



# Sri Aurobindo Yoga Mandir

*Updates*

16/07/2015

Namaste, Greetings and all our  
love



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## Dear Friends and Well Wishers

These times are dark

Winds are heavy

We're fireflies

Holding hands and being held

Wind blows us not

Darkness consumes us not

With you by our side

We'll Keep shining, Keep flying

We'll Keep helping and keep moving



## Life after the earthquake

*Carrying concrete ring during rebuilding*

### **Times are tough, situation is not the best but we are busy moving on.**

Well, we have been super busy.

After almost two months of frequent aftershocks, we don't experience that many nowadays. The constant fear and paranoia has reduced.

It is monsoon here in Nepal, the roads are all muddy and incidents of flood are not a rarity.

On a very positive note, after countless strikes, bandhs, curfews and a lot of conflict, Nepal has finally drafted a constitution. It is a matter of national rejoice to have a constitution made by people after a wait of six and a half decades. We are very hopeful that this new constitution will shape Nepal's development if properly put in action.

Our sources of income have never been the same after the earthquake. Income from activities like Milk, vegetables and other kinds of sales have decreased.

We have had just 5 guests in our guest house since April (A stretch of 5 months). But we do hope the situation will improve.

Our heartiest thanks to you for your kindest of donations which have enabled us to meet our urgent necessities like food, medication, education fees and urgent repair costs.

New children are coming to us in a regular basis. It is indeed a pleasure to see the smile in their faces, to see them happy to see them enjoying their lives again. Although not in a strong financial position, we will not fail to welcome children who come to us.

Life is difficult and we are working hard to make it better.

Boys displaced from their dormitory were residing in the temporary shelters but due to the monsoon flood, mosquitoes and the scorching heat of the corrugated tin roof, they have been forced to use some classrooms of the school. Therefore it is a top priority now to repair the dorm complex so that they can be reinstated there.

Due to the increasing number of children and adults, we are facing shortage of space. The 4<sup>th</sup> floor of the kitchen complex which was supposed to be finished by now was intended to be used as Girl's dormitory and enfant care section but the earthquake not only pushed us back in time but also drained all the funds which were supposed to be used in building the dormitory and enfant care section.

Even with all these difficult circumstances, children's education and care has not been compromised. Veda, Durga, Rishi, Ravi, Tika and all the teachers teach in the school during the day and help in construction during mornings and evenings. Yashoda and Vibha are looking after their cleanliness and hygiene.

We recently celebrated Yoga day, Teacher's day, Sri Aurobindo's birthday and Teej (A special festival dedicated to feminine power). Celebrations are observed in a positively spirited way where we try to celebrate the deepest and universal essence of the festival. Each festival is accompanied with special delicacies for lunch and dinner.

Laxmi and the dance team from the Ashram have been performing in different places. They are also preparing for the cultural shows to be presented on Dashain and Tihar (the biggest festivals of Nepal) coming october. Pradeep and Laxman are teaching art and painting while Magdalena from France is teaching french. Kids regularly take their music classes.

With so much work to do, so much to repair and to recover, we will need your love and support. Many of you have also been kind enough to request your friends to help us. We cannot thank you enough for all your love. All we can do to thank you is to keep on doing the good work.



*New school building under construction*

## New Faces

# New children

Here, we will introduce you to some of the new smiles.



## Pavitra and Pasang

Pavitra (5) and Pasang (7) are two of the most happiest kids your will see. These little girls are from from remote Rasuwa, also a heavily earthquake hit district of Nepal.

These sweet little angels come from a very poor family background. After the earthquake destroyed their home, they came to us. We could provide them with home and family and so we did.



## Vikash and Niraj

Vikash (13) and Niraj (12) are two young lads from Sindhupalchowk, the most heavily earthquake hit district in Nepal.

These two brothers lived with their relatives as their parents had ceased and the earthquake destroyed the house they were living in.

When they came to us, trauma was as visible as it can be. We wanted to erase it, so we welcomed them in. In a week we saw them making friends and enjoying Ashram.



## Laxman and Yocham

Laxman (6) and Yocham (8) are from remote Surket, a district in far west of Nepal. These brothers lost their father 3 years ago and since their mother's meagre income could not feed or educate them, she brought them here.

These sweet lads are bright and merry and to see them enjoy the Ashram since the first day is a real plasure.

# More and More children since the earthquake

Be it, Gopi from Rasuwa or Rohit from Birgunj, these children have a past that they would like to erase with a future that is bright. Only life and love can erase the trauma. Only smile can replace the frown.

All these smiles reflect the kind generosity of those who have helped the Ashram welcome them.

All our thanks and gratitude for your loving help and support.

With your help, we can welcome more of them.





# The Newly built shade

We recently moved all the cows to the newly built shade.

On 15 September, 2015 we moved all the cows from the old building to the newly built shade. This was accompanied with homage to the land and to the Mother Nature.

We breathed a huge sigh of relief to have securely moved the cows before anything worse could happen to the destabilized old building.

The new shade also has a top closed compartment which will help us store feed and other items. Two decent rooms have been separated for about 10 boys to reside.

Although not as permanent as a concrete building, this shade is safer and cost-friendlier than concrete ones.

Moving the cows to this new shade will grant us large extra space in the old building once it is repaired safely.

The concreted extra open space used by cows during the daytime will be turned into basketball court for kids.

Rearing cows and selling the milk products has been one of the most consistent income generating activities of the Ashram. Besides that pure milk/yoghurt/ghee produced is consumed at the Ashram as a part of daily meal. This greatly enhances the health of everyone living in the Ashram.

The manure from the cow farm is what enables us to produce vegetables and crops without using a single grain of chemical fertilizer. Besides that, the biogas produced from cow dung helps us to reduce LPG usage by almost 40%.

The building complex which housed the cow barn in the ground floor and 1<sup>st</sup> floor, also had the boys dormitory and weaving department on the 2<sup>nd</sup> and 3<sup>rd</sup> floor respectively. The devastating earthquakes that occurred on the 26<sup>th</sup> of April and 12<sup>th</sup> of May seriously destabilized the foundation of the building thus causing creating an immediate need of replacement.

Thus, we the Ashram folks started levelling the land right below the Hanuman temple. It took us 1 week just to level the land up using hand held tools.

After that we erected metal pillars to support the roof and then carried out further work. This new shade is cost effective, light weight and earthquake resistant. To save resources and to build it in time, one could see us working day and night, so that we could move the cows and the cow feed and start repairing the old severely damaged building as soon as the monsoon ends.

**Constructing a temporary shade as a replacement of the severely damaged cowshed-dormitory complex.**



# Next Urgent Phase

## Retrofitting of the cowshed-boys dorm complex

This building housed cowshed and storage units in the ground floor and 1<sup>st</sup> floor respectively while boys dorm and pashmina weaving department on the 2<sup>nd</sup> and 3<sup>rd</sup> floor.

Foundation pillars have dangerously broken resulting the building to tilt southwards. According to engineering experts we have to carry out a process called retrofitting which reinforces all the pillars on the ground floor by adding new pillars. All the walls have to be broken and foundations for supporting pillars have to be dug where additional pillars will help reinforce the building.

It is a very costly process with estimations of 70,000 USD for basic retrofitting. Plastering and furnishing the walls would make it 75,000 USD.



**We are planning to move the naturopathy and Ayurveda department for treatment of children and members to this building once it is repaired and refurnished.**





Some other pictures from the Ashram



Our little girls happy during Teej



Dancing and Singing during Teej



Gourds in our organic farm



Children during school



Breakfast time



Teacher's day celebrations

**Our upcoming projects projects for repair and reconstruction:**

- **Repairing the boys dorm complex : Estimated Cost 70,000 USD**
- **Repairing the school : Estimated cost 30,000 USD**
- **Reconstruction of the Girls' dorm : Estimated cost 100,000 USD**

For your kind information, below are the bank account details of the Ashram

<u>Field</u>	<u>Details</u>
<u>Beneficiary Name:</u>	Sri Aurobindo Yoga Mandir
<u>Name of the Bank</u>	NICAsia Bank
<u>Account Number :</u>	4721255850524001
<u>Address of the Bank :</u>	Thankot, Checkpost, Kathmandu, Nepal
<u>Swift code</u>	NICENPKA
<u>Beneficiary Address:</u>	Mahadevsthan-4, Thankot, Checkpost Kathmandu, Nepal Tel: 977-1-4312157, 4312085 Mob: 977-9851103156

Link to the fundraising page :

<https://www.gofundme.com/helpauronepal>

**Please let us know for any further information.**

With Many Thanks

**Sri Aurobindo Yoga Mandir**

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