

Students participating at the Auroville Exposure tour under Ek Bharat Shreshtha Bharat programme continue their learning with an emphasis on stillness in body and mind on the second day

Students meet Lt. Governor of Puducherry, Dr. Tamilisai Soundararajan

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On the second day of the Auroville Exposure tour under the Ek Bharat Shrestha Bharat (EBSB) programme, the participating students at Auroville continued their learning with an emphasis on stillness in body and mind. They started their day with peaceful chants of Sri Aurobindo Gayatri Mantra and learnt to go on an inward journey and deep stillness.

They also learnt about the nature of the mind and how one could still the mind, bringing the stillness into the body first with gentle, loving attention, nourishing inner space while engaging in the outer world.

Their questions reflected their sincere need to understand and master the mind. They learnt about differentiating between habit and customised communication and practical tips to be with the mind and not fight it.

The students then visited the Matrimandir, understanding its significance for Auroville and for humanity at large. There is a growing awareness and understanding of the alternatives and possibilities that exist and to embrace it with an open mind and heart.

Later in the day, the students had an interaction with the Lt. Governor of Puducherry, Dr. Tamilisai Soundararajan, who is also a member of the Governing Board of Auroville Foundation. She inspired the students with her life journey to be the person holding multiple roles. She encouraged students to be leaders, be the stars, be unstoppable, and pursue excellence doing their best. She emphasised that everyone has the potential to be anything they dream of, to be bold and courageous, standing tall and taking on challenges and hard work that is the key to being successful. Secretary, Auroville Foundation, Dr. Jayanti S. Ravi, was also present at the event.

The students were later exposed to the Prosperity Model followed in the Auroville and Community integration. Other initiatives of Auroville that work to bring the community together such as Solar Kitchen - the biggest community kitchen were explained to the students.

The day ended again with the Sound Bath, exposing the students to the vibrations of sounds. They learnt how resting and relaxing in the stillness can improve the quality of work and impact communication.

The Ministry of Education has initiated this programme to emphasise the relevance of the educational-cum-cultural tour to themes under NEP, G-20 Leaders' Declaration, Shri

Aurobindo's 150th Birth Anniversary and Ek Bharat Shreshtha Bharat. The programme has been envisioned following the suggestion of Union Minister for Education and Skill Development & Entrepreneurship Shri Dharmendra Pradhan to introduce the Aurobindo circuit under EBSB. The emphasis of the initiative will be on exposing the youth to spirituality and Sri Aurobindo's philosophy and practical implementation of integral education, Auroville being a unique experiment towards that end. Auroville Foundation, an autonomous organisation of the Ministry of Education, is organising the programme.





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