



News Notes

#1000 A weekly bulletin for residents of Auroville 09 November 2023



That which is immortal in mortals and possessed of the truth, is a god and established inwardly as an energy working out in our divine powers. ... Become high-uplifted, O Strength, pierce all veils, manifest in us the things of the Godhead.

Vamadeva — Rig Veda

What is her scope when she harmonises with the dawns that shone out before and those that now must shine? She desires the ancient mornings and fulfills their light; projecting forwards her illumination she enters into communion with the rest that are to come.

Kutsa Angirasa — Rig Veda

Pondering



Matter reveals itself to the realising thought and to the subtilised senses as the figure and body of Spirit, — Spirit in its self-formative extension. Spirit reveals itself through the same consenting agents as the soul, the truth, the essence of Matter. Both admit and confess each other as divine, real and essentially one.

The deepest instinct of humanity seeks always and seeks wisely wisdom as the last word of the universal manifestation, not an eternal mockery and illusion, — a secret and finally triumphant good, not an all-creative and invincible evil, — an ultimate victory and fulfillment, not the disappointed recoil of the soul from its great adventure.

*Reality Omnipresent,
The Life Divine by Sri Aurobindo*

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EDITORS' NOTE

Dear readers of paper version!

- Please let us know if you do not get your paper copy on Friday before 4:30pm.
- Mail us @ newsandnotes@auroville.org.in.

The only excuse of late delivery us rain on Friday.



Light and Peace, Roy and Agni

FROM THE ENTRY SERVICE - ES # 205

Dated: 09-11-2023

The following people have been recommended by the Entry Board to join our community. Please share your feedback within 2 weeks for potential Newcomers, Associates and Friends of Auroville and within 4 weeks for Potential Aurovilians, Returning Aurovilians, Youth and Spouse/Partner of an Aurovillian in writing to auroville.entryboard@gmail.com OR auroville.entryservice@gmail.com.

We thank you in advance.

NEWCOMER ANNOUNCED:



Gustavo



Prashast



Punitha

- Gustavo Adolfo ESPARZA (Mexican) staying in Aurodam (Limei's house) and working at Inlight
- Prashast GAUTAM (Indian) staying in Maison des jeunes (MDJ) and working at Youth Link
- Punitha THIRUMAL (Indian) staying in Acceptance and working at Earth Weavers

NEWCOMER CONFIRMED:

- Shabbar ALI (Indian)

AUROVILIAN ANNOUNCED:

- Bharathiraja KASINATHAN (Indian) staying in Promesse and working at Mira Computers
- Sumi Moon (Korean) staying in Serenity (Bebe's house) and working at Shradhanjali & Korean Pavilion



Bharathiraja



Sumi

NOTE: The Newcomer probation year becomes effective only after the NC kit has been returned and should not exceed 18 months from the date of confirmation.

A Newcomer becomes an Aurovillian once his/her name has been confirmed by The Admission Committee (aka the Entry Board) after following due process.

The date of becoming Aurovillian is the date of confirmation. An Aurovillian confirmed by the Entry Board is eligible to participate in all community decision-making processes.

A confirmed Aurovillian becomes officially a Resident of Auroville once the individual has filled in and signed the B-Form and his/her name has been entered in the Register of Residents (RoR) maintained by the Auroville Foundation Office (AVF).

A Resident of Auroville is eligible to become an executive of a Unit or Service of Auroville and to get an ID card issued by the Auroville Foundation.

A meeting with the Secretary of the AVF will be arranged by the Entry Secretariat according to the availability of the Secretary and not at any personal request.

Yours, The Entry Board

(Alain, Grace, Jayanthi, Lakshmanan, Matilde, Sara, Sonja and Swadha)

Entry Service Timings

- Monday, Wednesday, Friday, 9:30am—12:30pm
- Tuesday & Thursday: Newcomer kits, 2:30—4:30pm

Note: If you want any more information about someone, please contact the Entry Service directly for more details.

0413 2622707, auroville.entryservice@gmail.com

Submitted by William for The Entry Service



House of Mother's Agenda



(continued from last week)

The creation of a supramental being, nature, life on earth, will not be the sole result of this evolution; it will also carry with it the consummation of the steps that have led up to it: for it will confirm in possession of terrestrial birth the overmind, the intuition and the other gradations of the spiritual nature force and establish a race of gnostic beings and a hierarchy, a shining ladder of ascending degrees and successive constituent formations of the gnostic light and power in earth-nature. For the description of gnosis applies to all consciousness that is based upon Truth of being and not upon the Ignorance or Nescience. All life and living beings ready to rise beyond the mental ignorance, but not ready yet for the supramental height, would find in a sort of echelon or a scale with overlapping degrees their assured basis, their intermediate steps of self-formation, their expression of realised capacity of spiritual existence on the way to the supreme Reality. But also the presence of the liberated and now sovereign supramental light and force at the head of evolutionary Nature might be expected to have its consequences in the whole evolution. An incidence, a decisive stress would affect the life of the lower evolutionary stages; something of the light, something of the force would penetrate downwards and awaken into a greater action the hidden TruthPower everywhere in Nature. A dominant principle of harmony would impose itself on the life of the Ignorance; the discord, the blind seeking, the clash of struggle, the abnormal vicissitudes of exaggeration and depression and unsteady balance of the unseeing forces at work in their mixture and conflict, would feel the influence and yield place to a more orderly pace and harmonic steps of the development of being, a more revealing arrangement of progressing life and consciousness, a better life order. A freer play of intuition and sympathy and understanding would enter into human life, a clearer sense of the truth of self and things and a more enlightened dealing with the opportunities and difficulties of existence. Instead of a constant intermixed and confused struggle between the growth of Consciousness and the power of the Inconscience, between the forces of light and the forces of darkness, the evolution would become a graded progression from lesser light to greater light; in each stage of it the conscious beings belonging to that stage would respond to the inner Consciousness-Force and expand their own law of cosmic Nature towards the possibility of a higher degree of that Nature. This is at least a strong possibility and might be envisaged as the natural consequence of the direct action of supermind on the evolution. This intervention would not annul the evolutionary principle, for supermind has the power of withholding or keeping in reserve its force of knowledge as well as the power of bringing it into full or partial action; but it would harmonise, steady, facilitate, tranquillise and to a great extent hedonise the difficult and afflicted process of the evolutionary emergence.

There is something in the nature of supermind itself that would make this great result inevitable. It is in its founda-

tion a unitarian and integralising and harmonic consciousness, and in its descent and evolutionary working out of the diversity of the Infinite it would not lose its unitarian trend, its push towards integralisation or its harmonic influence. The Overmind follows out diversities and divergent possibilities on their own lines of divergence: it can allow contradictions and discords, but it makes them elements of a cosmic whole so that they are forced, however unwittingly and in spite of themselves, to contribute their share to its wholeness. Or we may say that it accepts and even encourages contradictions, but obliges them to support each other's existence so that there may be divergent roads of being and consciousness and experience that lead away from the One and from each other but still maintain themselves on the Oneness and can lead back again each on its own path to the Oneness. That is the secret sense even of our own world of Ignorance which works from the Inconscience but with the underlying cosmicity of the overmind principle. But the individual being in such a creation does not possess this secret principle in knowledge and does not base upon it his action. An overmind being here would perceive this secret; but he might still work on his own lines of Nature and law of action, Swabhava, Swadharma, according to the inspiration, the dynamic control or the inner governance of the Spirit or the Divine within him and leave the rest to their own line in the whole: an overmind creation of knowledge in the Ignorance might therefore be something separate from the surrounding world of Ignorance and guarded from it by the luminous encircling and separating wall of its own principle. The supramental gnostic being, on the contrary, would not only found all his living on an intimate sense and effective realisation of harmonic unity in his own inner and outer life or group life, but would create a harmonic unity also with the still surviving mental world, even if that world remained altogether a world of Ignorance. For the gnostic consciousness in him would perceive and bring out the evolving truth and principle of harmony hidden in the formations of the Ignorance; it would be natural to his sense of integrality and it would be within his power to link them in a true order with his own gnostic principle and the evolved truth and harmony of his own greater life-creation. That might be impossible without a considerable change in the life of the world, but such a change would be a natural consequence of the appearance of a new Power in Nature and its universal influence. In the emergence of the gnostic being would be the hope of a more harmonious evolutionary order in terrestrial Nature.

(to be continued next week)

**The Gnostic Being,
The Life Divine Sri Aurobindo .**

**With love and gratitude,
Gangalakshmi (HOMA)**

https://sri-aurobindo.co.in/workings/sa/37_21_22/the_life_divine_21_22.pdf

Community News

Passing On

LUCAS PASSES ON



On 13 October, Colombian Lucas Posada arrived with his 10-year old son Salvador in Chennai to start his newcomer year in Auroville, while his wife and daughter would follow a month later. During the night journey to Auroville, their non-AV taxi collided with a trailer that cut into them. They were taken to JIPMER where Lucas was diagnosed with multiple injuries, punctured lung, fractured leg and hip, and head

concussion. The child was in shock but recovered when his mother Gloria, Lucas's wife, arrived 24 hours later.

During two weeks in ICU, while inwardly working on himself and receiving good energies and prayers from many friends, he seemed to make promising progress, was moved to a private room, flourishing in the care extended to him. And then, in the morning of 31 October, Lucas suffered cardiac arrest and passed away. He was 60 years old.

In his volunteer time here, Lucas had worked at Last School and Bharat Nivas while living at Serendipity, and had been in touch with many residents. He and Gloria were now coming back to officially start their newcomer process with son Salvador and their 14-year old daughter Gaia.

Lucas has been searching all his life, traveling the world as a teacher and artist. A few days before his passing, he mentioned in a moving first voice message to those who had been supporting him in their prayers: 'I want to send to all those people that have been sending love and all those beautiful caring intensions..., I am so grateful, my family is so grateful..., this is precisely the reason that I always knew that I wanted to be in Auroville... I am very very grateful to everyone...'

We pay solemn tribute to this open minded, tolerant and generous man who made in such a short time span a deep and lasting impression on so many, and who wrote: 'There is a deeper meaning to life and we need to re-align ourselves to the divine energy.'

Our warmest condolences go out to Gloria, Salvador and Gaia—and welcome them in our midst.

Submitted by Roy

TRIBUTE TO PASHIJI

By Prof. Sachidananda Mohanti

Prof. Sachidananda Mohanti, looking after Culture and Education in Auroville as a member of the previous GB, has invited me to share his beautiful remembrance of Pashiji:

Sachidananda Mohanti

*November 6, 2023
at 9:14 am*

This tribute to Pashi ji could not have been better composed. Congratulations dear Paulette !

Heart-felt, personalized, full of insights and revelations, the offering to the memory of Pashi ji illuminates our understanding of dedicated souls in the path of inner life.

Pashiji was always full of energy, ideas and forthrightness when he interacted with me during the years I served Auroville as a member of the Governing Board. I treated him with great respect for the qualities of his head and the heart. He was generous to a fault and answered mails

without fail. He was knowledgeable, articulate and respected the viewpoints of the correspondents. I saw with my own eyes his complete dedication to his ailing wife. Self-respecting, he carried himself with dignity till the very end. RIP Pashi ji. Yours was a life well lived!

Sachidananda Mohanti

This is in reply to an article I posted in a major Aurobindonian forum, <http://overmanfoundation.org/a-tribute-to-aurovillian-pashi-alias-prakash-chandra-kapur-by-paulette-hadnagy/>

May CIRHU, dedicated to researchers of all ages, with his grand cascade on the Matrimandir lake, manifest: a tribute to both, Roger and Pashi, dedicating to this magnum opus the last years of their life-long commitment to the Mother.



Paulette

Awakening Spirit

AMPHITHEATRE—MATRIMANDIR

Every Thursday at Sunset (weather permitting)

5:30—6pm



Meditation with Savitri,

Sri Aurobindo's long mantric poem read by Mother to the incredible music of Sunil

Let's gather under the beautiful open space, with heavenly music in the very center of Auroville!

- **Reminder to all:** the Park of Unity is a place for silence, meditation and inner work, and is to be used only as such. We request everyone: please do not use cameras, l-pads, cell phones, etc. No Photos.
 - Dear Guests, please carry your Guest Card with you
 - Access only for the Amphitheatre from 5:15pm and for the meditation time.

Thank you, Surya and Amphitheatre Team

THE MOTHER'S ROOM DARSHAN

17 November, 5am to 12noon

No tokens are required



17th November 2023
The Mother's Mahasamadhi



The Sri Aurobindo Ashram has announced that The Mother's Room will open on 17 November for general Darshan from 5am to 12noon.

The Mother's Room Darshan is available to all. No tokens are required for a Room Darshan. You may join the general Darshan queue from 5am onward, at your convenience.

With love, Andrea



Exhibitions

- **Meditations on Savitri:** the entire series of 472 paintings created by the Mother with Huta from 1961-67 is now on display in the picture gallery.
- **Glimpses of the Mother: Photographs and texts** in the Square Hall. A new Bilingual Exhibition on 'Sri Aurobindo: A life sketch in photographs' with texts both in English and Tamil is displayed in the upper corridor

Films

Mondays at 4pm in the Sangam Hall

- **November 13:** The One Whom We Adore as The Mother. An audio-visual presentation by the Sri Aurobindo Ashram Archives on The Mother's life from childhood onwards, her meeting with Sri Aurobindo and the creation of the Ashram and Auroville. Duration: 63min.
- **November 20:** Siddhi Day or the Day of Victory. On the 24 November 1926 Sri Aurobindo experienced the descent of Krishna's consciousness into his body. A conversation of Dr Alok Pandey and Narad in November 2014 on significance of the Siddhi Day. Duration: 46min.
- **November 27:** On Significance of the Siddhi Day. This is the second conversation of Dr Alok Pandey and Narad on the significance of Siddhi Day on 24 November 1926. Recorded on November 24, 2016, in Pondicherry. Duration: 46min.

Full Moon Gathering

- **Monday 27 November, 7:15—8.15pm** in front of Sri Aurobindo's statue

Dream Divine Series

Directed especially at newcomers, Savitri Bhavan has launched a project called 'The Dream Divine Series'. The goal of the project is to guide newcomers to understand the Aims and Ideals of Auroville, learn about the Life and Works of Sri Aurobindo and The Mother, and the Integral Yoga.

- There will be a weekly session every Wednesday 4:30—5:30pm.
- The series will include presentations, films, talks, etc., followed by questions and answers.

Regular Activities

- **Sundays 10:30—12noon:** Savitri Study Circle led by Larry Seidlitz
- **Mondays 3—4pm:** The Knowledge and Ignorance—The Spiritual Evolution in The Life Divine led by Dr. Jai Singh
- **Tuesdays 3—4pm:** Readings of the words of The Mother on Aims and Ideals of Auroville led by Dr. Jai Singh
- **Tuesdays, Fridays, Saturdays 4—5pm:** L'Agenda de Mère: listening to recordings with Gangalakshmi
- **Tuesdays 5:30—7pm:** OM Choir led by Narad
- **Thursdays 4—5pm:** Videos of The English of Savitri led by Shraddhavan
- **Fridays 3—4pm:** The Return to Earth (Epilogue) in Savitri led by Dr. Jai Singh
- **Saturdays 4:30—5:30pm:** Mudra-chi led by Anandi
- **Saturdays 5—6.30pm:** Satsang, led by Ashesh Joshi
- **Exhibitions, Main Building and Office** are open Monday to Saturday 9—5
- **Library and Digital Library** is open Monday to Friday 9—5
Everyone is welcome
Dhanalakshmi for Savitri Bhavan Team

DREAM DIVINE SERIES



Directed especially at newcomers, Savitri Bhavan has launched a project called 'The Dream Divine Series'. The goal of the project is to guide newcomers to understand the Aims and Ideals of Auroville, learn about the Life and Works of Sri Aurobindo and The Mother, and the Integral Yoga. There will be a weekly session every Wednesday, 4:30—5:30pm. The series will include presentations, films, talks, etc., followed by questions and answers.



On Wednesday, November 15, 4:30—5:30 pm,
we are going to show the video on

Aranya Forest & Sanctuary

Everyone is welcome

Thank you, Dhanalakshmi

THE ONE WHOM WE ADORE AS THE MOTHER

Monday, 13 November 2023, 4pm at Savitri Bhavan.



Duration: 63min.

Sri Aurobindo wrote: 'The One whom we adore as the Mother is the Divine Consciousness Force that dominates all existence, one and yet so many-sided that to follow her movement is impossible even for the quickest mind and for the freest and most vast intelligence. The Mother is the consciousness and force of the Supreme and far above all she creates. But something of her ways can be seen and felt through her embodiments...in whom she consents to be manifest to her creatures.'

And the Mother declared: 'Between eleven and thirteen a series of psychic and spiritual experiences revealed to me not only the existence of God but man's possibility of uniting with Him, of realizing Him integrally in consciousness and action, of manifesting Him upon earth in a life divine.' Her quest for manifesting this reality ultimately brought her to Sri Aurobindo, in collaboration with whom the divine work was to be done.

An audio-visual presentation by the Sri Aurobindo Ashram Archives on the Mother's life from childhood onwards, her training, her meeting with Sri Aurobindo, and the creation of the Ashram and Auroville.

The film is also available on YouTube.

- Link: <https://www.youtube.com/watch?v=q6jx74l-Kyo>

Submitted by Margrit

UNITY PAVILION: DAILY PEACE MEDITATION

- Unity Pavilion, Peace Hall
- Monday, Tuesday, Wednesday, Friday, 6 to 6:45pm
- Thursday, 5 to 5:45pm



Submitted by Arun

BRAHMANASPATI KSHETRAM

Calendar of regular events,
November 2023



BRAHMANASPATI KSHETRAM
The Mother Sri Aurobindo Centre

*To my dear little child
Live only for the Divine*

Calendar of regular events of November 2023

Every Tuesday 6:45 - 7:30pm
Savitri Reading

Every Thursday 6:00 - 6:30pm
Meditation

Every Friday 5:30 - 6.30pm, reading
"The Mother's Questions & Answers- Vol-7"
in English

27th, Monday at 6:30pm full moon, reciting
Sri Aurobindo's Gayatri Mantra for 30min

No.3/134, Kalathu Mettu Street
Edayanchavadi, Auroville

kshetram2014@auroville.org.in



Submitted by Rajan

STUDY CIRCLE



BHARAT NIVAS
PAVILION OF INDIA: AUROVILLE

on The Synthesis of Yoga—Sri Aurobindo

On the Occasion of Sri Aurobindo's 150th Birth Anniversary

Sri Aurobindo Centre, Resource Library

Tuesdays, 4:30—5:30pm

• An exploration, led by Deepti Tewari

Since Two Years Bharat Nivas has been holding a weekly Study Circle on The Synthesis of Yoga—Sri Aurobindo

The Mothers very last message to Auroville: Auroville is created to realise the ideal of Sri Aurobindo who taught us the Karma Yoga. Auroville is for those who want to do the Yoga of work.

To live in Auroville means to do the Yoga of work. So all Aurovilians must take up a work and do it as a yoga



27.03.1973

She also said: 'Programme: Research through experience of the Supreme Truth. A Life Divine. But no religions

02.05.1970

Regards, Vani,
BN Cultural Team
0413 2622253

THE OM CHOIR CONTINUES

5:30—6:30pm, Tuesdays @ Savitri Bhavan



OM Choir at Savitri Bhavan, Auroville

By Narad

16-08-2022

We wish to inform everyone that despite the absence of Narad who is unavailable to lead the Choir for a while, we will continue to meet and chant OM during the usual time at Savitri Bhavan, from 5:30 to 6:30pm on Tuesdays.

All are welcome. Come join us to explore the sound of OM in an aspiration for collective harmony and transformation for ourselves, humanity and the Earth. **Noel**

MUDRA CHI



From November on, Mudra Chi changed the day of having the class.

- Every Saturday at 4:30pm
at Savitri Bhavan

Facilitator Anandi ayun

Everybody Welcome!

Submitted by Anandi

BOOK READING CIRCLE

The Power of Now

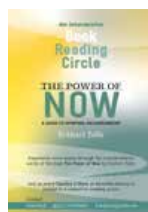
Every Tuesday 6:30—7:30pm

Experience inner peace through the transformative words of the book 'The Power of Now' by Eckhart Tolle. Join us at the Auroville Library to engage in a collective reading circle.

Contact: (91) 7678208825,

b.deb253@gmail.com

Debashish



Auroville Matters

THERE IS NO OTHER

Everything that was and is happening
From no-beginning towards no-ending
Is none other than us
This Eternal Oneness.

So now be conscious of your choices,
In this Grand Paradox of the opposites
We each co-create our own experiences.

Each act itself is either suffering or bliss:
Eternal suffering for the self still forgetting,
Eternal bliss for the Self that remembers
That the One is the non-other.

The beauty of this Self-realisation?

Divine Love's Manifestation.

'There is always a bitter taste behind the human love – it is only the Divine Love which never disappoints.'

Here to better understand, feel and be this Divine Love:

- <https://incarnatetword.in/search?query=Divine+Love&page=1&auth=m&phrase=true> **Zech**

NOTE FROM THE EDITORS

Recently the NewsandNotes received criticisms concerning issue No. 999's cover, a panoramic view of the Matrimandir with the title; 'Auroville Forests'. The objection is that the trees surrounding the Matrimandir are scheduled to be removed for the Lake and trees planted in the area demarcated for Development will also be removed.



It seemed to be simply a lovely picture which revealed the Matrimandir surrounded by a vast forested plateau. We certainly did not want to make a political point nor offend anyone.

Roy and Agnijata

THE FOREST BEFORE THE TREES

Recently the NewsandNotes received criticisms concerning issue No. 999's cover, and its panoramic view of the Matrimandir with the title; 'Auroville Forests'.

One remark, however, informs me that; "Green belters were told not to plant and then they said they will cut the trees for timber for the City in the making.", was somehow evocative as it reminded me that some time ago, before there was a "Forest Group", "Green Belters" or forest plantations, there was simply a vast empty space when nothing had been planted yet.

The land had laid fallow for some six years and there was pressure from the local farmers who wanted to plant crops. We were told, probably by Dhyanan, that if we allowed this to happen we would lose the land. In order to protect the land from this kind of encroachment we started the work of bunding and planting Acacia Mangium and Acacia Auriculiformis, commonly known as Auri, Karuvil in Tamil Nadu but for us, simply called Work Trees. There was one such tree growing in Hope and Amrit (Howard) brought some seeds from there and all the Work Trees which were to become our pioneer species for Auroville land restoration sprang from this one tree.

This bunding and plantation of trees, a half a Century ago, in an area that would one day become a Development zone was, at that time, for protecting Auroville land from encroachment. At this time there was no objection to this from Roger nor the Mother and I believe, was encouraged to provide the first breaths of the young Auroville.

"The great city is that which has the greatest man or woman: if it be a few ragged huts, it is still the greatest city in the whole world." — Walt Whitman.

Roy, Aurodam

Acres for Auroville

AUROVILLE INTERNATIONAL USA Matching Campaign 2023

AVI USA will again be matching all donations received for projects in Auroville in December. The campaign will begin December 1 and run through December 31, or until we run out of matching funds.

That means for every dollar that someone donates for an Auroville project during the month of December, the project will receive \$1.80! And we accept donations from around the world in Euros and Rupees and Pesos and dozens of different currencies.



This year, in order to be eligible for the matching campaign, each project must be pre-approved by AVI USA. A list of projects that have already been pre-approved is [available here](#). If your project is not on the list, you will need to complete this [pre-approval form](#).

Some projects are listed as only needing to complete the Budget Form—if your project is on that list, you can find the [Budget Form here](#).

The BEAM Team is available to help you with filling the form. If you have any questions or need support, please contact them at beam.auroville@gmail.com.

The following projects have been pre-approved for the fiscal year that begins April 1, 2023 and ends March 31, 2024. They are eligible to receive matching funds during the December matching campaign, and will need to renew approval in April 2024:

- Acres for Auroville
- Aikiyam School
- Andakosha Pictures
- Aurogames
- Auroville Dog Shelter
- Deepam
- EcoFemme
- Flourish and BEAM
- Isai Ambalam School
- Isai Ragam
- Joy of Impermanence—Anitya
- Matrimandir
- Morning Star Women's Wellness and Health
- Sadhana Forest
- Sanskrit Research Institute
- Savitri Bhavan
- Sustainable Livelihood Institute
- Thamarai
- Wasteless
- YouthLink
- Yuvabe

The following projects need only complete the [Budget Form](#) and email it to info@aviusa.org:

- Auroville Village Action
- Auroville Theatre Group
- Aurogreen Farm
- Aurokiya Eye Care
- Edible Weed Project
- Golden Fund
- Horse to Human
- Kulai Creative Centre
- Life Education Centre
- Malarchi
- Mohanam
- Nilatangam Forest
- Yatra Arts

Any projects not on either list must complete the full AVI USA Fiscal Sponsor Approval Application in order to be eligible to receive funds from AVI USA.

**Matthew Andrews, Executive Director,
Auroville International, USA, +1 4138351280**

Education

GIFT A DRAGON

In the past year, the team at PRISMA have created [Prisma Dreams](#) as a focal point of our work related to children. Workshops were conducted to support the editorial team of the children's magazine at The Learning Community of Auroville.

The series, *Mythologies from the Future*, was developed to publish stories at the meeting point of the past and the future.

The Snub-Nosed Dragon and Other Stories is the first in this series, to help fund our second publication, *Tales from Auroville*, which will be put together by a young editorial team from Auroville. This could be your gift idea for Christmas or the New Year, perhaps?

• *The Snub-Nosed Dragon and Other Stories* are now available for purchase at the PRISMA office in Aurelec and Gelato Factory in Kulapalayam or by writing to to-toroagain@protonmail.com.

• Readers can also find the book at the Auroville Library and the library of Mother's House at Pondicherry beach.

Loretta, The PRISMA team, Aurelec



CSEB DESIGN TRAINING COURSE

Starting 20 November, 9am to 5pm



The Auroville Earth Institute is pleased to announce the commencement of its CSEB Design Training Course on **20 November**. This 6-day program offers comprehensive instruction on the art of design utilizing Compressed Stabilised Earth Blocks. Classes will convene from 9am to 5pm each day.

Registration for this course is now open for architects, engineers or students. Admission will be granted on a First Come, First Serve basis, seats are limited.

- You can register at <https://registration.earth-auroville.com/>
- or register directly at the Auroville Earth Institute.
- Trainees should bring their laptop and be proficient with Auto Cad.

We invite you to embark on an enlightening journey into the realm of Earthen Architecture with us.

Join the Clan of Earth Builders!

Ayyappan Thulukkanan for Earth Institute

AUROVILLE LIBRARY

Weekly Timings:

- **Mornings:**
Monday—Saturday,
9am—12:30pm
- **Afternoons:** Monday,
Wednesday, Thursday,
Friday & Saturday
2—4:30pm,
Tuesday 4—6:30pm



Story time At the Auroville Library!

Every Saturday, 10—11am: Children's storytime.

- **Contact:** 0413 2622894, avlib@auroville.org.in
- **Web:** library.auroville.org.in/

Kristen for Auroville Library

MATHEMATICS

Workshops And Weekly Sessions by Enlight Activity.

Dear Reader, please take a note of the regular offerings by enlight as mentioned below.



- **Math is a play:** Weekly sessions for elementary levels, 1st and 2nd graders on visual mathematics.
 - Every Saturday, 10am -12pm @ The European House
Please request an appointment to take it further.
- **Integral Education and Mathematics:** An Introductory workshop on Integral Education and Mathematics for short-term residents and visitors.
 - Every Friday, 4pm—6pm
- **To join or enquire about any of the above activities,** please connect via email enlight@auroville.org.in or phone, Snehal, 9529673687
- Our podcast with Auroville radio: <https://www.auroville-radio.org/interview-with-snehal-d-roy/>
- Contribution required

Arun, Anand and Balaji
For Enlight team

TLC WELCOMES KIDS



Every Friday @ TLC Base Camp

- 11am—12:30noon: Nursery Open Spaces (2—5years)
- 12:30—13:30pm: Potluck Lunch
- 13:30—15pm: Open Spaces for Kids (6—14 years)

For more information contact 9442180610

Sashka
for TLC Open spaces team

INTRODUCTION TO MANAGEMENT ACCOUNTING for Unit Executives

Saturday, 18 November, 9:15am—12:30pm

Flourish (a unit under Service Trust) is organizing a series of training sessions to help those running units in Auroville understand the fundamental aspects of utilizing financial data to make operational decisions.



This series of training sessions will begin with a taster session to explain the importance of understanding this critical information, with exploration of an Auroville based case study.

We welcome unit executives and any others who make critical business decisions for the unit to attend this session.

In the near future, this introduction will be followed by a series of awareness sessions to further deep dive into this subject.

- **The training will be held** on Saturday, 18 November from 9:15am—12:30pm including breaks.
- If you are interested to attend please email flourish@auroville.org.in

Helena for Flourish

Innovations

MEETING ANNOUNCEMENT Generative AI User Group

First meeting will be on
Saturday, 11 November, 10—11am. Location.
Auroville Consulting Office in Kalpana



Please join WhatsApp group for more details

• <https://chat.whatsapp.com/EMeiWHRjquBATdKPEk>

AI Majumdar

सत्यमेव जयते, vincit omnia veritas

AI + HEART INTELLIGENCE

Inviting entrepreneurs to a 1-day **startup service retreat** that supports in turning service intentions into actions. The invitation is also to lead the social change work with Love and Inner Transformation.

More on: movedbylove.org/join/startup
Contact: flourish@auroville.org.in
Friday - 8th Dec | 10 am to 5 pm
@ Auroville Botanical Gardens

servicespace FLOURISH

What is the role of Artificial Intelligence in the Supramental Transformation? This was one of the questions that was explored in a recent Dreamcatching session, along with the reference to The Divine Mother as the Absolute Intelligence, the Supreme AI :)

In December 2023, Nipun Mehta will be visiting Auroville and amongst other things will be sharing his insights on AI + Heart Intelligence. He was recently invited to share about ServiceSpace's work and vision in this area to several thousand changemakers at a global Inner Development Goals Summit in Sweden. To know more and see the recording of the presentations, you can visit the following links:

- <https://pod.servicespace.org/story/78734/view>
- <https://ai.servicespace.org>

Here is a recording of one of the talks Nipun gave during his previous visit to Auroville:

- The Laws of Unconditional Love
aurovillradio.org/laws-of-unconditional-love-a-talk-by-nipun-metha/

Here are the details of a couple of events we will be hosting with Nipun in Auroville in December 2023:

- Thursday, 7 December, Awaken Circle
@ Unity Pavilion, 5—8:30pm

More on: pod.servicespace.org/circle/15427/join

- Friday, 8 December, Startup Service Retreat
@ Auroville Botanical Gardens, 10 am to 5 pm

More on: movedbylove.org/join/startup

Warmly, Deven

On behalf of many, aspiring for harmony

Health Care

SANTÉ SERVICES IN NOVEMBER



santé

Working Hours

- Monday—Saturday, 9—12:30pm & 2—4:30pm

Tests and Sample collection

- Monday—Friday before 12pm.
- No sample collection on Saturday.

For emergencies

- Auroville Ambulance 24/7: +91 9442224680
- Government Ambulance 24/7: 108

Appointment

- Please call Santé on 0413 2622803 during working hours for an appointment

Santé Services Schedule

Doctor consults with Dr.Senthil & Dr.Sana: Monday to Saturday	Nursing Care: Ezhil, Thilagam, Archana & Sandhya: Daily No appointment necessary
Ayurveda with Dr.Be & Dr.Sonia: Monday/ Tuesday/ Wednesday/ Thursday/ Friday	Pregnancy Care & Women's Wellness with Paula: Tuesday & Wednesday
Acupuncture with Andres: Monday/ Tuesday/ Wednesday/ Friday/ Saturday	Homeopathy with Michael: Monday/ Wednesday/ Saturday
Integrative Psychotherapy with Juan Andres: TOS	Physiotherapy with Arun: Monday to Saturday
Functional Medicine with Lize: Monday to Saturday	Physiotherapy with Rebeca: Monday/ Wednesday/ Friday
Bio-Well Assessment (Evaluation of your well-being) with Helena: Inquiry through email adminsante@auroville.org.in	Physiotherapy & Massage with Galina: Monday to Friday

- In Santé, we value our patient's confidentiality & make every effort to ensure their privacy.
- In case of cancellation or to reschedule, it is necessary to inform us in advance.

Dasha for Sante Services,

sante@auroville.org.in,

<https://sante.auroville.org.in>

TIBETAN DOCTOR AND THE TEAM

Are Visiting Auroville

This is to inform all that the Tibetan Doctor and the team are visiting us on **Friday, 17th as full day and Saturday, 18th half day. From 8:30am to 12:30pm and 2 to 5 pm.**

- To get your appointment call 0413 2622401 or WhatsApp 8489067332.

The consultation is happening at Pavilion of Tibetan Culture International Zone Auroville.



Submitted by Kalsang

SIDDHA CONSULTATION

Every Wednesday and Friday from 3—5pm

@ AV Health Center

Dr Sharavanan will be available for Siddha consultation every Wednesday and Friday from 3—5pm.

- Consultation by appointment.
- Please call phone no 0413 2255450 between 9-12noon or 6-8pm for appointments.

Thank you and regards, Dr. Uma



MORNING STAR SERVICES

Morning Star is a unit of the Health and Healing Trust, made up of midwives and doulas who support pregnancy, childbirth, breastfeeding and provide women's wellness GYN care in Auroville. We offer our services to all and invite you to participate and benefit. Our goal is to bring respectful health and maternity care to women and families in Auroville.



Consultations

• At Sante

Paula offers midwife and GYN consultations at Santé including well-woman care, Pap tests, and other screenings, menarche through menopause. Book an appointment through Sante 0413 2622803

• Other

Consultations available with midwives, doulas and breastfeeding advisors—email us if you are interested in specific consultation.

Teens

We offer consultations for teenagers by appointment with strict privacy protocol.

- Contact by email: morningstar@auroville.org.in

Classes

Childbirth preparation classes, including fathers, are offered throughout the year.

- **Location:** Hall of Light, Creativity Community
- **Time:** Wednesday evening, 5—7pm. Movement classes like Yoga, dance, breath work and education on various aspects of pregnancy, birth, newborn and breastfeeding.

Most of the sessions are offered in English and Tamil.

- Like to join the classes? Send WA message to Bala, +91 9892699804

Parents' Groups

Rotem is facilitating a support group for mothers and fathers who have had a baby in the last year.

- 10—11:30am, Wednesday mornings, Hall of Light
- Interested? Send message to Rotem at WA +91 8056888715



Bala

AUROKIYA

Integral Eye Centre @ Arka



Working Hours:

Monday—Saturday, 9am—5:30pm

The following services are provided

- Emergency eye care services with primary-level care
- Complete eye testing facilities for eye problems
- Follow-up services for surgeries and consultation from Aravind
- Spectacles and contact lenses
- Eye medicines (Homeopathy, allopathy, and Ayurvedic Drops)
- Personal guided support to visit Aravind Eye Hospital for surgeries and procedures
- Personalized eye exercise training, eye yoga sessions, and vision therapy sessions. Both morning and evening slots are available

Contact

- aurokiya@auroville.org.in; aurokiya@gmail.com
- WA/ Mobile: 8012305151, www.aurokiya.com

Aurosugan, Aurokiya team

AURODENT DENTAL CLINIC



Dental Clinic
Auromode, Auroville.

For Appointment please contact us

Email: aurodent@auroville.org.in

Phone: 0413-2622063 What's up: 9629199328

Working hours

Monday – Friday (9am – 1 pm & 2pm – 6 pm) Saturday (9am – 1pm)

Submitted by Sutha

The Arts

ADISHAKTI'S URMILA

Prithvi Theatre, 11 November, 6pm and 9pm.



We are very excited to invite you to our newest production, written and directed by me, Urmila. It is being performed at the Prithvi Theatre festival in Prithvi Theatre on 11 November at 6pm and 9pm.

- For tickets at Prithvi Theatre Festival on 11 November at 6pm and 9pm, visit: <https://in.bookmyshow.com/plays/adishaktis-urmila/ET00372920>

Adishakti's Urmila:

*In the land of Ayodhya,
Where ancient stories recoil,
Lies the tale of Urmila
For us to uncoil.*

Share with your friends and family and see you guys soon.
Love, Nimmy Raphel

**HOMAGE
Audrey and Eva**

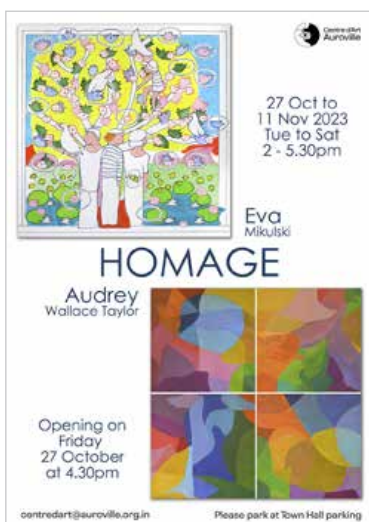
Ongoing until
11 November

Monday—Saturday,
2:30—5:30pm

Centre d'Art, Citadines

Homage is an exhibition dedicated to Audrey and Eva, two artists who dedicated their Aurovilian life to transmit the beauty of art to the community.

- All donations for Audrey's work will go to CREEVA, the art workshop open to the community that Audrey created in 2017 and supported over the years



Marco



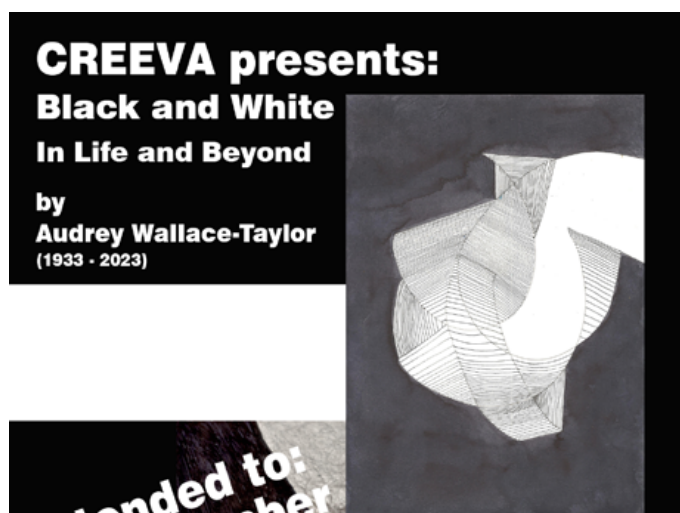
Inauguration: Friday, 10 November, 4.30pm

- Venue: Kalakendra Art Gallery, Bharat Nivas
- Open from 9am to 5pm

Bharat Nivas, Kalakendra, Auroville, Tamil Nadu

Enquiry contact: Krishna at 9787-880211 Parking available outside the Bharat Nivas main gate *Regards, Vani*

CREEVA PRESENTS: BLACK & WHITE IN LIFE & BEYOND



Exhibition timings: Daily, except Sundays

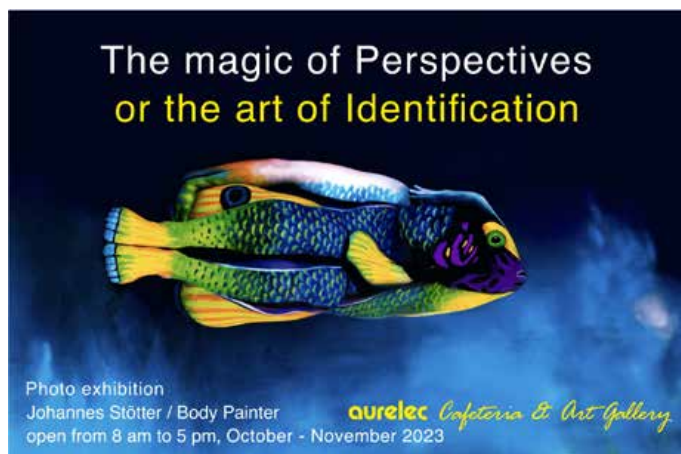
8.30am – 12pm & 2:30pm – 5pm

Ongoing until 18 November @ Pitanga
by Audrey Wallace-Taylor
(1933—2023)

Andrea for Pitanga Cultural Centre

JOHANNES STÖTTER, THE MASTER OF ILLUSIONS

November, 8am—5pm @ Aurelec Cafeteria



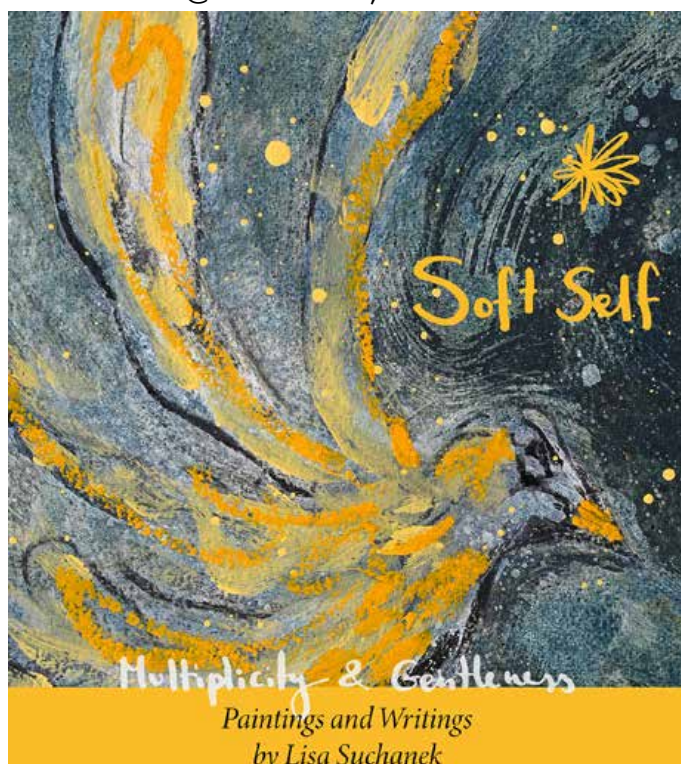
Submitted by Franz

SOFT SELF

an exhibition by Lisa Suchanek

17 November to 2 December

Opening on Friday, 17 November, at 4:30pm
@ Centre d'Art, Citadines.



- Monday to Saturday, 10:30am—12:30pm, 3:30—5pm
- Please park at Town Hall

Marco for Centre d'Art Team

SEARCH FOR THE HEART OF FLOWERS

A 5-minutes clip by Alessandra Silver on the Ikebana creation by Valeria Raso Matsumoto with participation of Kenji Matsumoto can be found at

- <https://www.youtube.com/watch?v=Yr2HjAsV3Ws>

The exhibition was held at Auroville's Centre d'Art in the third week of October this year.

Mauna



Centre d'Art is pleased to accept submissions of cohesive art projects. All artists are welcome to submit their projects for an exhibition in the season 2024-2025.

- If you are interested please send your submission before 31/01/24 to centredart@auroville.org.in and write 'Exhibition Submission' as the subject of the email.
- The email should contain:
 - Contact details
 - A short biography of the artist
 - The title of the art project and its explanatory text
 - Images of some work in jpg or pdf (max 20 images) in low definition

The use of the space is free of cost but transportation of the work and presence in the gallery during the exhibition time are the artist's responsibility.

- Submissions are open until 31/01/24.

The selection will be made in February and the decision will be communicated within a few weeks. All submissions will get an answer.

Looking forward to receiving your application. **Marco**

Youth Initiative

BLIND BABBLE EVENT

Thursday, 9 November, 5:30—7pm

Youthlink invites you for our Blind Babble Event taking place on Thursday, 9 November. This event was created to provide you with the experience of meeting and discussing loads of different topics and questions in a safe environment over some tea and cookies with other people. Your partners will be provided with a stack of cards, each one containing a unique question meant to encourage deep thought and creative verbal expression.

- Join us in Le Morgan from 5:30 to 7pm
- It's a walk-in event and everyone is welcome!

Warmly, Gautam for Youthlink team



MONEY, WEALTH AND FREEDOM WORKSHOP

Saturday, 11 November, 2:30—5:30pm @ Pitanga

We are happy to inform you that YouthLink is offering you a workshop on the subject of Money, Wealth and Freedom, happening at Pitanga! Taking place on Saturday, 11 November and facilitated by Deven.

If you would like to reflect on wealth, money, and freedom in the context of our life and work in Auroville, you are welcome to join. In the workshop, we will also facilitate a process through which you will be able to make a personal wealth tracker for yourself (covering income, expense, saving, investments, insurance, emergency fund, goal-based planning etc.) which will allow you take better decisions related to your work, career, relationships, dreams and aspirations.

This workshop specifically caters to Aurovilians, newcomers, and long term volunteers ONLY, for one must have some context on life in Auroville.

This workshop starts at 2:30pm and ends at 5:30pm.

To register, scan the QR code on the poster, email us at youthlink@auroville.org.in or come to our office in Town hall between 9:30am & 12pm and 2—4pm to sign up!



Madhu from Youthlink team

Gathering

AFTERNOON OF PEACE

**Thursday, 16 November, 4:30—5:45pm
@ Pavilion of Tibetan Culture**



We welcome you to an afternoon of Peace.

A simple quiet gathering to share songs and chants with Yam, Taranti, Shantanu, Kaia, Hamish, Dave, Fif and others. There will be some original songs and other chants we invite you to join. Do stay after and let's enjoy refreshments.

With love and gratitude, Fif

Activities

COLLECTIVE CREATION OF PEACE FLAG

Pavilion of Tibetan Culture

Wednesday, 15 November, 2:30—4pm

Pavilion Of Tibetan Culture, invites you to a collective creation of PEACE Flag to hold the peace around the world with Meike.



The created PEACE flag is to be kept in the Tibetan Pavilion, as a reminder for all of us about the PEACE.

No requirement of previous experience, all information is given on the day of the event.

Most important, come within peace and a compassionate heart.

You are kindly requested to get registered as we have a limited space available.

Any contribution is welcome to continue PEACE related events.

- We kindly request to be on time as we will begin with a Meditation.

Kalsang For the Pavilion Of Tibetan Culture International zone Auroville.

GATE OF DREAMS UPDATES

In the present I offer:

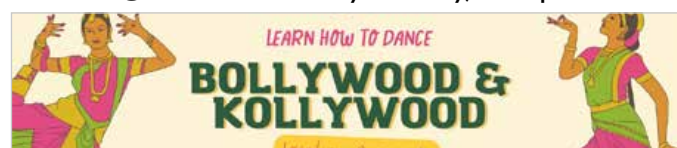
- the I Just Wanna Write podcast, every Thursday on Auroville Radio. Currently with a series on the Hero's Journey.
 - the I Just Wanna Write blog, where I weekly upload exercises, reflections, writing games, journaling prompts and a bit of writing theories from professional writers.
 - the I Just Wanna Write individual or collective writing sessions that you can book with me writing to avgateofdreams@gmail.com
 - La Vita Divina readings in italian. You can find them both on AvRadio every Monday or posted on my website Gate Of Dreams at <https://gatedreams.com/>
 - coaching on acting for preparing for a role or audition
- All the activities are for free for Aurovilians, Newcomers and volunteers
- For contacting me please write to avgateofdreams@gmail.com



Francesca

JOIN OUR BOLLYWOOD DANCE SESSION

@ Auromode! Every Tuesday, 5—6pm



Auromode Apartments, Near Upassana and CSR

For more information and to reserve your spot, contact:

- balaganesh.siva@gmail.com, +919446762034 WA only
- Don't miss out on the chance to add some Bollywood and Kollywood flair to your dance repertoire. See you on the dance floor! Contribution Requested.

Balaganesh SIVA

ZUMBA WITH PREETI

Zumba classes are happening



@ New Creation Studio, every Monday, 6pm
For regular classes DM: 8281746763

Submitted by Vega

DANCES OF UNIVERSAL PEACE



November 11—13

Dear Auroville family, during the extended Divali weekend from November 11 to 13, Our special guest mentor from France, Ashiani Pluchino will offer a full-day training in facilitating Dances of Universal Peace for those who wish to lead these beautiful, unifying dances at schools, gatherings, opening and closing ceremonies, conferences, and any social gatherings where people intentionally come together. More than 120 Auroville and Bioregion school teachers were introduced to the Dances of Universal Peace already and we hope that the peace and unity consciousness will descend upon our community.

Dances of Universal Peace, often abbreviated as DUP, are a spiritual practice that combines simple, meditative dances with sacred phrases and music from various world traditions. These dances aim to promote unity, peace, and a sense of interconnectedness among participants. It's a way to experience spirituality through movement and music, honoring the diversity of faiths and cultures while emphasizing shared human values.

To know more
contact Prem Shakti 9489244423



Workshop: LA Style Salsa Dance

Every Thursday, 7:30pm @ CRIPA, Kalabhumi

Beginner:

- Basic steps, Front and back, Side to side, Cross legs, Front turning, Back turning
- Practice with Partners with all basic steps, Partner sequences, Turning and leading
- How to get the beats or rhythms, Dance with Partners
- Feedback sessions

Contact: Instructor Raja, +91 9751395939, Voice and WA

- Contribution Based
- www.angamtree.com/workshops
- Kindly WA to be added to the Salsa WhatsApp +91 9751395939



Thank you,
Raja Narayanasamy

TANGO DANCE CLASS

Every Monday, Cripa, 6:30pm

By apointment: any time you can do class

Information

- Bring water bottle, socks
- Every month new batch beginner
- Minimum commitment 1 month
- Listen more Tango music
- Dance Tango every day by booking for couples or Individuals
- Be on time

For bookings contact us:

- +918637633696, bakisatadance@gmail.com.

Submitted by Mani



AUROVILLE TANGO ACTIVITIES

@ Harmony Hall, Bharat Nivas



- **Monday, Class**
 - 7pm intermediates;
 - 8pm beginners
- **Wednesday, Practica**
 - 7:30pm guided practica;
 - 8pm practilonga
- **Friday, Open Source**
 - 6:30—8pm

No partner required, bring socks or dance shoes and plenty of cheer!

+91 9821166082, tango@auroville.org.in

Submitted by Aurevan

NEW CREATION DANCE STUDIO: SCHEDULE

- These are drop in classes, no experience needed.
- Ballet classes for teens only.
- Please contact Savitri for any info:
savitri@auroville.org.in or 8940477667

Timings	Monday	Tuesday	Wednesday	Thursday	Friday	Saturday
7am						
8am						Pilates basic (Savitri)
9am	Aikiyam ATB (Isora)					Fleur ballet teens
10am			Animal Flow (Dev)			Fleur ballet teens
11am		Aikiyam ATB (Isora)				
12noon						
12:30pm						
	Cleaning No classes					
1pm						
2pm						
3pm				Gymnastic private (Terra)	Ballet private	
4pm 4:45	Fleur ballet teens	Elodie practice			Elodie practice	Power Flow Movement (Purvi) From 4:30—6
5pm	Pilates interm (Savitri)	Fitness Dance (Elodie)		Fitness on Swiss ball (Savitri)	Low Impact toning (Elodie)	
6pm	Zumba (Preethi)	Salsa (Mani)				Salsa (Mani)

Submitted by Savitri

BANSURI (FLUTE) Group Classes With Michael

The Sound of Bamboo Various Styles of the Indian Flute



- Kalabhumu Music Studio
 - Every Friday
 - Beginner: 11am—12pm,
 - Advanced: 12noon—1pm
 - Drop in is possible at any time, flutes available to borrow or buy.
 - Contribution:
 - Aurovilians, NCs, Volunteers & Local Villagers: Free donation
 - Guests: Contribution required
 - More Info: www.the-sound-of-bamboo.com
 - To Donate: <https://pay.auroville.org/divine-arts>
 - Learn More About Divine Arts:
 - <https://auroville.org/page/divine-arts>
- Dave, +440 7564119728, djsevens87@gmail.com

SALSA DANCE CLASS

- Beginner Class: Every Tuesday, 6:30pm
- All Levels: Every Saturday, 6:30pm
- By appointment: any time you can do Salsa, Bachata Kizomba
- Need To Bring: Socks, Water, Smile
- Venue: New creation Dance studio
- Register before coming:
+918637633696



Mani, @bakisata_dance

CREEVA ACTIVITIES

Welcome to 'Open Studio'

Welcome to 'Open Studio' for those who aspire to explore drawing, painting, and other forms of visual arts from within themselves.

- Art supplies are available for your use at the CREEVA studio.
- Please inform us in advance of your visit.
- Contact Abi at +919042058981.

Painting Classes with Sathya

- Watercolor Class By Sathya.
Every Monday 5—7pm.
- Life Drawing Session.
Every Tuesday 5—7pm.

Contact: +91 9486145072 WA



CREEVA

Warmly, Sathya

ULTIMATE FRISBEE

Women's Team Practices

Wednesdays and Saturdays 4:15pm—Sundown
@ Gaia field.



All levels are welcome!

Smiti for Ultimate Frisbee Women's Team

AUROVILLE CYCLE RIDE—6

11 November, 6:15am, Town Hall Main Parking

Dear All, we invite everyone to join on 11 November 2023 at 6:15 am at Town Hall Main Parking for the cycle ride for 20kms in and around Auroville.

Let's pedal together to create the awareness and importance of cycling. Bring your own cycle and a water bottle.

- Note: People who don't have a cycle could pick one from us and return it back after the ride (depends on the availability, first come gets priority)

Ride Schedule

- 6:15am: Reporting at Town Hall Main Parking.
- 6:30am—7:30am: Cycling around Auroville
- 7:30am—8:30am: Breakfast at Town Hall campus

• Contact: Raju, 9443074825/ Saranraj 9787095511,
email: avvehicle@auroville.org.in

Raju



KSHETRA KALARI

Aspiration

@ Aspiration Sport Ground

- **Kalari Class for Beginners**
 - Morning classes: 6:30—7:30am
Monday, Wednesday, Friday
 - Evening classes: 5—6pm,
Tuesday, Thursday, Saturday
- **Kalari Classes for Advanced People**
 - Morning classes 6:30—7:30am
Tuesday, Thursday, Saturday



Kalari Massage Available

- By appointment, 9042009200, Maneesh

*Where Body Becomes Eyes,
Maneesh For Kalari Team*

TAI CHI HALL

The Tai Chi Hall in Sharnga community offers daily classes, six days a week.

- **Mondays & Saturdays**
 - 7:30—8:30am: Chi
 - 8:30—9:30am: Form
- **Tuesdays—Fridays**
 - 7:30—8am: Chi
 - 8—9am: Form



We practice three forms (24, 108 and 127) in the Yang style, as taught by the Inner Way School—Stevanovitch Method (artduchi.com). All are welcome to drop in.

- **Our next beginner's intensive** is from February 12 to March 2 2024.

taichi.auroville.org,
taichi@auroville.org

Warmly, Krishna

MARTIAL ARTS

Auroville Aikido News

- **Classes for Children**
 - Monday, Wednesday, Friday, 4 to 5pm.
 - We also take new students (from age 8)
- **Adult classes**
 - Tuesday—Thursday—Saturday, 6 to 7:30am and Wednesday, 5:15 to 6:30pm
- **Women & teen-age girls' classes**
 - Sunday, 9:15 to 10:30am.



Contact us at budokan@auroville.org or SMS Surya on 08300189062.

*At Her service,
Surya CR, Murugan N., Philippe G. and Cristo for Auroville Budokan at Dehashakti*

Best regards, Surya

ART IN NATURE.

Every Wednesday, 3:30—5pm starting 1 November.

Are you interested in deepening your communication with Nature and co-create in its Spirit? Drawing, painting, dancing, video, poetry whatever field you are called for. Bring your own materials or use what nature is offering.

- We will work out doors.
- Register: +917598892065 WA

La Sa Ma Ka activity, Bel



ANITYA

Joy Of Impermanence

Human Unity, Sustainability & Consciousness

@Center Field, after center GH, follow the Anitya signs

Education On Urban Farming

- Open to all Every Thursday, 4:30—6pm

Come and join us to explore how to create, take care and harvest food from a small permaculture kitchen garden

- Theory + Hands-on Class
- No prior experience A required

Urban Farming is the practice of growing fruits and vegetables within city limits. Our goal is to inspire, encourage and empower you in growing your own food.

- Free contribution
- Info & registration: +39 3276744420 WA



Community Lunch

- Every Thursday & Saturday

Come and taste a delicious local non-spicy vegan meal made from our garden and Auroville farms' products, while sharing a good time with Anitya's community members

- Contribution required
- Limited seats available
- Must book min. 1 day in advance: +918489760966



Our project aims at creating settlements in Auroville to experiment a spiritual way of life based on 5 main principles: Impermanence, Community Spirit, Sustainability, Selfsufficiency and DIY

Anitya is a community project registered under LEAD, Auroville. To know more about Anitya: joyofimpermanence.in
Love and light, Serena

AUROVILLE

One Day and Half Day Tours

Explore Auroville like never before. We will explore community life from different angles and multiple viewpoints. We will embark on a journey to see how a community runs, in general and what makes Auroville, a spiritual community or a living Utopia and its aim to constant progress and growth. Come and spend a day with us.

- **One day tours:** Every Saturday, 9:30am to 5:30pm
- **Half Day Tours:** Every Friday, 9am to 1pm
- Pre—Registration is required.

- Contact us to know more details: youthlink@auroville.org and +91 85248 25120 WA
- Here is the link for the itinerary, fee and other important details:

- https://drive.google.com/drive/folders/1tGQNBGI1SxZKGulnpwhQTPNaUIAJomDU?usp=drive_link or
- please scan this code to know more.



Regards, Bondeepa

ABHAYA CERTIFICATION as an International Instruction

Abhaya is proud to announce the next step in its journey as a martial art school in Auroville. Recently our leading coach Giacomo got a special certification as an international instructor authorized to give certifications and belts and he got permission to represent the Shou Dao School in India, after a 112 hours seminar.



From now Abhaya will offer:

- **Monday 5:30pm in Dehashakti:** MMA for adults (Giacomo—International Instructor)
- **Tuesday 4:00pm in Dehashakti:** MMA for kids (Chloe—Blue belt in BJJ)
- **Wednesday 5:30pm in Dehashakti:** MMA for adults (Giacomo—International Instructor)
- **Friday 5:30pm in Dehashakti:** K1 for adults (Ruben—Kickboxing coach)

Soon Giacomo will offer classes of Shou Wu, a kung fu based on the ancient Shou Dao style, that uses the external tools of Qigong and of the three main schools of Wudang: Tai Chi (Chen), Baguazhang and Xingyi.

- If you want to know more about Shou Wu, please contact abhaya@auroville.org.in or whatsapp 9487340778

Giacomo



KALPANA GYM

Kalpna Gym has a new Caretaker

It is open

- 7—9am & 5—8pm
- Monday To Saturday

All Are Welcome!

Satyakam

FOOD FOREST TOUR

I welcome you to a tour through my permaculture garden! We will take a look at local foods and you will get an idea on how to start growing your own food. Come and connect with nature and learn about healthy and sustainable food options

This tour includes a **MINI-RAW-FOOD-WORKSHOP** where we will harvest herbs, fruits and flowers to prepare some delicious

VEGAN ICE CREAMS and more...

EVERY SUNDAY from 9:30 to 11:30
at La Ferme Community (5min from AV Bakery)

Sign up and infos whatsapp Sarah 9047421044

www.myfoodforest.info
myfoodforestgarden@gmail.com

Submitted by Sarah

SWIMMING CLASS

- Kids 6+ & Adults
- Courses from beginners to advanced level

To book contact +91 8637633696



Mani

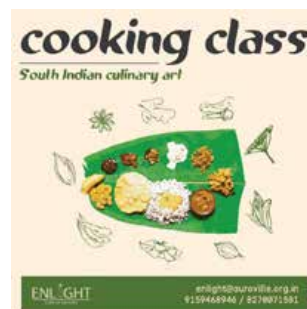
ENLIGHT ACTIVITIES



Cooking Class: South Indian culinary art

Learning to cook is a life skill! Complete your travel experience by learning the art of south indian cuisine with native women

- **Every Saturday and Sunday, 10am—12noon**
1 day prior booking need to be done
- +91 91594 68946, +91 82700 71581
enlight@auroville.org.in



Bioregion Village Tour

BIOREGION VILLAGE TOUR

Take a break from your city life and dig deep into the heart of rural villages around Auroville where a land of peacefulness, farming and ancient customs still exists.

Traditional Welcome Village Walk Kolam Experience

Handicrafts History and Culture Native Lunch

ENLIGHT Light of Auroville

One day prior booking

For inquiries Scan here

enlight@auroville.org.in +91 91594 68946, +91 82700 71581

Explorative Educational Experience

EXPLORATIVE EDUCATIONAL EXPERIENCE

Experience Auroville and travel through the cultural consciousness of the international township

Arts and Crafts Visitor Center Resident Family Visit

Units and Activities Ecological Farming Bonfire & Drumming

Spiritual Journey Canyon Exploration Nature Trail

ENLIGHT Light of Auroville

One day prior booking

For inquiries Scan here

enlight@auroville.org.in +91 91594 68946, +91 82700 71581

• **Bamboo Product Design Workshop**
28 to 30 November

This workshop focuses on small scale products and interiors making from bamboo and wood combination for example chairs, table s, shelves, lamps, etc... The Bamboo Product Design workshop will take place over 3 days, covering full day intensive sessions offered daily from 9am to 5pm.

For more information, special requirement, and pre-booking contact:

- Preferred through Email at bambooworkshop@auroville.org.in or bamboocentre@auroville.org
- or telephone number: +91 8300949081, 0413 2623806 / 2964727
- Flexible training dates offered to groups
- Contact: Voice call and WA: 8300949081

www.aurovillebamboocentre.org

Murugan For Bamboo Centre

CREATIVE TAILORING SESSIONS

Monday to Friday



Dear friends, you are welcome to visit and explore our Creative Tailoring Sessions from Monday to Friday.

- Kindly contact: kulaicreativecentre@auroville.org.in Or kulaicreativecentre.auroville@gmail.com
- For more info and details
WA + 91-8608473385 / 9843195290

With regards, Selva for KCC

DREAMCATCHING OPEN SESSIONS

Essentially each session is open to anyone (aurovilians, newcomers) and offers an aspirational and safe space to explore 'the DNA of Auroville', in a quiet, non-confrontational and meditative manner.

We invite you to come and experience this positive and creative space where we explore ideas to concretely bring down The Dream.



- Please write to dreamcatchingav@gmail.com for information and to receive the 'pearls/notes' of each session.
- Currently the sessions are being held at Naturellement Garden Cafe terrace at Udyogam.

Love, David and Mona

Help Needed

**CREEVA
Seeks Funds**

We are in need and would deeply appreciate your financial support.

- Click on: <https://donations.auroville.org/>
- FS #24001 Unity Fund mentioning Creeva
- avunityfund@aurovill.org.in

Thank you a lot, Marlenka and Sathya for Creeva



CREEVA

THE GAS SERVICE NEEDS SOME FUNDING

Dear Community, until recently we were able to promptly bring your gas bottles to your homes with the electric van which we have been using over the years for the delivery at your request.



This electric van broke down

a month ago and a major part needs to be replaced. The charge controller board which controls the electrical current going to the individual cells has failed, and this electronic board alone costs Rs.1.3 lakh.

We do not have the funds to cover this amount so we look for your generous support.

- Until the electric van is repaired, from the month of November onward we will temporarily increase the delivery charge from Rs.50 to Rs.60, to cover the overhead cost as we are currently hiring a petrol vehicle to do the gas bottle deliveries.
- Your contributions can be made to our Electric Van Repair FS Account number: 252930

Velu, for Gas Bottle Service

UPDATE FROM INDUJA

**on fundraising for Masters
in Environmental Conservation**

Dear Auroville family, I am grateful to all of you who have poured in so much love, wonderful words of encouragement and support for having been accepted into the University of Wisconsin, Madison for MS in Environmental Conservation.

I am happy to share with you that I have launched my crowdfunding campaign on [GoFundMe](#) (for international currencies) and [Milaap](#) (mainly for Indian currency) with a target of USD 17000 (INR 14,00,000/-).

You can donate via one of these platforms in your preferred currency. Contributions are also welcome via FS account 252960—Induja Education Support fund.

I have raised 4% of my target so far and am positive that I will reach my full target on time. I need your help in spreading the word as wide as possible in your networks too.

Please donate and share my story. Every donation and form of support matters to me!

For more information: Please write to me at ginduja397@gmail.com.

Induja

Honorary Voluntary

DOGS CALLING ALL VOLUNTEERS!

Are you new to Auroville and seeking a hands-on experience of the Yoga of Work? Do you have a special love for animals, particularly dogs?

Are you ready to commit 25 hours every week to care for our incredibly affectionate 300 dogs?



An incredible, potentially life-changing experience awaits you! Join us at the Auroville Dog Shelter, where you can become a SAVI registered volunteer, receive training as an animal caretaker, and be part of the most exciting phase in our history—building a model shelter for all of India! This is a once-in-a-lifetime opportunity, and you wouldn't want to miss the chance to make a real impact!

Contact us now:

- Coco: +33672046070 WA
- Arthur: +918122225266 WA

Arthur

KUILAI CREATIVE CENTER

Looking for Volunteers

Dear friends, we are looking for volunteers who could help in

- Volunteers who could help in Teaching English/Hindi/French lessons to Beginners and Intermediates (Children and Adults) 1 or 2 hours per day.

Kindly contact:

- kulaicreativecentre@auroville.org.in
- + 918608473385 WA / 9843195290 WA



Selva

AUROORCHARD:

Call For Farm Volunteers

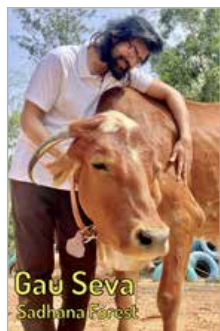


Please contact

- auroorchard@auroville.org.in
- Voice call: 9882685365 (Anshul)
- WA: 9566631079 (Nidhin)

Nidhin, <https://auroorchard.auroville.org>

GAU SEVA AT SADHANA FOREST!



Your heartfelt service is needed at the Sadhana Forest Gaushala!

You are most welcome to join us on any day from 7am onwards, and have a vegan breakfast at 8:45am.

Breakfast is offered as a gift, and there is no need for prior booking. If you would like to contact us:

sadhanaforest@auroville.org.in,
8525038274WA or call 8122274924

Looking forward to welcoming you!
The Sadhana Forest team, Shek

Work Opportunities

AUROVILLE DOG SHELTER

Is Offering A Position Animal Caretaker

The Auroville Dog Shelter is offering a job position for a dog lover as animal caretaker. Please contact Coco at +33 672046070 WA

Thanks, Arthur



JOB VACANCY AT QUIET HEALING CENTER

We are urgently looking for a **female** receptionist to join our existing office team.

An open, friendly nature, patient attitude, full-time commitment, and ability to work effectively within a team are essential. Basic computer knowledge is necessary for responding to inquiries and bookings via email and WhatsApp. Proficiency in English, both spoken and written, is essential.

If you feel interested to join a welcoming team and work in a vibrant Auroville place located on the beach, please send your CV to quiet@auroville.org.in. Guido

AIAT LOOKING FOR

Green Energy and Electric Systems Faculty.

Auroville Institute of Applied Technology is looking for a faculty in Green Energy and Electric Systems! AIAT is offering a 3 year bachelor degree course in Green Energy and Electric systems. This course is affiliated with Pondicherry University. Candidates who have a Master Degree in Electrical Engineering and practical experience in renewable energy are eligible for this position. Also part time engagement is possible.



- Candidates with a bachelor degree in EEE and working experience in the field of renewable energy may also apply on a part time basis!
- Aurovilians applying for this post will be paid maintenance or equivalent salary.
- For more information pl. contact
 - Lavkamad, phone 9443238303

Submitted by Lavkamad

Looking For

Morning Star Seeks Temporary Location



Dear Auroville Community, as you are aware, our dream of a state-of-the-art maternity home for birth in Auroville is currently in the design phase. We are now actively seeking a temporary location where we can offer birthing services.

The minimum requirements are:

- Good access road, including access for emergency vehicles. Availability of running water and electricity Toilet facilities with shower,
- Ground floor and Privacy
- Area of at least 40sq.m each, 2 rooms

If you are aware of potential locations that could meet, or are close to our criteria, please feel free to get in touch with us. The AV Unit, Morning Star, must register this facility under the TN Clinical Establishment Act, so the location must meet specific requirements.

With Gratitude, Balaganesh for Morning Star team

Available

Office Space Available

Office Space inside Auromode Premises with Superb infrastructure including Generator back up, 24 hours Security Services, Aqua Dyn drinking water, Car & Bike Parking, Restaurant and 'Hive A Co Working Place'

Interested people may contact Mr. Pandian

- At Auromode in person,
- +91 9943390391 or pandian@auroville.org.in

Best Regards, Pandian

Foods, Goods and Services

STYLE STUDIO

Get personalized styling tips for your body type that can be implemented in your daily wardrobe.

One on One session with stylist

- A personalized styling session with styling expert
- Know your body type
- Third line—Handpicked product recommendations to enhance your body!



Get personalized styling tips for your body type that can be implemented in your daily wardrobe. A personalized styling session where the styling expert will understand your body type likes, comfort and requirements. You can hand-pick products accordingly that enhance your body.

- Ping +91 94429 82957 to book your Styling Session
- Office@upasana.in
- Clothing Lab @ UPASANA Auroshilpam, Auroville. Uma

AUROMODE HIVE OPEN HOUSE

Friday, 17 November 2023, from 10am to 5pm

Dear All, Join us at Hive's Open House on Friday, 17 November 2023, from 10am to 5pm!

Embark on a journey of boundless productivity and endless opportunities with Super-fast Internet and Unlimited data—All for free.

Visit our website at www.auromode.in/hive-coworking for more details on our plans and facilities.

- For inquiries, feel free to reach out to us on WhatsApp at 7092197375/9042759540.

See you on Friday!!

With Best Regards, Dhesh for Auromode HIVE Team



NATURELLEMENT GARDEN CAFE

will be closed for Diwali

Dear friends, the Naturellement Garden Cafe will be closed on Sunday, 12 November, for Diwali celebrations.

- We are open again the next day, Monday.



A little reminder about our timings:

- Tuesday is our weekly day off.
- The rest of the days we are open between 9am and 7pm.

Wishing you a Diwali full of light and joy!

Martina for The Naturellement Team

VEGAN LUNCH in Red Dot Cafe

Low carb vegan office lunch in Red Dot Cafe, Upasana.

Sign-up lunch scheme.

upasanasred.cafe@gmail.com, Uma



Café Red Dot
The Conscious Café

HAVE YOU DISCOVERED SUDHA'S KITCHEN?

@ Svedame, where WELL cafe used to be)

Open 8am—5pm Monday through Saturday.

I was thrilled to discover Sudha's Kitchen because Sudha is a wizard at making delicious food!

The menu is mostly Middle Eastern: falafel plate with pita bread, mediterranean plate with hummus or labane and cooked and raw salads, shakshuka, sabich sandwich, salads including Japanese and Greek, with soups, hot and cold drinks, and wonderful desserts including amazing chocolate truffles (plain, vegan coconut, and orange).

On Wednesdays and Saturdays the special is Vietnamese spring rolls in rice paper wraps with peanut sauce. Sudha also offers breakfast with omelets, dosa, and fruit salad.

- Sudha's Kitchen (in Svedame, where WELL cafe used to be) is open from 8am to 5pm, Monday through Saturday.
- Groups are welcome to book in advance.
- Landline: 0413 3509884.
- In case of rain, there is an indoor space.
- Deliveries are also possible.

Come and eat delicious food with your friends!

Love, Shanti Samasti



THE SPROUT IS OPEN!

7am to 4pm Monday through Saturday

@ The Sprout Cafe in UTSAV on the Verite radial

We're thrilled to announce that our doors are officially open! Join us from 7am to 4pm Monday through Saturday to enjoy our food at The Sprout Cafe in UTSAV (on the Verite radial).



- Dive into our delicious breakfast menu from 7 to 11am
 - Enjoy a casual and yummy lunch from 12 to 3 pm.
- We aim to offer at least three different dishes daily.
- Or just come and try our coffee, hot chocolate, creamy ice cream, cakes and scrumptious cookies available all day long.

We are closed for Diwali on Monday, 13 November. Akash

GERMAN BAKERY NEW OPENING HOURS

7:30am to 8:30pm

Please note that we are closed on Tuesdays.

Dear Bread Enthusiasts, we are delighted to announce the opening of our small German Bakery, located in the same building as Sakura Sushi on the ground floor, Kuilapalayam.

While we are still in the process of adjusting our range of bread and pastries that sometimes also fail, we invite you to try a selection of German sourdough breads, pretzels, cakes, as well as our home-made smoked ham and sausages. For those seeking a meal, we offer a breakfast plate and a German version of tarte flambée (Flammkuchen) for dinner.

We look forward to serving you at German Bakery during our new extended hours daily from 7:30am to 8:30pm. Please note that we are closed on Tuesdays.

Egle



POURTOUS CANTEN LUNCH SCHEME

At Rs.2470 Per Month From November

Dear Community, we celebrate one year of our Community Canteen at PourTous Aspiration by starting to offer our Community our lunch scheme.

- The scheme costs 2470 Rs per month if you enroll and pay at the start of the month to FS account nr 251446 mentioning your name and community as on your tiffin.
- Please enroll before month starts per email ptpservice@auroville.org.in on 0413 2623091 or in person
- If you start in the month then we will arrange a partial price.

Please bring your tiffin before 11am to the kitchen to receive your hot lunch as early as 12:30, we try in order of arrival.

- A lunch costs 95 Rs. if you pay separately so if you bring your tiffin before 10am we can include you too!

Saturday's bonus dessert for lunch scheme! :-)) so provide container for kheer or other

Let's see how this evolves...



*With great pleasure
to serve our wonderful Community,
Joel for PourTous team,*



Open For Breakfast

Buffet

Mixed Indian and Continental

From: Mondays To Sundays
Timings: 7:30 AM to 10:30 AM

Lunch & Dinner

Available

From: Monday to Saturday

Submitted by Pavi

FREE STORE OPENING TIMES

Morning hours:

- Monday to Saturday:
8:30am—1pm

Afternoon hours:

- Tuesday and Thursday:
2:30pm—4:30pm

We kindly request that you bring clean, washed, and usable clothes for exchange at the Freestore. Your cooperation in this regard would be greatly appreciated.

Kamala for Free Store Team



WE CAN HELP TO FIX ALL YOUR BROKEN ITEMS

New Waves, a unit registered under Kat-tidakalai Trust located in Aurelec Premises, Prayogashala, Auroville is offering the services of PCB Assembly, SMD soldering, de-soldering and minor repair of appliances. The unit can also undertake sub-contract of your production work on job work basis. If you have any requirements, please contact

- Dhandapani, Executive at 0413-2622295,
- Mobile 9443090082/8098193820
- or via email to newwaves@auroville.org.in



Priya

DROPZY

Dropzy is a multipurpose mobile app platform for ordering and accessing information from a wide range of in and around Auroville eateries, grocers, bakers, farms, therapists, professionals etc and has partnered with ITS (Integrated Transport Service) whose delivery personnel will pick up the orders from the outlets/stores and deliver them to the customers at their doorsteps

Dropzy

**Food, Groceries,
Fruits & Vegies,
Body Care,
Wellness etc.**

Stay home, order
and access. We'll
drop it to you.

Dropzy is made locally
by 150dpi, an Auroville activity.

www.dropzy.in
8098144686

Kindly do download the mobile app to register yourself to place orders supporting the outlets in and around Auroville and to find out relevant information to your needs.

Download link as shown below:

- **Android:** <https://play.google.com/store/apps/details?id=app.auroville.dropzy>
- **iPhone:** Coming soon.

We will be adding new categories to service our user base in the upcoming weeks. Dropzy is a multi-purpose mobile app platform and it isn't merely only a delivery service solution. Stay tuned in to our announcements and the app regularly, for more updates.

Best regards, Sathish Arumugam For Dropzy

Mobile: +91 8098144686, www.dropzy.in

TECH ELVES SERVICES

Dear all, YouthLink continues to offer our Tech Elves service to the community.

Created with the purpose of helping everyone better understand their technology, this initiative aims to provide technical support to anyone who needs it!

So if you have any issues you are currently facing with your phone, computer, smart tv etc, reach out to us and we will come and solve your problem while hopefully teaching you as well.

- Youthlink@auroville.org.in, +91 7397787112, *Sananta*



AUROCABS



- aurocabs@gmail.com / www.aurocabs.in
- Mob: +91 9443074825 / +91 9843734825
- Office: 0413 2623200 / 2623201

AUROVILLE to CHENNAI AIRPORT: SEDAN CARS : Toyota Etios / Maruti Dzire <ul style="list-style-type: none"> • NO Sharing Rs. 2,700 • 2 Sharing- Rs. 2,000 Per person • 3 Sharing- Rs. 1,500 Per person • Round Trip Rs. 4,200 INNOVA / SUV Vehicles: <ul style="list-style-type: none"> • NO Sharing Rs. 4,500 • Round Trip Rs. 5,500 	CHENNAI AIRPORT to AUROVILLE: SEDAN CARS: Toyota Etios / Maruti Dzire <ul style="list-style-type: none"> • NO Sharing Rs. 2,800 • 2 Sharing Rs. 2,000 • 3 Sharing Rs. 1,500 • Round Trip Rs. 5,000 INNOVA / SUV Vehicles: <ul style="list-style-type: none"> • No Sharing Rs. 4,600 (Includes parking fees) • Round Trip Rs. 6,500
AUROVILLE to CHENNAI CITY: SEDAN CARS: Toyota Etios / Maruti Dzire <ul style="list-style-type: none"> • NO Sharing Rs. 3,300 • 2 Sharing Rs. 2,300 Per person • 3 Sharing Rs. 1,700 Per person • Round Trip Rs. 5,000 INNOVA / SUV Vehicles: <ul style="list-style-type: none"> • NO Sharing Rs. 5,000 • Round Trip : Rs. 6,500 	CHENNAI CITY to AUROVILLE: SEDAN CARS : Toyota Etios / Maruti Dzire <ul style="list-style-type: none"> • No Sharing Rs. 3,300 • 2 Sharing Rs. 2,300 • 3 Sharing Rs. 1,700 • Round Trip Rs. 6,000 INNOVA / SUV Vehicles: <ul style="list-style-type: none"> • No Sharing Rs. 5,000 • Round Trip Rs. 7,000
PONDICHERRY to CHENNAI AIRPORT: SEDAN CARS: Toyota Etios / Maruti Dzire <ul style="list-style-type: none"> • NO Sharing Rs. 3,300 • 2 Sharing Rs. 2,250 • 3 Sharing Rs. 1,700 • Round Trip- Rs. 5,500 INNOVA / SUV Vehicles: <ul style="list-style-type: none"> • No Sharing Rs. 5,100 (includes parking fees) • Round Trip Rs. 7,000 	CHENNAI AIRPORT to PONDICHERRY: SEDAN CARS : Toyota Etios / Maruti Dzire <ul style="list-style-type: none"> • NO Sharing Rs. 3,200 • 2 Sharing Rs. 2,250 Per person • 3 Sharing Rs. 1,700 Per person • Round Trip Rs. 5,000 INNOVA / SUV Vehicles: <ul style="list-style-type: none"> • NO Sharing Rs. 5,000 • Round Trip Rs. 6,000
PONDICHERRY to CHENNAI CITY: SEDAN CARS: Toyota Etios / Maruti Dzire <ul style="list-style-type: none"> • NO Sharing Rs. 3,800 • 2 Sharing Rs. 2,500 Per person • 3 Sharing Rs. 1,900 Per person • Round Trip Rs. 5,500 INNOVA / SUV Vehicles: <ul style="list-style-type: none"> • NO Sharing Rs. 5,500 • Round Trip Rs. 6,500 	CHENNAI CITY to PONDICHERRY: SEDAN CARS: Toyota Etios / Maruti Dzire <ul style="list-style-type: none"> - NO Sharing Rs. 3,800 - 2 Sharing Rs. 2,500 - 3 Sharing Rs. 1,900 - Round Trip—Rs. 6,000 INNOVA / SUV Vehicles: <ul style="list-style-type: none"> • No Sharing Rs. 5,500 • Round Trip

Raju

UNITY TRANSPORT SERVICE



Unity Transport Service would like to thank you for being our precious client for all these years. We are extremely happy to be at your service at any time. We are located in the service area and work 24x7. As we are a registered unit, we can provide you with a GST bill for your accounting procedures. We would like to convey that we have experienced drivers that have been with us for the last 15 plus years.

We have a full range of taxis now:

Toyota Etios: 4+1 seater, Maruti suzuki Ciaz: 4+1 seater, Maruti suzuki Swift: 4+1 seater, Toyota Innova: 7+1 seater, Toyota Crysta: 6+1 seater, Load carrier, Tempo traveler: 14 + 1 seater, Buses

- Any Taxi bookings can be done directly to our UTS office. The contact numbers are:
 - Landlines: 0413 2623586, 0413 2623587
 - Cellphones: 9047015801, 9443362218
 - Email: uts@auroville.org.in

Lakshmi for UTS Transport Service Team

A KIND REQUEST & REMINDER From Auroville Printers

Auroville Printers offer a wide range of printing services to your diverse needs, such as vouchers, visiting cards, bill books, delivery note books, library cards, book binding, packaging (including die cutting for boxes, packets, tags, and more), and all kinds of labels. Just name it, and we'll make it for you.

By placing your orders with us, you not only get quality printing solutions but also actively contribute to the growth and sustainability of an Auroville unit. Your patronage is a beacon of support for our mission.

- **Auroville Printers Location:** In front of the Auroville Health Centre
 - 0413 2622534, Mobile: 9443202786
 - Email: aurovilleprinters@auroville.org.in

Warm regards, Auroville Printers, Raju

ORGANIC QUALITY MILK Available

Organic quality milk available, Morning/ Evening, from Sakthi Natural Garden

- For reservations contact 9585180393

Erumalai (Evergreen)



DISCOVER THE MAGIC of Hemp at Hemplanet!

Open Monday to Saturday, 10am—4:20pm
@ Reve Area, 1st Floor, Building 1, Auroville

Dive into a world of nourishing hemp delights at our Hemp Store. From the heartiness of hemp hearts, the richness of hemp seed oil, to the rejuvenating touch of hemp body care, we've got it all. Whether you're a hemp enthusiast or just curious, come chat with us and explore the wonders of hemp!



- Hemp Food Selection: Hemp Hearts, Hemp Seed Oil, Hemp Protein Powder, Hemp Granola Bars, Hemp Pasta & more!
- Hemp Seasonings
- Hemp Body Care Treasures: Hemp Soaps, Hemp Shampoos, Hemp Balms, Hemp Body Butter, Hemp Seed Oil

Daive

PEST CONTROL

We Control All kinds of Pests Treatments on Warranty

- Ants, Bed Bugs, Cockroaches, Fleas, Hornet's, Mice, Rats, Spiders, Termites, Wasps & more

Get rid of them once and for all!

We will help you to eliminate wide variety of Residents and commercial Pests

Contact us: 9943919899, ramkrishna@auroville.org.in

Ramakrishnan



FIBER OPTIC

AND IT TROUBLESHOOTING AVAILABLE



I am Ramakrishnan Aurovilian experienced in the fiber internet field (Ftth) for 8+ years and gained more knowledge in creating-on new fiber internet infrastructure and IT troubleshooting work for our Auroville community Since 2015. And I am happy to provide the below services to our Auroville community

- **Internet speed;** Boosting up for dual bands 2.4 GHz or 5 GHz
- **Wired/wireless;** Fibre ONT modems, Routers, Switches installation/repairing work
- **Fiber optic cable;** Joining, power loss troubleshooting, laying/pulling work inside and outside your house
- **CCTV;** Configuration/Installation/repairing work inside and outside your house
- **Smart-TV/laptops/printers;** Configuration/Installation/repairing
- **Other network communications devices;** Configuration/Installation/repairing

For any internet-related issues/complaints,

- **Please feel free to contact me:** Ramakrishnan, 9943919899, ramkrishna@auroville.org.in

Ramakrishnan

SURABHI SUPPLIES



Dear Auroville Community, **Surabhi Supplies** is dedicated to aiding individual community members, units, and projects in acquiring a wide range of materials and equipment, including but not limited to construction supplies, appliances, machinery, and more.

Our service offers several advantages to the community, such as **reduced prices achieved through bulk purchases and volume-based discounts**. We have established strong partnerships with various manufacturers and dealers who share our commitment to advancing Auroville's development.

Our primary goal is to streamline the procurement process for everyone, thus saving valuable time, energy, and costs while providing a high level of service to the community.

- **If you have any inquiries,** please don't hesitate to reach out to us at:
 - surabhisupplies@auroville.org.in
 - +91 98438 46458 WA/Call

Submitted by Iyyappan

NEEM TREE CAFE HAS JOINED DROPZY

Dear Friends, Neem Tree Cafe has joined Dropzy mobile app platform to deliver your favorite food to have at your convenience from home through delivery or self-pickup.

Dropzy is an Auroville based initiative developed by 150dpi and deliveries are done through Integrated Transport (ITS) team personnel with care and on time.

At this moment, Neem Tree Cafe only serves Dinner through Dropzy.

- We take orders in Dropzy from 7:30pm till 9pm.
- Download the mobile app now and show your support.
 - Android: <https://play.google.com/store/apps/details?id=app.auroville.dropzy>
 - iPhone Coming soon.
- More information on Dropzy can be found here: <https://www.dropzy.in>



*Regards, Partha,
for Neem Tree Cafe Team*

HAIRDRESSER

For your and/ or your child's next haircut: inspired, striving for the perfect, 11yrs young artist Ahana looks after your and/ or your child's hair and well being.

After everyone who came was happy and content, we are now requesting short and long **Hair Models** to step forward and try something new and beautiful!

- For an appointment kindly contact 9751513906 (all messenger providers, no calls) or essence.touch@yahoo.de

Lovely day, Ulrike Urvasi



RAPID CARE SERVICE

Rapid Care Services has been serving the community at its best capacity.

Rapid Care Service, as an Auroville activity, is dependent only on Aurovilians and Auroville. We make sure the work is completed on an economical budget without compromising quality.

Please use Rapid Care Services to keep Auroville's economy healthy, and rotational to benefit Auroville as a whole.

List of services provided by Rapid Care Services:

Aluminum channel work, Welding, Carpentry, Masonry—renovations and remodulation, Plumbing, Painting, Insect Treatment, Fencing, Electrical, Washing machine repair & installation, A/c repair and installation, Inverter repair and installation, Dth repair and installation and, Furniture purchase assistance

Kindly contact us and hire our services at the below mentioned contact details.

- Balaji, 8270071581, Arun, 7639810621
- rcsrapidcareservices@gmail.com
- rapidcare@auroville.org.in

*Balaji and Arun
for Rapid Care Team*



RUPAVATHI JOY ACTIVITIES

Bio-Region Temple Tour

Interested in learning more about the religious heritage in and around the bio-region? Come take a guided tour of temples around the bio-region.



Starting point from Solar Kitchen.

- Can be scheduled anytime throughout the week.
- Please contact in advance for more information and booking. 8098845200.

South-Indian Cuisine Cooking Class

Learn to cook some delicious delicacies of south India with Rupavathi.



- Monday—Saturday between 10am and 5pm @ Creativity.
- Please book sessions in advance.

Thai Massage

- Monday—Saturday between 9am & 5pm
- To book massage sessions or for more information, please contact personally.

Tailoring

We can tailor and customise any kinds of dresses, saris, blouses and kurtas.

- For any of the above services, contact Phone/WA 8098845200, rupavathijoy@gmail.com

Rupavathi Joy

Poetry

UNO POEMA CORTO

Por qué?
Madre
No lo sé
Madre
Yo conocí
A Lucas

A SHORT POEM

Why?
Mother
I do not know
Mother
I knew
Lucas

Ivana

AND THE SKY

remains unwashed, and the waves
sleep;
reeds bend in no wind
like drunks.
My god!
How long will I keep
boring the waves
from inside
this open prison?
God's mum
as the fields
of yellowing grass.
He'll never tell the truth.
But there's no one else to ask.

Taras Shevchenko

WATER IN CUP

Water in cup
Contained.

Water over edge
Spilled.

Water falls.
Splash!

Water winds
Down the stream.
A tortuous journey.

Water rises and falls
In waves and fountains.
Endless variations.

Wherever it flows
It follows its inner law
While following paths
Natural or man-made.
With joyful Gratitude, Anandi Z.

Auroville Radio

AUROVILLE RADIO

Dear Aurovilians, your favorite radio is always working for you. Stay tuned!

- [Here you can listen](#) to the stream channel (playing 24/7).
- [Here you can see](#) on-air schedules.



Last published podcasts

- [La Vita Divina Ep. 37](#) (Sri Aurobindo)
- [Teens Connect Ep. 8](#) (Integral Education)
- [I Just Wanna Write Ep. 17](#) (Creative Writing)
- [Exploring Education in Arts, Animation and Film-making—Ep. 21 'The silent years—Pre-World War I European cinema—Contd...'](#) (Cinema)

Auroville Radio Tv is maintained and supported with the help of a small town budget and voluntary donations. If you, as an Aurovilian, wish to **make a donation you can do so at F.S. account number 0867**. Thanks for your help!and more! on www.aurovillerradio.org

For more information write to radio@auroville.org.in

Peace and love, Wobbi

Voices and Notes

FARMING REPORT FOR OCTOBER

Fundraising For Farms

Since maintenance has been cut farmers are having to devise different ways to be financially self-sufficient. As this withdrawal of funds was made with no discussion or prior warning, many farmers need bridging support until they have time to restructure the farms to become financially sustainable again. At the same time Farm Group lost control of all the farm accounts and so is unable to channel money where it is needed. In discussion with AVI centers and others, various ways of both raising the money and channeling it to farms are being considered. An Aurovilian video maker is in the process of making videos about the situation of each of the farms and what each plans to do to become financially sustainable.

Foodlink

Various topics have had to be addressed:

• Milk

Farmers were very disappointed that the results of the milk test were sent to a wide range of groups, including the Secretary before even contacting them. After years of rumors it is good to have regular milk tests using the new Foodlink milk testing machine provided it is calibrated and working properly. This episode has shown farmers that they need to get their act together to create and maintain proper standards. The whole affair has shaken and diminished the trust between farmers as well as between Foodlink and dairy farmers. There is now a feeling that not all dairies can be trusted. This atmosphere has also affected those dairies upholding good standards and doing the right thing. Now, as presently the Dairy Sub Group no longer exists, there is no forum for dairy farmers to decide what standards to uphold or to create a process for what happens if a farmer falls below them. Foodlink is communicating directly with individual farmers in an environment where trust between Foodlink and dairy farmers has been greatly reduced.

• Vegetables

As with milk, there have for years been rumors about farmers who buy vegetables in Pandy and then pass them off as their own in Foodlink. Standards for vegetables are normally maintained by each farmer keeping careful data about the vegetable growing process and collating this with details of harvests; together with peer review from other farmers. The problem has been that farmers are unable or unwilling to keep this data so it has been impossible to prove anything about the conditions under which vegetables are grown. After a recent meeting with the research team, Foodlink is going to come up with some sort of standardization grades for different qualities of fruit and vegetables. In the end, however, it is consumers who will decide about this and the quality of food they want to eat. The Vegetable group had a meeting to discuss pricing and possible frameworks to facilitate transparency and arrive at self-standardization norms and practices.

• Relationship of farmers and Foodlink

Now that Foodlink is independent with a new team with no farming experience, the relationship between farmers and Foodlink will have to be rebuilt. The new Foodlink team has been working with farmers in a top down way, making promises they couldn't possibly fulfill. A meeting called by Foodlink during the last month allowed farmers and Foodlink people to talk to each other but it was obvious that the relationship between the two groups will need a lot of effort if it is to work. Foodlink will also have to work hard at creating positive connections both within and outside Auroville if they are to become the distribution center that the community needs. As a result of this lack of trust and difficult communications some farmers feel that dependency on Foodlink ought to be minimized and farms do their own distribution. This could, however, lead to farms competing with each other to the detriment of everyone.

Farming Standards

In the light of these issues there were discussions about how farmers could create and maintain standards through the grain, dairy and vegetable sub groups. This will require that group members create a standard that everyone adheres to and that there are processes in place to work with farmers who fall below those standards. There is a need to push for voluntary standards, transparency and collaboration so farmers can stand together.

Farm Assessment

Some data collection has been completed but no assessments have yet been made. There is a small team under Farm Service conducting assessments on farms. They have visited many farms including Annapurna and agreed with the Steward to include his response to their assessment in their report. It is very important that all farmers have a voice in this process and that her/his views on the data are included.

Farm Assets

• Annapurna Land Exchange

Annapurna was visited by members of the AVFO-WC and Land Board wanting to exchange 22 acres of roadside land for Poramboke land. The 22 acres includes a pond producing 40% of Annapurna's water supply. It was explained that exchanging this land will have large consequences for the farm and its production. An alternative plot of about 5 acres on the other side of the road was suggested. Everything is very unclear.

ii. Buddha Garden Road; everything is still very unclear. Without finance the farm will be unable to move

• Housing On Farms

The farms were recently sent a list of housing on their farms compiled by Housing Service. All farmers were recommended to check carefully as mistakes have been found.

Gratitude Farm Report

The report clearly showed the project fell short of its projected goals. With a first year budget of Rs 2.79 lakhs on a 0.6 acre plot, they produced 20% of their projected yield and earned 7.5% of their projected income. In response a factual report has been created addressing the shortcomings which the Core Group will share with FAMC copying Farm Service. These groups will be requested to reflect on the project's obvious limitations.

Farm Labour

With no overall Auroville support for payment of things like gratuities all farmers need to be aware of their legal financial responsibilities towards their workers. Tomas will meet with SEWA for clarification about this. Core Group recommends that all farmers be clear and are able to follow the proper legal and financial process regarding this. (SEWA welcomes anyone, farmer or worker, to contact them if they have questions about this)

New Organizational Help

A new person wants to help with Farm Group admin and has been welcomed with open arms to help with meeting notes. Core Group meetings are now held on Wednesday instead of Tuesday. In the future both admin people will explore what is needed by the group and how to organize it to fit in with their existing schedules.

- If you have feedback or would like more information please contact farmgroup@auroville.org.in

Very many thanks,
Love Priya

Languages

LEARN FRENCH

By 'the Sounds Of Its Music

Learn French by 'the Sounds of its Music' With the **Aurolang 2** method in 50 lessons on book + CD-Rom With English, Tamil and Hindi translations. Just click on it to hear and pronounce correctly from the start. Or train and drill with a native speaker in French Pavilion (International zone Auroville)



• Every Tuesday & Thursday 5 to 7pm

by Jean-Marie, Master in Applied linguistics Brussels State University

- Book + CD: 500 INR. First batch 30 hours class drill: free contribution
- Mail: ecohome2@skynet.be or jeanmarieDemulier@gmail.com
- Call: 918148401950 WA

Jean-Marie, Aspiration

NEWS

From Auroville Language Lab



Please remember to put your mobile phones on flight mode and switch off all wireless and Bluetooth devices before you enter the Lab. We are a wireless-free space!

Tomatis

There are spaces available for both language & therapeutic programmes!

- Please contact 0413 3509932 or 0413 2622467 or email us at tomatis@aurovillelanguagelab.org to schedule your Listening Tests & Consultations.

To know more about the Tomatis Method, please have a look at the following links:

- <https://www.aurovillelanguagelab.org/tomatis-method.php>
- <https://www.aurovillelanguagelab.org/tomatis-kids.php>
- <https://www.youtube.com/watch?v=wnpXprTI3m0>
- <https://www.youtube.com/channel/UCeTIG0y-sBMlly-wZNdZcAng/videos>
- <https://www.listenwell.com/>

Current Schedule of Classes

Language	Level	Time	Day(s) of Classes
English	Pre-Intermediate & Intermediate	10:30—11:30am	Tuesday & Thursday
	Conversation Started 17 October 2023	4—5pm	Tuesday & Thursday
French	Beginner Started 4 November	2:30—4:30pm	Saturday
	Conversation 1 Started 4 November	10:30am—12noon	
	Conversation 2 Started 6 November	2:30—3:30 pm	Monday & Thursday
Tamil	Spoken Beginner Started 12 September	9:30—10:30 am	Tuesday & Friday
Sanskrit	Beginner To start January 2024	TBA	TBA
Hindi	Beginner Started 9 September	10am—12noon	Saturdays
German	A1.1 Beginner Started 11 September	9:30—11am	Monday & Wednesday
	German Conversation To start soon	4—5pm	Tuesday & Thursday
Spanish	Beginner To start January 2024	2:30—3:30pm	Tuesday & Thursday
	Intermediate	2:30—4pm	Tuesday
Japanese	Beginner To start December 2023	TBA	TBA
Italian	Beginner TBA	2:30—3:30pm	Monday & Wednesday
	Conversation TBA	2:30—3:30pm	Tuesday & Thursday
Persian	Beginner To start January 2023	TBA	TBA

If there is a language you would like to learn, and it's not on our list, please send us a query!

Looking for:

Volunteer(s) capable of reading & writing Kannada & Telugu, for proof-reading a couple of short documents (that have been translated from English). The work requires 2-3 hours of commitment.

To join or enquire

Please fill out our form at <http://register.aurovillelanguagelab.org/> You may also drop us an email at info@aurovillelanguagelab.org, call us at 2623661 or come visit us!

Please Note: Registration and contribution are essential before you join a course with us. Please see our team member at the front desk to ensure this is complete, thank you!

The Language Lab is open

- Monday—Saturday, 9am—12noon & 2—5pm
- **Location:** International Zone, after Unity Pavilion & Pump House.
- **Email:** info@aurovillelanguagelab.org
- **Phone:** (0413) 2623661, 2622467, 919843030355

Vismai, for Language Lab Team

AT PAVILLON DE FRANCE

(International zone)

Speak Or Learn French with Native Speakers

Meet them every

- **Tuesday and Thursday afternoon 2—4pm** for personal evaluation of your needs, expectations, level and program.
- **Tuesday and Thursday 5—7pm** Audio visual classes with Aurolang 2
- **Saturday and Sunday afternoon:** Dialogue tables to practice




Interested ?

Contact Jean-Marie

- SMS 8148401950 or 0032494180841WA
- demulierjeanmarie@gmail.com or
- ecohome2@skynet.be

Jean-Marie, Pavillon de France

Classes, Workshops & Healing Arts



Traditional Mantras & Stotras Chanting Classes

at Serendipity Community

Thursday 9:00 AM (drop-in class)

Friday 5:00 PM (regular class)

with Sonia Novaes

Email: serendipityauroville@gmail.com | WhatsApp: +91 8940288090

Everyone is welcome who wants to learn traditional chanting of mantras and prayers with precise pronunciation. If you'd like to explore further and continue your studies of mantras and chants, you're welcome to join our regular classes.

Submitted by Sonia

CONSCIOUS NATURE IMMERSION at MahaKali Park

MahaKali Park is one of the 4 parks of Auroville, which is developed as a place for holistic awareness and self-development through nature.

Introduction to MahaKali Park with Arun:

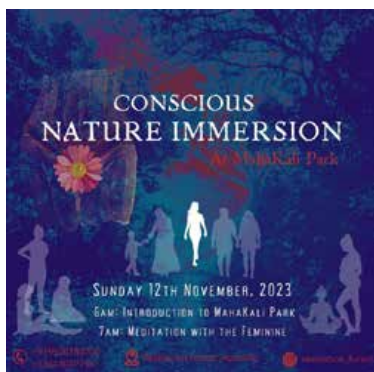
- **Sunday, 12 November, 6—7am**

Major Arun invites you for a peaceful discovery and understanding of MahaKali Park and an introduction to the history and context of green spaces within Auroville. The background of the cradle land and the current state of the vegetation's evolution through a holistic understanding of ecology is shared during the outdoor walk.

Meditation with the Feminine

- **Sunday, 12 November, 7—8:30am**

This meditation is open to all, with the specific aim to cultivate a feminine approach of spirituality: first of all, we meditate through the presence of Nature, considered a divine womb to contain our evolution. Nature is contacted through the doors of our own higher mind, sensibility and generosity of heart. Meditation is subtly guided within the sacred space of non-duality and multidimensionality. Intimacy of contact with the feminine polarity is progressive, attentive and humble. Session may trigger some release and activation of energy in regard to the feminine wounds carried by our species, for the highest good of all. Personal follow up is possible.



By Mukhande, holistically trained by First Nations and Kriya Yoga lineage for 20 years.

- **Free.** No registration required. Contributions accepted for the management of the site.
- **Be adequately clad** to prevent mosquito bites. You may also carry mosquito repellants.
- **Venue:** Meeting point at Révélation's main gate 5/10 min before the time of the session (Search for 'Revelation Forest' on Google Maps)
- **Contact:** +919500183706, Arun/ +33613047794, Mukhande

Mukhande, for Révélation.

FORGIVENESS & RECONCILIATION

Pavilion of Tibetan Culture

Friday, 17 November, 5—6:45pm



Exploring Roots of Hurt, Anger & Alienation with Dr. Sehdev Kumar. Hurt is inevitable. Suffering is a Choice.

An Introductory Session for Weekly Workshops with Dr. Sehdev Kumar, author of 7000 Million Degrees of Freedom: One Earth, Seven Billion Worlds.

Submitted by Sehdev

ART RETREAT:

Find Your Inner Space

24, 25 and 26 November

- **Embark into a process of**
 - Introspection & Reflection
 - Creative inspiration and expression
 - Skill development with new tools
 - Collective growth with a group project



- **Why This Retreat Is For You**

Art, one of the medium of higher vital education helps us to learn more about our vitality and how to channel and express it without suppressing it. In other words, if you feel you need a space to explore your own inner creativity and learn new skills along with getting to know your own inner being, this retreat is for you. We welcome you with open canvases!

- **Limited spots available.** Contact us for more details
 - **For registrations and to get to know more:** Please send us a mail to youthlink@auroville.org.in or send us a text on whatsapp +91 85248 25120
 - **Last Registration Date:** 20th November, 2023

Bondeepa

YOGA CLASSES IN BHARAT NIVAS

We are starting a **daily drop-in Yoga** Classes in Bharat Niwas.

- **Ashtanga Yoga from 8—9:30am.**
- **Hatha Yoga 4:30—6pm.**

Class is open for all levels.

No pre registration required.



With gratitude, Jessica

DEEP SOUND BATH TIBETAN BOWLS

Hall of Light Creativity community

Every Friday, 5—6:30pm, Starting 17 November

There will be a **Light** massage by the Tibetan Bowls. Lie down, relax, simply allow yourself to experience the ancient sound from the Tibetans bowls.

The practice produces a soothing sound believed to have a powerful effect in the body's energy system, helping to balance the chakras and promote healing.



If we accept that sound is vibration and we know that vibration touches every part of our physical being, then we understand that sound is heard not only through our ears but through every cell in our bodies. One reason sound heals on a physical level is because it so deeply touches and transforms us on the emotional and spiritual planes.

Drop in the Hall, no reservation needed. Please arrive 10 minutes before

- Toward contribution for guests and volunteers
- Aurovilians and Newcomers, conscious contribution

Sathyayuga

WA +917639761930

AUROMODE YOGA SPACE

Monday to Friday November 2023 schedule
6 30 am to 9 30 am
Vinyasa flow Asanas
Pranayama,
Meditation.
Saturday Karma Yoga
6 30 to 9 00 am
Satsang -5 to 6 30 pm
Sunday Morning - Special
program every week
Daily drop in possible .On contribution.
Bring your own yoga mat



Auromode Yoga Space -Near CSR / Upassana
balaganesh.siva@gmail.com - WA + 91 98926 99804

Balaganesh.siva@gmail.com, +919892699804WA
Balaganesh SIVA

HOLISTIC: HEALING AND AWARENESS

HEALING & CONSCIOUSNESS
Holistic
www.auroville-holistic.com
 A Health care unit of Auroville India

- **Appointments**
 - aurovilleholistic@gmail.com,
christinep@auroville.org.in
 - +919489805493 WA
 - **For kinesio only:** +33686928426 WA

Ashtanga Yoga With Christine P Subscription has to be done one day before the class	Every days @7:45 AM. Except Sundays, Full moon and new moon
Integrative & systemic psychotherapy w. Christine P	@ Holistic health care studio—Kuilapalayam
Acupressure Therapeutic Massage	@ Holistic health care
Kinesiology With Ricardo	@ New creation
Hypnotherapy	@ Holistic health care

- **Workshop:** Check on our website info and details
www.auroville-holistic.com **Christine**

ACTIVITIES WITH ARABINDA

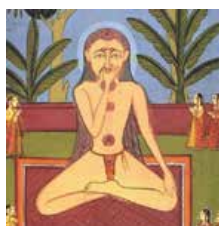
Pranayam

Many Problems, One Solution

- **Every Monday, at 5pm**
@t SAWCHU Bharat nivas
 Pranayam Class At SAWCHU, Every
 Monday, at 5pm with Arabinda.

Please Register:

- arabinda@auroville.org.in
- 9090819998 WA



Meditation with Music

- **Every Monday at SAWCHU Bharat nivas, at 6pm.**
 Easy way to meditate, Meditation with Music:

Please register:

- arabinda@auroville.org.in
- 9090819998 WA.

Best wishes, Arabinda



Therapies

Our work in therapy and healing is focused on educating people to the importance of healthy living and conscious lifestyle. To together achieve a better and sustainable future in wellness for each individual and their communities.

Sound Healing Therapy

Using various musical instruments, Sound healing, Bodywork, Meditation, Visualization and Breathing one will become aware of their complete sensory perception.

- Contribution based



Massage Therapy

Traditional body work using acupressure and deep tissue varma points healing methodologies.

- Contribution based



Dance Movement Therapy

Uses movement to help individuals achieve emotional, cognitive, physical, and social integration. Beneficial for both physical and mental health.

- Contribution based.
- You can learn more about us and register at www.angamtree.com/therapies
- +91 9751395939, www.angamtree.com



Traditional Massage Therapy Classes

Our 30 hours course covers Traditional Bodywork based on principles of ancient Indian medicine science of Siddha Varma Kalai originating in Tamilnadu, Southern India.

- **The certificate course has three levels:**
 - Basic: 10 Hours,
 - Intermediate: 20 Hours,
 - Advanced: 30 Hours
- **Course modules:**
 - Varma Massage Therapy
 - Varma Touch Therapy
 - Varma Myology (Muscles)
 - Varma Defense Methods



You can learn more about us at www.angamtree.com

Kindly share your profile with us at the below mentioned email address. We will call you for an interview to assess the correct fit between you and the positive intention towards the energy of therapy.

- Contribution based, angamtree@auroville.org.in,
 +919751395939

Raja

FAMILY AND SYSTEMIC CONSTELLATION

Workshop

In Creativity Hall Of Light

9am to 6pm on Saturday

18 November

Contact Moghan, 9751110486,

moghan@auroville.org.in

Submitted by Moghan



PITANGA



Program for November 2023

Classes — Registration required

• Iyengar Yoga with Tatiana and Chloé

All Iyengar Yoga classes are designed for healthy adults. If you have any physical problem, please talk to the teacher before the class to find out if this class is for you. We do not offer any medical yoga classes and our classes are not for people who need a therapeutic approach.

◦ Mondays, 5pm—6:30pm, Level 1, Tatiana

A general asana practice class. Each session includes the practice of Salamba Sarvangasana (shoulder stand) or preparatory stages. Regular attendance is expected.

◦ Tuesdays, 9am—10:30am, Spine class, All levels, Chloé

Suitable for all levels of practitioners. Special attention is paid to relaxing the back and the correct position of the spine in various types of asanas. Each practitioner should be prepared to independently use props such as chairs, rollers, bricks.

◦ Wednesdays, 5pm—6:30pm, Level 2-3, Tatiana

For seasoned practitioners. Classes include both asanas and pranayama. Inverted poses like Salamba Sarvangasana, Salamba Sirshasana are practiced regularly.

◦ Saturdays, 9am—10:30am, Restorative Yoga, Level 2-3, Tatiana

Each session includes time for deep work in inversions, backbends and forward bends with support and deep relaxation on a physical and mental level. Practitioners are expected to independently choose alternative postures according to their ability and are prepared for prolonged use of inverted postures.

◦ Saturdays, 11am—12:30pm, Mixed Level, Tatiana

An active practice class for Iyengar Yoga practitioners of all levels. Suitable for beginners. Exceptionally, this class can be attended without registration as well.

• Art Therapy class with Gala

- Thursdays, 3—5pm, for adults
- Fridays, 3—5pm, for families

Youth activities

These are ongoing educational programs and not intended for drop-in students. If a child is interested, parents need to talk to the teacher before bringing the child.

Date	Activity
Mondays, Wednesdays, 4—5:15pm	Asanas for teenagers, with Lisbeth
Saturdays, 9—10am	Yoga for children, 5—8 yrs., with Gala
Saturdays, 10—11am	Yoga for children, 7—9 yrs., with Gala
Saturdays, 11am—12pm	Energy games for children, 9 yrs+, with Gala

Drop-In Classes

	Class & teacher	Class level
Mondays		
7:30—9am (not on 20 and 27 November)	Asanas with Rachel	All levels
8:30—10am	Yoga Therapy with Gala	All levels
4—5pm	Deep presence—Inner Exploration, with Mike	All levels
Tuesdays		
4:45—5:30pm	Odissi Dance with Rekha	Beginners
Wednesdays		
7:30—9am (not on 22 and 29 November)	Asanas with Rachel	All levels
8:30—10am	Yoga Therapy with Gala	All levels
Thursdays		
4:30—5:30pm	Aviva Exercise with Suriyagandhi	For women only
4:30—6pm	Vocal Sound Healing with Lola	All levels
Fridays		
6:45—8am	Pranayama with François & Namrita	For former 'The Art of Living' course participants
7:30—9am (Not on 17 and 24 November)	Asanas with Rachel	All levels
8:30—10am	Yoga Therapy with Gala	All levels
9—10am	Lola's ATB special for seniors with Lola	Seniors
3:45—4:30pm	Odissi Dance with Rekha	Beginners
4:30—5:30pm	Weekly Readings of the Life Divine with Balvinder	All are welcome to join.
5:15—6:15pm	Feldenkrais class with Shari	All levels
Saturdays		
11am—12:30pm	Iyengar Yoga with Tatiana	Mixed levels
11am—12:15pm	ATB explorations with Isora, Rosario and Teresa	All are welcome to join
4:30—5:30pm	Bodymusic with Anandi Z	All are welcome to join.

Healing Space

• By appointment, 262403, 9443902403

- Acupuncture by Heidi
- Bio-Resonance (with Bi-Com machine) by Afsaneh
- Chiropractic by Afsaneh

Vocal Sound Healing

• Every Thursday, 4:30—6pm with Lola

Deep Presence—A Guided Inner Exploration

- Every Monday, 4pm—5pm with Mikhail S.
- Preparation for class: If possible, please take a 15 minutes nap (or silent quiet rest lying down) at home, before class or in the afternoon (to try and prevent dosing off and falling asleep).

New class: ATB explorations

- Starting on Saturday, 11 November
Every Saturday, 11am—12:15pm.

A joyful space for discovering oneself and developing attention and relaxation.

- All are welcome—Drop-in session.

With love and gratitude Isora,
Rosario and Teresa



New class: Body Music

- Starting on Tuesday 14 November, with Anandi Z
- Every Tuesday, 3:30—4:30pm
and Saturday 4:30—5:30pm

Tapping with hands on acupressure points of the body and in a certain sequence stimulates the body to improve the flow of energy. It is an easy to learn self-help technique to relieve stress. In this class body tapping will be done on oneself, for each other and as a group and integrated with guided Qi movement, conscious touch, and simple massage to discover and align with the universal music.



If you wish to receive our program of activities by email, please write to us: info@pitanga.in.

See you at Pitanga, with a smile!
Submitted by Verena

A SATSANG ON THE INTEGRAL YOGA



A sacred gathering for the study and practice of the Integral Yoga of Sri Aurobindo and the Mother, founders of Auroville, the City of Dawn.

We start right here, in the Eternal Now, from where we each are at this ever-progressive moment, and share our unique experiences on the path of rediscovering and embodying who we really are.

- Facilitated by Zech Joya
- Schedule: Tuesdays and Thursdays, 5:30—7pm
- Venue: Conference Room, G/F SAIER Building, Town Hall Complex, Auroville

Please [click this link for details](#) or scan the above QR Code



Cheers! Zech

MEDICAL QIGONG TRAINING

Medical Qi Gong training at the client's home at a time that suits them. el, ye,ho (eli) Qigong instructor A graduate of the Wingate college of excellence in israel. Encounter with Chinese medicine in motion A harmonious combination of conscious breathing movement is accompanied by aids and actions. I am happy to share the knowledge I have gained in studies and life experience for the benefit of harmonious world and love



- Those who are interested leave a name and your convenient time address to ellimagen@gmail.com or 9952749221 WA **Eli**

ARKA WELLNESS CENTER & MULTIPURPOSE HALL

Regular activities, November



Classes

Classes	Teacher	When
Acro Yoga	Damien by Appointment: 9047722740	Monday: 3—4:30pm, Tuesday: 5—6:30pm For regular classes
Pilates	Teresa: 7867998952	Tuesday & Thursday 7:30-8:30am. Friday: 5:30—6:30pm By Appointment
Iyengar yoga	Olesya: 9159052743	Monday, Wednesday, Saturday, 6:30—8am. Monday, Thursday, Saturday, 5—6:30pm. Or by Appointment
Sound Chakras healing	Lakshmi: 8489764602	By Appointment:
Heartful Meditation	Avanthika: 6380238326	Thursday: 9—10am

Treatments

Treatment	Therapist	When
Body Logic, Soft Massage and Deep Tissue Massage.	Pepe	Monday to Saturday By Appointment 9943410987
Cranio sacral, Lomi Lomi Kahuna massage, Barefoot body massage	Silvana	Monday to Saturday By Appointment 9047654157
Facial, Manicure, pedicure, Threading, Waxing, Haircuts, Hair colouring, Henna colouring	Meha	Monday to Saturday: By Appointment 9443635114
In Nutrition, Diet, Weight Loss and Weight Management, Psychosomatic.	Nadia (English & French)	Monday and Wednesday afternoon By Appointment: 948 90 35 457
Tarot, Oracles and Akashic Records Reading (TOS)	Valentina	Monday to Friday, Morning: 9791719387, +393462258049
Psychospiritual Introspective Tarot Reading, Deconditioning Self Inquiry	Antarjyoti (English & French)	Monday to Sunday By Appointment: 0413 2623767 antarcalli@yahoo.fr

Submitted by Ramana, Arka, 0413 2623799

VÉRITÉ

Pre-registration required

0413 2622045, 2622606, 9363624083

or programming@verite.in, www.verite.in

Master Class: Calm Your Nervous System & Your Mind through Yogic Techniques with Andres

- Saturday, November 11, 9:30am—12pm,
theory booklet included

Modern life often seems designed to bring strain to our nervous systems, contraction to our bodies, and imbalance to our minds. But there are ancient tools from Yoga that are designed to free us from the restraints that keep us from experiencing well-being, inner peace, and contentment. Learn the practical techniques of breathing, mantra, asana, and relaxation that calm the mind, relax the nervous system, and awaken the balance that already dwells within the memory of our bodies. **Savitri, Programs Coordinator**

VERITÉ PROGRAMS, NOVEMBER 2023

- Phone: +91 413 2622045, 2622606
- WA: +91 9363624083, 8489391876
- Email: programming@verite.in
- Website: www.verite.in



Yoga & Re-creation Programs

Days	Drop-in Classes	Timings	Presenters
Mondays	Sivananda Yoga (no class on 13 November)	9:30—10:30am	Mani
	Pranayama & Meditation	11am—12pm	Radhika
	Deep Sound Bath	5—6pm	Satyayuga
	Hatha Vinyasa Yoga	5—6pm	Andres
Tuesdays	Restorative Yoga	9:30—10:30am	Rachel
	Face & Eye Yoga	3:30—4:30pm	Mamta
	Vinyasa Flow (no class on 7 November)	5—6pm	Rebeca
Wednesdays	Sivananda Yoga	9:30—10:30am	Mani
	Yoga for Inner Alignment—Pranayama & Asanas	11am—12pm	Radhika
	Kirtan Songs for your Soul	5—6pm	Mamta & Savitri
	Hatha Vinyasa Yoga	5—6pm	Andres
Thursdays	Peace with Pranayama	11am—12pm	Mamta
	Open Heart Space Meditation	5—6pm	Samrat
	Vinyasa Flow (no class on 9 November)	5—6pm	Rebeca
Fridays	Hatha Vinyasa Yoga	5—6pm	Andres
	Free Flow Dance & Movement	5—6:30pm	Vega
Saturdays	Sivananda Yoga (no class on 11 November)	5—6pm	Mani
	Mindful Flow—Awaken in Movement & Stillness	5—6pm	Savitri

Therapies (by appointment only)

Therapies (by appointment only)	Therapist
Thai Yoga Massage	Andres
Private Yoga Session / Yoga Therapy	Andres
Individual Self-Work with Clay	Megha
Biodynamic Cranio-sacral Therapy	Mila
Integrated Craniosacral & Foot Reflexology	Radhika
Craniosacral Therapy	Radhika
Foot Reflexology	Radhika
Integrated Ayurvedic Acupressure, Deep Tissue & Heart Healing Massage	Raja

Workshops (pre-registration required)

Day & Date	Workshops (pre-registration required)	Timings	Pre-senters
Saturday, November 11	Master Class: Calm Your Nervous System & Your Mind through Yogic Techniques	9:30am—12pm	Andres
Friday, November 17	Understanding Pranayama and its Practice in Asanas and Meditation	9:30am—12pm	Radhika
Saturday, November 18	Master Class: Pratyahara: Withdraw Your Attention Within through Mantra, Breathing & Asana	9:30am—12pm	Andres
Saturday, Nov 18	Awareness Through the Body	9:30am—12pm	Amir
Friday, Nov 24	Sivananda Yoga: Masterclass	9:30am—12pm	Mani
Saturday, Nov 25	Safe Yoga Asana Practice: Do's & Don'ts	9:30am—12pm	Rebeca

Savitri, Programs Coordinator, Verité Programming

QUIET HEALING CENTER



Hawaiian Massage Course: Lomi Lomi Basic

- Thursday 23—Sunday 26 November
8am—6pm: 34 hours, with Sang

Lomi Lomi is an ancient Hawaiian massage style which uses long fluid rhythmic strokes to treat the whole body. The practitioner uses the hands as instrument of the heart. Energetic, emotional and muscular blockages are released allowing oxygen, blood circulation and life to flow more freely. This massage brings balance and a heart-opening peace to body, mind and spirit.

During this course, you'll learn an ancient Hawaiian massage technique; connect to your heart through meditation; give and receive a series of healing massages.

- No previous experience required. Certificate upon completion of the course.

Hawaiian Hot Stones Massage Course

- Friday 1—Sunday 3 December
8am—6pm: 30 hours, with Sang

Hot stones massage is used to help relax and ease tense muscles and damaged soft tissues throughout the body. During a hot stone massage, smooth, flat, heated stones are massaged directly on the body and placed on specific parts of the body. The stones are usually basalt, a type of volcanic rock that retains heat.

In this 3-day course, you'll learn how to use the stones and hands as an extension of the heart. The course also includes body brushing, balancing, sacred rituals, and Hawaiian chanting.

- No previous experience required. Certificate upon completion of the course.

Sang was trained at the Mettes Institute in Australia and has been a facilitator at the Institute from 2003-2006. She introduced Hawaiian massage courses in Auroville in 2006 and has been teaching Lomi Heartwork and KaHuna bodywork ever since.

www.quieth healingcenter.info/ quiet@auroville.org.in

Mobile & WA: +91 9488084966, Guido

KOLAM YOGA WORKSHOP



KolamYoga Introduction WS session with Grace Gitadelila

- We will start with a new batch mid November for the Foundation course of 12 lessons spread over 3 Months: November/ December and January.

You can now book a one off session to get to know more personally and more in depth what **KolamYoga Foundation course of 12 lessons** offers.

- for inquiry and sign up for a session +91 8072449091 WA

In gratitude Grace

Cinema

CINEMA PARADISO

Will Run Films For The Children

Sunday, Children's Matinee @ 4pm

Dear Community, Cinema Paradiso will run a series of wonderful films for the children: including Harry Potter, Pirates of the Caribbean, and Indiana Jones.

Since these films are longer than the usual films screened during the matinee, we will start our Children's Matinee **Every Sunday @ 4pm** (instead of 4:30pm) starting November 2023.

Come and enjoy the wonderful films along with the children.

*Nina and Marco For CP,
The Cinema Paradiso Team.*

ECO FILM CLUB

Every Friday at Sadhana Forest

Schedule of Events

- 16:00** Free bus from Solar Kitchen to Sadhana Forest for the Tour
 - 16:30** Tour of Sadhana Forest
 - 18:00** Free bus from Solar Kitchen to Sadhana Forest for the Eco Film Club
 - 18:30** Eco Film Club begins with 'previews' of short Sadhana Forest films
 - 20:00** Dinner is served
 - 21:15** Free bus from Sadhana Forest back to Solar Kitchen
- Before the movie, at exactly 16:30 you are welcome to join us for a full tour of Sadhana Forest and an update of our most recent work! After the film, you are welcome to join us for a free 100% vegan organic dinner! The bus service is operated by Sadhana Forest. For more information about the bus service please contact Sadhana Forest at 8525038274.

****Note:** Families and children are welcome! Dinner for children will be served at 19:00:)

Friday, 17 November

Planet Earth: Fresh Water

2017 / 49 minutes / Alastair Fothergill

Taking an epic journey following the descent of the planet's mightiest rivers from their mountain sources to the sea. Breathtaking river scenery is revealed by a revolutionary helicopter camera mount, from the world's highest and broadest waterfalls to the awe-inspiring spectacle of the 10,000-strong flocks of greater snow geese in flight. **Shek**

THE MYTH OF EUROPA

A Conference By Claude de Warren

The European House, Pavillon de France, & ILION
Auroville presents

Saturday, 18 November, 5pm

@ Town Hall—Cinema Paradiso

*in French with English instantaneous translation,
duration: 1h + Q&A*

How can this foundational myth of European culture, in light of Sri Aurobindo's writings, help us understand Europe and some of its present-day challenges?

This lecture will look at the evolution of Europe from a completely new angle, namely that of Greek mythology, deciphered by the lecturer over a period of almost 30 years.

This mythology describes the spiritual quest, its challenges, its obstacles and the forces that intervene to support the seeker or force him or her to undergo greater purification on the path to freedom.

But it also describes the evolution of humankind, because both move forward in concert.

While the myth of Europa describes a particular stage in the seeker's progress, it also presents the evolution of the dominant spirituality in the West from Egypt to Greece, via Crete. Developed over more than 3,000 years, this myth has provided a general orientation and indicated certain errors that should be avoided.

We will look at whether and how the countries of Europe have fulfilled the general task assigned to them, avoiding the pitfalls so that new paths can now emerge.

Also, the conference is in French but we will provide headsets for listening to an instantaneous translation in English.

All this is mentioned in the document in attachment but I thought I would specify it again.

Vivekan



At Multi Media Centre Auditorium, Town Hall

Reminder

- Friday, 10th, 'Memories Of My Father'—(El Olvido Que Seremos) By Fernando Trueba, Colombia, 2020

'ANATOMY OF A FALL'

Original title: Anatomie D'une Chute

- Friday, 17 November, 8pm

Directed by Justine Triet, France, 2023

With: Sandra Hüller, Swann Arlaud, Milo Machado Graner

Synopsis: Sandra Voyter, her husband Samuel and their visually impaired son Daniel, aged 11, live in the mountains, not far from Grenoble, France. One day, Samuel is found dead at the foot of their chalet. Suicide or homicide? Investigators suspect his wife Sandra. An investigation is opened and she is charged despite doubt. A year later, the son, Daniel is caught in the middle: between the trial and their home life, doubts take their toll on the mother-son relationship... 'A thriller of real psychological and emotional depth, breathtakingly intelligent' Won the Palme d'Or at the 76th Cannes Film Festival on May 2023.

Original French version with English Subtitles. Duration 2h32'

Surya for Aurofilm team



CINEMA PARADISO
Multimedia Center (MMC) Auditorium
Film Program
13 November 2023 to 19 November 2023

Cinema Paradiso-Multimedia Center is now in operation at 100% seating capacity. However, if you want to wear a mask it is your choice. *To organize the seminar/program please email us. Our projector is crawling towards the end of its life. It has served well, but it is time for us to look for a new one. For this or to support our work you could financially support us. Please find necessary details at the end of this note.*

Indian and diaspora—Monday 13 November, 8pm
AAMI

India, 2018, Writer-Dir. Kamal w/ Manju Warriar, Murali Gopy, Tovino Thomas, and others, Biography-Drama, Malayalam w/ English subtitles, Rated: NR

This film is a cinematic adaptation of the life of Kamala Das a.k.a Madhavikutty, an acclaimed poet, a fascinating character with an unapologetic approach to her writing, her approach, depicting her innermost feelings. The biopic is more like a visual summary of her life, focusing on the two relationships she had—with the husband, 20yrs her senior, and after his demise—her relationship with her suitor, who she never married. An interesting film follows an amazing character.

Potpourri—Tuesday 14 November, 8pm
PROMISING YOUNG WOMEN

UK-USA, 2020, Dir. Emerald Fennell w/ Carey Mulligan, Bo Burnham, Alison Brie and others, Crime-Mystery, English w/English subtitles, 117 mins, Rated: R

A young woman, traumatized by a tragic event in her past, seeks out vengeance against those who crossed her path.

Interesting—Wednesday 15 November, 8pm
OUR FATHER

USA, 2022, Dir. Lucie Jourdan w/ Jacoba Ballard, Julie Harmon, Matt White, and others, Documentary-Crime, 97 mins, English w/ English subtitles, Rated: NR (R)

Jacoba Ballard decided to take a DNA test one day, in hopes of finding one or two half-siblings with the same sperm donor. 'Growing up, I felt different,' she says in the documentary's trailer. But when she found seven matches, she realized that she had stumbled across a major discovery: a shocking scheme involving donor sperm and a popular fertility doctor.

German—Thursday 16 November, 8pm
ALBTRÄUMER (Dark dreamers)

Germany, 2020, Dir. Philipp Klinger w/ Sarah Mahita, Béla Gabor Lenz, Stephan Szász and others, Drama, 93 mins, German w/ English subtitles, Rated: PG-13

In collaboration with Goethe Institute/Max Mueller Bhavan. A coming-of-age story with mystery elements, told in intoxicating images and sensitively acted. 17yrs old Rebecca's painful search for answers about the suicide of her brother Dennis collides with the mental and emotional confinements of her surroundings. Through Dennis' friend Vincent, Rebecca delves deeper and deeper into her brother's secrets—and comes to realize that there was more than just a 'friendship' between the two youths.

International—Saturday, 18 November, 8pm
AIR

USA, 2023, Dir. Ben Affleck, w/ Mat Dammon, Jason Bateman, Ben Affleck and others, Drama-Sport, English w/ English subtitles, 111 mins, Rated: R

Nike's basketball shoe division was struggling in 1984 due to low sales, the company's Marketing VP and the CEO tasked basketball talent scout Sonny Vaccaro to find a new spokesperson for their shoes. Although they considered third draft pick Michael Jordan off limits due to his preference for other brands, Vaccaro convinced them that Jordan was a generational talent, and that Nike should pursue sign him in.

Children's Matinee—Sunday, 19 November, 4pm
HARRY POTTER AND THE CHAMBER OF SECRETS

UK, 2002, Dir. Chris Columbus w/ Daniel Radcliffe, Rupert Grint Emma Watson and others, Adventure-Family-Fantasy, 161 mins, English-Latin, Rated: PG

An ancient prophecy seems to be coming true when a mysterious presence begins stalking the corridors of a school of magic and leaving its victims paralyzed. NOTICE: The new starting time for the matinee films.

Robert Altman Film Festival@ Ciné-Club:
Ciné-Club Sunday 19 November, 8pm
THE PLAYER

USA, 1992, Dir. Robert Altman, w/ Tim Robbins, Greta Scacchi, and others, Drama -Crime—Comedy, 124 mins, English w/ English subtitles, Rated: R.

Events in the life of a Hollywood studio executive, unfold with the same unrealistic positive coincidences, ultimately culminating to a 'happy ending', much like the movie scripts, with which he works day in and out, after he accidentally murders someone.

Rating codes we often use are from Motion Picture Association of America (MPAA): G=General Audiences, PG=Parental guidance suggested, PG-13=Parents strongly cautioned, R=Restricted (equivalent to Indian rating: A i.e. for Adults), NR=Film Not rated, Rating awaited, or Rating not available.

For scheduling programs at MMC/CP venue: please email us at mmcauditorium@auroville.org.in. We appreciate your continued support. Pl donate to 'Cinema Paradiso' (account #105106) or set up for a monthly contribution. We need it now more than ever.

Thanking You, Nina for MMC/CP
 Group Account #105106,
mmcauditorium@auroville.org.in



N&N Guidelines



Hard deadline for submissions TUESDAY 3pm

The content of News & Notes is a reflection of the growth process of this community towards its ideals of Harmony, Goodwill, and Truth.

How to submit material:

- Max size of the published poster is 9cm x 9cm independently of the size you sent. The bigger posters will be reduced.
- Please AVOID CAPS letters
- Material (no pdf files, please) may be sent in English only to newsandnotes@auroville.org.in.
- Articles for the Notes section should ideally be no longer than 500 words.
- Please do not send submissions and inquiries as a 'Reply' to the digital subscription mail. There is no guarantee that anyone will see communications sent this way.
- Please try your best to send your announcements, reports, film schedules whenever they are ready. Any modifications of submitted News items must be sent to the editors before Tuesday 3pm.

Disclaimer:

The views expressed on these pages are those of their respective authors or work groups and do not represent the position of the editors or of the community as a whole. The News & Notes serves as a channel for the publication of material coming from trusted sources within Auroville. The editors cannot be held accountable for any alleged misinformation given or offense caused. In case of any dispute, the Auroville Working Committee may be consulted and publishing of disputed material suspended.

Roy & Agnijata, News & Notes,

Media Centre, Town Hall,

NewsAndNotes@auroville.org.in, 0413 2622133

Emergency Services

Ambulance (24/7): Auroville—9442224680

- PIMS—0413 2656271

Security (24/7):

- Auroville Safety & Security Team—9443090107
- Auroville Police Station—0413 2677318
- Kottakuppam Police Station—0413 2236148
- Vanur Fire Station—0413 2677368

Health: Health Center—0413 2622123

- Santé—0413 2622803
- Farewell—8903836246

Mental health 24/7 support:

- Vandrevalla Foundation +91 9999666555

India Emergency Response Service (24/7):

- 108

Accessible Auroville Public Bus

avbus@auroville.org.in, +91 94430 74825



Auroville TO PONDICHERRY

	Trip 1	Trip 2	Trip 3
Svaram Musical Center	7:00	8:50	14:50
Veite Guest house—Junction	7:02	8:52	14:52
Town Hall—Main Parking	7:06	8:56	14:56
Solar Kitchen (Round About)	7:10	9:00	15:00
Certitude Enterance	7:12	9:02	15:02
New Creation Road	7:17	9:07	15:07
SBI Bank—Kuilapalayam	7:19	9:09	15:09
ECR Junction—Aroma Guest House	7:23	9:14	15:14
Quiet Healing Center—Junction	7:26	9:17	15:17
Lotus Hotel—S.V Patel Salai	7:36	9:30	15:30
Ashram Road Junction	7:38	9:33	15:33
Ashram Dinning Hall	7:40	9:35	15:35



Pondicherry TO AUROVILLE

	Trip 1	Trip 2	Trip 3
Ashram Dinning Hall	8:00	12:15	18:10
Ashram Road Junction	8:02	12:17	18:12
Lotus Hotel—S.V Patel Salai	8:07	12:22	18:17
Quiet Healing Center—Junction	8:17	12:32	18:27
ECR Junction—Aroma Guest House	8:20	12:35	18:30
SBI Bank—Kuilapalayam	8:25	12:40	18:35
New Creation Road	8:27	12:42	18:37
Certitude	8:32	12:47	18:42
Solar Kitchen—Round about	8:34	12:50	18:44
Town hall Main Parking	8:38	12:54	18:48
Verite Guest House—Junction	8:42	12:58	18:52
Svaram Musical Center	8:45	13:00	18:55

- Monthly Rs.800: Aurovilians & Newcomers, No validity
- Student Pass Rs.1200 per month/ 24 days round trip.
- Rs.150 Round trip for Aurovilians & Newcomers
- Rs.200 Round trip for guests.
- Bus passes are available at Auroville Vehicle Service, Town Hall, Auroville, 0413 2623302