



MORNING STAR  
BIRTH CENTER

# Morning Star Newsletter

March, 2020

Our Morning Star team is growing and our passion for our work is strong. This year we have expanded our group that now includes two seasoned midwives, two newly emerging midwives and two doulas.



Here in Auroville, women and their families deeply appreciate our numerous offerings, including; prenatal care, gynecological services, birth, postpartum, home visits, lactation consulting, childbirth education and new parenthood classes. This year we have provided care for over 300 gynaecological cases and we have attended 15 births.

The generous funding gifts have allowed us to refurbish a room in Santé that we use as a birthing suite. It now has been upgraded to have air conditioning for a harmonious birth environment and better sound proofing. Also, we are able to provide two half maintenances to our staff. We have new yoga mats for our conscious pregnancy classes and we have been able to attend and present at the first All India Childbirth Convention. We also supported a workshop for Aurovilians called Birthing The New Humanity.



## Welcome Mageswari!

Hi, this is Mageswari. I am a Tamil Aurovillian woman. I am a nurse and registered midwife with the Tamil Nadu Indian Nursing Council. I joined the Morning Star in 2019. During my second pregnancy under the care of Morning Star, I was able to have a successful VBAC (vaginal birth after caesarean).

This profound experience motivated me to become a part of the team and help women in the bioregion to have natural births.



[Editor's note: VBAC is extremely rare in India. The saying here is "once a cesarean, always a cesarean." This makes Magesh's story all the more remarkable]

I hold new mothers' classes weekly, where I teach subjects that are important to them and they want to learn. Topics for our gatherings have included managing colicky babies, baby massage, what to expect during teething, growth and development, breastfeeding, family planning, how to cope with mothering guilt, complementary feeding etc. We also have very meaningful group discussions. This class had started mainly to give new moms a chance to socialize and not be home alone. It also helps new moms to learn relevant information for taking care of their own babies rather than following myths practiced by their ancestors.



I also provide breastfeeding support for our postnatal moms. I have taken courses for infant and young child specialists and training for lactation counselors. I am in charge of maintaining our medication, equipment and supplies and sterilizing delivery instruments for all upcoming births.

I would like to thank everyone who is supporting Morning Star work from a distance. It is truly a wonderful project. I have a beautiful vision of this project for future young women of Auroville. I truly feel this is the time of transition in the way we give birth and for women to awaken and fight for their birthing rights. I have two daughters, and my wish is for them to give birth naturally, without fear in our Morning Star center. Our team will also continue to give their support to our bioregional women and show them a beautiful path for achieving birth naturally and respectfully.

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***To all our readers around the world we extend compassion and concern about the impact COVID-19 is having on your lives. Steps taken at Morning Star include doing most visits at home, only going to Santé for lab tests, limit appointments that require going into Pondicherry such as ultrasound and of course, planning home deliveries. Our team still visits new mothers and babies, providing guidance with newborn care and support for Breastfeeding. Our prenatal and gynaecology days at Santé have been suspended except for emergencies. Also no childbirth preparation classes or new mom groups. We feel blessed to be in this beautiful protected home, Auroville and will continue our work with love and gratitude.***  
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## Donations

The donations we have received have supported the work of caring for the families of Auroville in the most beautiful ways while modelling the possible in India, and this inspires us to keep dreaming big and take bold action. If you would like to blow more wind into our sails, please contribute to Morning Star. We appreciate all gifts, big or small.

### Financial Contributions

Financial contributions for Auroville's development are channeled through the Auroville Unity Fund from where donations are directed to the designated projects.

**Donating via Auroville Donation Gateway:** For online credit card contributions

1. For the Auroville Donation Gateway go to: <https://donations.auroville.com>



2. Fill in your details and the amount you wish to donate. Please specify in the description: “For Auroville Institute for Integral Health: MORNING STAR”.

3. Click “Proceed To Donate”. This will forward you to the HDFC bank website; please follow the bank’s instructions.

Donations made through Auroville Donation Gateway and which require a tax-exempt receipt need to contact [donations@auroville.org.in](mailto:donations@auroville.org.in) for information on how to comply with applicable regulations before placing the donation.

*Please note: Donations made directly to Auroville from abroad do not qualify for tax exemption in the home country. Donors from abroad who require a tax-exempt receipt are advised to route their donation to Auroville via the Auroville International (AVI) centre in their respective country.*

**Bank transfer :** Use our State Bank of India account for direct NEFT transfers

STATE BANK OF INDIA, AUROVILLE TOWNSHIP, Tamil Nadu, India  
Branch Code: 03160 Swift Code: SBININBB474

IFSC: SBIN0003160

Account Name: AUROVILLE UNITY FUND

Account Number: 10237876508

Narration/Description: For Auroville Institute for Integral Health: Morning Star

**For Cheques or Demand Drafts:**

From inside India – Send a cheque or a demand draft payable to Auroville Unity Fund, for example: ‘Draft payable to Auroville Unity Fund, specified for Auroville Institute for Integral Health’. Or directly to the Auroville unit that carries out the activity or project you wish to sponsor.

**Postal address of Auroville Unity Fund:**

Auroville Unity Fund, Town Hall, Auroville TN 605 101, India.

**From outside India** – Send a cheque or demand draft to the Auroville International Centre in your country. In that case, donations are to be made in the name of the respective AVI Centre. As tax exemptions vary from country to country, you are advised to inquire with them. In either case, please don’t forget to mention the purpose of your donation, “Auroville Institute for Integral Health: MORNING STAR” in your cover letter and specify whether you would like to receive a tax-exemption or normal receipt.

**Thank you for your kindness!**