

~ Sri Aurobindo, Extract from an interview given to a correspondent of The Hindu

Guided by this new direction Sri Aurobindo has given for a true Indian renaissance, we have embarked on a mission:

• To facilitate a deeper appreciation and understanding of Sri Aurobindo’s vision of India’s destined work for the future of humanity
• To design and curate inspiring educational programmes that emphasize the dynamic application of spirituality to life and all its activities necessary for the building of a new India

• To create, curate and disseminate inspiring and research-based content related to what Sri Aurobindo speaks of as soul, mind and body of India’s rich and diverse culture

• To evoke among the young and young-at-heart a great love for India, pride in India’s heritage and an aspiration and will to create an even greater future
SECTION 1: MOST SIGNIFICANT ACTIVITIES (HIGHLIGHTS)

MAJOR PROJECT I: PUBLISHING 10 ISSUES OF ONLINE JOURNAL, RENAISSANCE

https://renaissance.aurosociety.org/

Renaissance highlights during April 2023-March 2024

- Published **10 issues** of online journal Renaissance, including two double issues.
- Major updates and redesign of the website happened during this time, including domain change and other backend updates. Despite that the search index analytics for Renaissance journal website shows an upward and positive trend and trajectory.
- **Total no. of articles published in Renaissance from April 2023-March 2024 = 134**
- For many of the themes explored in the journal through research-based and reflective articles, related educational events were also organized to make the exploration of our theme more ‘dynamic’ and to facilitate deeper immersion into the topic.

MAJOR PROJECT II: DESIGNING AND CONDUCTING 45 EDUCATIONAL PROGRAMMES

Workshops, Courses, Exhibitions, Webinars, Seminars Etc.

1. Social Philosophy of Sri Aurobindo – a semester-length post-graduate course for students of Pondicherry University (November 2023 – March 2024)
   a. Course developed and taught by BhāratShakti Director, Dr. Beloo Mehra. The course syllabus and details were duly approved by the official academic bodies at Pondicherry University.
   b. **38 students** were enrolled in the 3-month course.
   c. **Dr. Beloo Mehra took 30 hour-long classes in total, and conducted the necessary internal and final examinations as per the university norms.**
2. **BloomO! The Soulful Flower Card Game – A workshop to demonstrate the game inspired by the Mother’s work on spiritual significance of flowers (March 29, 2024)**

   - Jyoti Khare and Chetna Deorah – the artist-designer team of BloomO was invited to demonstrate the card game.
   - About 65 participants attended the workshop, including Shri Pradeep Narang, the Chairman of Sri Aurobindo Society and several guests from Auroville.

3. **Four-day Workshop for children aged 3 to 18 – ‘Invoking Shakti: The Divine Feminine in Indian Culture’ (October 9-12, 2023)**
   
   a. It was held at the two campuses of The Creative School, Bengaluru, a progressive educational institution inspired by the Integral Education teachings of Sri Aurobindo and the Mother.
   
   b. Developed and planned a range of age-appropriate learning activities, which included chanting sessions, crafts activities, poster exhibition on Nari Shakti, learning songs on Bhārata Shakti, movement-based games to help develop concentration, cultural activities, storytelling sessions, creating presentations and video content for interactive sessions.
   
   c. A variety of relevant topics were chosen such as Four Aspects of the Mother, Inner Demons, Woman – an Indomitable Spirit, Utkalika, who is Mother Mirra, Navadurga, Soul-powers and Me, Gender Stereotypes, Influences and Identity, and more.
   
   d. Facilitators included: Dr. Beloo Mehra, Ms. Biswajita Mohapatra and Mr. Raamkumar.
   
   e. **A total of more than 350 children and teachers participated in the workshop.** Parallel sessions were conducted with small groups of children,
ranging from 20 to 25, only a few common sessions were held with larger groups of 50 to 70 students.


   a. This 3-day intensive was organised at the beautiful and serene campus of Freedom Land in rural Karnataka.

   b. **70 teachers from The Creative School, North Bengaluru and Freedom Land participated in the course.**

   c. The topics covered during the course included:

      i. Why and how should we study Indian civilisation and culture?
      ii. What is culture? How does Sri Aurobindo define culture?
      iii. An Indian view of nation and culture; is there a relation between culture and nation?
      iv. Spiritual foundations of Indian culture
      v. The Indian view of life and aim of human existence
      vi. Our many selves
      vii. The inmost truth of our being
      viii. Principle of gradual progress and evolution
      ix. Living within: Becoming a conscious individual
      x. Organising individual and collective life for human development
     xi. Dharma – the right inner law of living and gradual progress
     xii. Rethinking ancient ideals of varnāshrama system for the coming age
     xiii. Relevance of study of ancient texts for our times: Lessons for inner growth
     xiv. The core of Vedic teaching and vision
     xv. Stories from the Upanishads
     xvi. The Mahavākyas of the Upanishads
     xvii. The uniqueness of the Bhagavad Gita as a scripture
xviii. Key insights from the Bhagavad Gita for self-development
xix. Chatuhsasti Kalā: Sixty-four Arts of India
xx. Appreciation of Indian Arts
xxi. Sacred roots of Indian art

5. National Seminar on ‘INDIAN-NESS IN 21st CENTURY’ (August 21, 2023)
   a. Organized in collaboration with Chair of Sri Aurobindo, Pondicherry University
      was held on 21st August 2023 at Sri Aurobindo Society. It celebrated 150 years
      of Sri Aurobindo where several attendees gathered to delve into the multifaceted
      concept of “Indianness” and its evolving significance in the 21st century.
   b. The seminar brought together scholars, cultural experts and over 100
      enthusiastic students from Pondicherry University, to examine the various
      dimensions of Indian identity in today’s globalized world.
   c. The main aim was to uncover and understand the importance of perception,
      expression or feeling of being an Indian socially, culturally and spiritually.

6. Light, Endless Light: An Interactive Session with Children (November 2, 2023)
   a. A 2.5 hour-long special interactive session was designed and organized
      for the children on the theme ‘Light, Endless Light’.
   b. The programme included a variety of creative learning activities which helped
      students understand the inner significance of Deepavali, festival of lights.
   c. Some chanting experience and storytelling were also part of the programme.
   d. Participants included a group of 70 students along with 10 teachers from The
      Creative School, Karnataka, who were on a field visit to explore some places in
      Tamil Nadu and Pondicherry.

7. Exhibition in Bengaluru - Nari Shakti: Woman, an Indomitable Spirit (October 10
   – 15 November, 2023)
a. A 53-poster exhibition was put on display at the Freedom Land campus of The Creative School in Bengaluru.

b. The researched and curated exhibition content was inspired by Sri Aurobindo’s description of the Four Aspects of the Mother.

c. During the first 3 days of the exhibition (October 10 to 12, 2023) Dr. Beloo Mehra was available at the exhibition venue for answering any questions students and teachers had while going through the posters.

d. Special interactive sessions were organised in which Dr. Beloo Mehra met with several small groups of 25-30 students of diverse age groups along with the teachers to discuss the content of the exhibition.

e. More than 120 students and 25 teachers went through the exhibition content during the first three days.

f. During the month-long duration, the exhibition was also visited by all students and teachers of the school and parents visiting the campus. Total number of visitors = 700+


a. A 20-poster bilingual exhibition (English and Tamil) highlighted selected insights from Sri Aurobindo and the Mother on Conscious Eating and Cooking.

b. The exhibition was researched and designed by Ms. Biswajita Mohapatra and Dr. Beloo Mehra.

c. The exhibition was inaugurated on June 27, 2023 by Shri Pradeep Narang, Chairman, Sri Aurobindo Society and Ms. Deepshikha Reddy, SACAR. More than 50 people attended the inaugural event.

d. Apart from the regular visitors, 3 groups of children from Sri Aurobindo International Center of Education, Calve College Govt. Higher Secondary School,
Pondicherry and Annai Sivagami Govt. Higher Secondary School, Mudaliarpet also visited the exhibition. **In total, 60+ students attended the exhibition along with their teachers.**

e. Total visitors to the exhibition – **200-250**

9. **Humour and Spirituality – Exploring how humour has been used as a method to impart spiritual wisdom (March 6, 2024)**

a. This thoughtfully curated interactive session was held at Tagore Govt. Arts and Science College, Pondicherry.

b. The session included a brief introduction on Sri Aurobindo's humour and a deeper but fun-filled exploration into how in diverse religio-spiritual traditions, humour in the form of jokes and stories has been used to impart practical wisdom as well as guide the initiates on spiritual path. Several practical examples were shared.

c. **About 50 students and faculty participated in the session.**

d. Facilitators included: Mr. Narendra Murty and Dr. Beloo Mehra.

10. **EMINENT PERSON’S VISIT: Padma Shri Kiran Vyas (27 February 2024)**

a. Our team organised a special event at Sri Aurobindo Society to felicitate Shri Kiran Vyas Ji who was **recently awarded the Padma Shri by the Government of India.**

b. **Shri Kiran Vyas is an ex-student of Sri Aurobindo International Centre of Education (SAICE), Pondicherry. He is the Founder-Director of Tapovan University of Ayurveda and Yoga in France and also the Founder and Executive Member of the European Council on Yoga. An author of several books on Yoga and Ayurveda he also serves as an advisor to Education Ministers of UNESCO member countries.**
c. Shri Kiran Vyas shared several experiences from his student days at SAICE, recounting how the Ashram school was organised at the time, how the system of Free Progress evolved over time, and the intimate relations shared by teachers and students. He shared some snippets about his interactions with the Mother. He also recalled some humourous anecdotes about his interactions with K. D. Sethna (whom Sri Aurobindo gave the name Amal Kiran) and how he could joke about his own disability.

11. Indian Culture and Integral Education – A 4-hour interactive session with Flame University Students researching Integral Education (February 26, 2024)

a. Dr. Beloo Mehra conducted a 4-hour session with 12 students on the theme – Indian Culture and Integral Education. The session included presentations, discussions, stories, short videos, reflective interactions, and some experiential activities.

b. 10 students and 1 faculty member from Flame University, Pune, participated in this session. The following topics were covered:

   i. Introduction to Sri Aurobindo as a Professor & educationist
   ii. What is the need for national education in a globalizing world?
   iii. What is the inherent connection between education, cultural identity and nation-building?
   iv. Can we identify the essence of being Indian?
   v. What are some of the key insights we can gain from the educational heritage of India?
   vi. How should we understand the aims of education as per the Indian vision of what an individual is and the aim of human life?
   vii. How can we understand culture from the perspective of Sri Aurobindo?
   viii. Why merely the inclusion of adding a few things related to Indian culture will not make our education Indian in spirit?
   ix. In what ways can we understand Integral Education as a new form expressing the spirit of ancient educational vision of our rishis?
x. What does education have to do with cultivating the powers of the soul? Can we identify four key powers or values which we must cultivate?

xi. What is Brahmacharya? And how is it connected with the emphasis on physical education in Integral Education?

xii. Introduction to the Mother as an integral educationist (with some history of Sri Aurobindo International Center of Education)

xiii. Introduction to the book “On Education”

xiv. What are the three Principles of True Teaching according to Sri Aurobindo? How do we understand them in the context of our work as students and teachers?

xv. How can we apply the concept of Panchabhuta in understanding Education?

xvi. What is the role of vital education in cultivating a finer aesthetic sensibility and cultural appreciation?

xvii. What are some areas of progress I need to work toward?

12. Rethinking Love and Relationships in a New Light – An Interactive session with the Youth (January 11, 2024)

   a. As part of the Annual Youth Camp 2024 organised by AuroYouth, Dr. Beloo Mehra conducted a 1.5-hour interactive session with the participants on the topic ‘Rethinking Love and Relationships in a New Light’.

   b. The session highlighted the significance of examining the nature of human love and relationships using a deeper psycho-spiritual view of human nature, given to us by Sri Aurobindo and the Mother who had not only explored the depths of human nature but had also raised themselves to the highest heights of consciousness.

13. Bilingual Webinar – ‘Sri Rama in Indian Consciousness’ (January 17, 2024)

   a. A bilingual webinar in English and Hindi on the theme of ‘Sri Rama in Indian Consciousness – Bharatiya Chetana Mein Sri Ram’ was held on January 17, and
included 4 panelists who shared insightful perspectives on how they understood this theme.

b. The 2-hour webinar was conducted in a spirit of “Satsang” and with an aim to highlight in the light of Sri Aurobindo the significant place Sri Rama holds in the Indian cultural psyche and consciousness.

c. **About 35 participants attended the webinar.** The panelists’ presentations were followed by some inspired conversations and interactions with the participants.

14. **Webinar - ‘Concentration and Progress’ (September 25, 2023)**

   a. The webinar included diverse perspectives from 5 invited speakers who led the participants to an exploration covering a wide spectrum of topics including concentration at workplace, how to facilitate development of concentration in children, using art to develop greater focus and concentration, value of single-pointed will, how to practice deep focus when pursuing a work, and more.

   b. A very lively discussion took place throughout the session, which went on for 2 hours 20 minutes, holding the attention of all. This in itself was a test for Concentration, making the webinar a grand success.

   c. **About 25 participants attended the webinar.**

15. **Webinar – ‘What Draws me to Sri Aurobindo’s Poetry’ (June 2, 2023)**

   a. Hosted in association with The Brown Critique, this webinar highlighted how one can get a clear picture of Sri Aurobindo’s inner spiritual life if one goes through his poetry and keeps oneself open to his Grace.

   b. Four speakers were invited for the webinar, and the discussion was moderated by Dr. Beloo Mehra, Editor of Renaissance. The invited speakers included poets and scholars of Sri Aurobindo’s literature, resulting in significant discussions and vibrant interactions.
c. **More than 30 participants** attended the webinar and several more watched the livestreaming on Facebook.


a. The objective was to dive deep into the spiritual foundations of Indian art as described by Sri Aurobindo. The first few weeks were dedicated to going into Sri Aurobindo’s writings on Indian Art.

b. Through weekly online sessions, various aspects of the theme were explored. Scholars and researchers of Sri Aurobindo’s works, artists, art enthusiasts, heritage enthusiasts and others interested in arts and spirituality were invited to share their thoughts and perspectives. We also explored how the spiritual view of art has influenced some of the contemporary artists and their works.

c. **27 sessions were conducted in total with 15-20 people on an average attending the session.**

d. Following topics were explored:

   i. Spiritual Foundations of Indian Art in the Light of Sri Aurobindo
   ii. Sri Aurobindo’s Writings on Indian Art
   iii. Indian Art and Spirituality
   iv. Spiritual Foundations of Indian Culture
   v. Spirituality and Indian Literature
   vi. Indian Sculpture in the Light of Sri Aurobindo
   vii. Painting as an Expression of Inner Truth
   viii. An Overview of Temple Architecture in the Light of Sri Aurobindo
   ix. Spirituality and Performing Arts
   x. Āgamic Insights into Temple Architecture
   xi. Temporal Rhythm in Aesthetic Experience of Architecture
xii. Imaging Bliss, Creating & Knowledge in Literature: A Spiritual Interpretation
xiii. Saptaswaras and Us: Indian Classical Music for Healing
xiv. Akriti se Sanskriti Tak: From Form to Culture
xv. Kala ek Sadhana: Transformative Power of Art
xvi. Fundamentals of Indian Iconography
xvii. Understanding Sri Aurobindo’s View of Art and Spirituality
xviii. Three Purposes of Art
xix. Indian Art and Sanatana Dharma
xx. To find highest beauty is to find God
xxi. Celebrating the influence of Krishna Bhakti on various Art forms in India
xxii. Art as an Expression of Light
xxiii. Art and Yoga – in the Light of Sri Aurobindo
xxiv. Appreciating Sri Aurobindo’s Poetry
xxv. Art Therapy: Healing through Creativity

17. Preparing for Conscious Sleep – An Online Experiential Session (August 4, 2023)

a. The aim of this session was to translate some of the learning from Sri Aurobindo and The Mother on sleep into real daily life practices. Prior registration was mandatory.

b. The session facilitated by Mr. Raamkumar was conducted online via zoom on from 9:30pm to 10:30pm. **About 30 participants attended the session.**

18. Who is an Aryan and Building Aryan Character: An interactive session (June 1, 2023)

a. Participants included a group of **22 undergraduate and postgraduate students along with 2 organisers** from Sardar Patel University, Vallabh Vidyanagar.
b. The 1.5 hour-long session highlighted a few key ideas from Sri Aurobindo’s explanation on the meaning of the word ‘Arya’ which led the students into a discussion on what misconceptions people generally have regarding this term.

c. Relevant examples were shared to illustrate what Aryan character means in the light of Sri Aurobindo’s precise description. The interaction also included some points on how our education has mostly ignored this role of character formation, and how important it is for the nation-building.

d. **A 10-poster virtual exhibition** on this topic was also part of the session.


a. Ms. Biswajita Mohapatra conducted FOUR practical sessions on conscious cooking and healthy eating at the serene campus of Surrender, Sri Aurobindo Society.

b. In addition to conducting simple cooking demonstrations Ms. Mohapatra also facilitated discussion among the participants based on the posters she had designed and displayed at the venue.

c. About 10-12 participants attended each of the sessions.

20. **Eminent speakers invited for talks and webinars**

   a. Padma Shri Mr. Kiran Vyas
   b. Prof. Sacchidananda Mohanty – two talks
   c. Dr. Charan Singh Kedarkhandi – three talks
   d. Ms. Deepshikha Reddy
   e. Dr. Shaurya Brahmbhatt
   f. Dr. Shruti Bidwaikar
   g. Dr. Arpan Yagnik
   h. Dr. Shraddha Gour Mohanti
   i. Dr. Pranjal Garg
   j. Ms. Bindu Popli – two talks
k. Ms. Nandini Sengupta
l. Ms. Gayatri Majumdar – two talks
m. Ms. Lopa Mukherjee
n. Ms. Egle J. Raie Dey
o. Ms. Monica Chand
p. Ms. Kaviya Sathyamurty
q. Mr. Sivasankar Babu
r. Ms. Sneha Nagarkar
s. Ms. Jesal Thacker
# SECTION 2: RESEARCH AT BHĀRATSHAKTI

## List of Research Projects (April 2023 to March 2024)

<table>
<thead>
<tr>
<th>SL. No</th>
<th>Title of the Research</th>
<th>Stage of Research</th>
</tr>
</thead>
<tbody>
<tr>
<td></td>
<td></td>
<td>Completed</td>
</tr>
<tr>
<td>1.</td>
<td>RESEARCH FOR RENAISSANCE</td>
<td>COMPLETED</td>
</tr>
<tr>
<td></td>
<td>“All Life is Yoga: An Exploration and a Review of Sri Aurobindo's summation of the crux of the spiritual quest”</td>
<td></td>
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<tr>
<td>2.</td>
<td>RESEARCH FOR RENAISSANCE</td>
<td>ONGOING</td>
</tr>
<tr>
<td></td>
<td>“Streams of Sadhana: An Exploration of Selected Aspects of Spiritual Practice and Philosophy in Integral Yoga”</td>
<td></td>
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<tr>
<td>3.</td>
<td>OTHER RESEARCH PROJECTS:</td>
<td>ONGOING</td>
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<tr>
<td></td>
<td>“Art and Spirituality”</td>
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<tr>
<td>4.</td>
<td>Indian Literary Tradition in the Light of Sri Aurobindo</td>
<td>COMPLETED</td>
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<tr>
<td>5.</td>
<td>Invoking Shakti – Preparing Age-appropriate Learning Activities and Material for Children</td>
<td>ONGOING</td>
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</tbody>
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Note: Please include a 1,000 word Research Abstract for each concluded Research Project. While reporting the completed researches, include the following: 1) Overview or background 2) Methodology 3) Results and 4) Research Conclusions

(TWO REPORTS OF COMPLETED PROJECTS & ONE ONGOING PROJECT ENCLOSED).
SECTION 3: DISSEMINATION ACTIVITIES

PART 1 - Dissemination through 10 issues of Renaissance Journal

Curating, editing and publishing Renaissance

A. This journal features curated pearls of wisdom from the oceanic writings of Sri Aurobindo and the Mother, as well as fresh perspectives and insights on India and her creative genius manifesting in various domains – spiritual, artistic, literary, philosophic, aesthetic.

Themes explored in Renaissance, April 2023 to March 2024

i. Religion and Yoga (April 2023) – 14 articles
ii. Life, Literature and Yoga (May 2023) – 16 articles + 1 webinar + 1 Ebook published by Auropublications
iii. Food, Sleep and Yoga (June-July 2023) – 15 articles + 1 exhibition + 2 workshops + 1 invited talk
iv. Sri Aurobindo, the Rishi (August 2023) – 12 articles
v. Concentration and Progress (September 2023) – 13 articles + 1 webinar
vi. Divine Shakti (October 2023) – 11 articles + one 4-day workshop + 1 invited talk on Rani Durgawati
vii. Yoga of Indian Nation (November - December 2023) – 19 articles + 1 invited talk on Sri Aurobindo and the Future India
viii. Symbolism in Sanatana Dharma (January 2024) – 15 articles + 1 book to be published by Auropublications
ix. Mother’s Grace (February 2024) – 11 articles + 1 invited talk with Padma Shri Kiran Vyas
x. Divine in Nature (March 2024) – 8 articles + 1 workshop related to spiritual significance of flowers
**PART II - Dissemination through Educational Programmes including Workshops, Seminars, Conferences, Guest Lectures**

<table>
<thead>
<tr>
<th>Sl. No.</th>
<th>Name of the Activity/Programme/Workshop/Seminar</th>
<th>Dates/Period</th>
<th>No. of participants</th>
<th>Place</th>
</tr>
</thead>
<tbody>
<tr>
<td>1.</td>
<td><strong>Semester-length post-graduate course</strong>&lt;br&gt;‘Social Philosophy of Sri Aurobindo’</td>
<td>November 2023 – March 2024&lt;br&gt;Course developer &amp; instructor: Dr. Beloo Mehra</td>
<td>38 Master’s students</td>
<td>Pondicherry University</td>
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<tr>
<td>2.</td>
<td><strong>Workshop</strong>&lt;br&gt;BloomO! The Soulful Flower Card Game</td>
<td>March 29, 2024</td>
<td>65+ participants</td>
<td>Sri Aurobindo Society</td>
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<tr>
<td>3.</td>
<td><strong>Invited Talk</strong>&lt;br&gt;Evolution of the Indian Ethos</td>
<td>March 4, 2024&lt;br&gt;Speaker: Ms. Lopa Mukherjee</td>
<td>15+ participants</td>
<td>Sri Aurobindo Society</td>
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<td>4.</td>
<td><strong>Invited Talk</strong>&lt;br&gt;‘Mother’s Grace: Growing up in the Ashram’</td>
<td>February 27, 2024</td>
<td>35+ participants</td>
<td>Sri Aurobindo Society</td>
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<td>Event Type</td>
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<td>Date/Details</td>
<td>Participation</td>
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<td>5.</td>
<td>Invited Talk</td>
<td>‘Rani Durgawati – The Forgotten Life of a Warrior Queen’</td>
<td>December 15, 2023</td>
<td>20+ participants</td>
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<td>Speaker: Padma Shri Kiran Vyas</td>
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<td>6.</td>
<td>Workshop</td>
<td>‘Invoking Shakti: The Divine Feminine in Indian Culture’</td>
<td>October 9-12, 2023</td>
<td>A total of more than 350 children, ages 3-18, and about 25 teachers</td>
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<td>Facilitators: Dr. Beloo Mehra, Ms. Biswajita Mohapatra and Mr. Raamkumar</td>
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<td></td>
<td>Designer and Facilitator: Dr. Beloo Mehra</td>
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<tr>
<td>8.</td>
<td>National Seminar</td>
<td>‘Indian-ness in 21st Century’</td>
<td>August 21, 2023</td>
<td>100+ students and 10+ faculty from Pondicherry University</td>
</tr>
<tr>
<td></td>
<td>In collaboration with Sri Aurobindo Chair, Pondicherry University</td>
<td></td>
<td></td>
<td></td>
</tr>
<tr>
<td>No.</td>
<td>Event Type</td>
<td>Description</td>
<td>Date/Duration</td>
<td>Participants/Details</td>
</tr>
<tr>
<td>-----</td>
<td>------------------</td>
<td>------------------------------------------------------------------------------</td>
<td>--------------------------------------</td>
<td>--------------------------------------------------------------------------------------</td>
</tr>
<tr>
<td>9.</td>
<td>Workshop</td>
<td>Light, Endless Light: An Interactive Session with Children</td>
<td>November 2, 2023</td>
<td>70 students and 10 teachers</td>
</tr>
<tr>
<td></td>
<td></td>
<td></td>
<td></td>
<td>Designers and Facilitators: Dr. Beloo Mehra &amp; Ms. Biswajita Mohapatra</td>
</tr>
<tr>
<td>10.</td>
<td>Exhibition</td>
<td>Nari Shakti: Woman, an Indomitable Spirit</td>
<td>October 10 – 15 November, 2023</td>
<td>More than 120 students and 25 teachers went through the exhibition during the first 3 days. Total number of visitors during the month-long duration = 700+</td>
</tr>
<tr>
<td></td>
<td></td>
<td>(Discussion sessions were also organized during the first 3 days of the exhibition with our team). Research, design and curation: Dr. Beloo Mehra</td>
<td></td>
<td></td>
</tr>
<tr>
<td>11.</td>
<td>Interactive Session</td>
<td>‘Humour and Spirituality – Exploring how humour has been used as a method to impart spiritual wisdom’</td>
<td>March 6, 2024</td>
<td>50 students and faculty</td>
</tr>
<tr>
<td></td>
<td></td>
<td></td>
<td></td>
<td>Facilitators: Mr. Narendra Murty and Dr. Beloo Mehra</td>
</tr>
<tr>
<td>12.</td>
<td>Webinar Series – 27 sessions (with Auro University)</td>
<td>Kala evam Adhyatma - on Art and Spirituality</td>
<td>March 29, 2023 to 25 October, 2023</td>
<td>15-20 participants per session (Total of 27 sessions)</td>
</tr>
<tr>
<td></td>
<td><strong>Bilingual Webinar (English &amp; Hindi)</strong> – ‘Sri Rama in Indian Consciousness’</td>
<td>January 17, 2024</td>
<td>Around 35 participants</td>
<td>Online</td>
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<td>---</td>
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</tr>
<tr>
<td>4 speakers including Dr. Beloo Mehta and Mr. Narendra Murty</td>
<td></td>
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</tr>
</tbody>
</table>
|   | **Bilingual poster exhibition (English and Tamil)**  
Conscious Eating and Cooking | 27 June – 6 July, 2023 | More than 50 people attended the inauguration.  
60+ students attended the exhibition along with their teachers.  
Total visitors to the exhibition – 200-250 | Sri Aurobindo Society |
| Research, design and curation: Ms. Biswajita Mohapatra and Dr. Beloo Mehta |   |   |   |   |
|   | **Webinar**  
‘Concentration and Progress’ | September 25, 2023 | 25 participants | Online |
|   | **Workshop**  
Preparing for Conscious Sleep – An Experiential Session | August 4, 2023 | 30-35 participants | Online |
<p>| | | | | |
|   |   |   |   |   |</p>
<table>
<thead>
<tr>
<th></th>
<th>Event Type</th>
<th>Topic</th>
<th>Date</th>
<th>Participants</th>
<th>Speaker/Details</th>
<th>Organizing Body</th>
</tr>
</thead>
<tbody>
<tr>
<td>17.</td>
<td>Invited Talk</td>
<td>Sri Aurobindo and India of the Future</td>
<td>July 24, 2023</td>
<td>20</td>
<td>20 participants&lt;br&gt;Speaker: Prof. Sachidananda Mohanty, Ex-VC, Central University of Odisha</td>
<td>Sri Aurobindo Society</td>
</tr>
<tr>
<td>18.</td>
<td>Invited Talk</td>
<td>Yoga in Daily Life: Guidance from the Mother (with special emphasis on conscious cooking)</td>
<td>July 6, 2023</td>
<td>20</td>
<td>20 participants&lt;br&gt;Speaker: Ms. Deepshikha Reddy, SACAR</td>
<td>Sri Aurobindo Society</td>
</tr>
<tr>
<td>19.</td>
<td>Webinar</td>
<td>‘What Draws me to Sri Aurobindo’s Poetry’</td>
<td>June 2, 2023</td>
<td>30-35</td>
<td>30-35 participants</td>
<td>Online</td>
</tr>
<tr>
<td>20.</td>
<td>Interactive Session</td>
<td>Who is an Aryan and Building Aryan Character</td>
<td>June 1, 2023</td>
<td>25</td>
<td>25 students from Sardar Patel University</td>
<td>Sri Aurobindo Society</td>
</tr>
</tbody>
</table>
PART III - Dissemination through 17 Talks and Presentations by BhāratShakti Team

TALKS BY BELOO MEHRA, DIRECTOR, BHĀRATSHAKTI

Only included are invited talks/presentations at external events or at events organized in collaboration with other institutions.

<table>
<thead>
<tr>
<th>Sl. No.</th>
<th>Name of the Talk/Presentation</th>
<th>Dates/Period</th>
<th>No. of participants</th>
<th>Place</th>
</tr>
</thead>
<tbody>
<tr>
<td>1.</td>
<td>INVITED TALK Significance of Sri Aurobindo’s Symbol</td>
<td>February 26, 2024</td>
<td>30+ participants</td>
<td>Unity Pavilion, Auroville</td>
</tr>
<tr>
<td></td>
<td>EVENT: Shakti Kumbh: Regenerative Renaissance of Mother India</td>
<td></td>
<td></td>
<td></td>
</tr>
<tr>
<td>2.</td>
<td>INVITED TALK From Rational to Suprarational: An Essential Evolutionary Movement for Collective Well-being</td>
<td>February 11, 2024</td>
<td>75+ participants</td>
<td>Aurovalley Ashram, Uttarakhand</td>
</tr>
<tr>
<td></td>
<td>EVENT: National Seminar on Synthesis of Science and Spirituality for the Highest Welfare of Society</td>
<td></td>
<td></td>
<td></td>
</tr>
<tr>
<td>3.</td>
<td>INVITED TALK Sri Aurobindo’s Uttarpara Speech: Its Timely and Timeless Significance</td>
<td>29 October 2023</td>
<td>40+ participants</td>
<td>Online</td>
</tr>
<tr>
<td></td>
<td>EVENT: International Webinar organized by Aurochit, USA</td>
<td></td>
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</tr>
<tr>
<td>No.</td>
<td>Role</td>
<td>Title</td>
<td>Date</td>
<td>Participants</td>
</tr>
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</tr>
<tr>
<td>4.</td>
<td>INVITED TALK</td>
<td>Worship of the Divine Mother in Integral Yoga</td>
<td>26 September 2023</td>
<td>100+ students, faculty, scholars</td>
</tr>
<tr>
<td>5.</td>
<td>INVITED TALK</td>
<td>Sri Aurobindo on Indian Art and Temple Architecture</td>
<td>9 September, 2023</td>
<td>50+ participants</td>
</tr>
<tr>
<td>6.</td>
<td>PANELIST for the Conference</td>
<td>The Renaissance in India</td>
<td>20 August 2023</td>
<td>50+ participants</td>
</tr>
<tr>
<td>7.</td>
<td>INVITED TALK</td>
<td>A Rationalistic Critic on Indian Culture</td>
<td>16 August 2023</td>
<td>15+ participants</td>
</tr>
<tr>
<td>8.</td>
<td>INVITED TALK</td>
<td>Education for the New Age: Key Insights from Sri Aurobindo and the Mother</td>
<td>12 August 2023</td>
<td>130+ participants</td>
</tr>
<tr>
<td>9.</td>
<td>CHAIRMED THE PANEL &amp; PRESENTED</td>
<td>2 August 2023</td>
<td>70+ participants</td>
<td>Sri Aurobindo Center for Advanced Research (SACAR), Puducherry</td>
</tr>
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</tr>
<tr>
<td></td>
<td>Indian Culture: Its March Toward Greater Dawns</td>
<td></td>
<td>EVENT: ‘Celebration Sri Aurobindo: Exploration of His Creative Word’ Literature festival organised by (SACAR) and Ministry of Culture, Govt of India</td>
<td></td>
</tr>
<tr>
<td>10.</td>
<td>TALK</td>
<td>9 August 2023</td>
<td>20+ participants</td>
<td>Online</td>
</tr>
<tr>
<td></td>
<td>Three Purposes of Art</td>
<td></td>
<td>EVENT: “Kala evam Adhyatma” project organized with Auro University, Surat</td>
<td></td>
</tr>
<tr>
<td>11.</td>
<td>TALK</td>
<td>24 May 2023</td>
<td>20+ participants</td>
<td>Online</td>
</tr>
<tr>
<td></td>
<td>An Overview of Temple Architecture in the Light of Sri Aurobindo</td>
<td></td>
<td>EVENT: “Kala evam Adhyatma” project organized with Auro University, Surat</td>
<td></td>
</tr>
<tr>
<td>12.</td>
<td>TALK</td>
<td>12 April 2023</td>
<td>20+ participants</td>
<td>Online</td>
</tr>
<tr>
<td></td>
<td>Sri Aurobindo’s Writings on Indian Art – 2</td>
<td></td>
<td>EVENT: “Kala evam Adhyatma” project organized with Auro University, Surat</td>
<td></td>
</tr>
<tr>
<td>13.</td>
<td>TALK</td>
<td>5 April 2023</td>
<td>20+ participants</td>
<td>Online</td>
</tr>
<tr>
<td></td>
<td>Sri Aurobindo’s Writings on Indian Art – 1</td>
<td></td>
<td>EVENT: “Kala evam Adhyatma” project organized with Auro University, Surat</td>
<td></td>
</tr>
</tbody>
</table>
14. **TALK**
   Introduction to the Spiritual Foundations of Indian Art in the Light of Sri Aurobindo
   29 March 2023
   20+ participants
   EVENT: “Kala evam Adhyatma” project organized with Auro University, Surat
   Online

15. **INVITED TALK**
   Uniqueness of Sri Aurobindo’s Writings on Indian Culture
   28 March 2023
   100+ participants
   EVENT: Inaugural Seminar of Sri Aurobindo Chair, Pondicherry University, “Celebrating Life and Philosophy of Sri Aurobindo
   Pondicherry University

**TALKS BY NARENDRA MURTY, RESEARCH ASSOCIATE, BHĀRATSHAKTI**

Only included are invited talks/presentations at external events or at events organized in collaboration with other institutions.

<table>
<thead>
<tr>
<th>Sl. No.</th>
<th>Name of the Talk/Presentation</th>
<th>Dates/Period</th>
<th>No. of participants</th>
<th>Place</th>
</tr>
</thead>
<tbody>
<tr>
<td>1.</td>
<td>INVITED WORKSHOP SESSION</td>
<td>February 28, 2024</td>
<td>15+ participants</td>
<td>Dorian House, Auroville</td>
</tr>
<tr>
<td></td>
<td>Non-fiction Writing</td>
<td></td>
<td>EVENT: The Dorian House Writers Retreat</td>
<td></td>
</tr>
<tr>
<td>2.</td>
<td>TALK</td>
<td>Humour and Wit in Stories that Elevate and Inspire</td>
<td>March 6, 2024</td>
<td>75+ participants</td>
</tr>
</tbody>
</table>
PART IV - Dissemination through 15 Publications by BhāratShakti Team

Publications of Dr. Beloo Mehra (2023-24) - 3 books, 1 book chapter, 7 articles in journals other than Sri Aurobindo Society journals, 2 curated periodicals

1) Articles (excludes publications in Sri Aurobindo Society's Renaissance journal) – FULL ARTICLES ENCLOSED


iii. On Parijat and Patience (August 2023), Sri Aurobindo’s Action – A Journal of Indian Resurgence, Vol. 54 (8&9), pp. 27-29

iv. The Essential Vibration of Love (June 2023), Sri Aurobindo’s Action – A Journal of Indian Resurgence, Vol. 54 (6), pp. 2-3


vi. Please Be Kind (April 2023), Sri Aurobindo’s Action – A Journal of Indian Resurgence, Vol. 54 (4), pp. 13-14


2) Books

i. E-Book: THE SPIRITUAL FOUNDATIONS OF INDIAN CULTURE (January 2024, Sri Aurobindo Center for Advanced Research, Pondicherry)

ii. E-Book: INDIAN LITERARY TRADITION IN THE LIGHT OF SRI AUROBINDO (August 2023, Auropublications, Pondicherry)

iii. E-Book: TOWARD A NEW RENAISSANCE: CULTIVATING SOUL-VALUES (June 2023, Auropublications, Pondicherry)
3) **Periodicals**

i. Curated TWO full issues of *Sri Aurobindo’s Action Journal* – on ‘Gratitude’ (June 2023) and ‘The Ramayana’ (March 2024)


**Publications of Mr. Narendra Murty (2023-24) - 2 books**

**Books**

1. **THE RELIGION OF WONDER** (October 2023, Auropublications, Pondicherry ISBN NO: 978-81-7060-444-0)

SECTION 4: FUTURE RESEARCH PROJECTS

Research projects to be undertaken in the year 2024-25

THE SPIRIT AND FORMS OF INDIAN ART (Starting in June 2024)

INVOKING SHAKTI – RE-AWAKENING THE BHĀRATA SHAKTI (Ongoing)

SECTION 5: AWARDS RECEIVED

BEST NON-FICTION BOOK AWARD

- February 11, 2024 – Mr. Narendra Murty's Book Titled 'An Odyssey Of The Mind - Journeys In The Modern Mindscape' was declared The Best Book In Non-Fiction Category at the 'Pioneer Literature Awards'.

Note: Please include Quantitative Data, Tables/Graphs/Charts/Map etc., for all abovementioned sections when applicable.

SEE ENCLOSED.
## SECTION 6: ITEMS CHECKLIST

(based on S&T National Survey digital form): *Please populate the fields relevant to you. Add ‘0’ when not applicable.*

<table>
<thead>
<tr>
<th>Items completed</th>
<th>Number (2023-24)</th>
</tr>
</thead>
<tbody>
<tr>
<td>1. New products developed:</td>
<td>1. Ten Renaissance issues, <strong>134 articles</strong></td>
</tr>
<tr>
<td></td>
<td>2. Social media posters with selected quotes from Sri Aurobindo and the – <strong>500+</strong></td>
</tr>
<tr>
<td></td>
<td>3. About <strong>100 reels</strong> for social media.</td>
</tr>
<tr>
<td></td>
<td>4. Designed <strong>16 virtual flipbooks</strong>.</td>
</tr>
<tr>
<td></td>
<td>5. Event-specific <strong>40 videos</strong> for YouTube.</td>
</tr>
<tr>
<td>2. Consultancy services rendered:</td>
<td>0</td>
</tr>
<tr>
<td>3. Papers published in national journals:</td>
<td><strong>7</strong></td>
</tr>
<tr>
<td>4. Papers published in international journals:</td>
<td>0</td>
</tr>
<tr>
<td>5. Books published:</td>
<td><strong>5</strong></td>
</tr>
<tr>
<td>6. Technical reports/articles published:</td>
<td>0</td>
</tr>
<tr>
<td>7. Non-technical reports/articles published:</td>
<td><strong>9</strong></td>
</tr>
<tr>
<td>8. Papers presented in National conferences/seminars/symposia, etc.:</td>
<td><strong>13</strong></td>
</tr>
<tr>
<td>9. Papers presented in International conferences/seminars/symposia, etc.:</td>
<td><strong>3</strong></td>
</tr>
</tbody>
</table>
ANNEXURES

Research Report 1: Completed Project
Research Report 2: Completed Project
Research Report 3: Ongoing Project
Quantitative Data with Tables and Graphs
Photographs with captions
Copies of Published Articles