Swadharma Bulletin October 2020

What is the Tribe up to?

The Joy of Being Guided on the Sunlit Path | Divyanshi in conversation with Leela

In this interview with Leela from YoungOvation, Divyanshi shares in-depth how her journey unfolded from a young adult with deep questions to her finding the answers and taking a leap of faith to go to Pondicherry. The conversation is filled with inspiration, wisdom and offers courage that anyone on this journey can draw from :)

Watch it here.

Sidra from batch 8 paves her journey forward

I'm Sidra from Swadharma batch 8 and recently I enrolled for Masters in Architecture which Specializes in Environmental design from Faculty of Architecture and Planning which is a part of Dr, A. P. J. Abdul Kalam Technical University, Lucknow.

The reason to take this course up is that I have always been inclined towards environmental concerns and its problems. By being an architect, I know exactly how I can contribute towards the cause.

Environmental design is the process of addressing surrounding environmental parameters when devising plans, programs, policies, buildings, or products. It seeks to create spaces that will enhance the natural, social, cultural, and physical environment of particular areas.

It also deals with sustainable building techniques and methods and adopting energy-efficient methods for construction because India being a developing country, is facing an excessive growth in infrastructure development which in return is adding a large amount of carbon emission.

Ayushi from batch 5 weaves into KalaKai

While the word came to a standstill in the past few months, few of us swadharmis got an opportunity to reflect and work on our inner calling once again. It's like life makes you stop and restart all over again because one Swadharma wasn't enough.

Being a graduate of fashion, I could understand how the industry has been hit the most in this pandemic. With time I began observing how experiences seemed more valued for all of us than just a product. With this gaze of reflection at my learnings till now and taking the leap, I decided to develop an experience in something I truly believed in. I took up handlooms for my Micro Project during the Swadharma Summer School.

On reading more, I came across an article of Kabir Das where he was mentioned as a weaver by profession, and reading his Doha I understood how he could practice mindfulness and connect to himself and the Divine with each thread that was being woven.

It was this experience of practicing an age-old craft by oneself and with our loved ones, that KalaKai was born. An attempt to bring Culture + Craft + Creating together. It was my intention to discover traditional activities in an adaptive way for every generation to experience our roots.

To shop for a kit, click here.

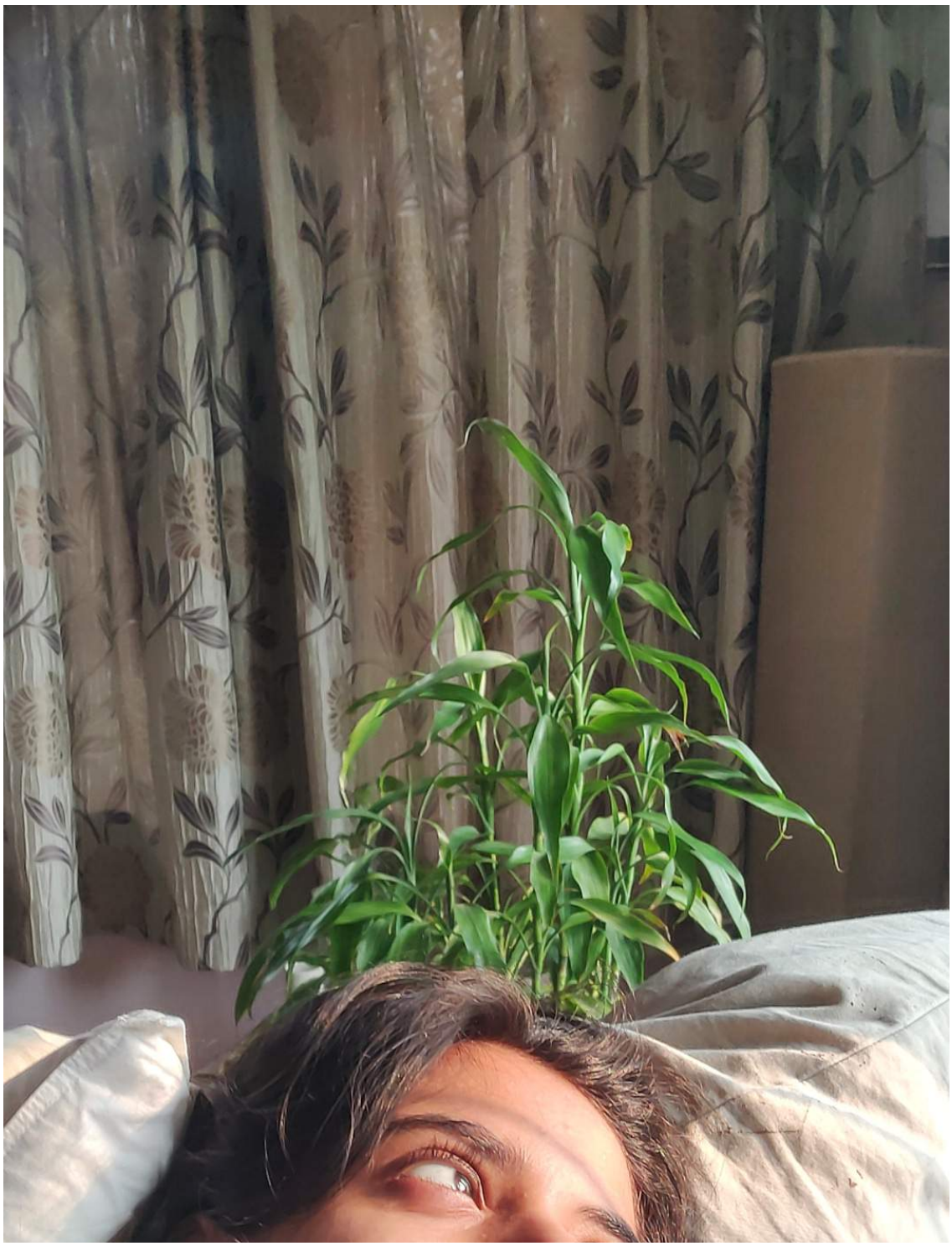
Find KalaKai on Instagram - kalakai_studio

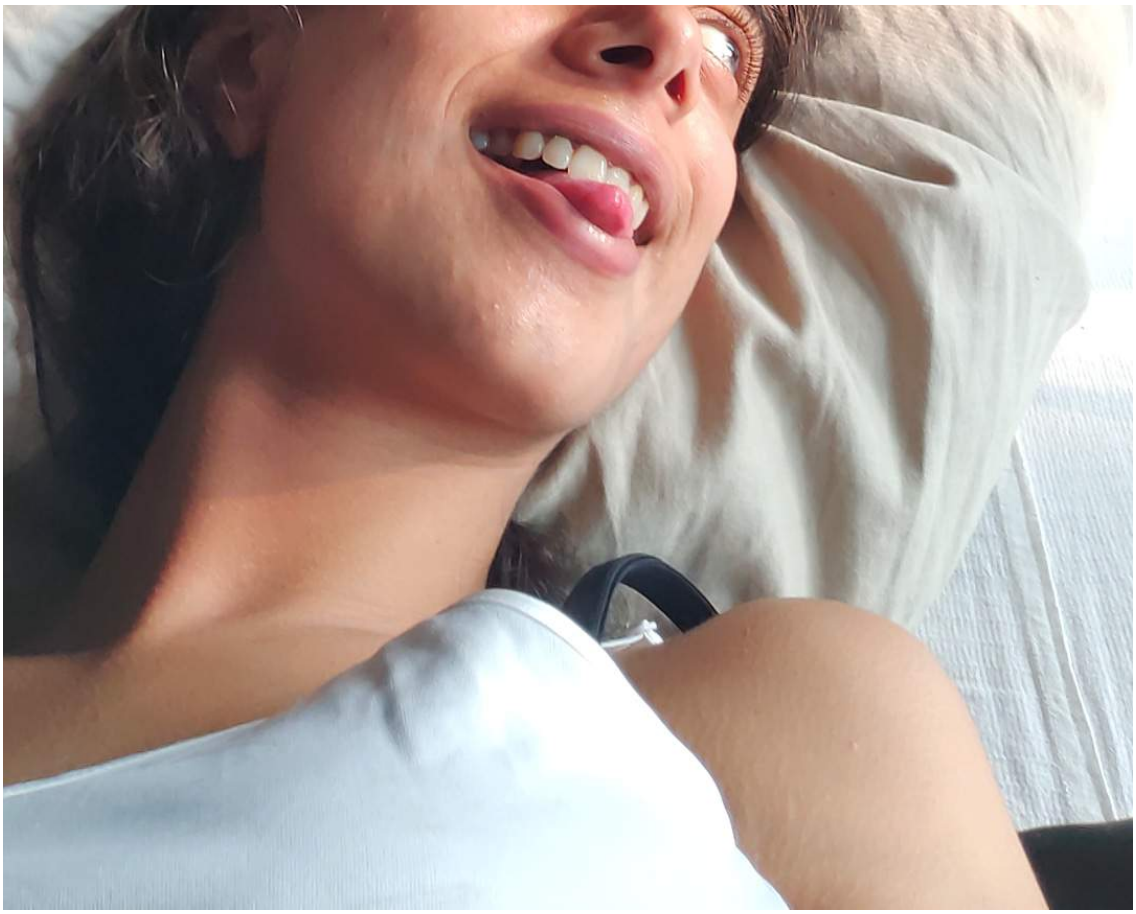
From Marketing to Managing: Drishti's Story

It was in Auroville, back in 2018, that Drishti found herself going back to the joy she experienced standing in a field in the middle of the night trying to manage logistics for an event that was due in less than 12 hours. She took this back to the city and combined her love for Music and Management to work in the capacity of an Artist Manager with India's leading Jazz Club and performance venue, "The Piano Man".

TPM, although, had different plans for her because for the last two years she had been doing marketing for the brand!

When the pandemic struck, Drishti decided to take a step back (rather forward!) and shift gears to studying. It was very important for her to contextualize her goals as there had been times in the past where the goals were either unconscious, untimely or so much energy was being spent in just making the choice that there was not enough to walk the path that was chosen. In June 2020, her life truly seemed to turn over a new leaf. She found a home, she found herself(all over again), and most importantly she found something invisible that made everything make sense. It's not a stretch to say that she found a reason to wake up every morning even if it was to work towards finding what she liked doing when she did wake up :P





In September 2020, Drishti started at the Vedica Scholars Programme for Women in New Delhi, India. At Vedica, Drishti is being trained in Leadership Practice and Management over 18 months in-residence. It has not been very long and Drishti can already find herself crystallizing her insights and embarking on a new adventure. She is happy to have found an institution that practices a similar value system as herself and is thrilled+grateful to work towards becoming a version of herself that serves her best. You can read more about Vedica Scholars here.

New Initiatives

5 Stages of Work and 12 Indicators of Work as Worship | New Blog Entries on Integral Education Portal

On the path to purifying one's self and actions, there are certain signposts and markers that help us see where we are at and course correct. 5 Stages of Work captures how one can progressively move from working for their livelihood to making each and every action as an offering to the divine. 12 Indicators of Work as Worship offers twelve powerful questions that one can really contemplate to do the greatest work and reach our true aspirations.

Updates:

Prologue to Prayoga, a Free Webinar on "Aligning Self & Social Change"

Happy to share about a complimentary webinar on “Learning how to align self & social change”. The webinar is a Prologue to Prayoga, a 12-week online journey to integrate self-development with meaningful social engagement. Register now for the webinar at https://us02web.zoom.us/meeting/register/tZArfuuvqD0qH9SW63uXuFbWW1zJVufevnNO

Learn more about Prayoga: https://aci.auroville.org/prayoga

Apply for Prayoga: https://forms.gle/eQueUrhx1mwbij866

If you feel you benefited from the Swadharma journey and a similar experience can help support the journeys of your friends, acquaintances, family and relatives - please do share within your networks about Prayoga. Since it is online, it is an easier way of getting a Swadharma-like experience, virtually but with real-life change.

Beauty

The Integral Education Portal newsletter series was launched on August 15. The newsletter has a theme of the month on which we send biweekly newsletters. The theme of October was Beauty. Newsletters consist of videos, practices, quotes and

short write-ups. You can have a look at the Beauty newsletters here: https://ie.auroville.org/tag/newsletter/.

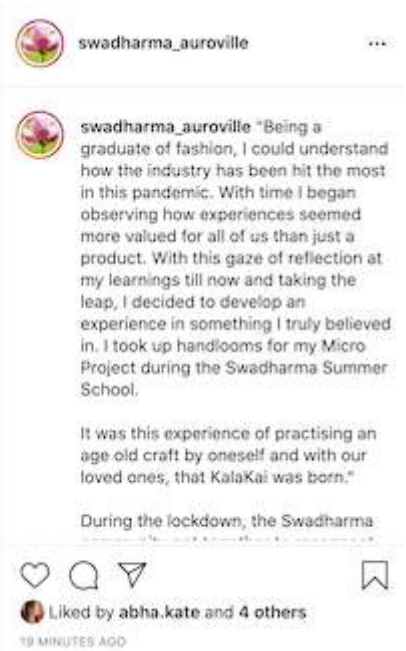
Subscribe at https://ie.auroville.org/#subscribe

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

Here is a video on "What is Beauty?" - that was a part of one of the newsletters and put together by Divyanshi, Surya, Manoj and Archana :)

Swadharma Instagram Page

We are also happy to let you know that we are reviving the Swadharma Instagram page (@swadharma_auroville) and now it's been made public. Do follow Swadharma on Instagram where we will be featuring heartwarming stories from our community, offerings, new projects, and much more :)



Swadharma Alumni Upcoming Events

Know Your Tribe

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

KNOW YOUR TRIBE

Dear Swadharma Tribe,

We are now a community of 120+ Swadharmis, each on a unique journey. We are all like the leaves of a tree with common roots. ‘Know Your Tribe’ session facilitates new bonds and connections with people across batches by pairing up Swadharma participants on a zoom call.

Snapshot from our last KYT session on 17th Oct

KYT Experiences: The last 2 sessions have facilitated 8 conversations amongst Swadharmis. Conversations go from sharing life journeys to “traveling to new places”

as Ananya would describe her call with Mandar. Also, every session ends with a group discussion where inevitably memories of Auroville (Mitra ;-)) and life during Swadharma brings joy to all of us!

How it works:

1. Register on the Swadharma Alumni Event list here: https://rb.gy/85yrnk
2. Join the zoom link on 21st Nov 8PM-9PM IST.
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!

Date:

21 Nov 2020, 8PM-9PM IST

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 third Swadharma Monthly Session with Anoushka Kumar! Anoushka will take us through an Art Therapy Session that promises release, creative indulgences, and calm through a presence in the moment (among other things!)

When: Nov 7 2020
Time: 8-9.30 PM
Where: Zoom (details will be circulated with a poster on Whatsapp)

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