

**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.

#### **4. Three-day Workshop: Sanskriti ँ Svādhyāya: An Intensive for teachers on Indian Culture and Self-development (July 17-19, 2023)**

- 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+**

#### **8. Bilingual Poster Exhibition at Sri Aurobindo Society – Conscious Eating and Cooking (27 June – 6 July, 2023)**

- 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 humorous 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.

**16. TWENTY-SEVEN Discourses on 'Kala evam Adhyatma' (Art and Spirituality) - with Sri Aurobindo Integral Life Center, Auro University (March 29 – 25 October, 2023)**

- 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.

### **19. Conscious Eating and Cooking – Practical Sessions (16 April – 28 May, 2023)**

- 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 Brahmhatt
- 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)

<b>SL. No</b>	<b>Title of the Research</b>	<b>Stage of Research</b> Completed Ongoing Proposal Stage/Conceptual Stage
1.	RESEARCH FOR RENAISSANCE  “All Life is Yoga: An Exploration and a Review of Sri Aurobindo’s summation of the crux of the spiritual quest”	COMPLETED  Started in September 2022 Concluded in July 2023  (See attached report)
2.	RESEARCH FOR RENAISSANCE  “Streams of Sadhana: An Exploration of Selected Aspects of Spiritual Practice and Philosophy in Integral Yoga”	ONGOING  (See attached report)
3.	OTHER RESEARCH PROJECTS:  “Art and Spirituality”	ONGOING
4.	Indian Literary Tradition in the Light of Sri Aurobindo	COMPLETED  (See attached report)
5.	Invoking Shakti – Preparing Age-appropriate Learning Activities and Material for Children	ONGOING

**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

Sl. No.	Name of the Activity/ Programme/ Workshop/ Seminar	Dates/Period	No. of participants	Place
1.	<p><b>Semester-length post-graduate course</b></p> <p>'Social Philosophy of Sri Aurobindo'</p>	<p>November 2023 – March 2024</p> <p>Course developer &amp; instructor: Dr. Beloo Mehra</p>	38 Master's students	Pondicherry University
2.	<p><b>Workshop</b></p> <p>BloomO! The Soulful Flower Card Game</p>	March 29, 2024	65+ participants	Sri Aurobindo Society
3.	<p><b>Invited Talk</b></p> <p>Evolution of the Indian Ethos</p>	<p>March 4, 2024</p> <p>Speaker: Ms. Lopa Mukherjee</p>	15+ participants	Sri Aurobindo Society
4.	<p><b>Invited Talk</b></p> <p>Mother's Grace: Growing up in the Ashram</p>	February 27, 2024	35+ participants	Sri Aurobindo Society

		Speaker: Padma Shri Kiran Vyas		
5.	<b>Invited Talk</b>  'Rani Durgawati – The Forgotten Life of a Warrior Queen'	December 15, 2023  Speaker: Ms. Nandini Sengupta	20+ participants	Sri Aurobindo Society
6.	<b>Workshop</b>  'Invoking Shakti: The Divine Feminine in Indian Culture'	October 9-12, 2023  Facilitators: Dr. Beloo Mehra, Ms. Biswajita Mohapatra and Mr. Raamkumar	A total of more than 350 children, ages 3-18, and about 25 teachers	Creative School & Freedom Land, Bengaluru
7.	<b>Workshop</b>  'Sanskriti च Svādhyāya: An Intensive for teachers on Indian Culture and Self- development'	July 17-19, 2023  Designer and Facilitator: Dr. Beloo Mehra	70 teachers	Freedom Land campus of Creative School Karnataka
8.	<b>National Seminar</b>  'Indian-ness in 21 <sup>st</sup> Century'  In collaboration with Sri Aurobindo Chair, Pondicherry University	August 21, 2023	100+ students and 10+ faculty from Pondicherry University	Sri Aurobindo Society

9.	<b>Workshop</b> Light, Endless Light: An Interactive Session with Children	November 2, 2023  Designers and Facilitators: Dr. Beloo Mehra & Ms. Biswajita Mohapatra	70 students and 10 teachers	Sri Aurobindo Society
10.	<b>Exhibition</b> Nari Shakti: Woman, an Indomitable Spirit  (Discussion sessions were also organized during the first 3 days of the exhibition with our team).	October 10 – 15 November, 2023  Research, design and curation: Dr. Beloo Mehra	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+	Bengaluru
11.	<b>Interactive Session</b>  'Humour and Spirituality – Exploring how humour has been used as a method to impart spiritual wisdom'	March 6, 2024  Facilitators: Mr. Narendra Murty and Dr. Beloo Mehra	50 students and faculty	Tagore Govt. Arts and Science College, Pondicherry
12.	<b>Webinar Series – 27 sessions (with Auro University)</b>  Kala evam Adhyatma - on Art and Spirituality	March 29, 2023 to 25 October, 2023	15-20 participants per session  (Total of 27 sessions)	Online



13.	<b>Bilingual Webinar (English &amp; Hindi)</b> – ‘Sri Rama in Indian Consciousness’	January 17, 2024  4 speakers including Dr. Beloo Mehra and Mr. Narendra Murty	Around 35 participants	Online
14.	<b>Bilingual poster exhibition (English and Tamil)</b>  Conscious Eating and Cooking	27 June – 6 July, 2023  Research, design and curation: Ms. Biswajita Mohapatra and Dr. Beloo Mehra	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
15.	<b>Webinar</b>  ‘Concentration and Progress’	September 25, 2023	25 participants	Online
16.	<b>Workshop</b>  Preparing for Conscious Sleep – An Experiential Session	August 4, 2023  Designer and facilitator: Mr. Raamkumar	30-35 participants	Online

17.	<b>Invited Talk</b> Sri Aurobindo and India of the Future	July 24, 2023	20 participants Speaker: Prof. Sachidananda Mohanty, Ex-VC, Central University of Odisha	Sri Aurobindo Society
18.	<b>Invited Talk</b> Yoga in Daily Life: Guidance from the Mother (with special emphasis on conscious cooking)	July 6, 2023	20 participants Speaker: Ms. Deepshikha Reddy, SACAR	Sri Aurobindo Society
19.	<b>Webinar</b> 'What Draws me to Sri Aurobindo's Poetry'	June 2, 2023	30-35 participants	Online
20.	<b>Interactive Session</b> Who is an Aryan and Building Aryan Character	June 1, 2023 Facilitator: Dr. Beloo Mehra	25 students from Sardar Patel University	Sri Aurobindo Society
21.	<b>Workshop</b> Conscious Eating and Cooking – Practical Sessions	16 April – 28 May, 2023 Facilitator: Ms. Biswajita Mohapatra	10-15 participants per session; 4 sessions	Surrender, Sri Aurobindo Society

## 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.

Sl. No.	Name of the Talk/Presentation	Dates/Period	No. of participants	Place
1.	INVITED TALK  Significance of Sri Aurobindo's Symbol	February 26, 2024	30+ participants  EVENT: Shakti Kumbh: Regenerative Renaissance of Mother India	Unity Pavilion, Auroville
2.	INVITED TALK  From Rational to Suprarational: An Essential Evolutionary Movement for Collective Well-being	February 11, 2024	75+ participants  EVENT: National Seminar on Synthesis of Science and Spirituality for the Highest Welfare of Society	Aurovalley Ashram, Uttarakhand
3.	INVITED TALK  Sri Aurobindo's Uttarpara Speech: Its Timely and Timeless Significance	29 October 2023	40+ participants  EVENT: International Webinar organized by Aurochit, USA	Online

4.	INVITED TALK Worship of the Divine Mother in Integral Yoga	26 September 2023	100+ students, faculty, scholars  EVENT: International Seminar on Tantric Religion: Philosophy, Literature, Cults, Art, History and Continuities	Pondicherry University
5.	INVITED TALK Sri Aurobindo on Indian Art and Temple Architecture	9 September, 2023	50+ participants  EVENT: Puducherry World History Congress	Pondicherry University
6.	PANELIST for the Conference –  The Renaissance in India	20 August 2023	50+ participants  EVENT: Invocation 2023	Savitri Bhavan, Auroville
7.	INVITED TALK  A Rationalistic Critic on Indian Culture	16 August 2023	15+ participants  EVENT: Invocation 2023	Unity Pavilion, Auroville
8.	INVITED TALK  Education for the New Age: Key Insights from Sri Aurobindo and the Mother	12 August 2023	130+ participants  National Seminar “Sri Aurobindo: The Messenger of the Divine Influence upon the Earth”	Sri Aurobindo Bhavan, Kolkata

9.	CHAired THE PANEL & PRESENTED  Indian Culture: Its March Toward Greater Dawns	2 August 2023	70+ participants  EVENT: <i>'Celebration Sri Aurobindo: Exploration of His Creative Word'</i> Literature festival organised by (SACAR) and Ministry of Culture, Govt of India	Sri Aurobindo Center for Advanced Research (SACAR), Puducherry
10.	TALK  Three Purposes of Art	9 August 2023	20+ participants  EVENT: "Kala evam Adhyatma" project organized with Auro University, Surat	Online
11.	TALK  An Overview of Temple Architecture in the Light of Sri Aurobindo	24 May 2023	20+ participants  EVENT: "Kala evam Adhyatma" project organized with Auro University, Surat	Online
12.	TALK  Sri Aurobindo's Writings on Indian Art - 2	12 April 2023	20+ participants  EVENT: "Kala evam Adhyatma" project organized with Auro University, Surat	Online
13.	TALK  Sri Aurobindo's Writings on Indian Art - 1	5 April 2023	20+ participants  EVENT: "Kala evam Adhyatma" project organized with Auro University, Surat	Online

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.

<b>Sl. No.</b>	<b>Name of the Talk/ Presentation</b>	<b>Dates/ Period</b>	<b>No. of participants</b>	<b>Place</b>
1.	INVITED WORKSHOP SESSION  Non-fiction Writing	February 28, 2024	15+ participants  EVENT:  The Dorian House Writers Retreat	Dorian House, Auroville

2.	TALK Humour and Wit in Stories that Elevate and Inspire	March 6, 2024	75+ participants  EVENT: Humour and Spirituality – Exploring how humour has been used as a method to impart spiritual wisdom’	Tagore Government Arts and Science College
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## 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**

- i. Ramayana's Impact on National Mind (March 2024), *Sri Aurobindo's Action – A Journal of Indian Resurgence*, Vol. 55 (3), pp. 2-5
- ii. Mother Nature Needs Love (August 2023), *New Race: A Journal of Integral and Future Studies*, Vol. IX (2), pp. 42-46
- 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
- v. Sri Aurobindo's New Light on Sanatana Dharma (April 2023) *Shraddha*, Vol. XIV (4), pp. 74-83.
- vi. Please Be Kind (April 2023), *Sri Aurobindo's Action – A Journal of Indian Resurgence*, Vol. 54 (4), pp. 13-14
- vii. **BOOK CHAPTER:** *Sri Aurobindo, the Revolutionary Nationalist* (2023). Chapter included in "*Sri Aurobindo: an Extraordinary Phenomenon*", a commemorative volume published by SACAR with a grant from Government of India, Ministry of Culture.

#### 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)
- ii. Researched, curated and edited TEN issues of *Renaissance Journal*, Sri Aurobindo Society.

### 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)
2. AN OAK TREE IN THE GARDEN - EXPLORING THE WORLD OF ZEN (January 2024, The Alcove Publishers, Gurgaon ISBN NO: 978-81-9644-4-6)

## 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.*

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

## **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**