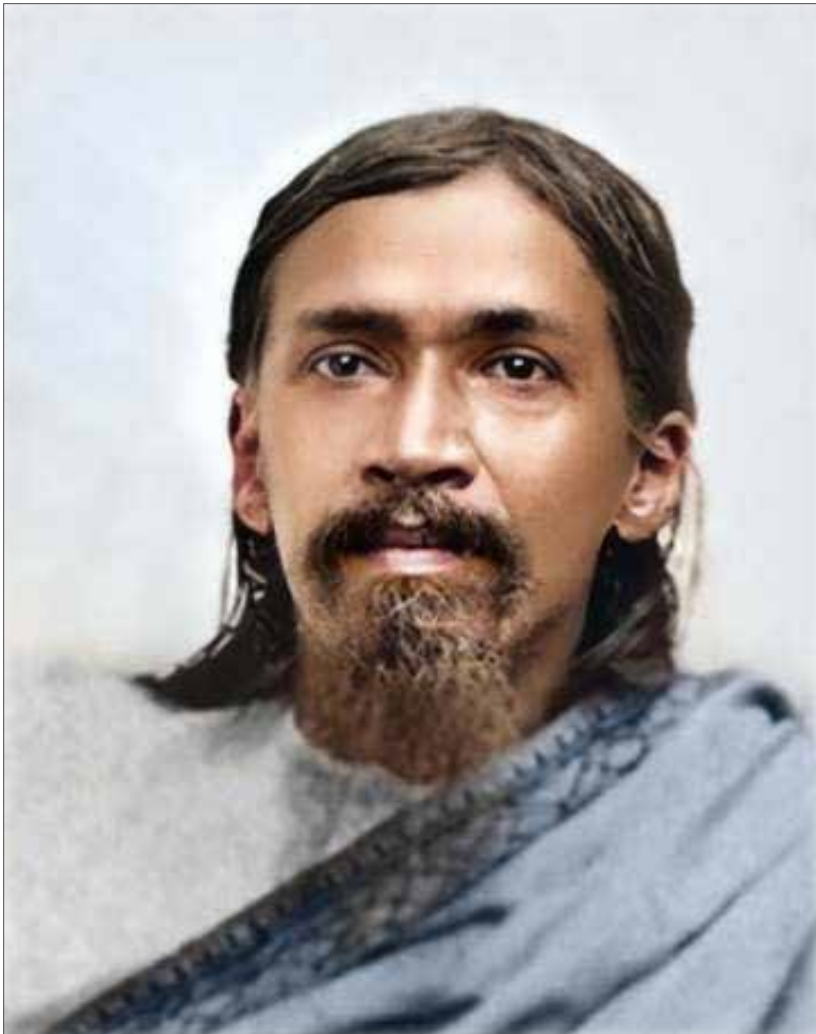




News Notes

#1002 A weekly bulletin for residents of Auroville 23 November 2023



If one knows Him as Brahman the Non-Being, he becomes merely the non-existent. If one knows that Brahman Is, then is he known as the real in existence.

Taittiriya Upanishad

They beheld the self-force of the Divine Being deep hidden by its own conscious modes of working.

Swetaswatara Upanishad

Pondering



Attaining to the cosmic consciousness Mind, illuminated by a knowledge that perceives at once the truth of Unity and the truth of Multiplicity and seizes on the formulae of their interaction, finds its own discords at once explained and reconciled by the divine Harmony; satisfied, it consents to become the agent of that supreme union between God and Life towards which we tend. 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

Reality Omnipresent, The Life Divine by Sri Aurobindo

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EDITORS' NOTE

NewsandNotes Guidelines

Dear Authors, one of the last issues of NewsandNotes reached 46 pages in length. This certainly exceeds the limits of a weekly newsletter. We have tried not to impose limits to submissions but it now seems it has become necessary.



- Articles should not exceed 800 words, as this is one column in length and one article per submission.
- Posters should be limited to one per submission with details in a text form, which includes dates and contacts.

Thanking you in advance for your cooperation.

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 AgniJata



House of Mother's Agenda

November 25, 1972

(The day before, Mother came out on her balcony for the November 24 'darshan.')

How was it yesterday, on the balcony?

(Mother returns the question) How was it?

I don't know.... Seemingly quite good, in any case!

Where were you?

At the door of Sujata's house, downstairs. And for you, how was it?

(long silence)

(Smiling) The apprenticeship of personal nonexistence.

I don't know....

It's difficult.

Yes. A growing sensation that without the Divine there's no existence. Forgetting the Divine even for a minute is becoming catastrophic, you see. Now and then, for a few seconds, the true beatific consciousness comes—but only now and then and for a few seconds. That's all. Otherwise, I am like this (gesture, fists clenched to stand firm in the struggle).

(silence)

And you?

I have a lot of difficulties with my outer consciousness. I seem to be unable to open it up.

(Mother vigorously nods her head)

And so it's very painful, you know, everything is very painful.

That's it, exactly that! One quite feels the inability of the outer consciousness to participate in the experience... to be up to the mark.

Yes! Exactly, absolutely.

Well, that's my continuous condition. How to...? And then once a day—once, twice, for a few seconds (tone of amazed wonder): 'Oh!...' And it's gone. Is this... this body to be left and another one built? I don't know.... It doesn't fit with.... I have not been told that it has to be that way.

No.

Although I haven't been told either that this body is capable of transformation. So I don't know.

But Sri Aurobindo did tell you that you would do the work.

(In a dubious tone:) Yes, he told me....

Because if you left, what would we do here? Truly, we are completely useless, there's nothing else to do but leave. Because the only place...

But it has no desire to leave.

Yes, I know, Mother.

It doesn't know, Yet... I can't exactly say I suffer but there's constant discomfort.

There's obviously discomfort for you, but for us, the only moments we feel truly alive are those spent with you.

Oh, mon petit... (Mother takes Satprem's hands).

It's true, the factual truth. I know the Grace it is to be here.

(long silence)

holding Satprem's hands)

That is the conviction the body needs to have: that INDEED it serves some purpose.1

Oh, but of course!... But of course, it does!

(silence)

You see, being here, with you, is the only moment when one feels... ah, this is IT. IT, you know.

(Mother plunges in still holding Satprem's hands)

Before dying falsehood rises in full swing.

Still people understand only the lesson of catastrophe. Will it have to come before they open their eyes to the truth?

I ask an effort from all so that it has not to be.

It is only the Truth that can save us: truth in words, truth in action, truth in will, truth in feelings. It is a choice between serving the Truth or being destroyed.



Townhall Speaks

FROM THE ENTRY SERVICE—ES # 207

Dated: 23-11-2023

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:



Deepani

Olga

Prabhu

Vishnu

- Deepani RADHAKRISHNA (Indian) staying in Auromodèle (Padmanabhan house) and working at Matrimandir & PTPS
- Olga MERCHANTE (Spanish) staying in MdJ (Maison des Jeunes) and working at Food Link & Last School
- Prabhu GAJENDRAN aka Ragu (Indian) staying in Terra Soul and working at Sudha's Kitchen and Terra Soul
- Vishnu REDDY (South African) staying in Sri Ma and working at Tanto (new)

CHILD OF NEWCOMER:

- Priyadharshan (Indian) son of Deepani
- Keerthik (Indian) son of Deepani

NEWCOMER CONFIRMED:

- Arun Prakash AMBATHY (Indian)
- Amutha Lakshmi VELMURUGAN (Indian)
- Anbazhagan KANNAIYAN aka Anbu (Indian)
- Niharika SANYAL (Indian)

AUROVILIAN ANNOUNCED:

- Ganapathy GANESAN (Indian) staying in Prayatna and working at Mantra pottery

AUROVILIAN CONFIRMED:

- Anjana SARAF (Indian)
- Kaviyarasu DEVARASU (Indian)

RETURNING AUROVILIAN ANNOUNCED:

- Sandra Jane JACOBS aka Naradi (USA) staying at Arati-I and working Solar kitchen

YOUTH TURNED 18 CONFIRMED:

- Ilengo PION BORG (French)
- Narchelvi SARAVANAN (Indian)

SPOUSE OF AN AUROVILIAN CONFIRMED:

- Eswari MATHAN (Indian)

NOT READY TO JOIN AUROVILLE:

The Entry Board, in consultation with the mentors concerned, has not accepted the following Newcomers joining Auroville. The reasons have been communicated to them.

- Indira RAMALINGAM (Indian)

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, William for The Entry Service

Community News

Passing On

GRACIAS LUKAS

You came to stay..It was your place.

But ,possibly the most important thing you did for us...
it is your last message:

**'There is a deeper meaning to life and we need to
realign ourselves to the Divine Energy.'**

Gracias Muchas Gracias

Anandi ayun, Lux_Realization

Awakening Spirit

24.11.1926,

Siddhi Day or the Day of Victory



Friday, 24 November, 6:30—7am

The descent of Krishna would mean the descent of the Overmind Godhead preparing, though not itself actually bringing, the descent of Supermind and Ananda.

- Meditation under the Banyan Tree at the Matrimandir.
- Entrance from the Office Gate, open from 6 am.
- Guests are requested to carry their Aurocard.

AUM, Antoine for MM Team

MUDRA CHI

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

- **Every Saturday at 4:30pm
at Savitri Bhavan**

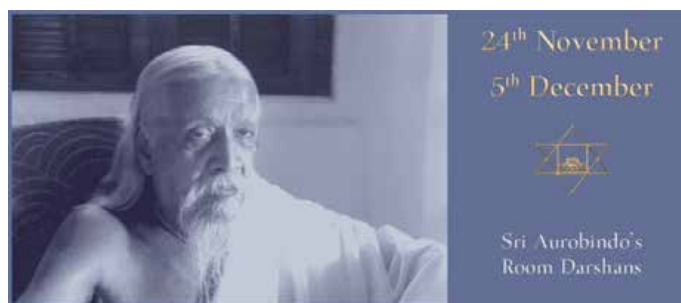
Facilitator Anandi Ayun

Everybody Welcome!

Anandi



ROOM DARSHAN
At the Sri Aurobindo Ashram
 No tokens required.



To have a Darshan in Sri Aurobindo's Room, please join the queue at the following times:

Friday, 24 November: Siddhi Day or Day of Victory

Darshan timings: 5 to 11am

Tuesday, 5 December: Sri Aurobindo's Mahasamadhi

Darshan timings: 5 to 10am

With love, Andrea

UNITY PAVILION: DAILY PEACE MEDITATION


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

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

Location 

Submitted by Rajan

ON SIGNIFICANCE OF THE SIDDHI DAY
2nd Conversation of Alok Pandey and Narad
about 24 November 1926



Monday, 27 November, 4pm @ Savitri Bhavan.

Duration: 46min.

24 November 1926 was an interesting day of transition in the yoga of Sri Aurobindo. He started to work for the descent of higher and higher levels of consciousness that had ever been realized in terrestrial yoga. In this talk from 24 November 2016, Dr Alok Pandey points out three great phases of transition in Sri Aurobindo's yoga.

The first transition came soon after 1908 when Sri Aurobindo experienced the Supramental Oneness everywhere and in everyone in the Alipore jail. Then an aadesh guided him to Pondicherry, and he went into seclusion. About this time Sri Aurobindo wrote to his brother Barin 'The Guru of the world who is within us then gave me the complete directions of my path—its complete theory, the ten limbs of the body of this Yoga. These ten years [1910-1920] He has been making me develop it in experience, and it is not yet finished.'

On 24 and 26 November 1926, the next great transition started when Sri Krishna, the Overmind Godhead descended into the physical body of Sri Aurobindo, and two days later the Overmind plane gave consent. Considering that the Supreme had descended into him, Sri Aurobindo started giving darshan. 24 November 1926 became the first darshan day, and also the day of the official founding of the Ashram. Prior to that, there was no Ashram, only a group of seekers.

The Mother came to the fore and took full charge of the Ashram and the disciples, and Sri Aurobindo provided his support. Her work was to prepare the earth and humanity for the descent of the Supramental and to remove all obstacles to that great realization. Past avatars supporting evolution and coming from the same source, the Supreme Oneness, also came to support the Mother's work, among them Christ, the Buddha, and Krishna. Each Avatar from the Supreme brings a certain aspect, or certain qualities into play or comes to manifest certain things.

Sri Krishna, the Anandamaya Avatar, had already knocked at the gate of the Supermind, but earth and man were not ready at that time. Now Sri Krishna handed over his achievements to Sri Aurobindo for further developments. Sri Aurobindo's yoga began to move into uncharted realms: it was a new yoga in the spiritual history of the earth. He withdrew into his room and everyone who had access to the room for their work was advised not to look at him because, like Shiva, he had swallowed all the poison of the earth.

The third great transition came in 1950 when Sri Aurobindo withdrew even more when he left his body to hasten the collective realization on earth. He then worked from above together with The Mother for the Supramental descent, which happened on 29 February 1956.

All his challenges, achievements, spiritual experiences, and insights he shared in the mantric lines of his epic poem *Savitri: A Legend and a Symbol*. Dr Alok Pandey reads some verses from the poem.

The film is also available on the AuroMaa website: On Significance of the Siddhi Day (TE 128),

- <https://auromaa.org/siddhi-day-part-2-te-128/>

Submitted by Margrit

SAVITRI BHAVAN
November/ December 2023



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 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.
- **December 4:** Sri Aurobindo: The Supreme Avatar of a New Race 'Man is a transitional being and the step from man towards superman is inevitable because it is at once the intention of the inner Spirit and the logic of Nature's process', says Sri Aurobindo. Duration: 39min.
- **December 11:** Meditations on Savitri, Book One—The Book of Beginnings, Canto 1: The Symbol Dawn. A meditative film of passages from Sri Aurobindo's epic poem SAVITRI—A Legend and a Symbol, read by the Mother, accompanied by Her own organ music and illustrated with paintings by Huta. Duration: 40min.
- **December 18:** Sri Aurobindo's Savitri as the Veda of the Future In this video-talk Dr Alok Pandey talks about parallels between the Vedas and Sri Aurobindo's Savitri. Duration: 85min.
- **December 25:** HOME—the Earth: our home is a miracle and a beauty. The film wakes us up and to become more conscious and careful with our beautiful blue home. Duration: 94min.

Full Moon Gathering

- **Tuesday, 26 December, 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.

- 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 Shradhdhavan
- **Fridays 3—4pm:** The Return to Earth (Epilogue) in Savitri led by Dr. Jai Singh

- **Saturdays 10am:** Bases of Yoga—An interactive book reading circle
- **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

BASES OF YOGA—THE MOTHER'S TALKS
An Interactive Book Reading Circle



Every Saturday, 10—11 am

'One must truly say, Yes I want to progress with sincerity ... whatever happens, I want to progress. Then it comes'. The Mother

During September 1954—May 1955, the Mother took up Sri Aurobindo's book 'Bases of Yoga' in her Wednesday classes for comments and answers to questions. In this reading circle we will explore those powerful and transformative words expressed by the beloved Mother, to understand the meaning of 'Yoga' and how we can adopt the teaching in our daily life (This Book is part of collected works Vols. 6 and 7).

- Free for all. Join us every Saturday 10 am—11 am

Venue: Garden Room, Savitri Bhavan

For more details, contact Debashish, 7678208825 WA, b.deb253@gmail.com

Dhanalakshmi
for Savitri Bhavan Team

DREAM DIVINE SERIES



A recorded video

Wednesday, November 29, 4:30—5:30 pm,

In the Sangam Hall of Savitri Bhavan

Everyone is welcome

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.

Dhanalakshmi
for Savitri Bhavan Team

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



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

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

BOOK READING CIRCLE

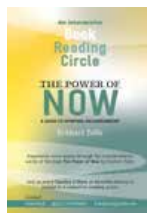
The Power of Now

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

MATRIMANDIR 2024



The 2024-edition emphasizes the beautiful Darshan decorations around the Banyan tree and the Amphitheatre. The Matrimandir Calendar 2024 is very colorful, it has 12 additional small photos on the calendar-page with a quote from Sri Aurobindo's Savitri. Each page is printed in a different color according to the dominant color of the small photo.

On the cover Matrimandir 2024 in Mother's handwriting is gold-embossed. The 2 short spirals on top give a new, elegant appearance (not shown in the picture). The desk format has the usual 20 cm x 21 cm, same like the years before.



On the calendar page, the months and days are printed in 4 languages: English, French, (spoken) Sanskrit, and Tamil. Darshan days and other important days as well as moon days (full/new) are indicated.

Front and back cover and the sturdy stand are laminated. The calendar is printed in 4 colors on foreign art board, matt, thickness—250 GSM.

Each calendar is wrapped separately in a plastic cover.

- The price is Rs. 170.— the same price like in years before (plus postage and taxes when applicable).
- Shops will add taxes and commission to this price.
- All proceeds from the sale of the calendar is donated to the Matrimandir as usual.

The Chennai printing press will deliver the calendars to Auroville shortly. Kindly place your mailing orders soon so that the Calendars will reach you in time for the New Year.

- Photos by Auroville photographers Piero Cefaloni, John Harper, and Tine. DTP work by Silky, Auroville.
- Printed at Sudarsan Graphics, Chennai.
 - Distribution by Tine, Aurogreen, for the Matrimandir, Auroville 605 101, TN, India
 - tine@auroville.org.in
 - +91 9843984181 WA, +91 8903938649

Tine

For Your Information

AUROVILLE SAFETY & SECURITY

Basic Safety Precautions

Dear community, over the last few weeks the Auroville Safety & Security Team has received an increase in the number of reports of thefts and break-ins in various communities of Auroville.

Please remember to take the following basic precautions:

- Lock doors and windows at night or whenever away from a room or the house
- Keep valuable items out of reach and out of view (wallet, money, bag, laptop, cell phone etc...) and preferably locked away
- Make sure doors and windows cannot be opened via a cut in the mesh
- Remove keys from locks and keep them out of reach
- Make sure you have saved AVSST's emergency phone number 9443090107 and immediately report any suspicious activity / theft / attempted theft
- Inform your neighbors of any incident or suspicious activity

AVSST is regularly patrolling public spaces of Auroville but basic precautions need to be taken by all in order to prevent such incidents.

Anandamayi for AVSST,
Auroville Safety & Security Team

- Emergency (24/7): +91 944 30 90 107
- Vehicle Access: +91 94 88 75 24 35
- Office: +91 413 2623 400



Education

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

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

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

Health Care

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

AUROVILLE HEALTH CENTER

New Phone Numbers

Please note that Auroville Health Center has new phone numbers, which are:

3509942 and 3509943

These numbers have also to be dialed for reaching Health Center Pharmacy, Health Fund and Aurovision Center.



Siddha consultations by Dr Sharavanan

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

- Consultation by appointment.
- Please call between 9—12 noon or 6—8pm for appointments. *Peter for AvHC*

SANTÉ SERVICES IN NOVEMBER



Sante

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, <http://sante.auroville.org.in>

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

Doula Training

Dear Community Members, do you have a deep interest in pregnancy, childbirth and the early time of the mother and newborn? Would you like to work in this field?

If yes, please contact Morning Star to learn about this educational offering:

- **Birth Care Practitioner—DOULA Certificate Course**

For more information contact

- morningstar@auroville.org.in or Bala at WA 98926 99804

Balaganesh SIVA



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)

ARTS DIRECTORY UPDATE

The Art Service is updating its directory of artists & performers to connect them with upcoming projects & collaboration requests. Please email us at aurovillearts@auroville.org.in with the following details, thanks!

- Name:
- Medium:
- Community:
- Contact Number:
- E-mail:
- Social Media:

Note: This directory is only for Aurovilians & Newcomers. Even if you are registered with a different umbrella Unit, other than Art Service) but wish to collaborate, please contact us.

Thanks, Priya

EXHIBITION OPEN CALL



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.

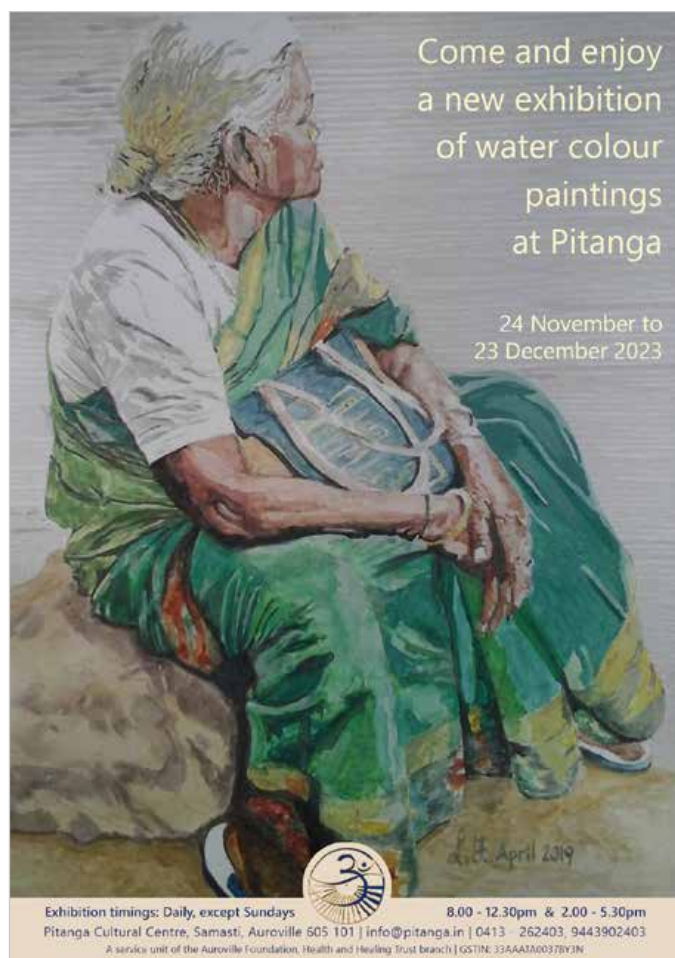
Looking forward to receiving your application.

Marco

PITANGA:

Exhibition of Water Colour Painting

24 November—23 December

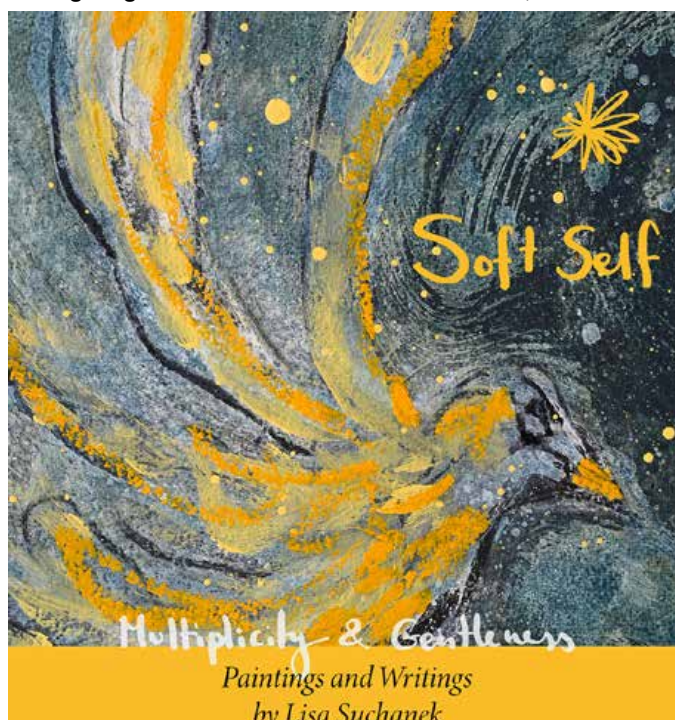


Submitted by Verena

SOFT SELF

an exhibition by Lisa Suchanek

Ongoing till 2 December @ Centre d'Art, Citadines.



Monday to Saturday, 10:30am—12:30pm, 3:30—5pm

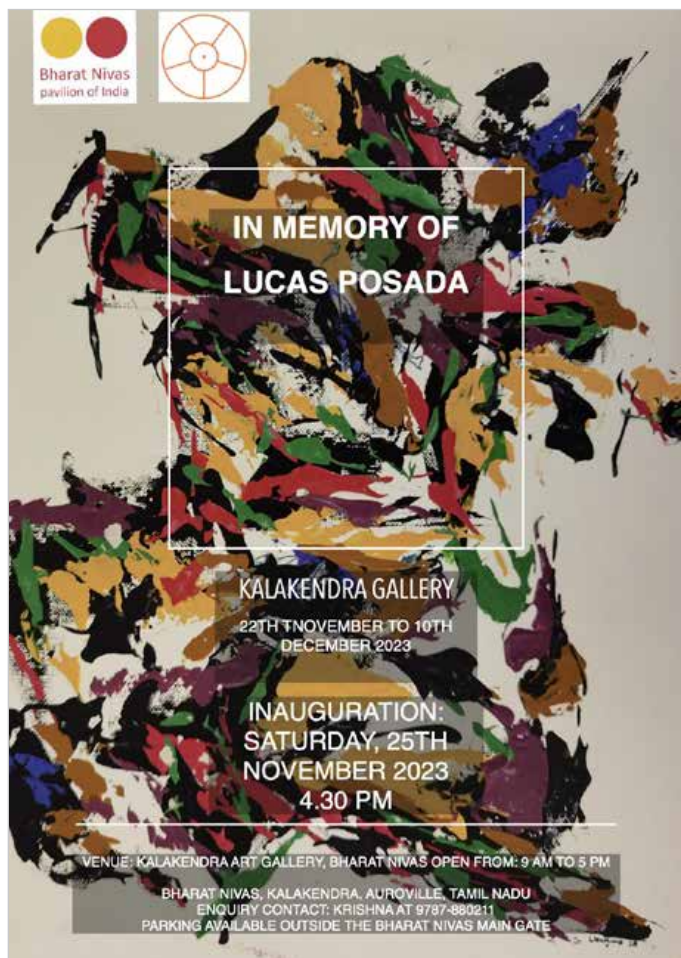
Soft Self, Inner Multiplicity and Gentleness

- Please park at Town Hall *Marco for Centre d'Art*

IN MEMORY OF LUKAS POSADA

Inauguration:

Saturday, 25 November, 4:30pm



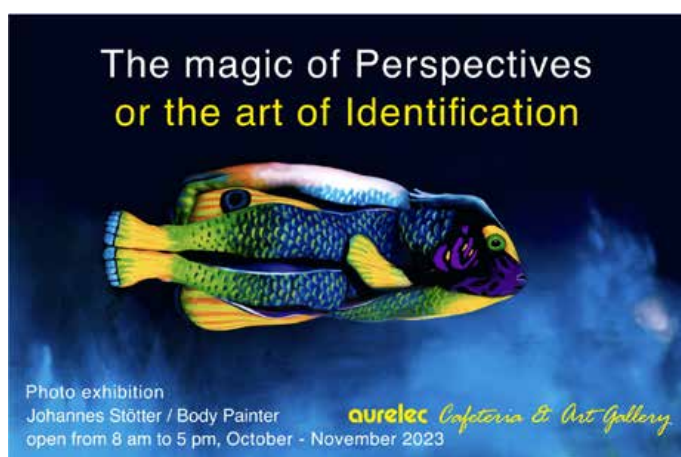
- **Venue:** Kalakendra Art Gallery, Bharat Nivas Campus
- **Duration:** 22 November to 10 December 2023
- **Daily Open** from 9am to 5pm

Enquiry contact: Krishna at 9787880211

Parking available outside the Bharat Nivas main gate

Warmly, Tapas

**JOHANNES STÖTTER,
The Master of Illusions**



**November, 8am—5pm
@ Aurelec Cafeteria**

Submitted
by Franz

Music

ENCHANTING EVENING OF TAMIL MUSIC

Saturday, 25 November, 6—7pm

Classical Tamil Music evening

Welcome to a captivating evening of Tamil music and soul-stirring songs from the rich repertoire of Tamil Bakthi corpus, Thevaram, and Thiruvassagam, set to the melodious strains of "Tamil Pann."

Free Entrance - Donation suggested
Auromode Yoga Space - balaganesh.siva@gmail.com - WA + 91 98926 99804

Featuring Artist Deva: An exceptional young artist who has mastered classical Tamil music through attentive listening. Deva, will be accompanied by mirudangam and violin

@ Auromode Yoga Space

We extend a warm invitation to the community of Auroville for a captivating evening filled with Tamil music and soul-stirring songs from the rich repertoire of Tamil Bakthi corpus, Thevaram, and Thiruvassagam, set to the melodious strains of 'Tamil Pann,' equivalent to a raga in Carnatic or Hindustani Music.

Featuring Artist Deva: An exceptional young artist who had mastered classical Tamil music through attentive listening. Deva, accompanied by talented musicians on mirudangam and violin, promises to deliver an evening of melodies dating back to 1000s of years celebrating rich Tamil culture and traditions. We will translate the poems in English and explain its meaning. But Art does not need a language. Join us.

- Limited Seats: Reserve your spot now
- Simple Prasad offered at the end
- Free Entry—Donations Welcome

Come and immerse yourself in the melodious tunes that celebrate the spirit of Tamil music. Don't miss this unique opportunity to support and encourage young artists!

Auromode Yoga Space
balaganesh.siva@gmail.com
WA + 91 98926 99804
Balaganesh SIVA

Youth Initiative

CHILDREN'S DAY CELEBRATION

At The Youth Center

Saturday, 25 November, 3—6pm

Dear children of Auroville, we from YouthLink and Youth Center would like to invite you all to a children's day celebration at the Youth Center on Saturday, 25 November, from 3 to 6pm!

- This is a community event for **children**, hence will be for **ages 6 to 14**. The day will be centered around a treasure hunt like last year, and will have games, activities, and snacks for you to enjoy.

So what are you waiting for, let's get together and have some fun! Looking forward to seeing you all!

Namu

Innovations

GENERATIVE AI USER GROUP

Saturday, 25 November, 10—11am

The next meeting of the Generative AI User Group will be

- on Saturday, 25 November, at 10—11am, at the Auroville Consulting Office in Kalpana. Ground Floor meeting room.



For more details and future announcements, join the meeting announcement WhatsApp group [by clicking on this link](#)

AI Majumdar & Vikram Devatha
9843948288

Festivals

INVITATION

For Barani Deepam Karthigai Festival

25 November, Saturday, 5—7pm

@ Mohanam Village Heritage Centre
(Near Color of Nature)

The Spirit of Tamilnadu
Karthigai Deepam Festival

We invite you to carry a lamp of inspiration for a greater celebration towards human unity as envisaged by the Mother.

We will explain the meaning of Karthigai Deepam along with celebrating JOTHI (LIGHT) with cultural events.

EVENTS : **Date : 25-11-2023**
 Time : 5:00 pm to 7:00 pm

- Karthi Suthuthal (Introduction of how to juggle native palm flower crackers)
- Chokkapanai Bonfire will take place along with Karthigai Deepam
- Taste the Traditional Karthigai Deepam special recipes
- At conclusion, A collective Meditation Among the Lamps to celebrate Unity in Light

Happy Karthigai Deepam.....

Email : mohanamprogram@auroville.org.in \ Contact : 8300949079, 0413-2190757

MOHANAM PROGRAM
Soul of Soil

Invitation
All are Cordially Invited...

Venue
Mohanam Campus,
isai ambalam Road,
Auroville

We invite you to carry a lamp of inspiration for greater celebration towards human unity as envisaged by The Mother. We will explain the meaning of Karthigai Deepam along with celebrating JOTHI (Light) with Cultural Programs.

Highlights of the Events:

- Exhibition of Traditional Oil Lamp
- Karthi Suthuthal (Introduction of how to juggle native palm flower crackers)
- Chokkapanai, Bonfire will take place along with Karthigai Deepam
- Taste the Traditional Karthigai Deepam special recipes
- At the Conclusion, a collective meditation among the lamp to celebrate Unity in Light

All are welcome

For More Information: +91 8300949079

- mohanamprogram@auroville.org.in
 - www.mohanam.org
- Guru. N for Mohanam

ARTISTE CAFE

ARTISTE CAFÉ
Non-profit self-sustainable model for Yatra Arts

inviting you to join and celebrate our
Grand Opening

Monday 27th November 2023 7p.m
Followed by Cultural Events & Dinner

Yatra
Near Newcreation Sports Ground
Kuilapalayam, Auroville - 605 101
 0413- 2623071 / 9786772209
 yatraartistecafe@gmail.com

Yatra Srinivassan

Activities

JOIN OUR BOLLYWOOD DANCE SESSION

@ Auromode! Every Tuesday, 5—6pm

LEARN HOW TO DANCE
BOLLYWOOD & KOLLYWOOD

Location: Auromode
Apartments, Near Upasana

Every Tuesday
 Contribution requested

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**

I JUST WANNA WRITE

If you want to write on any level, from personal to narrative or theater and short movies scripts, just **check the blog at** <https://gatedreams.com/> and click on I Just Wanna Write.

Or go to the Auroville Radio website and enjoy the many episodes uploaded there. I'm uploading a series on the Hero's Journey that you might find useful.

To enter the Blog on the website, you'll have to sign up. It's free for Aurovilians, Newcomers and Volunteers.

And if you feel like stuck in your writing exploration, or if you need some encouragement or fresh ideas to unblock your journaling practice (or if you want to start one) or if you feel that writing is part of your creative self educational path, I will happily share my real presence and time for an enjoyable writing session with you.

- Contact me here: avgateofdreams@gamil.com

Let's keep up with the writing!

Francesca



ANGAM TREE



Workshop: LA Style Salsa Dance

Every Thursday, 7:30pm @ CRIPA, Kalabhumu

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 1month
- 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)

The Sound of Bamboo

Various Styles of the Indian Flute



Group Classes With Michael

- 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
- **Connect:** michael@sound-of-bansuri.com +91 9150567003 WA
- **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>

Michael

ZUMBA WITH PREETI

Zumba classes are happening



@ New Creation Studio, every Monday, 6pm

For regular classes DM: 8281746763

Submitted by Vega

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



Warmly, Sathya

PHOTO CIRCLE MEETS AGAIN

Friday, 1 December, 5pm

@ Centre d'Art Multimedia Room, Citadines

Dear photographers, Photo Circle meets again on Friday, 1 December, 5pm in the Centre d'Art multimedia room, at Citadines

The Photocircle brings together Auroville's photographers.

We share our own work, we show the work of global photographers we admire, discuss the history of photography, and share techniques.

Anyone can bring and screen a small selection of images.

Everybody's welcome

Marco for Photo Circle



AUROVILLE MARATHON

Online Registration Opened

Dear Auroville Marathon Participants, Online registration for the Auroville Marathon 2024, scheduled for Sunday, February 18, 2024 (the 3rd Sunday of February 2024), opened on November 15, 2023, at NOON. If you plan to join this edition of the Auroville Marathon, we invite you to register via the following link:

- <https://www.aurovillemarathon.com/>.
- Please note that registration remains open from November 15, 2023, NOON, until December 31, 2023, NOON.



Individual runners and Runners Team Organizers from Auroville & the bioregion (Residents within a 6km radius from Auroville) can collect coupons from SaraCon between 11am and 4pm, Monday to Friday, throughout this period or you can request through email marathon@auroville.org.in. After obtaining a coupon, please proceed with your online registration.

The organizing team is dedicated to ensuring a safe and injury-free run for all participants. We strongly encourage comprehensive training for the run and wish you an exceptional experience at Auroville.

Prabhu for Auroville Marathon Team

ULTIMATE FRISBEE

Auroville Women's Team



@ Gaia field

- **Beginners Workshop**
Sunday, 19 November, 4—6pm
 - **Regular Sessions**
Every Wednesday & Saturday, 4:15—6:15pm
- Hope to see you on field! No prior experience needed, just some enthusiasm & water

Smiti for Av Ultimate Women's Team

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

CO-CREATING WITH THE SPIRIT OF NATURE

Co-creating with the Spirit of Nature

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. Let's meet on Wednesdays afternoon from 3p.m to 4.30 p.m. We will work out doors.

Register:
Bel: +91 7598892065 WA

Bel

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, 26 November, 7—7:45am

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.

Native Thanksgiving Meditation

- Sunday, 26 November, 7:45—8:30am

We will remember the true origin of Thanksgiving as a day of mourning for the First Nations. We will join the global call of the Peoples and associated organizations to also claim this day as one of a new beginning for all citizens of Earth. We will honor the native ways, opening our hearts in gratitude for the gifts of all directions. We will enter the witness attitude of the yogis, to approach the ancient aboriginal science of 'coming-to-knowing', for the sake of all life and all relations. 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 repellents.
- **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

KALPANA GYM

Kalpana Gym has a new Caretaker

It is open

- 7—9am & 5—8pm
- Monday To Saturday

All Are Welcome!

Satyakam



ABHAYA CERTIFICATION as an International Instruction

From now Abhaya will offer:

- **Monday 5:30pm in Dehashakti:** MMA for adults (Giacomo—International Instructor)
- **Tuesday 4pm 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



ANITYA

Joy Of Impermanence

Human Unity, Sustainability & Consciousness

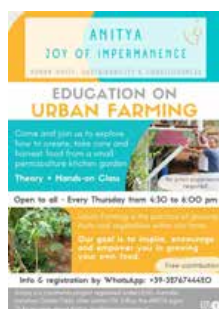
@Center Field, after center GH, follow the Anitya signs

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



Community Lunch

- Every Thursday & Saturday
- 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

SWIMMING CLASS

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

To book contact
+91 8637633696
Mani



FERMENTED DRINKS WORKSHOP With Matilde

Every Saturday, 9—10:30am
@ CLC, above Marc Cafe Store



Fermentation classes are back

Learn how to make delicious and safe fermented drinks at home following Matildes recipes while Learning the basics of fermentation techniques.

The session will end with a tasting from the brewery, a scoby and some tea to take home and kickstart your kombucha making journey.

- Please book a day in advance, send a message to admin@marcscoffees.com for more details.
- Is free for Aurovilians and NewComers

Matilde

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.in and +91 85248 25120 WA
- The link for the itinerary, fee and other important details: https://drive.google.com/drive/folders/1tGQNBGlSxZKGulnpwhQTPNaUJAjOmDU?usp=drive_link or
- please scan this code to know more.



Regards, Bondeepa



THE TASTE OF KOREA

We are happy to announce 3 programmes that Taste of Korea prepares.

• **Goyo, the Korean silent restaurant** in Luminosity, opens for lunch @ 12:30pm on Tuesdays and Fridays. We serve Korean home style cuisine in a special ambience with you.

• Please book for lunch minimum a day before by SMS, WA +919489693809 or goyo@auroville.org.in

• Also, there will be a **Korean tea ceremony** on Wednesdays at 10am and 3pm at Goyo, hosted by Won Ja. We sell organic green tea from Jiri mountain in Korea.

• Please book it by SMS, WA +919489693809 or goyo@auroville.org.in

• There will be **Kimchi cooking classes**. Kimchi is a Korean soul food and a healthy fermented pickle recognized throughout the world. We prepare the class for those who want to learn how to make various Kimchies on Saturdays: 25 November and 2, 16 & 30 December.



• Please book for the class by goyo@auroville.org.in
Won Ja for Taste of Korea

ENLIGHT ACTIVITIES

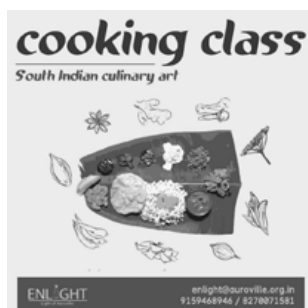


Cooking Class: South Indian culinary art

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



Thread Art Workshop

Thread art workshop

Every Saturday
10:00 am - 12:00 pm
1 day Prior booking needed

Crochet Macrame Embroidery

ENLIGHT Light of Auroville

+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

Pottery Workshop

Get Your Hands Dirty And Create Some Magic

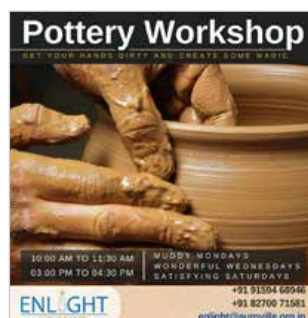
10—11:30am & 3—4:30pm

Muddy Mondays, Wonderful Wednesdays,
Satisfying Saturdays

Join Us For Our Pottery Workshops To Experience! Working In Clay And Gain One-On-One Instructions On How To Create Your Piece. Enlight Offers A Natural And Relaxed Environment To Immerse Yourself In Pottery.

• Our Workshops Are Focused On Pottery For Beginners, so no prior experience is required.

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



Balaji

AUROVILLE BAMBOO CENTRE November Program 2023



Bamboo Centre Campus Tour

Bamboo centre campus tour offers a holistic experience into the world of bamboo all in one place. Takes you from the bamboo sapling, different species, varieties of raw materials, workshops, products, food and wellness services related to bamboo is curated into an educational tour with bamboo tea and refreshments.



- 11am—12:30pm, 2:30—4:30pm
- Every day except Sunday
- Registration: One day in advance.

Every Saturday Auroville Bamboo Tour with Special Bamboo Lunch

- 11:30am—12:30pm
- Every Saturday
- Registration: One day in advance.

Training and workshop

The importance of Bamboo as an Eco-friendly raw material capable of meeting many needs and is gaining global acceptance among many people.



One-Day, Make and Take Workshops

- Furniture Workshop
- Bamboo Lampshade
- Timings:
 - 9am—12:30pm, 1:30—5pm
 - Every day except Sunday
 - Registration: One day in advance.

3 Hours Make and Take Workshops

- Bamboo Toys
- Bamboo Musical Instruments
- Bamboo Jewellery
- Bamboo Planter
- Timings:
 - 10am—12:30pm or 2:30—5pm
 - Every day except Sunday
 - Registration: Walk-in registration available

Upcoming Workshops

- 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

Honorary Voluntary

BHARAT NIVAS TEAM IS LOOKING VOLUNTEERS



BHARAT NIVAS
PAVILION OF INDIA: AUROVILLE

The Bharat Nivas Team is looking for Aurovilians, New comers, or volunteers to work on the Bharat Nivas Campus based on the following required criteria.

- If you are interested please, contact us via email at: bharatnivas@auroville.org.in landline: 0413 2622253

See below the requirements of the Jobs...

Requested Roles In Bharat Nivas

For Auditorium: Backstage Manager

Keeping contact and correspondence with artists, taking care of their accommodation, meals and transport; presenting shows on stage; backstage activities such as decorations on the stage, preparing gifts and giving them on stage to the artists, managing costumes.

For Trustees team: A communication Expert

Content writer for website and social media, public relations and events expert.

For the Pathway

Fluent English (possibly also Tamil), communication skills, knowledge of Auroville history and principles, capable of engaging visitors with a smiling attitude.

Regards, Vani, BN Team.

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 for Auroville Dog Shelter



**AUROVILLE
DOG SHELTER**

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, warmly, Shek*

JOIN US IN PIONEERING SUSTAINABLE HARMONY!

Volunteer Opportunities Await

**World of
TRANSFORMATION**

Auroville: Pioneering Sustainable and Integral Development



Dear Auroville Community, In a world yearning for inventive and sustainable solutions, Auroville stands as a beacon of hope, embarking on an extraordinary journey—the 'Auroville & SDGs' initiative by IntegralWorld.

• About Auroville & SDGs:

Born from the synergy of Auroville's visionary ideals and the United Nations Sustainable Development Goals (SDGs), this collaboration envisions a transcendent community where humanity coexists in unity, transcending cultural, social, and economic boundaries. As Auroville's principles seamlessly align with the SDGs' vision for a better, more equitable world, this partnership becomes a catalyst for transformative change on a global scale.



• Why 'Auroville & SDGs'?

This initiative, rooted in Auroville's essence as the City of Dawn, fosters a commitment to nurturing a world characterized by equity, sustainability, and harmony. The collaboration, facilitated by IntegralWorld, magnifies the influence of Auroville's principles, showcasing the practical applicability of the SDGs in real-world scenarios.

• How Auroville Advances the SDGs:

Auroville, the City of Dawn, actively contributes to each SDG, knowingly or unknowingly, weaving a tapestry of sustainability, inclusivity, and holistic progress. From bettering people's lives, creating prosperity, caring for planet, to promoting peace and partnership, Auroville becomes a living embodiment of the SDGs.

• What 'Auroville & SDGs' Achieves:

IntegralWorld of Auroville harmonizes Auroville's principles with the SDGs, inspiring positive change globally. It becomes a catalyst for diverse entities to unite in collective action, amplifying the impact of sustainable development efforts.

• Volunteer Opportunities Await:

We invite you to be an integral part of this transformative journey. Your unique skills and passion can play a pivotal role in amplifying the impact of sustainable development efforts.

• Project Managers:

Drive the success of SDG initiatives with strategic leadership, partnership, and project management expertise.

• Filmmakers:

Capture the essence of Auroville's contributions to SDGs through compelling visuals and storytelling. Your creative lens can help inspire positive change.

• How to Get Involved:

If you are enthusiastic about being part of this transformative initiative, please express your interest by replying to this email better@IntegralWorld.org or 9999955321 WA. We look forward to welcoming your unique talents and energy into the IntegralWorld family.



- Apply online: www.integralworld.org/apply

Let's pioneer sustainable harmony together!

Submitted by Manisha

CALL FOR VOLUNTEERS:

A Simple Questionnaire Based Project

Greetings everyone, Myself Dr M.S.SUNITHA pursuing a post graduate in Siddha medicine at government Siddha Medical college Palayamkottai, Tirunelveli.

I am doing a minor project in Knowledge, Attitude & Practice (KAP) study about AYUSH medicines usage among different nationalities residing in Auroville for my academic purposes only.

It will be a **simple questionnaire based project**. You need to answer/tick a set of questions & share a few words about your knowledge, thoughts & experience regarding Ayurveda, Yoga & Naturopathy, Unani, Siddha & Homeopathy (AYUSH) medicine. It will be really helpful to complete my project successfully.

- All your personal details will be kept confidentially. No entry fee.
- Interested people & for more details you can send your mail id or contact me via WA 9159035671, email: rap8295@gmail.com

Sunitha

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



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 for Quiet Team

Looking For

Prasad Looking for Work

PRASAD a Nepali Gurka is looking for a Night Watchman Job. He works since years in Auroville

Please contact him on WA +91 94984 59594

Thanks, Lisbeth

Looking For a House Sitting

I'm Celia, I'm an Aurovillian working at Eco Femme for the last 8 years and I'm looking for a house sitting opportunity from December or January onwards. The best would be a long-term house-sitting but as I didn't find anything yet, I'm willing to accept a short term one, with a minimum of 1 month. I can take care of plants and animals as well.

- celia@ecofemme.org or by +916374921730 WA.

Celia



Available

Handpan from Italy Available

Handpan from Italy, with an appropriate carrier bag, is available for sale.

- Contact 9486416179, manohar@auroville.org.in

Manohar



Taxi Share

From Chennai Airport, 12 December, 9am

I like to share my taxi on 12 December, 9am, from Chennai Airport to Auroville.

- Mycontact is Siri +4915204917130, WA/Telegram or Signal.

Herzliche Grüße



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.

Submitted by Uma



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, Kulapalayam.

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



POUR TOUS UPDATE

Thank you for your support dear Community, we are happy and proud to announce that we have now completed **ONE full year in 'full control'** as far as that is possible or even desirable...

It means that it was just us two and our team of empowered ladies and a support cast of a few men keeping our boat afloat for you :-)

We have accomplished a lot of our ambitions, it was not always easy*...



- we have been and are always about transparency, frugality, long term thinking, Community service, learning and enjoying our service to you
- we have lowered margins* way below the required 15% (20% for cooled products) except for unsustainable items (MRP which subsidizes local sustainable items)
- that lower margin actually even funded* the extensive renovations we have done
- we have done a full inventory on December* 22 (right after we took over alone) that left a loss of 575.000rs*, reduced this to 150.000 by the next inventory at the end of the fiscal year (March 23), then 75.000 in June 23 and now 50.000 of items lost, damaged, expired and stolen, which is finally quite acceptable according to industry standards*
- many units, schools, services and guest houses have received reductions* where possible—basically we try to buy cheaper FOR you where possible
- many of our girls have finally been empowered* and allowed & supported to train on computers, billing, ordering, taking up & assuming responsibility,
- we have added many products from Auroville, Aurovilian gardens* & farms, the bioregion and local producers*
- the Auroville, bioregion, local, organic section has expanded from just the 'right'* side into the 'left' area as planned and this will continue without limiting* your choice
- we have removed* many articles that were unsustainable, bad price-quality, duplicates or versions of the same, undesired (researched with our clients), or simply a waste of shelf space and we are educating you in the shelves towards more sustainable and healthy choices
- we have negotiated with many suppliers and brands on the margins they 'allow' us for our shelf space, even blocking* l'Oreal, Garnier for months until they finally gave in
- the campus has been undergoing an extensive overhaul and overdue* maintenance and renovation as we hope you appreciate
- the electrical and computer network as well as the computers themselves and are in a phase by phase renovation* program
- solar panels have been powering us since October and a stabilizer is protecting our new fridges and freezers since August (buying our own closed energy efficient freezers and receiving extra % margin saves us more than getting free ones that use a lot of power)
- our ladies have exposed a major financial challenge that we managed*
- we could have accomplished even more with more support from expected places and just being left alone was a support in itself...
- but we were pleasantly surprised by lots of support from unexpected places...
- you know who you are :-)

Our next plans are:

- to champion the replacement of our old **Invent** billing software by ERPnext based software that should automate purchasing and allow for a program that rewards you, our community, for helping us focus on sustainable products*

- to further renovate and modernize our IT system, electrical network, campus
- replace/reduce all electricity guzzling appliances
- offer even more food production from surplus produce and by AV Community members in our Canteen
- offer online shopping (and even delivery) through the AV Dropzy app
- build a (self funded) water catchment* for our campus but also for our AV & village neighbors that doubles as aquaponics and free swimming pool
- build a new Canteen and a Community Plaza
- connect even more to our bioregion 'cousin-brothers & sisters' especially those working in and contributing to Auroville
- we invite you to join us for a small celebration in our Canteen on Saturday, 2 December with a free lunch for all who register at <https://auroville.org.in> or in person up to the day before

*Would you like to know more about these topics? Don't hesitate to tackle Kumaran or Joel on a quiet moment or on that **Celebration Saturday** ;-)

Joel
for Pour Tous Purchasing Service
Office: 0413 2622152 / 2623091
<https://auroville.org.in>
Official WA: +91 97865 26171



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**



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 & Veggies,
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.

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. 6500 |
| 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

ITS OPEN HOUSE:

Quantum eScooter

24&25 November

ITS Integrated Transport Services

Quantum eScooter

24 & 25 NOV

THE ENTICING
ELEKTRON / MILAN / BZINESS

«We are pleased to announce that we will be hosting an **Open House in ITS** this time in partnership with Quantum eScooters, to showcase the much awaited quantum electric scooters»

Venue: ITS (Integrated Transport Services), opposite to solar kitchen, Auroville

VGR Motors
43, Karavadikuppam Main Road,
Muthiyalpet, Pondicherry - 605003

contact us:
+91 8098776644 / 9442566256
Email: its@auroville.org.in

Submitted
by Rajesh.D

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

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

Daide

ORGANIC QUALITY MILK AVAILABLE

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

- For reservations contact 9585180393

Erumalai (Evergreen)



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

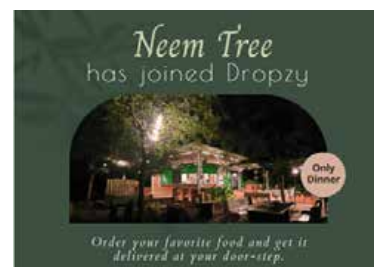
NEEM TREE CAFE HAS JOINED DROPZY

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

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



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

VEGAN LUNCH

in Red Dot Cafe

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

Sign-up lunch scheme.

upasanared.cafe@gmail.com, Uma



LATEST NEWS

from Inside India Travel Shop

Mr. Ganesh our Travel Consultant will be at our Kalpana office from 10am till 4pm, Landline 2623030 Monday to Friday. Saturdays only on appointment. He can also be contacted anytime via cell phone or by +91 9894598686, and by e-mail: travelshop@inside-india.com



- Etihad airways** special fare is available from Chennai to Paris, Amsterdam, Geneva and Rome.
- Oman airways** competitive fare from Chennai to Istanbul, Milan.
- Qatar airways** connect by train from Frankfurt airport to 15 cities across Germany and an additional one in Switzerland.
- Etihad airways** pleased to announce their Summer 2024 schedule:

Highlights of the improved schedule include:

- Athens, Greece**, sees an increase to 12 flights a week from May and 14 from July.
- Recently launched **Copenhagen, Denmark** is made a year-round destination.
- Malaga, Spain** will enjoy a three-weekly service for Summer 2024.
- Mykonos, Greece** will be served by two flights per week during the summer, with Santorini, Greece also getting two weekly flights.
- Nice, France** will be served by two non-stop weekly services from June 2024.
- Bangkok, Thailand** will benefit from three more flights a week from February to 17 a week.
- Colombo, Sri Lanka** enjoys a frequency increase to 10 weekly flights from January rising to 14 from May, and an adjusted schedule for even better connectivity to European destinations.
- The fresh summer schedule comes on top of new destinations already announced for 2024, including **Kozhikode and Thiruvananthapuram** on the Indian Subcontinent, **Boston** in North America, and **Nairobi** in East Africa.

Covid cases are increasing in many Counties and in Cancer/ ICU wards they are again compulsory. We advise you to wear a mask in crowded places while traveling. Joster

Poetry

UN POEMA DE LA UNIDAD

No los enfermos
No los pobres
No separes
A la gente
No son 'ellos'
NOSOTROS

Ivana

A WALK

My eyes already touch the sunny hill,
going far beyond the road I have begun,
So we are grasped by what we cannot grasp;
it has an inner light, even from a distance—
and changes us, even if we do not reach it,
into something else, which, hardly sensing it,
we already are; a gesture waves us on
answering our own wave...
but what we feel is the wind in our faces.

Rainer Maria Rilke

DIAMOND

A stone unearthed, polished
Reveals the diamond within
Worth a thousand, a million
Wins the lover's hand

Layers of curtains and masks lifted up
Unveils the Diamond within
Worth unnumbered life times
Winks a spark divine

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

- [Songs of Peace from the Tibetan Pavilion 16th Nov., 2023](#) (City Life)
- [Une série hebdomadaire de lectures par Gangalakshmi—454](#) (Integral Yoga)
- [Exploring Education in Arts, Animation and Film-making—Ep. 23 'Animation—Birth of an Art Form—Contd...'](#) (Cinema)
- [I Just Wanna Write Ep. 19](#) (Creative Writing)
- [Peace from the Tibetan Pavilion 16th November, 2023](#) (City Life)
- [Une série hebdomadaire de lectures par Gangalakshmi—454](#) (Integral Yoga)

Auroville Radio Tv is maintained and supported with the help of a small town budget and voluntary donations. If you, as an Aurovillian, 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

BUT...

The Mother true to her divinely designated title all-embracingly starts off the Charter of Auroville with a bang:

'Auroville belongs to nobody in particular. Auroville belongs to humanity as a whole.'

It's been a riot, so to lovingly speak...

Thanks to Samata:

'Yogic Samata is equality of soul, equanimity founded on the sense of the one Self, the one Divine everywhere—seeing the One in spite of all differences, degrees, disparities in the manifestation. The mental principle of equality tries to ignore or else to destroy the differences, degrees and disparities, to act as if all were equal there or to try and make all equal. ...' — Sri Aurobindo

- <https://incarnateword.in/cwsa/29/equality-the-chief-support>

'But, to live in Auroville, one must be a willing servitor of the Divine Consciousness.'

This 'But...' makes all the difference, as It Is The One Supreme Divine Consciousness-Force that ultimately bestows Divine Guidance, Blessings, Protection, Grace and Power to the divinely chosen individual(s), in the thick of it all. Each unique has a transitional role to play at any particular point in progressive evolving time.

That is why Sincerity and Humility are the first attitudes directly to the Divine in The Mother's Symbol. And from Her infinite love gifts, a potent reminder:

1955

*No human will can finally
prevail against the Divine's Will.
Let us put ourselves deliberately and
exclusively on the side of the Divine,
and the Victory is ultimately certain*

Zechariah

NO CRYSTAL:

A 'Suspended Ball' In A Magnetic Field

What follows is taken from the booklet with the history of Matrimandir, 'Vision for an ever-evolving consciousness', which in 2002 Kireet Joshi, the Chairman, asked me to write to submit it to the Governing Board and return Matrimandir to Roger, the Mother's architect, disbanding the Matrimandir Coordination Group led by Divakar.

'In a famous interview with Roger in 1971, these were the discs and the 'skin':

'Outside, this basic structure is not covered in a final manner: we choose to leave provision for future changes so that the outer aspect of the Matrimandir may be modified according to the evolution of consciousness of Aurovilians.

In order to achieve this idea, we designed a 'plastic skin' that covers the inner structure.



This 'skin' itself will be covered by golden discs also in plastic [in fact, Teflon], fixed at the end of iron rods that will move slightly in the wind. The sunlight will be reflected on this entire moving surface and will produce a sort of vibration which seems to come from the building itself. It will give the feeling of a mass of light that is alive.'¹

Was Roger playing alone with new forms and materials? Mother's unconventional approach emerges from her idea of having, at first, 'a globe made of plastic material or... I don't know' as the most sacred object at the very centre of 'the town of the future' (Mother's Agenda, 3.1.70). It was indeed Satprem (those days, still under the influence of Paolo Tomasi) who suggested a crystal, instead of a globe in some plastic material, as Satprem specified in the Agenda. Later on, in June 1971, the Mother told Roger:

'Build Matrimandir, put in place my symbol and Sri Aurobindo's and the suspended ball. I take it upon myself to make it into a very strong centre.'²

What the 'suspended ball', in plexiglass, is emerges from the already quoted interview with Roger:

'In the centre, our eyes are focused on a luminous ball—2 feet in diameter. It receives the light coming from the top, diffuses it into the room beneath. We would like to keep this ball suspended and immobile in the air by means of a magnetic field.'³

In my booklet, I continue:

'In 1971 a large, most beautiful brochure on Matrimandir was published for the purpose of fundraising, the goal being to complete Matrimandir at the earliest with the help of a large contractor. After carefully going through it, the Mother signed with a full page sized 'Blessings' the back cover of one specimen. Reprinted over and again, for the next seventeen years this remained the one Matrimandir brochure. The following is part of a note written by the Aurovilian (then a member of the Sri Aurobindo Society) who had submitted to the Mother that first specimen.

'Having come to the Mother in 1968 I have been working for Auroville since its inception and have been associated with Matrimandir from the time it started. I was asked by the Mother to raise funds for it so in its initial stages I was closely involved in discussions about its design, shape, etc. along with Roger Anger who prepared three designs out of which the Mother chose the present one. I was in fact outside her room when she made the final choice. So the first point is clear that the present design of Matrimandir is the one that She Chose.

In 1970 or 71 the Mother called me one day and said she wanted me to devote all my time and energy to raise funds for the construction of the Matrimandir. For this purpose we decided to produce a brochure which would introduce Matrimandir to the people. This brochure gave a lot of details and I had the opportunity along with Roger to see the Mother a couple of times to explain these to her. She looked at all the drawings carefully and asked detailed questions about the various dimensions etc. ...'⁴

Besides the photograph of the final layout of the town, the 'Galaxy', the brochure featured two impressive drawings (four-pages wide, folded in two), depicting a section of the structure along with that of the Chamber, with the suspended ball consistently at the centre.' Reproduced here.



¹ Journal of the Indian Institute of Architects, springtime 1971.

² Roger's archives, reproduced in Auroville in Mother's words, p. 390.

³ Journal of the Indian Institute of Architects, springtime 1971.

⁴ Auroville Archives.

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

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

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-sBMllywZNdZcAng/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 2023 | 2:30—4:30pm | Saturday |
| | Conversation 1 Started 4 November | 10:30am—12 noon | |
| | Conversation 2 Started 6 November | 2:30—3:30pm | Monday & Thursday |
| Tamil | Spoken Beginner Started 12 September | 9:30—10:30am | Tuesday & Friday |
| Sanskrit | Beginner To start January 2024 | TBA | TBA |
| Hindi | Beginner Started 9 September 2023 | 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.aurovillelanguage.org/> You may also drop us an email at info@aurovillelanguage.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@aurovillelanguage.org
- Phone: (0413) 2623661, 2622467, 919843030355

Vismai,
for Language Lab Team

Classes, Workshops & Healing Arts

KOLAMYOGA FOUNDATION COURSE

To all who would like to join a 12 session learning in depth of the Kolam Symbolology, its sacred workings and more..

- www.kolamyoga.com

We have finally found a space to work from!



Proposed are the following

- Start mid December or beginning January**
 - have two sessions a month every other Saturday. Over a period of six months.
 - have four sessions a month every Saturday Over a Period of three Months
 - Have Intensive four sessions grouped twice a month. Full Friday and Full Saturday including Lunch. Over a period of three months. We will together finalize how to proceed!
 - One session is three hours long!
 - Towards contribution, please request the details.
- A full commitment is required to enroll, but payments can be made to custom fit. Also 'Tamil origin' Aurovillian can participate if highly motivated and willing to fully commit free of cost! (I will pay all the cost for them! Also my way of giving.)
- If you don't know what KolamYoga is all about you can always book a one and half hour *Introduction* session, towards contribution
 - If interested Kindly write info@kolamyoga.in or call/WA +91 8072449091

Grace for KolamYoga

NIDRA YOGA ANANDA

Sunday, Wednesday & Thursday, 4—6pm

The full Moon will take place on 26, 27, 28 November, 26, 27, 28 December, 7—9pm.
The duration will be 2 hours.

Connect to your inner self through Vibrating Chants

After 30 min of singing Tibetan bowls, I guide you with different vocal techniques and loan of instruments

at 4pm for 2 hours
Location: near Auroville Bakery

| | | |
|--|---|--|
| Ecstatic Wednesday Vowels' chants Overtones (throat singing) Kototamas | Shamanic Thursday Shamanism Reverse Bijas mantra Overtones Electric energy | Sacred Sunday Mantras Desert's sounds Harmonics (Gregorian chants & more) |
|--|---|--|

Group of 7 people max
Satyayuga - in collaboration with Auroville Art Service
For appointments message me on WA: +91 76397 61930
jimalor@yahoo.fr - FB: Satyayuga Energy Vibration

New Moon 13 December

Satyayuga

KINESIOLOGY

November Program

New! Kinesiology courses beginning in New Creation, Auroville.

• Brain Gym

Kinaesthetic education or Brain Gym is an approach that enhances skills and stimulates capabilities. It offers experiential learning based on movement and observation through playful and creative activities. Brain Gym courses aim to teach how to assist others and oneself in managing stress, releasing muscle tension, and rediscovering the joy of moving, learning, evolving, and succeeding.

- Level 1: 2 days, 27—28 November
- Level 2: 2 days, 29—30 November

• **For more information** on kinesiology courses and classes go to www.kinesiology-auroville.in

The teacher: Yehovind (Ricardo Martinez) was director and teacher of the ASTM kinesiology school in Paris for 13 years. He has more than 20 years of experience in this field. Courses are in French and translated in English.

New Creation, Auroville (Near Kuyilappalayam)

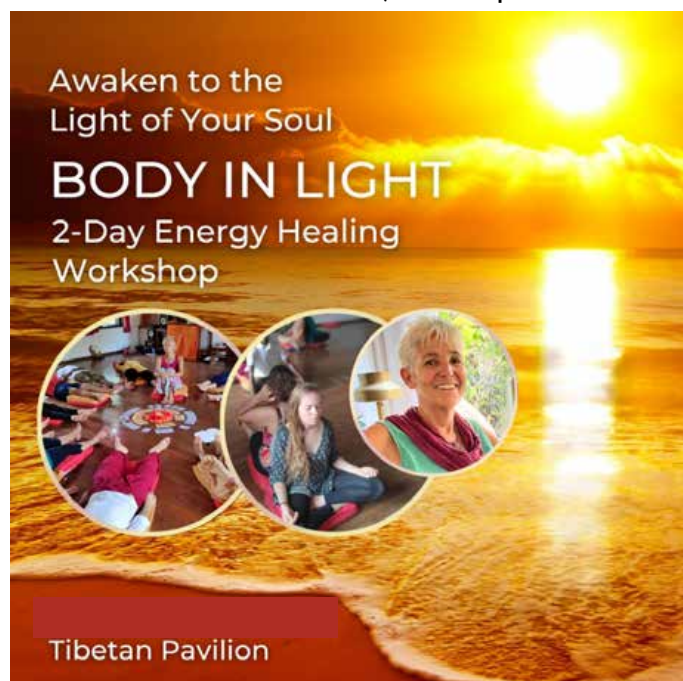
Contact:

- +33686928426 WA message only,
- yehovind@gmail.com
- contact@kinesiology-auroville.in

Warmly, Yehovind

BODY IN LIGHT: ENERGY HEALING WORKSHOP

16—17 December, 9am—5pm



In this 2-day workshop, learn:

- Fundamentals, Principles and Universal Laws of energy healing
- Dive into powerful techniques for self-healing.
- Realign to the Blueprint of your Soul, your Divine Essence—through Divine Spine Alignment.
- Step into the frequency of the four Mother Powers and anchor your connection with her archetypal essences.

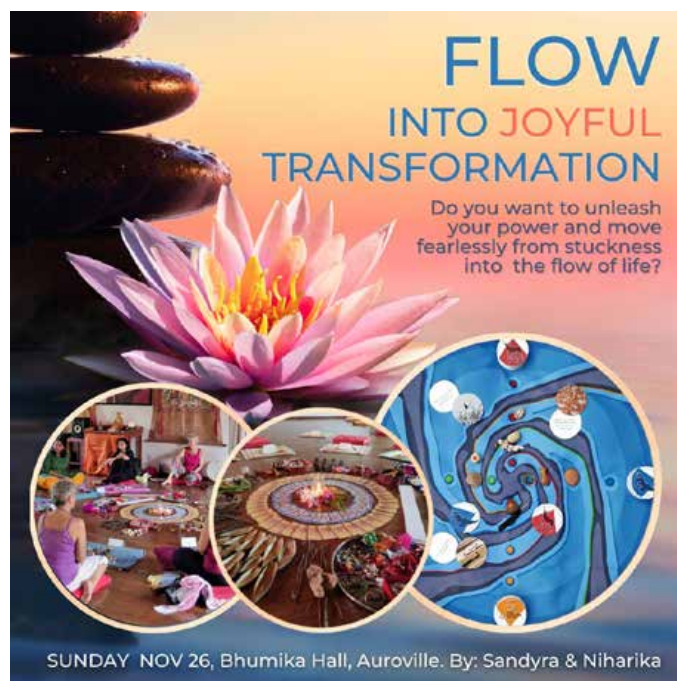
Facilitator: Sandya, Energy Healer & Teacher since 25 years. Limited seats. Register now: contact@auroville-jiva.com, or WhatsApp: +91 98333 84580

- The workshop will be offered also again on 5—7 January.

Warmly, Niharika

FLOW INTO JOYFUL TRANSFORMATION

Sunday, 26 November, 9am—5pm



Do you want to unleash your power and move fearlessly from stuckness into the flow of life? This workshop has been designed to activate a radical transformation in your reality. Tap into significant breakthroughs through a creative, intuitive journey. Access your inner toolbox and open the door to a new awareness. We will draw on different tools for soulful inquiry, such as the Flow Game, art-based explorations, embodied earth-based practices, and self-healing. Facilitators: Sandya & Niharika.

- Register now: contact@auroville-jiva.com, or +91 9833384580 WA.

Warmly, Niharika

YOGA CLASSES IN BHARAT NIVAS

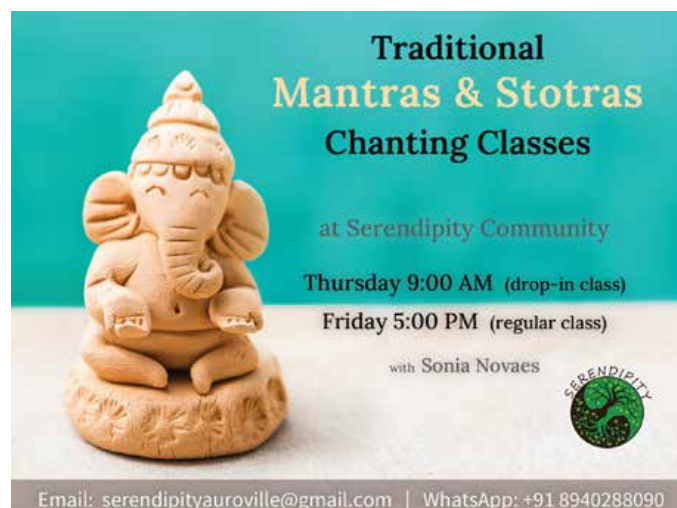
We are starting a **daily drop-in** Yoga Classes in Bharat Niwas.

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

Class is open for all levels.

No pre registration required.

With gratitude, Jessica



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. **Sonia**

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:** 20 November **Bondeepa**

DEEP SOUND BATH TIBETAN BOWLS

Hall of Light Creativity community
Every Friday, 5—6:30pmr

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

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

HOLISTIC: HEALING AND AWARENESS



Appointments

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

| | |
|--|--|
| Ashtanga Yoga With Christine P Subscription for the month of December are opened. No drop in | Every days @7:45 AM. Except Sundays, Full moon and new moon 04/12/23 |
| 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 |

Kinesio Workshops

- Touch for health Level 1: 22 & 23 November
- Brain Gym Level 1: 27 & 28 November
- Brain Gym Level 2: 29 & 30 November.

www.auroville-holistic.com, Christine



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 Sidha 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

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 Appointment: 7867998952 | Tuesday & Thursday 7:30—8:30am. Friday: 5:30—6:30pm |
| Iyengar yoga | Olesya Appointment: 9159052743 | Monday, Wednesday, Saturday, 6:30—8am. Monday, Thursday, Saturday, 5—6:30pm. Regular |
| PSound Chakras healing | Lakshmi: | By Appointment: 8489764602 |
| 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 coloring, Henna coloring | 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: 9489035457 |
| 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

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 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 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 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 (Not on 24 November and not in December) | Feldenkrais class with Shari | All levels |
| Saturdays | | |
| 11am—12:30pm (Not on 25 November) | 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).

ATB explorations

- 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

Body Music

- 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*

QUIET HEALING CENTER



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.quiethealingcenter.info/ quiet@auroville.org.in

Mobile & WA: +91 9488084966,
Guido

ACTIVITIES WITH ARABINDA

Are Postponed

Dear all, Meditation with Music and Pranayam classes at SAWCHU with Arabinda are postponed during monsoon.

*Best wishes,
Arabinda*

VERITÉ PROGRAMS, DECEMBER 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 | Pranayama & Meditation | 9:15—10:15am | Radhika |
| | Deep Sound Bath | 5—6pm | Satyayuga |
| | Hatha Vinyasa Yoga | 5—6pm | Andres |
| Tuesdays | Sivananda Yoga | 7:30—8:30am | Mani |
| | Yoga Asana: Deep Stretch & Relaxation | 9:15—10:15am | Radha |
| | Sufi Meditation | 10:45—11:45am | Vega |
| | Face & Eye Yoga | 3:30—4:30pm | Mamta |
| | Vinyasa Flow (no class on 26th Dec) | 5—6pm | Rebeca |
| | Holistic Hatha Yoga | 5—6pm | Sabrina |
| Wednesdays | Gentle Hatha Yoga | 9:15—10:15am | Claire |
| | Yoga for Inner Alignment—Pranayama & Asanas | 10:45—11:45am | Radhika |
| | Kirtan Songs for your Soul (no class on 27 Dec) | 5—6pm | Mamta & Savitri |
| | Hatha Vinyasa Yoga | 5—6pm | Andres |
| Thursdays | Sivananda Yoga | 7:30—8:30am | Mani |
| | Open Heart Space Meditation | 3:30—4:30pm | Samrat |
| | Vinyasa Flow (no class on 28 December) | 5—6pm | Rebeca |
| | Holistic Hatha Yoga (no class on 21 December) | 5—6pm | Sabrina |
| Fridays | Hatha Vinyasa Yoga | 5—6pm | Andres |
| | Free Flow Dance & Movement (no class on 29 December) | 5—6:30pm | Vega |
| Saturdays | Peace with Pranayama (no class on 30 Dec) | 7:30—8:30am | Mamta |
| | Sivananda Yoga | 5—6pm | Mani |
| | Mindful Flow—Awaken in Movement & Stillness (no class on 30 December) | 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 |
| Heart-Centered Resilience | Susan |
| Integrated Ayurvedic Acupressure, Deep Tissue & Heart Healing Massage | Raja |

Workshops (pre-registration required)

| Day & Date | Workshops (pre-registration required) | Timings | Presenters |
|---|---|------------------------------|------------------|
| Friday, December 1 & Saturday, December 2 | Compassionate Communication—Based on Non-violent Communication | 9.30am—4.30pm, 9.30am—1.00pm | Vega |
| Saturday, December 2 | Feminine Movement: 'Awakening the Shakti' | 9.30am—12pm | Priscilla |
| Friday, December 8 | Understanding Pranayama and its Practice in Asanas and Meditation | 9.30am—12.00pm | Radhika |
| Saturday, December 9 | Introduction to Awareness Through the Body | 9.30am—12.30pm | Suryamayi & Vega |
| Friday, December 15 | Face Your Self: Face & Eye Yoga | 9.30am—12.00pm | Mamta |
| Saturday, December 16 | Awareness Through the Body | 9.30am—12pm | Amir |
| Saturday, December 16 | Master Class—Mantra, Breathing & Asanas for Internal Organs | 9.30am—12pm | Andres |
| Saturday, December 23 | Sivananda Yoga: Masterclass | 9.30am—12.00pm | Mani |
| Saturday, December 23 | Master Class—Breath, Mantra, Asanas & Prana Nidra for Energy Pathways | 9.30am—12.00pm | Andres |
| Saturday, December 30 | Anatomy for Yoga Practitioners: The Knee | 9.30am—12pm | Rebeca |

Savitri, Programs Coordinator, Verité Programming

VERITÉ WORKSHOPS

Pre-registration required

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



Sivananda Yoga: Masterclass with Mani

- Friday, 25 November, 9:30am—12pm

A classic Sivananda session, including basic pranayama (breathing) and Surya namaskar (sun salutation), designed to massage and rejuvenate the entire spine, with rhythmic alternation between effort and relaxation to balance the nervous system and prepare it for the final guided relaxation.

Safe Yoga Asana Practice: Do's & Don'ts with Rebeca (Theory & Practice)

- Saturday, 25 November, 9:30am—12pm

Although yoga offers many health benefits, if practiced incorrectly, it may cause muscle strain, torn ligaments, or other serious injuries. Rebeca will present a detailed breakdown of some challenging asanas, to both understand the risks and develop the necessary skills for safe practice. The session is open to all; especially designed for yoga teachers or yoga practitioners.

Compassionate Communication: Based on Non-violent Communication with Vega

- Friday, 1 December, 9:30am—4:30pm & Saturday, 2 December, 9:30am—1pm

Learn the basics and principles of nonviolent communication, a practice that helps to restore connection to and communication from the heart, which is within our nature.

Feminine Movement: Awakening the Shakti with Priscilla

- Saturday, 2 December, 9:30am—12pm

Connect, experiment, explore and discover the possibilities of our female bodies, with guided movement and music. Combining gentle work of awareness and attention with some 'wild' aspects, invoking creativity, playfulness, joy, letting go, and understanding of oneself. No experience required, suitable for women of all conditions and shapes.

CANCELED Class for the whole month

- Restorative Yoga with Rachel, Tuesday, 9:30—10:30am
Savitri, Programs Coordinator,
Vérité Programming

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 **Elli**

Cinema

AUROVILLE FILM INSTITUTE



3E—Explore, Experiment, Express



- 18 January to 15 February 2024

A filmmaking workshop with R.V.Ramani in Auroville
To know more, please visit:

- <https://filminstitute.auroville.org/2023/11/20/3e-explore-experiment-express/>
- Or call +919969879319 WA & Telegram

Contemporising—Katha Sarit Sagara

- A Creative Reading and Writing Workshop



With Kamal Swaroop

- 12 Weekends, Online.
 - Starting 3 February up to 23 April 2024
 - 14:30 to 18:30 IST.

To know more, please visit:

- <https://filminstitute.auroville.org/2023/11/18/contemporising-katha-sarit-sagara/>
- Or call +919969879319 WA & Telegram

Study Circle

Film Institute @ Auroville is delighted to introduce an open study circle, 5:30 to 7pm at the Auroville Film Institute, India Space, Bharat Nivas.

The Study Circle is designed in concurrence with the ongoing research and academic pursuits of the Film Institute Fellows. The sessions are open for all.

Week 19—Cinema Through Indian Philosophy

Upcoming Week's Schedule:

- @ Auroville Film Institute, India Space, Bharat Nivas
- Time: 5:30 to 7pm
- Materials: Exploration in Cinema through Classical Indian Theories' by Gopalan Mullick (Excerpts); 'Essentials of Indian Philosophy' by M.Hiriyanna

| | | | |
|-----------|----------|----------------------|---|
| Friday | 24-11-23 | Reading & Discussion | A Vedic Paradigm of Thought |
| Saturday | 25-11-23 | Film Screening | Nostalgia (1983) dir by Andrei Tarkovsky A Soviet Italian drama exploring the untranslatability of art and culture |
| Sunday | 08-11-23 | Reading & Discussion | Nyaya Theory of Perception |
| Tuesday | 09-11-23 | Reading & Discussion | Rasa Theory: An Aesthetic Pleasure |
| Wednesday | 10-11-23 | Film Screening | Hiroshima, Mon Amour (1959) dir by Alain Resnais A hypnotic meditation on love, war and trauma |
| Thursday | 11-11-23 | Reading & Discussion | Dhvani Theory: The Art of Suggestion |

- For more information write to: support_filminstitute@auroville.org.in

Warm Regards, Richa,
+91 9969879319

MAA KA DOODH—MOTHER'S MILK

Documentary film screening
@ MMC Auditorium, Town Hall
Saturday, 25 November, 3pm



Maa ka Doodh (transl. Mother's Milk). 2023, Dir. Harsha Atmakuri, w/ Maneka Gandhi, Acharya Prashant, English-Hindi w/ English subtitles, 126 mins

On behalf of the Animal Climate Health Save Foundation, I'm pleased to announce the screening of the film 'Maa Ka Doodh' at the Multimedia Center. 'Maa Ka Doodh' is a compelling documentary that sheds light on the realities of the dairy industry and encourages viewers to reflect on their dietary habits. The film has garnered attention and accolades at various festivals, including the Jaipur Film Festival. It has moved audiences to reconsider their food choices

and embrace a more compassionate lifestyle.

The screening is going to be followed by a food tasting event that will be organized at the Town Hall Canteen premises after 5pm.

Regards, Shubh
9267914188



At Multi Media Centre Auditorium, Town Hall

- **Reminder:** Friday, 24 November
'Another World' by Stéphane Brizé, France, 2021
- **And Friday, 1 December, 8pm**
'The Conversation'

Directed and written by Francis Ford Coppola, US, 1974

With: Gene Hackman, John Cazale, Allen Garfield, Cindy Williams, Frederic Forrest Harrison Ford, Teri Garr, Robert Duvall.

Synopsis: Harry Caul, a principled and taciturn man, a bit of a misanthrope, is a great surveillance specialist. He is engaged in a mission to follow a couple and record their conversations. Once his mission is accomplished, he discovers by constantly listening to his recordings that the couple is in mortal danger. Remembering a previous mission during which a family was killed, he is caught in a kind of moral dilemma, which starts to haunt him.... The film won the Grand Prix du Festival International du Film, the highest honor at the 1974 Cannes Film Festival and was also nominated for three Academy Awards for 1975; Best Picture, Best Original Screenplay and Best Sound.

Original English version with English Subtitles.
Duration 1h53'



Surya for the Aurofilm 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



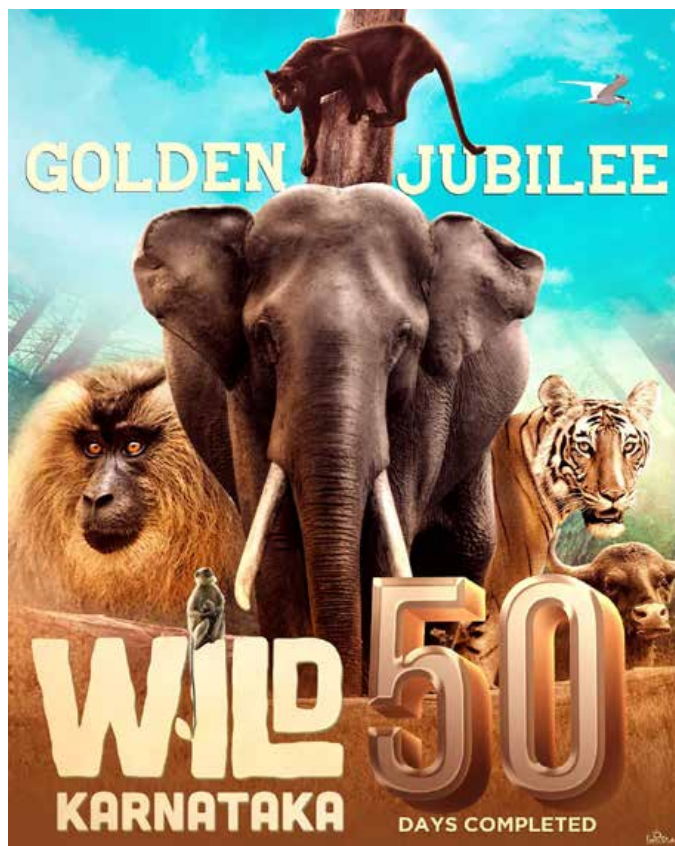
20:00 Dinner is served

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, 1 December

Wild Karnataka



2019 / 52 minutes / Amoghavarsha J. S. & Kalyan Varma

This film displays the varied habitats and species across Karnataka. Showcasing Bengal tigers and Indian elephants, along with lesser-known species like lion-tailed macaques, Indian leopards, birds, amphibians and reptiles. Come experience the wonders of Karnataka!

The film is narrated by Sir David Attenborough.

Shek



CINEMA PARADISO
Multimedia Center (MMC) Auditorium
Film Program
27 November 2023 to 3 December 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 27 November, 8pm
YAATHISAI

India, 2023, Writer-Dir. Dharani Rajendran w/ Guru Somasundaram, Aravindh, Semmalar Annam, and others, Action/History, 121mins, Tamil w/English subtitles, Rated: U/A (R)

Set against the backdrop of the 7th century, the film introduces us to a small group called Einar who leads a nomadic life during the reign of Pandiyan dynasty, headed by the most powerful Ranadheera Pandiyan. Kothi, a young man from Einar clan, believes that he is destined to free his people from the nomadic life and leads the clan to revolt against the Pandiyas. Though partially successful, he loses his way in his own lust for power and wealth. A much acclaimed, well crafted, period film.

Potpourri—Tuesday 28 November, 8pm
LE GRAND VOYAGE (The great journey)

France-Marocco, 2004, Dir. Ismaël Ferroukhi w/ Nicolas Cazale, Mohamed Majid, Jaky Nercessian and others, Drama-Romance, Arabic-French w/English subtitles, 108 mins, Rated: NR (G)

Reda, a young French-Moroccan guy and his old father drive from the south of France to Mecca in order for the father to do his pilgrimage. Along the way they get to know each other.

Interesting—Wednesday 29 November, 8pm
SHANIA TWAIN: Not just a girl

UK, 2022, Dir. Joss Crowley w/ Shania Twain, Kelsea Ballerini, Marc Bouwer, and others, Documentary-Music, 88mins, English, Rated: NR (R)

From Nashville newcomer to international icon, this biography follows singer Shania Twain as she transcends genres across borders amid triumphs and setbacks.

Selection—Thursday 30 November, 8pm
CINEMA SABAYA

Israel, 2021, Dir. Orit Fouks Rotem w/ Liora Levi, Aseel Farhat, Orit Samuel and others, Drama, Hebrew-Arabic-English w/English subtitles, 91 mins, NR: (G)

A young filmmaker teaching a workshop in a community center puts cameras into the hands of eight women, Arab and Jewish, and asks them to film their lives. As they share their footage, barriers are broken down, beliefs are challenged, and the women learn more about each other... and themselves.

International—Saturday, 2 December, 8pm
ICROYABLE MAIS VRAI (Incredible but true)

France-Belgium, 2022, Dir. Quentin Dupieux, w/ Alain Chabat, Lea Druker, Benoit Magimel and others, Comedy-Drama-Fantasy, French-Japanese w/ English subtitles, 74 mins, Rated: NR(G)

Alain and Marie moved to the suburb house of their dreams. But the real estate agent warned them: what is in the basement may well change their lives forever.

Children's Matinee—Sunday, 3 December, 4pm
HARRY POTTER AND THE GOBLET OF FIRE

UK, 2005, Dir. Mike Newell w/ Daniel Radcliffe, Emma Watson, Rupert Grint and others, Adventure-Family-Fantasy, 157mins, English-French-Latin, Rated: PG



Harry Potter finds himself competing in a hazardous tournament between rival schools of magic, but he is distracted by recurring nightmares. NOTICE: The matinee films now start at 4pm.

Kurosawa's Samurai Movies @ Ciné-Club:
Ciné-Club Sunday 3 December, 8pm
SUGATA SANSHIRO

Japan, 1943, Dir. Akira Kurosawa, w/ Denjiro Ôkôki, Susumu Fujita and others, action-Drama, 79 mins, Japanese w/ English subtitles, Rated: NR(PG)

Sanshiro Sugata wants to learn jujitsu. But after he witnesses the power of judo firsthand, he abandons his training to study with judo master Shogoro Yano. Under Yano, Sanshiro learns the combative elements of the art, and he also masters satori—the quiet, meditative aspects

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

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 Entrance | 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

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
- Kottakupam 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):

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