Swadharma Bulletin August 2020

From sowing seeds to becoming self-sustaining trees — The Story of Swadharma Summer School 2020

During the summer of Covid-19, Swadharma alumni and facilitators collaborated to organize a 5-week online program to explore the individual and its parts of being - the mind, the emotions, the senses, the energies, and the body. We build daily life practices, shared, made new friends, and re-established ourselves in our Swadharma. Here is a short account of how the summer school took birth and what happened through it!

https://medium.com/@swadharma/swadharma-summer-school-2020-an-account-6dff551e126b

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What is the Tribe up to?

Yume Culinary | Online Culinary Academy by Samyukta

Samyukta from batch 2 has an online culinary academy called Yume Culinary. In August 2020, she released a new course on vegan cheese! 🧀 Check it out if you're interested, and please share with anyone you think would be keen to learn 🙏🌼

https://yumeculinary.com/vegan-cheese-mastery/
https://www.instagram.com/p/CD0Wxgwp5ib/?igshid=gx4s931n7ryo

Buddha and His Dhamma | A Book Review by Aishwarya

Aishwarya from batch 1, an Art Psychotherapist at Pause For Perspective shares in this article how she was able to pull out wisdom from Dr. B. R. Ambedkar's Buddha and His Dhamma and found it's vital relevance in today's modern context as a mindfulness-based mental health practitioner.

Read more here.

Porn to Purpose: The Power to Heal Addiction | New Release by Surya

Watch Porn to Purpose Ep 3 : The Power of Compassion to Heal Addiction

In a continuation of his video series 'From Porn to Purpose', Surya from batch 8 shares about the transformative power of compassion in healing addiction and highlights the importance of staying away from repression, self-judgement and self-shaming in a simple and engaging way using whiteboard animation. Have a look at the other videos in the series as well and share it with anyone who would love to learn about this. ❤️

Nocturnes: Album of 'Healing Music' | New Release by Luke's Band Guelo

Luke from Swadharma 5 has just released an album of ambient music intended for listeners to destress and connect to themselves. Give it a listen and share 😊

https://theguelo.bandcamp.com/album/nocturnes

"All tracks were made during the night time in early quarantine. They have helped me heal and process stress. I hope it can do the same for you." **- Luke**

Auroville Campus Fellowship, the next big step after Swadharma Programme to transform education for young adults, is looking for funding.

New Initiatives

On August 15, 2020, the Auroville Campus Initiative, the team behind Swadharma, launched five new initiatives.

Auroville Campus Fellowship, the next step after Swadharma

Auroville Campus Initiative has been organizing Swadharma for four years now. Eight batches have gone through the immersive intensive course. Now we wish to take our next big step.

In 2021, we are launching the Auroville Campus Fellowship. The fellowship will invite students to immerse themselves in Auroville for a longer duration, so they stabilize in their learnings and go out in the world to become integral change-makers, transforming self, society and environment. It is our seed attempt to transform higher education.

To support the fellowship programme, donate now at
https://www.aci.auroville.org/contribute

Watch this short video to know more about Auroville Campus Fellowship and its vision: https://www.youtube.com/watch?v=NohR7a8WtcM

If you feel inspired by our vision to transform higher education, donate now and share this campaign widely. Each donation is an investment in the future of education.

Integral Education (IE) Portal

The Integral Education Portal newsletter series was launched on August 15 with its first theme: Gratitude. All Portal subscribers, receive biweekly tiny newsletters with videos and practices on the theme of the month which helps them grow integrally in their emotions, body, mind and soul.

Subscribe to the IE Newsletter at https://ie.auroville.org/#subscribe

Here is a feedback from Sidra (batch 8) on the first newsletter series on Gratitude:
"*Just saw the video on gratitude and it was amazing. I'm so grateful to learn about gratitude. It has changed my perspective. So I started this "Grateful Sunday" thing with my batch and most of them participated. And it felt amazing. So, I want to thank the newsletter and its videos for being so amazing.* "

Have a look at IE newsletters so far: https://ie.auroville.org/tag/newsletter/

Auroville Campus Initiative's Official Website Launch

Now the team behind Swadharma - Auroville Campus Initiative - has an official website. Check it out: https://aci.auroville.org

Thank you Lakshay, Avinash, Manoj, Siddharth, and Divyanshi for putting this together!!

Swadharma Scholarship Fund

On 15 August, with the contributions from 20 members of the Swadharma the Swadharma Scholarship Fund was launched with the contribution for one Scholarship Seat. This was a long-standing dream and it could finally be realised. We are thrilled at the foundation of the Fund and offer our heartfelt thanks to each of the 20 members who generously contributed.

The Swadharma Directory

To learn who are the members of the Swadharma community across batches, become a part of the Swadharma directory.

Step 1: Take 5 minutes and sign up using this Google Form: https://forms.gle/ru66FKmy73zcNtRu6

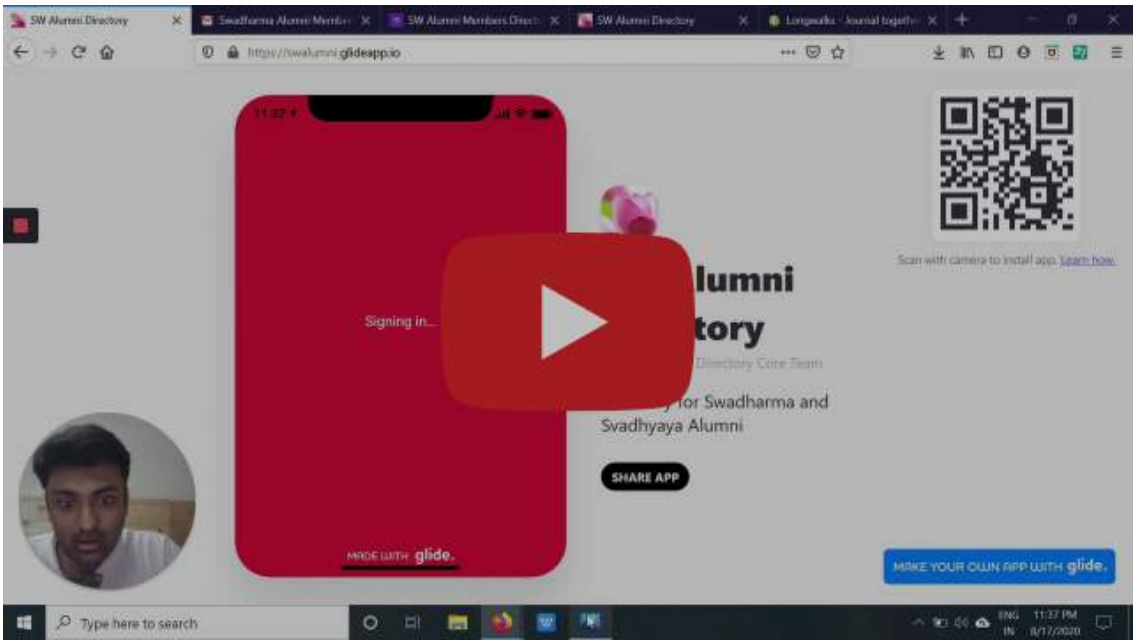
Step 2: Go here https://swalumni.glideapp.io/ login and save this on the Homescreen of your mobile.

Step 3: Go through a 2 minutes video demonstrating how to use the directory: https://youtu.be/B41-yqgHaTU

Share with your Swadharma friends and get them on board as well.

In order to ensure privacy, please do not share this outside of the Swadharma community. If you have any questions, feel free to contact the coordinating team at swadharmadirectory@auroville.org.in

(Coordinating Team: Sourabh, Himanshu, Anuradha, Utsav)



How to Sign Up and Use the Swadharma Directory?

Here is a video on “What is Gratitude?” - that was a part of one of the Integral Education

Swadharma Alumni Upcoming Events

Know Your Tribe

Get connected '1 on 1' with other Swadharmis AKA Speed Dating

Dear Swadharma Tribe,

We are now a community of 120+ Swadharmis, each on a unique journey. We are all like leaves of a tree with common roots. To facilitate new bonds and connections with people across Swadharma batches, we are starting 'Know Your Tribe', where you will be paired up with another swadharma participant on a zoom call.

We have observed during Swadharma Summer School that this 1-on-1 connection in a safe space created inspiring, meaningful and deep conversations. So, we are making this a monthly event.

How it works:

1. Register on the google form here: https://forms.gle/5ggTGW5W7hZ9hzeB7
2. Join the zoom link on 19th Sept 8 PM-9 PM IST. **Click** here. [**Meeting ID:** 318 087 923

   Password: summer2020]
3. You will be paired into different breakout rooms with other participants during the session.
4. The session becomes a starting point for lifelong connections!

Swadharma Monthly Sessions (SMS)

Dear Friends,

Every **first** Saturday of the month, we will be holding a Swadharma Monthly Session to keep deepening our Swadharma Journey. These sessions will be facilitated by one of the members of our tribe - be it alumni, mentors or Auroville resource persons.

We are happy to invite you to our first Swadharma Monthly Session on Sound Healing offered by Luke from Swadharma 5. You are welcome to join Luke as he takes us on a journey of opening our hearts and minds, letting each tone wash gently over us, widening our capacity of expression, feeling, and balance. The poster below has all the necessary details.

Share with the Tribe

Share with the tribe
We invite you to share with us Your Learning Journey, for the Swadharma Blog. Be it your experiences, musings, practices, or breakthroughs, we would love to feature your story. You can share, in the form of articles, poems, photographs, music, art-work, etc whatever you feel is the best way for you to express. General word limit is 500 words. Share from your heart!
We would also love to know about your Initiatives and the milestones in your journey. Whether it is a new project, website, collaborations, new experiments, ventures or an initiative, share with your tribe.
Write to: swadharmablog@auroville.org.in
Thank you! Swadharma Blog Team