



News Notes

#1003 A weekly bulletin for residents of Auroville 30 November 2023



This is she who yokes her cows of rosy light; her journey does not fail and such is the treasure she makes that it passes not away. She hews out our paths to happiness; divine is she, far-shining her glory, many the hymns that rise to her, she brings with her every boon.

Rig Veda

Your fostering cows have their streams, O Varuna, O Mitra, the rivers milk out their honeyed yield. There stand wide three luminous Bulls and cast their seed into the three Thoughts.

Hymns to the Lords of Light the Rig Veda

Usha is described repeatedly as the Mother of the Cows. If then the cow is a Vedic symbol for the physical light or for spiritual illumination the phrase must either bear this sense that she is the mother or source of the physical rays of the daylight or else that she creates the radiances of the supreme Day, the splendour and clarity of the inner illumination. But we see in the Veda that Aditi, the Mother of the gods, is described both as the Cow and as the general Mother

The Secret of the Veda

Pondering



If then the world is a dream or an illusion or a mistake, it is a dream originated and willed by the Self in its totality and not only originated and willed, but supported and perpetually entertained. Moreover, it is a dream existing in a Reality and the stuff of which it is made is that Reality, for Brahman must be the material of the world as well as its base and continent. If the gold of which the vessel is made is real, how shall we suppose that the vessel itself is a mirage? We see that these words, dream, illusion, are tricks of speech, habits of our relative consciousness; they represent a certain truth, even a great truth, but they also misrepresent it.

Reality Omnipresent, The Life Divine by Sri Aurobindo

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EDITORS' NOTE

Towards NewsandNotes Guidelines

Dear Authors, we are getting more and more your information for publications and each issue we struggle to keep NewsAndNotes in the frame of 40 pages.

- If you want to publish your announcement **each issue during a long time** please write it in short and clear way, if it not happens, we will shorten them in a best way we feel like.
- Dear **Poster Lovers!** If your posters do not fit, are unreadable or they are too many in numbers, we will put only the best we choose or reformat them in the best way we feel.
- Normally we keep all announcements that are up-to date. In case we experience lack of the space, we will take off the announcements that are still valid by date but are not **confirmed by e-mail for the current issue** by the author.

Thanking you in advance for your cooperation!

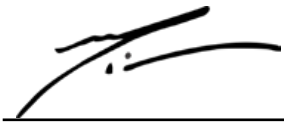
Dear readers of paper version!

- 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 is rain on Friday.

*Light and Peace,
Roy and AgniJata*

newsandnotes@auroville.org.in



House of Mother's Agenda

(continued from last week)

For in fact both individual and universe are simultaneous and interrelated expressions of the same transcendent Being; even though in the Ignorance and under its law there is maladjustment and conflict, yet there must be a right relation, an equation to which all arrives but which is missed by our blindness of ego, our attempt to affirm the ego and not the Self one in all. The supramental consciousness has that truth of relation in itself as its natural right and privilege, since it is the supermind that determines the cosmic relations and the relations of the individual with the universe, determines them freely and sovereignly as a power of the Transcendence. In the mental being even the pressure of the cosmic consciousness overpowering the ego and an awareness of the transcendent Reality might not of themselves bring about a dynamic solution; for there might still be an incompatibility between its liberated spiritual mentality and the obscure life of the cosmic Ignorance which the mind would not have the power to solve or overcome. But in the supramental being, not only statically conscious but fully dynamic and acting in the creative light and power of the Transcendence, the supramental light, the truth light, *ṛtam jyotiḥ*, would have that power. For there would be a unity with the cosmic self, but not a bondage to the Ignorance of cosmic Nature in its lower formulation; there would on the contrary be a power to act in the light of the Truth on that Ignorance. A large universality of self-expression, a large harmonic universality of world-being would be the very sign of the supramental Person in his gnostic nature.

The existence of the supramental being would be the play of a manifoldly and multiply manifesting truth-power of one-existence and one-consciousness for the delight of one-existence. Delight of the manifestation of the Spirit in its truth of being would be the sense of the gnostic life. All its movements would be a formulation of the truth of the spirit, but also of the joy of the spirit, — an affirmation of spiritual existence, an affirmation of spiritual consciousness, an affirmation of spiritual delight of being. But this would not be what self-affirmation tends to be in us in spite of the underlying unity, something ego-centric, separative, opposed or indifferent or insufficiently alive to the self-affirmation of others or their demand on existence. One in self with all, the supramental being will seek the delight of self-manifestation of the Spirit in himself but equally the delight of the Divine in all: he will have the cosmic joy and will be a power for bringing the bliss of the spirit, the joy of being to others; for their joy will be part of his own joy

of existence. To be occupied with the good of all beings, to make the joy and grief of others one's own has been described as a sign of the liberated and fulfilled spiritual man. The supramental being will have no need, for that, of an altruistic self-effacement, since this occupation will be intimate to his self-fulfilment, the fulfilment of the One in all, and there will be no contradiction or strife between his own good and the good of others: nor will he have any need to acquire a universal sympathy by subjecting himself to the joys and griefs of creatures in the Ignorance; his cosmic sympathy will be part of his inborn truth of being and not dependent on a personal participation in the lesser joy and suffering; it will transcend what it embraces and in that transcendence will be its power. His feeling of universality, his action of universality will be always a spontaneous state and natural movement, an automatic expression of the Truth, an act of the joy of the spirit's self-existence. There could be in it no place for limited self or desire or for the satisfaction or frustration of the limited self or the satisfaction or frustration of desire, no place for the relative and dependent happiness and grief that visit and afflict our limited nature; for these are things that belong to the ego and the Ignorance, not to the freedom and truth of the Spirit.

(to be continued next week)

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

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

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



Townhall Speaks

FROM THE ENTRY SERVICE—ES # 208

Dated: 30-11-2023

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



Balaraman



Mireille



Suchithra

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:

- Balaraman VEERAMOORTHY (Indian) staying in Shambhala (Buddha Garden) and working at Shambhala & Taste of Nature
- Mireille GEHIN (French) staying in Aurodam (Sonja's guest house) and working at Tamarai, French Pavilion, SDF & Upcycling
- Suchithra BALARAMAN (Indian) staying in Unity Farm and working at Svaram

Child Of Newcomer:

- Krithik (Indian) born on 23/01/2012 (son of Thenmalar SANKAR—announced on 05/10/2023)

Newcomer Confirmed:

- Gustavo Adolfo ESPARZA (Mexican)
- Prashast GAUTAM (Indian)
- Punitha THIRUMAL (Indian)

Aurovillian Announced:

- Niyati THAKKAR (Indian) staying in Vibrance and working at Jiva

Aurovillian Confirmed:

- Carla SCHUBERT (Australian)
- Pedro GASPER (Portuguese)
- Purushothaman ELUMALAI (Indian)
- Madhusudan AGRAWAL (Indian)



Niyati

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

CIRCULAR

Many of the Visa Extension request applications comes to this office at the neck of the moment. As directed, it is to inform that the visa extension request applications should reach this office minimum three months before the expiry of the Visa to enable the office to do due diligence before sending the recommendation. An Indian visa can be extended at least sixty days before its expiry date. Hence the FRROs requests the visa extension applications should reach their office sixty days prior to the expiry. Overstaying in India is a punishable act. Aside from fees, it is possible for the person to be imprisoned for up to 5 years and then be expelled from the country. By keeping the liabilities in mind, visa extension request applications are expected to reach this office three months prior to the expiry.

23rd November, 2023

(K SWARNAMBIKA) I.P.S. DS / DIRECTOR

WC: Anu, Arun, Joseba, Partha, Selvaraj, Srimoyi, Tine

Community News

Matrimandir

LAKE NEWS



Lake section 2 is nearly ready for the excavation below ground level to begin.

The site has been cleared, the trees and undergrowth removed. Every tree that could be transplanted has been transplanted and we are happy to reassure you that more than 80% of the transplanted trees and shrubs are thriving.

Now earth moving is accelerating and this means the impact of the work will be felt beyond the boundaries of the Matrimandir compound.

From now on, big lorries, carrying excavated earth, are going to be moving on the section of road between 2nd Banyan Gate, the Town Hall and on towards the Crown Road to the north.

There will be a new gate onto this road between the 2nd Banyan Gate and the West Gate with trucks entering and leaving, very frequently, between 8am and 4:30pm and sometimes even later.

We are aware this is already one of the busiest roads in Auroville and we are planning as soon as possible to replace the trucks with a conveyor belt.

In the meantime we ask you to drive slowly and carefully and pay attention to the workers who will be directing the traffic in order to ensure the safety of all.

Traffic Alert

Please Note That From Next Week

- Heavy Lorries Will Be Crossing The Road To The Town Hall
- Between Matrimandir 2nd Banyan Gate And Matrimandir West Gate
- Between 8am—4:30pm daily,
Monday Through Saturday

Please drive slowly and carefully and follow the directions of the workers directing traffic

For Your Safety, MM Executives, Antoine

Awakening Spirit

SAVITRI BHAVAN
December 2023

Savitri
B H A V A N

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

- **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 Seidnitz
- **Mondays 3—4pm:** The Knowledge and Ignorance—The Spiritual Evolution in The Life Divine led by Dr. Jai Singh

- **Tuesdays 3—4pm:** Readings of the words of The Mother on Aims and Ideals of Auroville led by Dr. Jai Singh
- **Tuesdays, Fridays, Saturdays 4—5pm:** L'Agenda de Mère: listening to recordings with Gangalakshmi
- **Tuesdays 5:30—7pm:** OM Choir led by Narad
- **Thursdays 4—5pm:** Videos of The English of Savitri led by Shraddhavan
- **Fridays 3—4pm:** The Return to Earth (Epilogue) in Savitri led by Dr. Jai Singh
- **Saturdays 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

Savitri
B H A V A N

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

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



SRI AUROBINDO: The Supreme Avatar of a New Race



Monday, 4 December 2023, 4pm at Savitri Bhavan.
Duration: 39min.

The film by Aravind Akki from the Sri Aurobindo Ashram is based on texts from Sri Aurobindo and the Mother themselves. It opens with Sri Aurobindo's symbol and its significance. It is followed by the words of the Mother on Sri Aurobindo in her own voice: 'What Sri Aurobindo represents in the history of the earth's spiritual progress is not a teaching, not even a revelation; it is a mighty action straight from the Supreme.' This is the message from 15 August 1964.

And then there is in her own voice the communication about the difficulty each new Avatar meets 'in the eternity of becoming', recorded in 1957 and one year after the descent of the Supramental on earth which gave new challenges to sadhaks and the gods.

The film gives insights into Sri Aurobindo's education in England, his coming back to India, his staying in Baroda, his political work, his time in jail, his sadhana, his spiritual realisations, and his inner guidance to go to Pondicherry in 1910 and to pursue his yoga for the bringing down the Supramental.

About his special mission on earth, Sri Aurobindo stated: 'Man is a transitional being, he is not final; for in him and high beyond him ascend the radiant degrees which climb to a divine supermanhood. The step from man towards superman is the next approaching achievement in the earth's evolution... it is at once the intention of the inner Spirit and the logic of Nature's process'. (Essays Divine and Human, p.157)

He took up the quest and explored the next step in evolution and declared: 'It took me four years of inner striving to find a real Way, even though the Divine help was with me all the time, and even then it seemed to come by an accident; and it took me ten more years of intense Yoga under a supreme inner guidance to find the Way—and that was because I had my past and the world's Past to assimilate and overpass before I could find and found the future.' 5 May 1932, (Letters on Himself..., p.239)

After much unique psychological and spiritual research work Sri Aurobindo described his Yoga mentioning himself in the third person: 'The one aim of his Yoga is an inner self-development by which each one who follows it can in time discover the one Self in all and evolve a higher consciousness than the mental, a spiritual and supramental consciousness which will transform and divinise human nature.' (Autobiographical Notes, p.549-550)

The film shows beautiful images of Sri Aurobindo and ends with pictures of his room and the Ashram and words of honour the Mother had inscribed on Sri Aurobindo's Samadhi:

'To Thee who hast been the material envelope of our Master, to Thee our infinite gratitude. Before Thee who hast done so much for us, who hast worked, struggled, suffered, hoped, endured so much, before Thee who hast willed all, attempted all, prepared, achieved all for us, before Thee we bow down and implore that we may never forget, even for a moment, all we owe to Thee.'

- The film is also available on YouTube:
<https://www.youtube.com/watch?v=dPrGsNkNMxQ>

Submitted by Margrit

UNITY PAVILION: DAILY PEACE MEDITATION

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

Arun



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.

Submitted by Noel

SAVITRI SATSANG BY NARAD

Thursdays, 6:30pm @ Kalpana

Savitri reading by Narad on Thursdays at 6:30pm in Kalpana Community @ E1-2B, East Block, 1st Floor (above the parking area). Cordially inviting you all.

Thank you, William

BRAHMANASPATI KSHETRAM

Calendar of regular events,
December 2023



BRAHMANASPATI KSHETRAM
The Mother Sri Aurobindo Centre

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

Calendar of regular events of December 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

20th, Wednesday at 6:30pm full moon, reciting
Sri Aurobindo's Gayatri Mantra for 30min

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

kshetram2014@auroville.org.in



Submitted by Rajan

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



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



Acres for Auroville

LAND FUNDRAISING NEWSLETTER

24 November 2023

In celebration of this landmark date, here is a rich collection of articles and testimonials on the development of Auroville from those who have committed their work and lives to the Township's growth—and continue to do so !!—along with inspiring texts from Sri Aurobindo on the vision and the goals. To access, just follow the texts below and click on the links.

Acres For Auroville Flier—24 November 2023



On November 24, 1926 Sri Aurobindo announced the advent of a major transformative step in his integral yoga of individual and societal evolution. This profound experience was the landmark moment in his path, and the turning point that launched the next step, the creation of the Ashram, and then Auroville. Since 1968, the Auroville International Township has existed as a special dynamism

and space dedicated to advancing this evolutionary progress. Version française en pdf. ... Tamil

- <https://land.auroville.org/a4a-flier-24-november-2023/>

Ifau Letter—24 November 2023

Auroville plays a key role in giving a concrete form to Sri Aurobindo's great vision of 'The creation of a new world, a new humanity, a new society expressing and embodying the new consciousness.' It is 'a collective ideal that calls for a collective effort so that it may be realised ... in the collective life of mankind.' Our land fundraising aims at at last consolidating Auroville's designated physical base. Version française en pdf. ... Tamil

- <https://land.auroville.org/ifau-letter-24-november-2023/>

Louis—The Mother's Unshakably Optimistic Builder



Louis came to Auroville from France in 1971 with the goal of just delivering spare parts for the mythic Caravan's vehicles, and then move on. Instead he stayed on, working on the development of Auropolyester and of Matrimandir from start to finish, and playing a major rôle in the construction of Auroville's most important residential and service buildings over the decades. He says 'I would like to tell all ... about my JOY for being at Auroville and for constructing The Mother's City.' In English and in French.

- <https://land.auroville.org/louis-mothers-optimistic-builder/>

Doris and Sangha, a Mother-Son Team working for Auroville



Doris, from Mauritius, came to Auroville in 2004 as an investigative reporter for an Indian media company, where she first met AV pioneer Bhaga at Repos Beach. Over the years, Doris regularly came back, working as a volunteer in the Matrimandir Gardens. Now an official Newcomer, she is the caretaker of the Unity Pavilion building and grounds, joined by her son, Sangharakshit, a volunteer—both working and participating in UPAV's many events and Art for Land. She says: 'Sangha and I are both deeply happy to serve the ideal of human unity.'

- <https://land.auroville.org/doris-and-son-working-auroville/>

AVI-USA—An Ever-dynamic Support for Auroville



The very first international Auroville support organization to be officially incorporated was the 'Auroville Association', set up in California in 1973, spearheaded by six American future-forward devotees. Then in 1983 when 'Auroville International' was incorporated in the Netherlands, the American association joined it as AVI-USA. For 40 years, AVI-USA has acted as a dynamic, innovative support for Auroville—raising funds for AV projects, and sharing ideals, news, and events with an international audience through an ever-growing variety of means and media.

- <https://land.auroville.org/avi-usa-dynamic-support-for-av/>

Matrimandir And I—A New Web Series From Aurora's Eye Films



Serena and the Aurora's Eye team are happy to introduce their web series—Matrimandir & I—presenting Auroville and its soul and symbol of unity, the golden Matrimandir. This Web series is a human experiment, looking into how Aurovilians relate to the Matrimandir, their experiences with it, their goals for personal and spiritual development, and the development of the township, with a

new film released each month. Serena says: 'Our dream is to interview all the citizens of Auroville. We aspire that this action will be part of the common ground for human unity.'

- <https://land.auroville.org/matrimandir-and-auroras-eye-films/>

Inspiring Quotes—Two Texts By Sri Aurobindo

'Man's greatness is not in what he is, but in what he makes possible.' Sri Aurobindo wrote extensively on his vision of human evolution, the destiny of humankind, and of our role in a growing spirituality and change for the Earth. In this article, we share two of his seminal texts: his essays 'The Hour of God' and the first part of 'Man, a Transitional Being'. Written at the start of the 20th century, these texts retain their full force of relevance today:—and particularly for the now turbulent times in which we live, for '... it is the hour of the unexpected.'



• <https://land.auroville.org/inspiring-quotes-by-sri-aurobindo/>

We thank you for your support for the land!

• **Contact:** lfau@auroville.org.in and +91 413 2622657

• **Donating:**

- <https://land.auroville.org/new-banking-information/>
- and <https://land.auroville.org/>

Love, Mandakini

Education

FREE MATH CLASSES FOR GRADE 9-12 (CBSE)

I'm Ravi (spouse of newcomer Priyanka), currently residing in Grace community. I am offering free math nourishment classes for students in grades 9 to 12, CBSE board. The classes will be in small groups (max 3 students per group), twice a week, for a period of 3 months from mid-December till mid-March.

- Interested ones may get in touch with me on WA: 9652928709 for more details.
- Please note that these sessions are NOT meant to be tuition for ongoing school activity.

Regards, Ravi

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

Possibilities

AI + HEART INTELLIGENCE

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

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

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

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

The Laws of Unconditional Love



- aurovilleradio.org/laws-of-unconditional-love-a-talk-by-nipun-metha/

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

- **Thursday, 7 December, Awakin Circle**
 - @ Unity Pavilion, 5 pm to 8:30 pm
 - More on: pod.servicespace.org/circle/15427/join
- **Friday, 8 December, Startup Service Retreat**
 - @ Auroville Botanical Gardens, 10 am to 5 pm
 - More on: movedbylove.org/join/startup

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

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

- **We may organize** a couple more formal/informal gatherings too. Feel free to connect on
 - deven@auroville.org.in / connectdeven@gmail.com for Awakin Circle and
 - flourish@auroville.org.in / helen@flourish-av.org for Startup Service retreat.

'For the mind—knowledge.

For the heart—love and joy.

For the life—power.

For the matter—beauty.'

The Mother, CWM-14, p. 336

May we all connect with each other at the Psychic level, embody love and joy and spread the light

Helen for Flourish

JOIN US IN PIONEERING SUSTAINABLE HARMONY!

Auroville and Sustainable Development Goals

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.

IntegralWorld is currently spearheading the 'Auroville & SDGs' initiative, a groundbreaking campaign that seeks to harmonize the visionary ideals of Auroville with the United Nations Sustainable Development Goals (SDGs). Auroville, known as the City of Dawn, has been a beacon of sustainable living and community development since its inception in 1968. This collaboration aims to showcase the practical applicability of the SDGs in real-world scenarios, using Auroville's principles as a transformative model.

If you are dedicated to SDGs, and believe that your expertise and commitment can significantly contribute to the success of the 'Auroville & SDGs' initiative. Your organization's

unique perspective and experience can enrich the comprehensive report we aim to produce, highlighting the diverse and impactful contributions of Auroville toward achieving the SDGs. Partner with us on this initiative.

To explore this collaboration further, we have prepared a brief questionnaire that will help us understand how your organization's work intersects with the SDGs and Auroville's guiding principles. Your responses will be instrumental in creating case studies, networks, and reports that not only showcase Auroville's remarkable work but also inspire global sustainable development efforts.

If you are interested in exploring this collaboration further, kindly send an email to partner@IntegralWorld.org or connect with me on LinkedIn. We look forward to the opportunity of working together to create positive change.

Thank you for your time and consideration.

- To know more visit the link below
www.integralworld.org/partner/campaigns/aurovillesdg/

Volunteer Opportunities Await



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!

Best Regards, Manisha Munjal

Health Care

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.

- **Wednesday evening, 5—7pm @ Hall of Light, Creativity Community.** 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? Message Rotem @ 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

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 DECEMBER



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: Monday to Friday	Nursing Care: Ezhil, Thilagam, Archana & Sandhya: Daily, No appointment necessary
Ayurveda with Dr.Be & Dr.Sonia: Monday/ Tuesday/ Wednesday/ 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: Monday to Friday	Physiotherapy with Arun: Monday to Saturday
Functional Medicine with Lize: Wednesday & Friday	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>



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)

Animal Care

AUROVILLE DOG SHELTER

Monthly Transparency Report, November 2023

As part of our commitment to transparency, we are happy to present our report for November.

- **Overview**
 - New admissions: 15 (lots of dumped puppies)
 - Rabies suspect cases rescued: 0
 - Parvo Virus cases rescued: 0
 - Canine Distemper dogs rescued: 0
 - Rescue dogs, puppies, and shelter dogs deceased: 5
 - Successful adoptions: 8 (total 69 since April)
 - Dogs released and re-homed: 4
 - Vaccinations administered: 4 adults, 23 puppies
 - ABC shelter dog sterilization: 6, 2 female, 4 male
 - Deworming: 31 doses

- **Donations**

This month we received Rs. 299.801 in monetary contributions which includes Rs. 50.000 funds from BCC, and was just enough to cover our running costs of Rs. 3 lakh, but does not cover all the extra expenses we have due to having to build makeshift dormitories and rain protection for our dogs. Pour Tous in Kuilapalayam supports our shelter by allowing us to place a blue donation barrel at the entrance. Kindly utilize it for donating used clothes, cardboard boxes, paper, rice, lentils, and other non-perishable food items. We pick up donations every Thursday..

This month, we've been fortunate to receive significant help from compassionate dog lovers. Naveen contributed an impressive 1.5 tons of rice, and Mars Corporation generously provided 1 ton of pedigree food. Additionally, we received donated mattresses, and Magalie, who fostered two of our puppies, contributed milk powder and other items for the pups. Shrivatsan Rangaswamy donated 104 kg of rice. A kind-hearted woman covered the costs of essential vaccinations for all our new puppies (Rs. 7.290) as well as those in the puppy camp.

- **Expenditures**

- **Animal Food:** This month we fed our dogs 1.200 kg of rice, 1.800 kg of chicken, 500 kg of pedigree, and 700 eggs, supplemented with other donated food with a total cost of Rs. 0.9 lakh. If you can, please sponsor a One-Day-Food-Parcel for our dogs for Rs. 3.500.
- **Staff Costs** for our two vets, animal handlers, and workers amounted this month to Rs. 111.820
- **Medical Costs:** We spent Rs 34.579 on urgently needed medicine, syrups, vaccinations, x-rays, and blood testing, Rs. 13.714 on surgeries
- **Various Costs:** Raincoats, plastic tarps, petrol, wooden crates, firewood, transportation, etc. Rs 18.500

• New wave of Canine Distemper Outbreak

On 18 November, Bark India informed that Pondicherry is currently grappling with another outbreak of Canine Distemper, resulting in the deaths of numerous dogs. The situation has reached a critical point. We would like to emphasize to all dog lovers that the sole preventive measure is a multi-antigen vaccination, which can potentially save your dog's life. In our shelter, we are offering vaccinations at Rs. 500 per dog, doubling our cost price. This contribution enables us to extend the vaccination coverage to one street dog. If you wish to have your dog vaccinated, please schedule an appointment with us.

• Fostering and Adoption

As monsoon has hit Auroville very hard this year and might last for a while we are looking for dog lovers who are able to foster some of our now 23 (!) small puppies. As our old shelter lacks a proper quarantine facility, we are in urgent need of a constant supply of old cloth, cardboard boxes, and milk powder to keep the puppies in their small cages dry and safe. If you can, please donate to our **FS 251391** so that we can purchase additional cages to keep puppies separated in order to prevent the spread of viruses and diseases.

After the team conducted a headcount we can confirm that per 23.11., 73 dogs reside at the shelter, (23 small puppies, 9 larger ones, and several dogs in foster care). This figure aligns with our documented canine records, which have been verified twice in the last three months by the Animal Welfare Board of India and also by the Department of Animal Husbandry.

• The access road to the Visitors Centre is being built

Preparations are underway to construct an access road to the Visitors Centre, necessitating the removal of a large and a small dormitory, as well as an enclosure for an aggressive dog. We need urgent assistance to build temporary rain-protected dormitories for approximately 60 to 70 dogs. We did what we could to use plastic sheets to upgrade existing enclosures to offer some protection against heavy rainfall, but as the shelter infrastructure is disintegrating and lacks a drainage system, big parts are flooded or turned into a mud pool. We have raised some funds for constructing individual dog houses, but we are reaching out for your support. If you possess carpentry skills, we would appreciate it very much if you could donate your time and energy to help us construct those urgently needed dog houses.

• We thank all dog lovers for your continued support, especially during this challenging time!

*Auroville Dog Shelter Team,
Mar, Coco, Caroline, Arthur, Kiran, Prajeeth*

CLARIFICATION On Recent Accusations

In response to recent complaints filed to FAMC from the 'IACC support group' (Integrated Animal Care Centre) concerning the Auroville Dog Shelter, we feel compelled to address the following issues.

• Inaccurate Reporting of Dog Numbers:

Citing an alleged 'trusted source,' accused the Auroville Dog Shelter of falsely reporting the number of dogs in its care stating that we only have 189 dogs at the dog shelter.

After the team conducted a headcount on 23.11., we can confirm that presently, 73 dogs reside at the shelter (22 small puppies, 9 larger ones, and several dogs in foster care). This figure aligns with our documented canine records, which have been verified twice in the last three months by the Animal Welfare Board of India and once by the Department of Animal Husbandry.

• Misleading Claims Regarding Injured Dogs:

False statements were made about the ADS 'refusing to take in or treat injured dogs, even those in the Auroville area'. Contrary to this, we report that this month alone, we have rescued and treated 10 dogs, successfully got 8 adopted, re-homed 4, and found foster places for 3 others.

• Misinformation on Dog Fatalities:

The IACC support group falsely asserted that about 50 dogs died in April, May, and June and that deaths continued afterward. In reality, we had 3 fatalities this month and 6 in October, which were all vetted for and recorded by our two veterinarians according to AWBI guidelines.

• Financial Transparency:

Concerns were voiced about the donations we have raised. Just last month BCC conducted an audit of our entire bookkeeping along with our accountant from the Auroville Service Trust. Together with our executive Mar, it was verified that every rupee of donations received by the shelter is accurately accounted for, ensuring transparency and accountability.

We urge members of the 'IACC support' group to redirect their time and energy toward supporting our efforts to care for dogs rather than spreading baseless accusations against the Auroville Dog Shelter and also stop their defamation campaign against individual team members.

*Arthur
for Auroville Dog Shelter*

REPLY TO ARTHURS POST

Arthur's post is a response to a letter that was sent to FAMC on 20.11.2023 with concerns and questions in regard to the management of the Dog Shelter.

An email reply was sent within half an hour, so clearly written by a single member of the FAMC, and copied to the Dog Shelter.

This is contrary to normal collective working practice which would be to take up a topic raised and formulate a reply only after discussion in a meeting or consultation with all members.

The result is a post on Auroville from the Dog Shelter which purports to be a response to the points raised, but in fact omits to address some of them at all.

Readers of the post cannot make this out since the original email is not shown, only the incomplete response.

• The concerns/ questions in the said communication are:

1. Arthur (passport name Heinz Bauer), a Newcomer whose process had been interrupted and restarted in May 2023, is now effectively in charge of the Dog Shelter. Both the executives appointed in April 2023 by Service Trust/FAMC (Daniela Keller and Lore Dossche) have resigned, Daniela already in July and Lore in September 2023. A operates presently the FS account to run the activities, receives disbursements from Unity Fund and signs receipts for donations.

This should not be so. Only an Aurovilian can exercise executive functions and authority, not a newcomer. How can Auroville entrust this kind of responsibility to a largely unknown person? If something would go wrong it would fall back on Auroville and damage would be done to the community as well as to Auroville's reputation—not to mention that it would be the wellbeing of the animals that would be affected.

After extensive fundraising efforts by AVI USA for the shelter there are large amounts of funds coming in via Auroville Unity fund. Additionally, the Dog Shelter receives donations from other sources, foreign and from India, and some smaller amounts from Auroville itself.

The shelter also receives a budget from the BCC/City Services that has been increased to Rs. 50,000 per month.

Recently a new executive was appointed by Service Trust. Mar is an animal lover. When asked about her role and work, she said that she sees herself as a support person to the shelter and bridge to the community. She also mentioned that she has other work commitments in Auroville.

It should be her as the executive, who collects and manages the funds—and there needs to be a minimum of two AVn executives for any unit, which is not the case.

2. In the reports and announcements of the Dog Shelter (authored by A.) for the last 2 months, the talk is constantly about 300 dogs and fundraising is done to maintain 300 dogs. From a trusted source (a long-term well-wisher and donor of the Dog Shelter, who when visiting, found the shelter rather empty and counted the dogs) it is known that there are only 189 dogs left at the shelter (early November). I know that about 50 dogs died in April, May and June, and dying continued after. That so many dogs died may have various reasons. What disturbs me is the misinformation and false statements.

It feels scary to have a Newcomer effectively in charge of a unit, in a position of handling large amounts of funds, without direct supervision of an experienced Aurovilian executive.

3. The shelter is refusing to take in or treat injured dogs, even those in the Auroville area. Individuals and units that contact the Dog Shelter for help are asked to contact Bark India, which is complicated as it is in Pondicherry and is often overcrowded. If there is an issue with dogs in Auroville and the shelter/ A. is asked for help it gets refused by saying that the shelter has too much work or no driver for the car or other excuses are brought forth.

4. They also refuse to take puppies when dropped in Auroville facilities. It appears that any responsibility other than keeping the shelter at Status Quo and selling some vaccinations are not happening. BCC disburses a budget of Rs 50,000 to the Dog Shelter but the services that are meant to be provided to the community are not being fulfilled. This used to be very different!

5. The reports and fundraising narratives are very elaborate and attractive to donors; all is being dramatized and made to look big and impressive. But is it corresponding to reality? This is difficult to know as the shelter is no longer a place where one is welcome to drop in and have a chat. For example, recently a long-term Aurovilian who had brought materials to give to the shelter (waste cloth etc.) was denied entry to the shelter by K., when A. was away on a trip to Thailand. Why? What is there to hide?

6. A. writes about the monthly budget being around Rs 300000 for 300 dogs. But actually, there are +-190 dogs.

7. How come that both original executives that started the work with enthusiasm and vision, resigned in a very short time, Daniela after 3 months and Lore after 5 months. Why did they resign? Did the FAMC and Service Trust ascertain the reasons for their resignation before appointing Mar?

Shivaya

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

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:

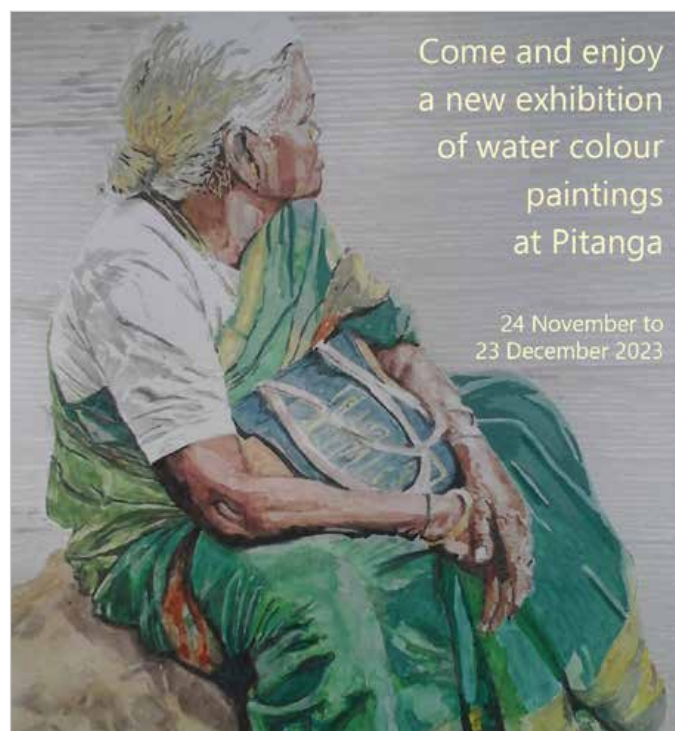
Note: This directory is only for Aurovilians & Newcomers. Even if you are registered with a different umbrella Unit, other than Art Service) but wish to collaborate, please contact us.

Thanks, Priya

PITANGA:

Exhibition of Water Colour Painting

Ongoing till 23 December



ART EXHIBITION

**Abstract paintings on prints of News and Notes
Mixed media**



by Roof Studio/AV ART
SERVICE

Pavilion of Tibetan
Culture,
International zone
Auroville

2—23 December,
9—12am & 2:30 – 5pm
Sunday is closed

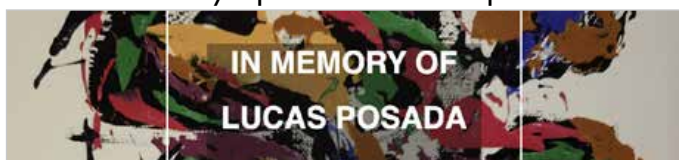
Contact:
ivana.frousova@gmail.com
+91 7094344154

All Are Welcome!

Ivana

IN MEMORY OF LUKAS POSADA

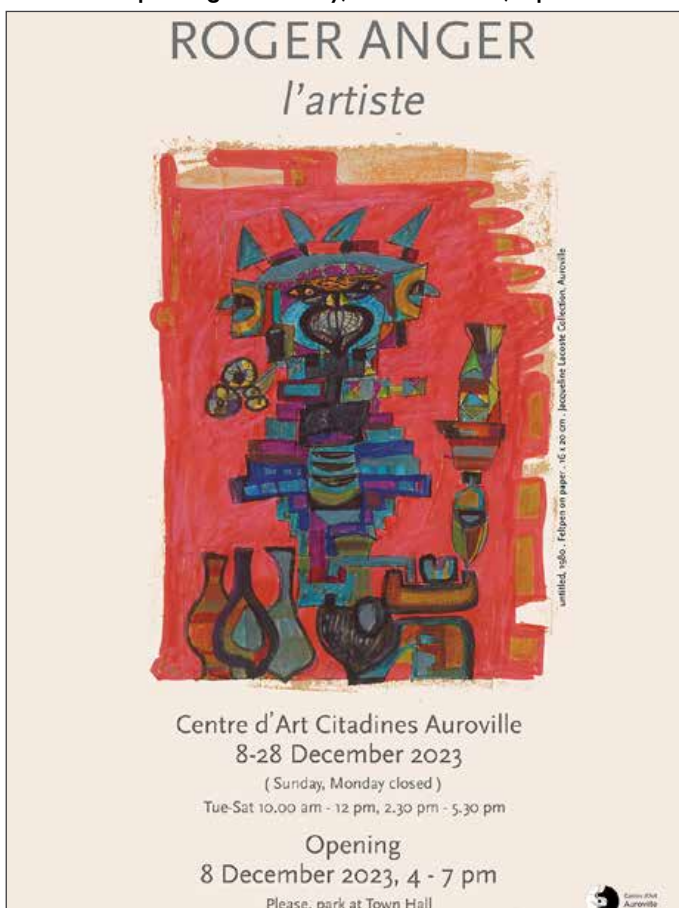
Ongoing till 10 December 2023 @ Kalakendra
Daily Open from 9am to 5pm



Warmly, Tapas

ROGER ANGER, L'ARTISTE

8—28 December @ Centre d'Art, Citadines
Tuesday to Saturday 10am—12pm, 2:30—5:30pm
Opening on Friday, 8 December, 4pm



Centre d'Art Citadines Auroville

8-28 December 2023

(Sunday, Monday closed)

Tue-Sat 10.00 am - 12 pm, 2.30 pm - 5.30 pm

Opening

8 December 2023, 4 - 7 pm

Please, park at Town Hall

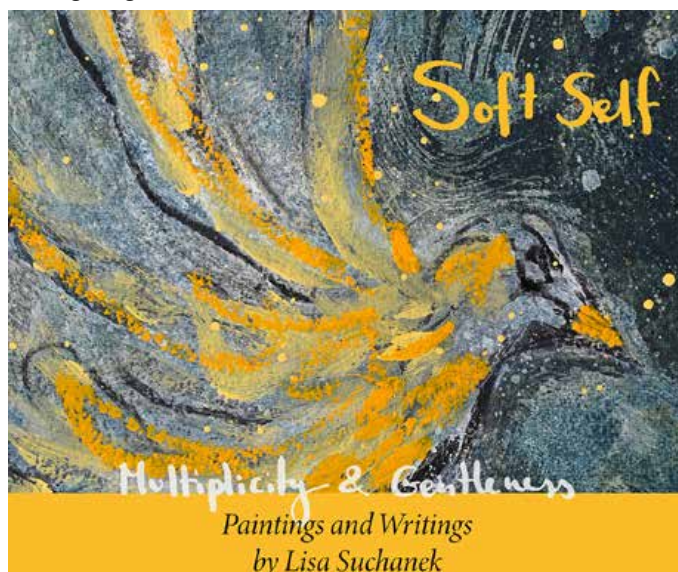


Thank you, Marco

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

Youth Initiative

MATCHING DONATION CAMPAIGN

Dear beloved community, YouthLink has been provided the amazing opportunity to raise funds through a matching donation campaign. This means that whatever donation you make between now and December gets doubled, up to 10 Lakhs!

So far we have raised rupees 1,76,389.26 but we have a long way to go!

All the money raised will go towards our activities, as we have been doing so far. We have a large focus on bringing the community together through events, gatherings, and workshops; for we believe one of the most important factors in a conscious community is the manner in which we relate to each other. Through our activities, we aim to create an environment where community members can connect and converse with one another in a true and conscious way which allows us to all grow together.

Another important aspect that we are working towards is to integrate new members into our community. It can be difficult for new people to orient themselves, find information, form connections, and gain an understanding of Auroville and its spirit. Through our helpdesk, our guided tours, and our Youth Integration program, we make great efforts to provide an unbiased and holistic idea of Auroville, with the intention of empowering them to feel comfortable and enthusiastic about joining our community.

Being YouthLink, we are constantly looking out for issues that youth in our community may face. From awareness campaigns to individual consultations and surveys, we are actively pinpointing and addressing important topics which concern our youth, aiming to create a healthy environment in which the youth can research and grow. We aim to create changemakers— youth who are capable and understanding, who are actively looking to mould and change the world around them as well as to nurture themselves as individuals.

If you would like to join us in our journey to co-curate our community to the best of our current capacities, please



consider donating to us, or help us spread the word! This will allow us to continue our efforts, as well as to possibly increase our current capacities.

- You can donate to us through our Financial Service account: 251048 YouthLink
- Or through unity fund, link provided on our website: youthlink.org.in

Remember, with each donation, twice the impact! :)
With Love, Namu for YouthLink Team

Festivals

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

UPCYCLING Christmas-Market



On the 16th & 17th December
From 10:00 AM - 4:00 PM
@Re-Centre

upcycling
Christmas Market

COME AND CHOOSE UNIQUE GIFTS :)
GET INSPIRATION TO DO YOUR OWN UPCYCLING
AND JOIN OUR WORKSHOPS.

Upcycling
STUDIO AUROVILLE

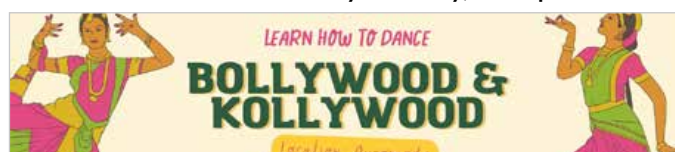
We are planning on having an Upcycling Christmas Market at the Recenter on 16 and 17 December.

Val
for Ok Upcycling Studio

Activities

JOIN OUR BOLLYWOOD DANCE SESSION

@ Auromode! Every Tuesday, 5—6pm



Auromode Apartments, Near Upassana and CSR
For more information and to reserve your spot, contact:
• balaganesh.siva@gmail.com, +919446762034 WA only
Don't miss out on the chance to add some Bollywood and Kollywood flair to your dance repertoire. See you on the dance floor! Contribution Requested. **Balaganesh SIVA**

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@gmail.com

Let's keep up with the writing!

Francesca



Workshop: LA Style Salsa Dance

Every Thursday, 7:30pm @ CRIPA, Kalabhumi

Beginner:

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

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

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

Thank you, Raja Narayanasamy



SWIMMING CLASS

- Kids 6+ & Adults
- Courses from beginners to advanced level
- To book contact +91 8637633696

Mani



TANGO DANCE CLASS

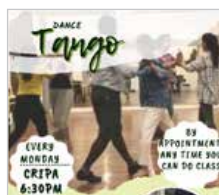
Every Monday, Cripa, 6:30pm

By appointment: 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

The Sound of Bamboo

Various Styles of the Indian Flute



Group Classes With Michael

- Kalabhum Music Studio, Every Friday**
 - Beginner: 11am—12pm, Advanced: 12noon—1pm
- Drop in is possible at any time, flutes available to borrow or buy.**
- Contribution:** Guests: Contribution required
 - Aurovilians, NCs, Volunteers & Local Villagers: Free donation
- 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

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

ZUMBA WITH PREETI

Zumba classes are happening



@ New Creation Studio, every Monday, 6pm

For regular classes DM: 8281746763

Submitted by Vega

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	Fleur ballet teens			Gymnastic private (Terra)	Ballet private	
4pm 4:45		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

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

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, On-line registration for the Auroville Marathon 2024, scheduled for Sunday, February 18, 2024 (the 3rd Sunday of February 2024) is open. 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 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

- 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

BHARAT NIVAS PRESENTS KALARIPAYATTU CLASS

Started in Collaboration with Kalarigram

Bhumika Hall, 6—7am, Monday to Friday

- For Registration: Contribution is applicable for the class
- bharatnivas@auroville.org.in, office: 0413 2622253

Parking available outside the Bharat Nivas main gate

Regards, Vani, BN Team

TAI CHI AT DEHASHAKTI

Saturday, 9 December, by Park Jiseong

@ Dehashakti Gym, 10am—12pm



We are happy to inform you that Youth-Link is offering you a Taichi workshop happening at Dehashakti Gym on Saturday, 9 December, taught by Park Jiseong.

Tai Chi is the art of change and the learning of how to drive your energy.

Also called 'Moving Zen' the traditional martial art Tai Chi is a mental and physical training method.

Due to its gentle nature, Tai Chi is accessible for various physical levels and aptitudes. Tai Chi has value in treating or preventing many health problems.

- To register email us at youthlink@auroville.org.in or come to our office in Town hall at 9:30am—12pm and 2—4pm to sign up.

Nivetha from Youthlink team

KALPANA GYM

Kalpana Gym is open

- 7—9am & 5—8pm
- Monday To Saturday

All Are Welcome!



Satyakam

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

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

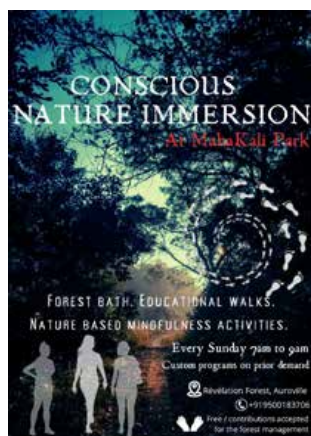
- **Sunday, 3 December, 7—7:45am**

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.

Meditative experience with Mukhande

- **Sunday, 3 December, 7:45—8:30am, if no rain.**

Guided meditation in Nature to deepen our experience of what Nature is. 'O adorable Nature. How charming and wonderful is your creation ... Yet none has been able to understand, none has been able to unravel the heart of your mystery ...' The Mother



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

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.

Surya CR, Murugan N., Philippe G. and Cristo

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 or whatsapp 9487340778

Giacomo

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

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
- Info & registration: +39 3276744420 WA



Community Lunch

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



joyofimpermanence.in, Serena

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 Matilde's 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. **Matilde**



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**



AUROVILLE BAMBOO CENTRE

December 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.

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



Every Saturday Auroville Bamboo Tour with Special Bamboo Lunch

- Timings: 11:30am—12:30pm
- Days: 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.

Being a natural gift to mankind, bamboo is very popular due to its multipurpose use, fast growth, easy propagation, soil binding properties and short gestation period.

- **Daily Make and Take Hands On Workshop Experiences**

One-Day, Make and Take Workshops



BICYCLE



FURNITURE



LAMPSHADE



GIRAFFE

Furniture Workshop

This Immersive Learning Experience that offers the Opportunity to learn the Fundamentals of Furniture Construction and then MAKE AND TAKE the Furniture Piece Back home. This Unique Workshop will take place under the Guidance of an Expert.

- Timings: 9am—12:30pm & 1:30—5pm
- Days: Every day except Sunday
- Registration: One day in advance.

Bamboo Lampshade

Come and learn to make your own Bamboo Lampshade at Bamboo centre and take home your own hand made lampshade at the end of the workshop.

- Timings: 9am—12:30pm & 1:30—5pm
- Days: Every day except Sunday
- Registration: One day in advance.

Bamboo Giraffe

Come and learn to make your own Bamboo Giraffe at Bamboo centre and take home your own hand made lampshade at the end of the workshop.

- Timings: 9am—12:30pm & 1:30—5pm
- Days: Every day except Sunday
- Registration: One day in advance.

Bamboo Bicycle (For Kids)

Are you ready to bring your cycling aspirations to life? Join our immersive 1-day Bamboo Bicycle frame-building experience and embark on a journey that goes beyond just assembling a cycle.

- Timings: 9am—12:30pm & 1:30—5pm
- Days: Every day except Sunday
- Registration: One day in advance.

3 Hours Make and Take Workshops



Bamboo Toys

Come and learn to make your own Bamboo Toys at Bamboo Centre and take home your own hand made Toys at the end of the workshop.

- Timings: 9am—12:30pm or 1:30—5pm
- Days: Every day except Sunday
- Registration: Walk-in registration available

Bamboo Musical Instruments

We at Bamboo Centre are happy to share our vast experience and knowledge gained over 15 years. Come and learn to make your own traditional / folk instruments at our centre from professional crafts men and take home your own hand made instrument at the end of the workshop.

- Timings: 9am—12:30pm or 1:30—5pm
- Days: Every day except Sunday
- Registration: Walk-in registration available

Bamboo Jewellery

Choose to craft, out of bamboo and learn to make your own Bamboo Jewellery at Bamboo Centre from professional craftsmen and take home your own handmade Jewellery at the end of the workshop.

- Timings: 9am—12:30pm or 1:30—5pm
- Days: Every day except Sunday
- Registration: Walk-in registration available

Bamboo Planter

Come and learn to make your own Bamboo Planters at Bamboo Centre and take home your own hand made Planter at the end of the workshop.

Timings: 10am—12:30pm or 2:30—5pm

Days: Every day except Sunday

Registration: Walk-in registration available

Bamboo Archery

Come and learn to make your own Bamboo Archery at Bamboo centre and take home your own hand made Archery at the end of the workshop.

This course provides you with the opportunity and guidance for create their own bamboo archery and bow from start to end. All tools and materials provided in the cost of course

- Timings: 10am—12:30pm or 2:30—5pm
- Days: Every day except Sunday
- Registration: Walk-in registration available

Upcoming Workshops—December 2023

Experimental Design Construction Workshop

(Using Rammed Earth Technique)

- 6 to 9 December, 9am to 5pm



This workshop focuses on Bamboo Rammed Earth, Experimental building construction from bamboo and various natural materials.

The Bamboo Rammed earth workshop will take place over 4 days, covering full day intensive sessions offered for three days from 9am to 5pm.

Bamboo Lampshade Workshop

- 15 to 16 December, 9am to 5pm

This workshop focuses on small scale lampshade making from bamboo and wood combination.

The Bamboo Lampshade workshop will take place over 2 days, covering full day intensive sessions offered daily from 9am to 5pm.

Bamboo Construction Workshop

- 27 to 30 December, 9am to 5pm

The Bamboo Construction workshop is a 4 days learning experience that offers the opportunity to learn the fundamentals of bamboo construction and Hyperbolic Paraboloid technique. Bamboo Construction workshop will take place over 4 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

Selva

Honorary Voluntary

BHARAT NIVAS TEAM IS LOOKING VOLUNTEERS

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.

AUROORCHARD: CALL FOR FARM VOLUNTEERS

Please contact

- auroorchard@auroville.org.in
- Voice: 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

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:

- kuilaicreativecentre@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

Wellpaper Needs old Christmas cards

Dear persons of Auroville ,volunteers and guests. Wellpaper needs a collection of old Christmas cards.

- Please drop the cards at the Wellpaper office Monday to Saturday, 10am—14pm or leave it for us on the Wellpaper display table in Pour tous.



We also need a collection of broken ceramic waste, preferably colorful. So any waste from your studio kitchen, household will be great also any of your waste cutlery. If you can drop it at the Wellpaper office this will be great. if it is a bulk amount please let us know

- Call 0413 2969722 or 9385744722

You are always welcome to visit us at the premise,
Zeevic

Seeking Accommodation

I am back to volunteering with Wellpaper and would very much appreciate accommodation for a year ,or, for a few months.

House sitting will be great or something based on small contributions, willing to share, animal care garden care, cooking etc.



+917598619731, Zeevic

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

Looking for House Sitting

Dear Community, I am a long-term SAVI Volunteer, a mature woman who is Responsible, Resourceful, and Reliable, I am ready to accept a House Sitting opportunity, from January onwards. Preferable is a long-term situation.



Thank You, Chandra, the elder

WA: +91 8531033318, chandrag108@gmail.com

Maison Des Jeunes Needs an Oven

The community of MDJ (Maison Des Jeunes) is currently flourishing with new and young energy, we are really trying to experiment with the community living to its fullest.

Almost every evening the community meets and cooks together to afterwards share dinner as a whole, however, being the youth that we are, cakes are missing in our lives. We are currently looking for an electric oven, hoping to learn new ways of cooking and enjoy delicious food together!



- If you have an unused oven that you would like to donate to us, or knows someone who does, please contact me at madhu.auroville@gmail.com or +919626480752!

Thank you! Madhu

Needs a Dining Table and Fridge

Having just moved in I need a dining table and a small fridge... if you don't need it, I'm happy to take them...

- Please contact WA 8248429962 or sokatoso@msn.com



Thank you, Sonia

Foodlink Needs a Monitor

Dear community, our team in Foodlink is growing and we are in need of a screen monitor to be able to be more effective in our daily work. We will really appreciate it if you have a screen laying unused and waiting for us.



Olga, Foodlink

Anyone traveling to Germany soon ?

AVI Germany is looking for a carrier to travel to Germany who can take some Matrimandir Calendars. They need to go to Berlin but can also be sent by parcel from within Germany. If you are traveling to Germany and are willing to help, please contact Tine for Matrimandir Publications, mob# 984398 4181 and email tine@auroville.org.in.



Thank you so much ! Tine

Available

Furniture Sale



Thanks, Tejaswini

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

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

ANNAPURNA FARM BASKETS

Annapurna Farm has been running a CSA ordering system for Annapurna produce/products (dairy, fruits, and grains) to connect with the consumers directly for a year now. The idea of the project is to deliver a selected range of produce/products on orders that could be made by simply filling in a Google form.

- Orders are delivered to Foodlink & PTPS on Saturdays.
- Some of the produce/products are exclusively available for CSA orders.

We have a WhatsApp group to make weekly announcements for the order form links and occasional farm updates. Please scan the QR code to join the group or email us at annapurnafarm@auroville.org.in to receive the order form.



Madhuri for Annapurna Farm

ABOUT ECOFARE ORGANIC TEA in Auroville

Dear Community, around 20 years ago started a collaboration between Aurovilians and a tea company in Kolkata, which produces exclusively organic tea on its tea estates in Darjeeling, Assam and other places. The company decided to go organic certified even when there was not yet organic certification in India. They received certifiers from Germany and were, after successful certification, allowed to export tea to Germany as certified organic. Despite dealing with very big buyers abroad, still today, the owners of the company are very committed to Auroville and make sure that high quality organic teas are sent to Auroville.

ECOFARE

In Auroville the teas were initially marketed through the unit Cuppa Chai. When Cuppa Chai stopped, we from ECOFARE continued the production of the tea products and developed the product range further. From the beginning we got organic certification and started with marketing the teas as 'certified organic'.

However, the collaboration with the certifier was, in many ways, not good over all the years. This summer, despite us having had the yearly audit for the renewal of certification in time, and despite the audit result having been, as in all the years before, without any objection from the side of the auditor, the certification company did not give us the renewal of the certificate for 2 months after expiry. Simple reason was that the people in the certification company were overworked. The delay damaged in various ways our unit, and also our trust in the certifier, and gave us the final push to end the collaboration with this company.

As a result, and for the time being, we are not a certified organic food processor anymore, and therefore we are not allowed to sell the organic teas as 'organic'. Please be aware that it is the same organic tea, just without the 'certified organic' label, and without the logos for organic certification.

- If there are any doubts please get back to us through ecofare@auroville.org.in. Any other feedback regarding the tea quality and product range is also welcome.

Steffen for ECOFARE

HAVE YOU DISCOVERED SUDHA'S KITCHEN?

@ Svedame, where WELL cafe used to be)
Open 8am—5pm Monday through Saturday.

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

PIZZAWALLE AT DOSA CORNER

Saturday, 9 December, 6—8:30pm

#Pizzawale

Gluten-free, vegan, locally sourced, artisanal pizzas

At Dosa Corner, above Right path Cafe
Visitor's Center



DECEMBER 9 FROM 6-8:30pm

Join us for an evening of deliciousness, guilt-free eating, meet and mingle in the warm vibe of our pop-up! FS, Aurocard and Mobile Pay accepted. **Chetana, Darren & team**

Feel free to let me know if you have any questions or suggestions! Chetana, +91-98190-04791

GERMAN BAKERY NEW OPENING HOURS

7:30am to 8:30pm

Please note that we are closed on Tuesdays.

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

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

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



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, desoldering 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

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.

Dropzy

Food, Groceries,
Fruits & Veggies,
Body Care,
Wellness, etc.

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



Neem Tree Cafe has joined Dropzy

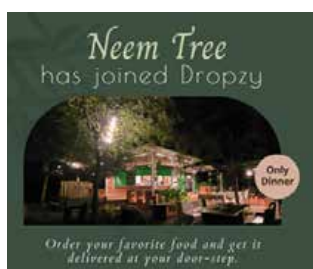
Dear Friends, Neem Tree Cafe has joined Dropzy mobile app platform to deliver your favorite food to have at your convenience from home through delivery or self-pickup.

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.

Regards, Partha, for Neem Tree Cafe Team
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**





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



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

Raju



Any Taxi bookings can be done directly to our UTS office. The contact numbers are:

- Landlines: 0413 2623586, 0413 2623587
- Cellphones: 9047015801, 9443362218
- Email: uts@auroville.org.in

Lakshmi for UTS Transport Service Team

A KIND REQUEST & REMINDER From Auroville Printers

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

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

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

Raju

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 services to our Auroville community

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

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



RAPID CARE SERVICE

- List of services provided:

Aluminum channel work, Welding, Carpentry, Masonry—renovations and re-modulation, 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

- Please contact in advance for more information and booking. 8098845200.

South-Indian Cuisine Cooking Class

- 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, rupalvathijoy@gmail.com

Rupalvathi Joy

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.



- If you have any inquiries, please don't hesitate to reach out to us at:

- surabhisupplies@auroville.org.in
- +91 98438 46458 WA/Call

lyyappan



Café Red Dot
The Conscious Café

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 has competitive fare from Chennai to Istanbul, Milan.
- Qatar** airways special fare available from Chennai to Frankfurt.
- Air Vistara** offers flights from Chennai to Paris.
- Malaysia to allow 30 days visa-free entry to Indian citizens from December 1, 2023.
- Air Asia** has many offers to the Middle and Far East.
- China** is offering Visa Free entry for citizen of several countries, please check with our office for details.

COVID cases are increasing in many Countries. We advise you to wear a mask in crowded places while traveling. Joster

Poetry

LET ME NOT TO THE MARRIAGE OF TRUE MINDS

Let me not to the marriage of true minds
Admit impediments. Love is not love
Which alters when it alteration finds,
Or bends with the remover to remove:

O no! it is an ever-fixed mark
That looks on tempests and is never shaken;
It is the star to every wandering bark,

Whose worth's unknown, although his height be taken.
Love's not Time's fool, though rosy lips and cheeks
Within his bending sickle's compass come:
Love alters not with his brief hours and weeks,
But bears it out even to the edge of doom.
If this be error and upon me proved,
I never writ, nor no man ever loved.

William Shakespeare

DANCING SHADOWS

Dancing shadows

On the wall

Only those

Moving in Light

Can do

The trick.

With joyful Gratitude,
Anandi Z.

Auroville Audio & Video

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

- [Seeking Our Inner Being, Se. 1, Ep. 1](#) (Spirituality)
- [Marlenka's weekly Offering—Ep.109](#) (Literature)
- [Une série hebdomadaire de lectures par Gangalaksh-mi—455](#) (Integral Yoga)
- [Exploring Education in Arts, Animation and Film-making—Ep. 24 'The Silent Years—Post-World War I American cinema'](#) (Cinema)

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

....and more! on www.aurovillerradio.org

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

Peace and love, Wobbi

INTERVIEWS ON

Seeking our Inner Being

Dear Community, two months ago we made a call to the Community inviting testimonials from those amongst us willing to share their personal experience of seeking their Inner/ Psychic Being. Our invitation to participants was to be as honest and led from the heart as possible and to avoid quotes and lectures; rather to share from their own unique experiential journey.

We are happy to announce that many of you responded to this call; expressing your joys and challenges, certainties and doubts, some told of hesitations, and others of a deep gratitude generated by this spiritual quest.

We hope through these interviews to offer listeners and viewers the opportunity to connect with the spiritual adventures of others and to perhaps be inspired in their own quest. The fundamental aspiration of this collective endeavor is to encourage, nourish or rekindle our inner spiritual commitment (as stated by Mother in *To Be a True Aurovilian*) and to honor its essential place at the core of our life in Auroville. Our sincere hope is that this project will also act as a unifying force for our Community, as a whole.

From **Monday 27 November** we will release **2 Audio** recordings per week. Please [click here to find the Audio](#). Video interviews will commence in about one month, and in the near future we will propose more means to share our individual and collective experiences on the topic. Stay connected to hear more exciting updates!

We express our gratitude to Matthew and Auroville Radio and for their steady support and technical help.

If you would like to take part in this project, if you want to support us, or indeed interact with the project on any level, please send us an email at being@auroville.org.in

The Seeking our Inner Being Team:
Carla, Dan, Iris

Voices and Notes

HERO WARRIORS AS PEACEMAKERS

For the Receptives, here are some current events in video for your scrutiny and wider integral understanding:

- <https://www.youtube.com/live/wiTQjOFCnll?si=s3u4HGUQd-TapWVm>

We can see from the global power play that Peacemakers must themselves be Hero Warriors (the complex battleplay of the Gita as reference). Other very interesting supporting videos on the same channel.

And then carefully go through these Divine Guidance from Sri Aurobindo and the Mother for integration:

- <https://incarnateword.in/cwm/04/3-may-1951>

'I have told you, this is what Sri Aurobindo expects us to do—you may tell me it is difficult, but I repeat that we are not here to do easy things, we are here to do difficult ones.'

It is clear that with our Avatar founders, Hero Warriors we must be:

- <https://incarnateword.in/search?query=hero+warriors&page=1&phrase=true>

From this last link these vision of the Mother stands out to be fully noticed:

'I am perfectly sure, I am quite confident, there is not the slightest doubt in my mind, that this University, which is being established here, will be the greatest seat of knowledge upon earth.'

This is crystal clear indication of Auroville also being a modern [Gurukul](#) for the Integral Yoga of our Avatar founders Sri Aurobindo and the Mother (developing events and circumstances are clearly pointing towards this manifestation). Auroville as intended by the Supreme is to be a living City of Dawn, a Cradle for the hero warriors and willing servitors of the Divine Consciousness (this implies of course that there is an opposite choice: willing servitors of the undivine consciousness). The consenting, conscious choice depends on each individual, as Auroville is a concentrated battlefield of cosmic forces, with humans conscious or otherwise as the instruments of expression. As the Mother reminds: *'Men, countries, continents! The choice is imperative: Truth or the abyss.'*

'FEAR is the greatest of all enemies and we must overcome it here, once and for all.'

21 February 1952

'To follow Sri Aurobindo in the great adventure of his Integral Yoga, one needed always to be a warrior; now that he has left us physically, one needs to be a hero.'

21 February 1954

'When you fear death it has already defeated you.'

24 April 1956

'The manifestation of the Supramental upon earth is no more a promise but a living fact, a reality.'

For the True Aurovilians, proactively remember what Auroville represents in the ongoing intense global change:

- *The whole earth must prepare itself for the advent of the new species, and Auroville wants to work consciously to hasten this advent.*
- *Little by little it will be revealed to us what this new species must be, and meanwhile, the best course is to consecrate oneself entirely to the Divine.*

Very interesting times ahead...
Zech, 2023.11.26

HARMONY

According to The Mother's, The Spiritual Name of Flowers, the spiritual name of this plant is Harmony. Its Botanical name is Antigonon, common names : chain of love, coral vine, Mexican creeper, confederate vine. It is a symbolic plant in Auroville. Is there harmony in any place in the city? W. Shakespeare wrote: 'People usually are the happiest at home!'



The new roads in the city are not the happiest place for Aurovilians. Vladimir Mayakovsky, a Russian poet, wrote: 'Life is marvelous, life is beautiful'. But roads are lifeless. Old expressions say: 'All roads go to Rome.' New roads in Auroville are an invisible graveyard for many plants. Vehicles on every road kill different animals and sometimes in accidents kill people.



Road system in Auroville is like octopus and it is not eco friendly. Plants are peaceful, roads—aggressive. Plant life is the result of a long evolution, road—new warrior against life. In China there was a 'great economical leap', in Auroville we had a similar jump with new roads.

Boris

IT'S AN OLD PENDING ISSUE

Apparently AuroOrchard is about to be exchanged. That's what I've recently heard from friends, and read from emails sent by farmers. As a member of the Farmservice I would assume that such news would reach me at least a day or two before they are spread around, but as usual, I'm the last one to know what's going on.

It seems like a lot of people are upset about this new land exchange deal.

But the reality is that the issue of exchanging AuroOrchard land is an old one. I remember it was about 10 or more years ago when Gerard (now a very old man), in one of his last Farm Group meeting's attendances, stood up and said 'Oh, if you are waiting for me to die to exchange AuroOrchard, you can just go ahead and do it right away. You don't need to wait'.

L'Avenir, LandBoard, and some other big shots from WC had an interested buyer (exchanger) waiting to sign the deal for quite a while. The Farm Group of those days knew this, had agreed with the exchange, but decided to hold the deal because of Gerard. They didn't want to disrespect/offend him. After all, he had dedicated his efforts to build and maintain a farm, which seemed to do well compared to other farms in Auroville.

So, even after Gerard finally retired, Farm Group, L'Avenir and LandBoard agreed to wait before finalizing the deal.

Now this issue is coming up again. But it is nothing new, it is in fact an old pending issue. And many of the people campaigning against it today, were actually involved in the same deal a long time ago.

So now the farmers, the RA-WCom and some other individuals, are talking about it as if it were a new issue, and some people are using this incident to create yet another sensational news.

When people ask my opinion on this land exchange issue, I tell them that I do not have an opinion about it. That's because it is a land exchange matter, and I have never been involved in that field of politics. I don't really know what is going on in that environment. And I surely don't know what challenges, puzzles and headaches are involved in that job. I am also not sure how much I understand the importance of Auroville to achieve its designed shape. I accept that I don't know enough to give an opinion about it.

All I know is that in the past LandBoard, L'Avenir and some other big shots had been involved in a few funny deals. Understandably wherever there is honey there is temptation. After all, we're just terrestrial humans. But I find it quite

amusing to see that the same people who were involved in land dealings in the past, are today pointing fingers.

Surely nobody can guarantee that this new team at LandBoard and L'Avenir will behave differently, and hopefully do more positive things for Auroville. We can only trust that the Divine is moving things in the right direction, and that everything is going to be just fine. This is the only opinion which I'm able to give.

Gino

Languages

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!



Current Schedule of Classes

Lan-guage	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 2023	10:30am—12noon	
	Conversation 2 Started 6 November 2023	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.

Tomatis

There are spaces available for both language & therapeutic programmes!

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

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

- <https://www.aurovillelanguagegelab.org/tomatis-method.php>
- <https://www.aurovillelanguagegelab.org/tomatis-kids.php>
- <https://www.youtube.com/watch?v=wnpXprTl3m0>
- <https://www.youtube.com/channel/UCeTIG0y-sBMly-wZNdzCANG/videos>
- <https://www.listenwell.com/>

To join or enquire

Please fill out our form at <http://register.aurovillelanguagegelab.org/> You may also drop us an email at info@aurovillelanguagegelab.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@aurovillelanguagegelab.org
 - Phone: (0413) 2623661, 2622467, 919843030355
- Vismai, for Language Lab Team

Classes, Workshops & Healing Arts

AUROMODE YOGA SPACE December 2023 Schedule

Registration a must for all the programs. Email or WA us to know about the fees structure and other details.

- Contact: balaganesh.siva@gmail.com & WA only +91 9892699804



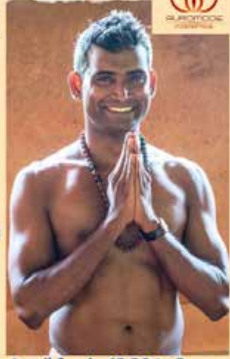
Day	Time	Description
Monday to Friday	7:30—9:30am	Vinyasa flow Asanas, Pranayama & Meditation
	11:30am—12:30pm	Mobility with Karalakattai
Tuesday	5—6pm	Bollywood Dance for KIDS
	6—7pm	Bollywood Dance for Adults
Friday	5:30—7pm	Vinyasa flow Asanas, Pranayama & Meditation
Saturday	7—9am	Karma Yoga
	10:30—11:30am	Satsang- Indian & Tamil philosophy sharing circle
	12:30—2pm	Yogic Tamil food experience
	5:30—7pm	Vinyasa flow Asanas, Pranayama & Meditation
Sunday	10am—12pm	Tamil culture tour & temple visit
	12:30—2pm	Yogic Tamil food experience
	5:30—7pm	Vinyasa flow Asanas, Pranayama & Meditation

Monday to Friday Dec 2023

Morning 7 30 to 9 30 am
Vinyasa flow Asanas, Pranayama, Meditation
11 30 am to 12 30 pm
Mobility with Karalakattai

Tuesday—Bollywood Dance kids – 5 to 6 pm
Tuesday—Bollywood Dance Adults – 6 to 7 pm
Friday –Vinyasa flow Yoga– 5 30 to 7 pm
Saturday—Karma Yoga– 7 to 9 am
Satsang –10 30 to 11 30 am
Yogic Tamil food –12 30 to 2 pm
Vinyasa Yoga– 5 30 to 7 pm
Sunday—Tamil culture & temple visit –10 to 1 pm–Yogic tamil food – 12 30 to 2 pm
Vinyasa flow Yoga–5 30 to 7 pm

Registration must –WhatsApp for fees & other details
Auromode Yoga Space
Email – balaganesh.siva@gmail.com WA + 91 98926 99804



Vinyasa flow with Bala



Vinyasa Flow yoga is a style of yoga that emphasizes the coordination of breath and movement. It is a dynamic and fluid practice that links various yoga poses together in a sequence, creating a continuous flow of postures. Vinyasa Flow classes can vary in intensity and pace, making them accessible to practitioners of different levels.

Like to try them ? Join us.

- Monday to Friday, 7:30—9:30am
- Every Friday, 5:30—7pm
- Every Saturday, 5:30—7pm
- Every Sunday, 5:30—7pm

Mobility with Karalakattai

Ready to enhance your flexibility and mobility? Karalakattai, a traditional Indian wooden tool, might just be the key! Used for centuries in Tamil Nadu, Karalakattai is a simple yet effective aid for improving joint mobility and overall flexibility. Join us every day to improve your overall posture correction.

- Monday to Friday , 11:30am—12:30pm

Bollywood dance with Pranati

Join us every Tuesday for an energetic dance session featuring choreography to Kollywood and Bollywood songs by Pranati, a versatile Bharatanatyam and contemporary dancer. Pranati believes that dance is for everyone, and with the added element of fun, it's incredibly easy for you to pick up the steps and start moving to the rhythm. Dance provides a fantastic outlet for you to sweat, let go of stress, and enjoy a good workout. No prior experience is necessary.

- Tuesday:
 - Kids, 5—6pm
 - Adults, 6—7pm

Karma Yoga

Karma Yoga emphasizes performing duties and actions without attachment to the results or fruits of those actions. We are providing an opportunity for visitors to engage in Karma Yoga at one of our organic farms. Auroville is a living proof of the effortless service of its people, and participants will have the chance to learn more about it through hands-on experience. They will also immerse themselves in the art of growing their own food. The experience includes a comprehensive farm tour, followed by a wholesome and healthy breakfast.

- Every Saturday, 7—9am

Satsang Saturdays

Satsang is a Sanskrit term that translates to association with the truth, refers to a spiritual gathering where individuals come together to discuss and contemplate spiritual topics, share insights, and deepen their understanding of philosophical principles. Immerse yourself in the wisdom of Indian and Tamil philosophical traditions as we gather for a series of enlightening talks and discussions. This Satsang is open to everyone seeking a deeper understanding of life's mysteries.

- Every Saturday, 10:30am—12noon

Yogic Tamil food

Explore the world of Yogic Tamil food with us! Did you know that chillies were introduced to India by the Portuguese, and traditional Tamil cuisine did not include them? Did you know that we don't eat raw salad as it was not offered to the Divine first through fire(heat) offering? Join us for a limited-seat Tamil culinary experience to discover authentic Tamil food that is not served in restaurants. We prepare the food fresh, local, seasonal and in yogic way. It will be a tastier menu of different food served on a banana leaf.

- Saturday, 12:30—2pm
- Sunday, 12:30—2pm

Tamil culture and temple visit

Embark on a captivating journey through the rich history of Tamils and Tamil Nadu! The Auroville region boasts temples dating back 1300 years, each with its own story of history and culture. Uncover the legends that foretold the arrival of Auroville some 600 years ago, and immerse yourself in the vibrant tapestry of Tamil Nadu's heritage. Join us and discover the timeless tales that have shaped the essence of Tamil culture & delve into the diverse facets of Tamil religion, culture, and local traditions.

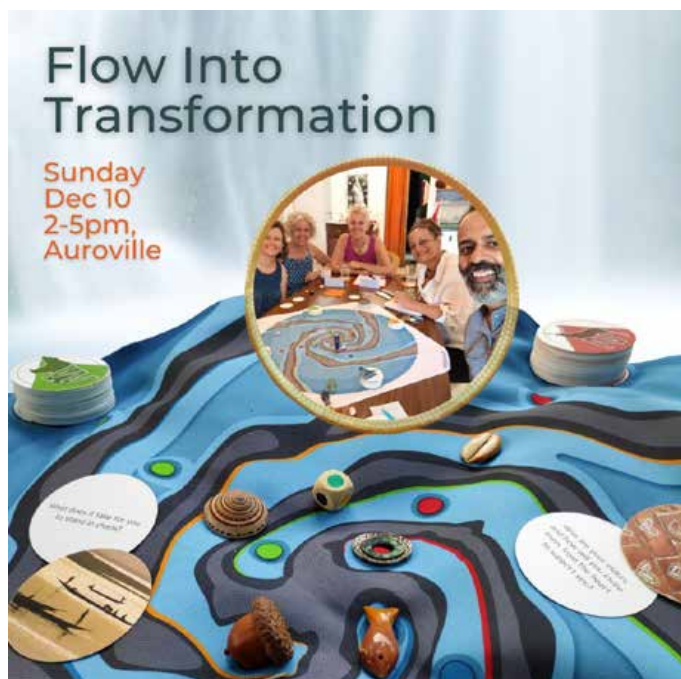
- Every Sunday, 10am—12:30pm

Balaganesh SIVA,

Balaganesh.siva@gmail.com

FLOW INTO TRANSFORMATION

Sunday, 10 December, 2—5pm



Is there a question that is burning inside you? The Flow Game is a powerful tool to transform stuckness. Within every challenge, there often lies a transformative potential. Bring a challenge that's alive in your heart. Discover your way to greater flow. Facilitator: Sandhya.

- Register now: contact@auroville-jiva.com, or +91 9443619403 WA

Warmly, Niharika Sanyal

BODY IN LIGHT

Energy Healing Workshop

December 16—17, 9am—5pm

In this 2-day workshop, learn:

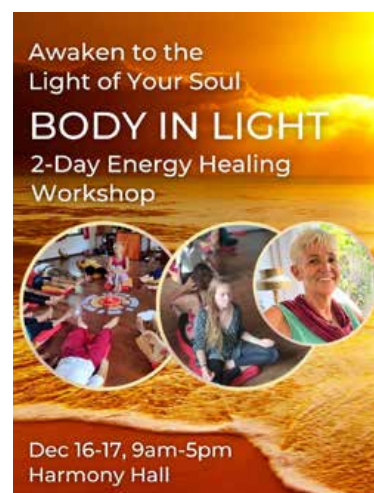
- Fundamentals, Principles and Universal Laws of energy healing
- Dive into powerful techniques for self-healing.
- Realign to the Blueprint of your Soul, your Divine Essence—through Divine Spine Alignment.
- Step into the frequency of the four powers of the Divine Mother: Wisdom, Harmony, Strength & Creation.

Facilitator: Sandhya, Energy Healer & Teacher since 25 years. Limited seats.

- Register now: contact@auroville-jiva.com, or +91 98333 84580 WA

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

Warmly, Niharika Sanyal



VOCAL EXPLORATION

Meet Body Movements

Saturday, 2 December, 10am—12:30pm

@ Joy of Impermanence, Anitya community

An activity under Lead

Your voice is a way that you carry your unique energy into a space. Sages said 'when you are aligned in body, mind, and spirit, your voice resonates a spiritual vibration'. There is a universal language, beyond words, culture, sex or nationality. A language of the heart that cuts across all difference and connects us to something greater than ourselves.

That language is music. Sound is our connection to our deepest being. It connects us to a higher consciousness, but also to our primal selves. Each one of us has access to this innate power of sound through our voice.

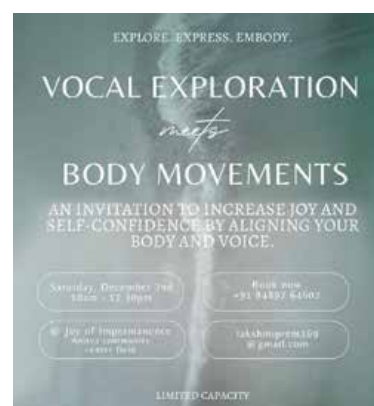
We will explore, express and embody our voices through different sounds exercises allowing ourselves to flow into body's movements liberating constriction and blockages.

Vocal Exploration meet Body movements is a journey to harmony between physical movements and vocal vibration where you can explore and discover yourself in New different ways

Come and join us! Limited space.

- Reserve Now at +91 8489764602 lakshmiprem369@gmail.com

Lakshmi Prem



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



CONSCIOUS COMMUNICATION

for Parents and Families

Thursdays, 7 & 14 December, 9:45—12:15

@ Maloka in Anitya Community

CONSCIOUS COMMUNICATION
For Parents & Families

Vega is offering 2 sessions to take positive actions to feeling better and letting go of
SHAME & GUILT

DECEMBER 7 **DEC 14**

9:45 TO 12:15 - THURSDAYS

Vega has been practicing and training in non-violent communication for the past 10 years

Confirm your presence: +91-7094058699

Hosted by Monique & Mathilde
Location: @Maloka in Anitya Community

Shame and guilt are one of strong emotions we experience, yet we often don't know what it does indicate, or how we can deal with them.

In these 2 sessions we will look into shame and guilt more closely, and see how we can embrace them and take care of ourselves in a loving way.

Vega, Monique and Mathilde
+91 7094058699

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

1. have two sessions a month every other Saturday. Over a period of six months.

2. have four sessions a month every Saturday Over a period of three Months

3. 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

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	Shamanic Thursday	Sacred Sunday
Vowels' chants	Shamanism	Mantras
Overtones (throat singing)	Reverse Bijas mantra	Desert's sounds
Kototamas	Overtones	Harmonics
	Electric energy	(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

The full Moon: 26, 27, 28 December, 7—9pm.

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

Yehovind

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

- 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**

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**



Traditional Mantras & Stotras Chanting Classes



at Serendipity Community

Thursday 9:00 AM (drop-in class)

Friday 5:00 PM (regular class)

with Sonia Novaes

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

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

ARKA WELLNESS CENTER & MULTIPURPOSE HALL

Regular activities, 0413 2623799

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

PITANGA

Program for December 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.

• Iyengar Yoga classes with Tatiana are paused until further notice.

- 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.

• Art Therapy class with Gala

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

Drop-In Classes

	Class & teacher	Class level
Mondays		
7:30—9am	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	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	Asanas with Rachel	All levels
8:30—10am	Yoga Therapy with Gala	All levels
9—10am (not in December)	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 in December)	Feldenkrais class with Shari	All levels

Saturdays		
11am—12:30pm	Iyengar Yoga with Tatiana (on pause until further notice)	Mixed levels
11am—12:15pm	ATB explorations with Isora, Rosario and Teresa	All are welcome
4:30—5:30pm	Bodymusic with Anandi Z	All are welcome

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

Healing Space

• By appointment, 262403, 9443902403

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

Born Free: A Five Hour Transformative Workshop

- Monday 11 to Friday 15 December, 1 hour daily: 12:45—1:45pm by Ange Blanchflower

Do you feel dissatisfied in any area of your life? Do you have dreams, great goals and ideas on how would you like to live your life, but you don't know how to do it?

- Please register with Pitanga: info@pitanga.in with your name and contact phone number.

The workshop is offered free of charge to residents. Limited places available



Vocal Sound Healing not on 22 and 29 December

- 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.

Body Music

- Every Tuesday, 3:30—4:30pm and Saturday 4:30—5:30pm

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. Verena



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
Ayurvedic Abhyanga Massage	Only for women
Hypnotherapy	@ Holistic health care

www.auroville-holistic.com, Christine



Baby Watsu Classes with Appie & Friederike

- Friday, 1 & 8 December, 9:30—11 am

A special opportunity to connect with your baby! You'll be guided on how to hold, feel and move your baby, using the qualities of warm water, so that you and your baby can feel safe, at ease, and enjoy this quality time together. You'll learn and practice the basics in the group, while you stay focused on your baby's needs in the moment. In the end, there is free playtime.

- Please bring towels and a closing swimming pants for your baby. For babies between 2 and 12 months with their parents.

Hawaiian Hot Stones Massage Course with Sang

- Friday, 1, till Sunday, 3 December, 8am—6pm

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. They are used to help relax and ease tense muscles and damaged soft tissues throughout the body. 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.

WOGA® (Yoga in Water) 1 & 2 with Dariya

- Saturday, 16 & Sunday, 17 December
9am—5pm, 12 hours

Woga is the union of two words: water and yoga and based on classic yoga poses and stretches, modified for standing in pool water, which is waist-to-chest high. Sessions are structured like their yoga equivalents on land: breathing, warm-up exercises, a series of poses, and a relaxation period. The difference is that you are in a warm water pool!

Focus of Woga 1&2 is Hatha Yoga in water (asanas in standing position, on the wall, in floating position), pranayama and meditation. Thanks to decrease in gravity, water allows greater ease of movement, unblocks articulations, lengthens and melts muscles, and removes negative tensions, thereby preventing stress, insomnia and anxiety.

- No previous experience required (also no need to know how to swim)! Certificate upon completion of the course.

WATA / Waterdance Fundamental with Robert

- Sunday, 10—Friday, 15 December,
8:45am—6pm, 50 hours

A 6-day course on the surface as well as underwater. In WATA Fundamental, we'll focus on the three essential aspects of WaterDance: vertical grounding, posture (of both giver and receiver) and the breath. We also practice the beginning and end of a session and the basic movements, which form the essential core of this form of aquatic bodywork.

The second part of this training is dedicated to a playful and, at the same time, attentive introduction to bring our partner underwater; fears or apprehensions of going underwater will be given the time needed to arise and be integrated. On land, various tools like guided meditations, body & energy work, active breathing exercises, communication skills, and conscious contact with the earth, will help to balance the four elements in and around us.

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

Watsu® Yoga Round with Fred & Roberto

- Monday, 18 December, 3—6:30pm

Watsu Yoga Round is a powerful tool for deep relaxation and inner peace. It focuses on listening to the body and presence; it represents a way to come back to your heart, to an inner silence that is fully alive and vibrant. It is an invitation to feel, awaken and celebrate the energy of your being.

When immersed in warm water during the Watsu Yoga Round, the body does not suffer from the effects of gravity; the flow of movements and stretching, alternated with moments of stillness, invite a progressive well-being: body and mind become free to dance!

- No previous experience required (also no need to know how to swim)!

Watsu® & OBA® Basic with Dariya & Daniel

- Tuesday, 19—Sunday, 24 December 1—6pm, 31 hours

Watsu & OBA are aquatic bodywork modalities given in a warm water pool (ideally 35°C). Watsu, the part where the client's face stays always on the surface, introduces the qualities and body mechanics required to work with someone in water in order to create a profound state of both physical and mental relaxation. During the OBA part the receiver is also brought under water (with nose clip), which offers a unique experience.

In this course, you will practice basic techniques and qualities (grounding, presence, stillness, movement, attention) of being and moving another body in water. You will experience floating other people and being floated, on the surface and underwater, thereby creating space for deep relaxation and nurturing body, mind and spirit. Participants in this course often appreciate the group space, which fosters deep, meaningful and nurturing connections.

- **Prerequisites:** no previous experience required. Certificate upon completion of the course.

Watsu® 1 (Transition Flow) with Dariya & Daniel

- Tuesday, 26—Saturday, 30 December, 8:45am—6pm,
34 hours

A 5-day course on the surface only. Watsu 1 (Transition Flow) teaches to connect the basic movements and positions you have learned in Watsu Basic with long, gracefully flowing transitions and to adapt this work to people of different sizes, shapes, and dispositions. You will also learn about your own body mechanics and how to support and move each person as effortlessly as possible. On land, you will be introduced to both Co-Centering and Tantsu, and explore what being held means to you and others.

- **Prerequisites:** Watsu Basic. Certificate upon completion of the course.

www.quiethhealingcenter.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
	Face & Eye Yoga	3:30—4:30pm	Mamta
	Vinyasa Flow (no class on 26 December)	5—6pm	Rebeca
	Hatha Yoga & Flow	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
	Hatha Yoga & Flow (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 December)	7:30—8:30am	Mamta
	Sivananda Yoga	5—6pm	Mani
	Mindful Flow—Awaken in Movement & Stillness (no class on 9 & 30 Dec)	5—6pm	Savitri

Workshops (pre-registration required)

Day & Date	Workshops	Timings	Presenters
Friday, December 1 & Saturday, December 2	Compassionate Communication—Based on Non-violent Communication	9:30am—4:30pm 9:30am—1pm	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—12pm	Radhika

Saturday, December 9	Introduction to Awareness Through the Body	9:30am—12:30pm	Suryamayi & Vega
Friday, December 15	Face & Eye Yoga : Face Yourself	9:30am—12pm	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
December 16, 17, 18, 19 Saturday to Tuesday	5 Rhythms: Conscious Dance (4 day workshop)	2—4:30pm 9:30am—4:30pm	Sudevi
Saturday, December 23	Sivananda Yoga: Masterclass	9:30am—12pm	Mani
Saturday, December 23	Master Class—Breath, Mantra, Asanas & Prana Nidra for Energy Pathways	9:30am—12pm	Andres
Saturday, December 30	Safe Yoga Asana Practice: Do's & Don'ts	9:30am—12pm	Rebeca

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

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



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 non-violent 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.

Understanding Pranayama and its Practice in Asanas and Meditation, with Radhika

• Friday, 8 December, 9:30am—12pm

Pranayama is a system of breathing techniques that helps us to harness the power of our life energy. In this workshop we will focus our attention on pranayama and discover the effect of various techniques on our breath. We will explore different pranayama practices, using some of these in a sequence of asanas and maintain observation of our breath in a guided meditation.

Introduction to Awareness Through the Body, with Suryamayi & Vega

• Saturday, 9 December, 9:30am—12pm

Awareness through the Body is an integral yoga practice developed in Auroville, that offers practitioners the possibility to consciously explore the embodiment of the being through which we experience our inner and outer worlds. ATB uses a wide variety of introspective, interactive, dynamic, meditative, and playful exercises and activities, relating to attention & concentration, relaxation, breath, sensory and kinesiographical awareness (and more!) to discover the existing connections between the mind, emotions (vital), the physical and subtle physical (energy) planes of the being. The aim is to integrate these different parts into a more harmonious whole, organized around our inmost center. Join us for an introductory experience of this unique practice!

Savitri, Programs Coordinator,
Vérité Programming

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

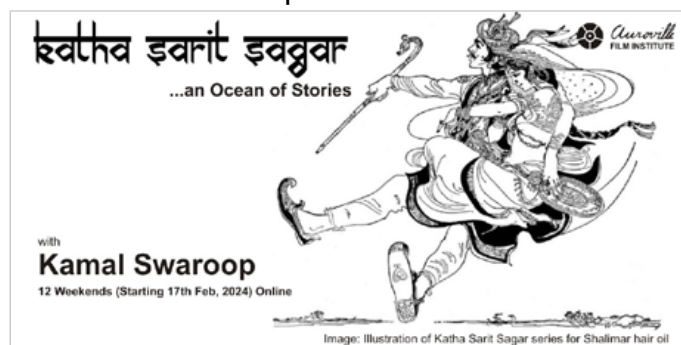


Image: Illustration of Katha Sarit Sagar series for Shalimar hair oil

- 12 Weekends, Online.
- Starting 17 February 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

For more information write to:

support_filminstitute@auroville.org.in

The Art of Pitching, Impact & Distribution



• 3 to 7 January, Auroville

- How to find the core of your story;
- Development of your project & art of pitching;
- How to make your local story become global success;
- What is the producer's role and creative producing;
- Audience development, festivals & distribution strategies.

Join the 5 days Creative Retreat and learn more about the self and the practical know-how from award winning producer and distributor Irena Taskovski from 3 to 7 January in Auroville

To know more please visit:

- <https://filminstitute.auroville.org/.../the-art-of-.../>
- Or message +91 9969879319 WA & Telegram

Study Circle

• 5:30—7pm, @ Auroville Film Institute, India Space, Bharat Nivas

Film Institute @ Auroville is delighted to introduce an open Study Circle. It is designed in concurrence with the ongoing research and academic pursuits of the Film Institute Bharat Nivas Fellows. The sessions are open for all.

BHARAT NIVAS
PAVILION OF INDIA: AUROVILLE

Week 20—Subaltern Narratives

Upcoming Week's Schedule

Friday	01-12-23	Film Screening	Donkey in a Brahmin Village by John Abraham
Saturday	02-12-23	Film Screening	Who is Dhamu—Documentary by Rivu Laha
Sunday	03-12-23	Reading & Discussion	Can the Subaltern Speak—Gayatri Spivak
Monday	04-12-23	Film Screening	Fandry by Nagraj Manjule
Tuesday	05-12-23	Reading & Discussion	Annihilation of Caste by Dr. Ambedkar (part 1)
Wednesday	06-12-23	Reading & Discussion	Annihilation of Caste by Dr. Ambedkar (part 2)

• For more information write to:

support_filminstitute@auroville.org.in

Warm Regards, Richa, +91 9969879319

Synopsis: In 1845, three Christian families, steeped in biblical culture, allowed themselves to be guided across the plains of Oregon towards an idyllic West by Stephen Meek. He claims to take them there by taking the ideal shortcut, but in reality the convoy is going in circles in a desert area. Thirsty and exhausted, the families have a growing mistrust of Meek. The meeting with a Paiute Indian in fact becomes the only tangible hope of finding a water point... Kelly Richards once again surprises us with a slow paced, artistic, 'revisionist' take on the American Western! (Ref. Aurofilm showed 'First Cow' a few months ago) *Original English version with English Subtitles. Duration 1h44'* **Surya**

21:15 Free bus from Sadhana Forest back to Solar Kitchen



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

Tristan Harris, co-founder of Center for Humane Technology, is collaborating with policymakers, researchers and AI technology insiders to de-escalate the competitive pressures driving AI deployment towards a dangerous future. Join him as he shares a vision for the principles we need to navigate the rocky road ahead. The film will be followed by a conversation with Nipun Mehta:

Nipun Mehta is the founder of ServiceSpace, an incubator of projects that works at the intersection of technology, volunteerism and a gift culture. **Shek**

Shek



Marco and Nina for Cinema Paradiso



Tuesday, 5 December, 8pm @ Cinema Paradiso

India, 2023, Dir. Ankit Pogula w/ Neelkanth Mama, Vajir Demmanaver, and others, Documentary, 63mins, Kannada—Marathi—Hindi w/ English subtitles, Rated: NR (G)

For Mama and Vajir, the world revolves around their walking sheep. Along with fellow kurba -s (nomadic shepherds, Karnataka), they walk hundreds of kilometers from forests to farms to keep alive what they believe is the last connection between civil and wild. Lately, this timeless walk has been thrown into turmoil by barricaded commons and high-speed highways. The next generation aspires for stationed lives and have become reluctant walkers. Amongst this, Mama a veteran shepherd of 7 decades and Vajir, a master shepherd, walk through India's oldest landscapes bridging worlds, which know less of each other. The film is an exploration of this passionate quest—why should the sheep keep walking?

The film's director Ankit Pogula and cinematographer Anshul Uniyal will be present for this premiere event! The audience will have the opportunity to have a brief Q&A session with them, following the screening. Don't Miss!

- Seating/entry BEFORE 8pm on first come basis **Nina**



ALT EFF 2023 AND CINEMA PARADISO PRESENTS

Multimedia Center (MMC) Auditorium

Film Program

4 December 2023 to 9 December 2023

ALT EFF 2023, All Living Things Environmental Film Festival (ALT EFF) 2023, in its fourth year, set to take place between 1 and 10 December 2023 across 25+ cities and towns via local partners. **Cinema Paradiso** is happy to collaborate as a screening partner with the ALT EFF 2023 to bring you six selected films. All films at ALT EFF, including our selection, are meant to catalyze widespread transformative climate action by increasing climate awareness through cinema.

ALT EFF—Monday, 4 December, 8pm NANSEI NILAM (Changing landscape)

India, 2022, Dir. Pravin Selvam, Documentary, 58mins, Tamil w/ English subtitles, Rated: NR (G)

The film focuses on the plight of the wetlands which are getting ruined by stone quarrying, close to Vedanthangal Bird Sanctuary, in Tamil Nadu. Last 18 years people have been protesting the quarrying due to its adverse effects on the wetlands and the overall ecology. But regardless of that, their farmlands are getting seized gradually by power and violence raising ecological fears of further deterioration.

ALT EFF—Tuesday, 5 December, 8pm BHED CHAL (Herd walk)

India, 2023, Dir. Ankit Pogula w/ Neelkanth Mama, Vajir Demmanaver, and others, Documentary, 84mins, Kannada-Marathi-Hindi w/ English subtitles, Rated: NR (G)

For Mama and Vajir, the world revolves around their walking sheep. Along with fellow kurba-s (nomadic shepherds, Karnataka), they walk hundreds of kilometers from forests to farms to keep alive what they believe is the last connection between civil and wild. Lately, this timeless walk has been thrown into turmoil by barricaded commons and high-speed highways. The next generation aspires for stationed lives and have become reluctant walkers. Amongst this, Mama a veteran shepherd of 7 decades and Vajir, a master shepherd, walk through India's oldest landscapes bridging worlds, which know less of each other. The film is an exploration of this passionate quest—why should the sheep keep walking?

The film's director Ankit Pogula and cinematographer Anshul Uniyal will be present for this PREMIERE event! The audience will have the opportunity to have a brief Q&A session with them, following the screening. Don't Miss!

ALT EFF—Wednesday, 6 December, 8pm PLANET SOIL

Netherlands, 2023, Dir. Mark Verkerk w/ Marc van Will, and others, Documentary, 83mins, Dutch-English w/ English subtitles, Rated: NR

With this film we want the audience to marvel at the extraordinary life we encounter just under our feet. The group embarks on an experiment: they want to 'transform' a piece of farmland with a monoculture of English ryegrass into a productive vegetable garden—and the big question is: Will it work?! Not just at the garden but all around, animals, birds and insects suddenly return. The micro-world also gets a boost. From there, through the soil, the viewer learns how wondrous and ingenious underground life is. It shows how resilient and resourceful nature is. Nature does the work itself. We only have to help and above all, listen to what that soil has to say to us. We humans are not separate from nature, we Are nature. It is about rewilding the soil.

ALT EFF—Thursday, 7 December, 8pm AGAINST THE TIDE

India-France, 2023, Dir. Sarvnik Kaur w/Rakesh Koli, Ganesh Nakhawa, and others, Documentary, 97mins, Koli-Marathi-Hindi w/ English subtitles, Rated: NR (G)

Bombay fishermen Rakesh and Ganesh are inheritors of the great Koli knowledge system—a way to harvest the sea by following the moon and the tides. Rakesh has kept faith in the traditional fishing methods while Ganesh has strayed away from them, embracing technology. This film is a tale of friendship and rising resentment between the two men, as close as brothers, against the backdrop of an adoring sea, which is increasingly turning hostile because of climate change.

ALT EFF—Saturday, 9 December, 8pm WE ARE GUARDIANS

Brazil, 2023, Dir. Edivan Guajajara-Chelsea Greene-Rob Grobman, Documentary, 82mins, Portuguese-Tupi-English w/English subtitles, Rated: NR (G)

The film follows indigenous forest guardian Marçal Guajajara and activist Puyr Tembê as they fight to protect their territories from deforestation; an illegal logger who has no choice but to cut the forest down; and a large landowner at the mercy of thousands of invaders and extractive industry. Through intimate, character-focused storytelling, the film brings the issues to the forefront — from the science of the Amazon Rainforest and its pivotal role in our global climate stability to the economic drivers of deforestation, the impact of which ripples out far beyond the boundaries of the Amazon itself.

ALT EFF Children's Matinee, Sunday 10 December, 4:30pm PATRICK AND THE WHALE

Austria, 2022, Dir. Mark Fletcher, Documentary, 72mins, English, Rated: NR (G)

For years, Patrick Dykstra has dedicated his life to travelling the globe, following, and diving with whales. Over the years, Patrick has learned how whales see and hear, how they perceive other creatures in the water and how they behave at close quarters. He has a finely tuned sense and knows how to act when within touching distance of a whale—what to do, what not to do and when. This allows him to consistently get closer than anyone else alive—a truly unique skill. We follow Patrick as he travels to Dominica again to find this special whale he named 'Dolores' so she can help him show us the hidden world of her species. *[Please note: This screening exceptionally will start at 4:30pm and not at 4pm].*

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



CINEMA PARADISO
Multimedia Center (MMC) Auditorium
Film Program
4 December to 10 December 2023

Cinema Paradiso-Multimedia Center is operating at 100% seating capacity. To organize a seminar/program at MMC kindly email us. Our projector is crawling towards the end of its life, compelling us to look for a new one. You could financially support through a one-time or recurring donations. Please find necessary details at the end of this note.

ALT EFF 2023

All Living Things Environmental Film Festival (ALT EFF) 2023, in its fourth year, set to take place between 1 and 10 December 2023 across 25+ cities and towns via local partners. Cinema Paradiso is happy to collaborate with the ALT EFF 2023 to bring you six selected films between 4th (Monday) and 9th (Saturday) December and Children's Matinee on 10th (Sunday) December 2023 at 4:30pm. All films at ALT EFF are meant to catalyze widespread transformative climate action by increasing climate awareness through cinema.

- Please see the details for each ALT EFF films in a separate announcement [above](#).

Kurosawa's Samurai Movies @ Ciné-Club:

Ciné-Club Sunday, 10 December, 8pm

KUMONOSU-JŌ (Throne of blood)

Japan, 1957, Dir. Akira Kurosawa, w/ Toshirō Mifune, Minoru Chiaki, and others, Drama, 110 mins, Japanese w/ English subtitles, Rated: NR.

Washizu is a brave samurai who helps his lord to fight off a violent rebellion. Washizu and his friend Miki are riding through Cobweb Forest when a spirit appears to them and makes predictions which fire their ambitions. When Washizu explains this vision to his wife Asaji, she urges him to murder his lord and rule in his stead. Thus, the tragedy begins.

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.

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Thanking You, Nina for MMC/CP

Group Account #105106, mmcauditorium@auroville.org.in



CINEMA PARADISO
Multimedia Center (MMC) Auditorium

Dear All, Cinema Paradiso brings you films for six evenings and a children's matinee on Sundays. These films are not for casual entertainment but rather a window of the world, people, their character, culture, and Nature. It is to develop a deeper appreciation for the world, for each other and the art of filmmaking.

The films are meant for members of the community and interested people in the bioregion. Anyone else is welcome but only if it does not disrupt the atmosphere. To ensure that, for now we are requiring people to arrive at least 15mins ahead of posted time (i.e., 7:45pm for evening screenings) and be seated by 8:00pm. Also, a reminder that no food and beverage should be at the venue at any time, and during the show, no chit-chats and cell phones please.

We will try this for now. If this does not work, we will have to think of more stringent measures.

Thank you for understanding and for your cooperation!

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

Emergency Services

Ambulance (24/7): Auroville—9442224680

- PIMS—0413 2656271

Security (24/7):

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

Health: Health Center—0413 2622123

- Santé—0413 2622803
- Farewell—8903836246

Mental health 24/7 support:

- Vandrevalla Foundation +91 9999666555

India Emergency Response Service (24/7): 108