



# News Notes

#1004 A weekly bulletin for residents of Auroville 7 December 2023



Sri Aurobindo was not compelled to leave his body,  
he chose to do so for reasons so sublime that they are beyond the reach of human mentality.

*The Mother*

Hearken to me and understand, O Nachiketas; I declare to thee that heavenly Flame, for I know it.  
Know this to be the possession of infinite existence and the foundation and the thing  
hidden in the secret cave of our being

*Katha Upanishad*

## Pondering



But then it appears immediately that as Mind is only a final operation of Supermind, so Life is only a final operation of the Consciousness-Force of which Real-Idea is the determinative form and creative agent. Consciousness that is Force is the nature of Being and this conscious Being manifested as a creative Knowledge-Will is the Real-Idea or Supermind.

*Death, Desire and Incapacity,  
The Life Divine by Sri Aurobindo*

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# #Pizzawale

Gluten-free, vegan, locally sourced, artisanal pizzas

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



DECEMBER 9 FROM 6-8:30pm



### EDITORS' NOTE

#### **Dear readers of paper version!**

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

The only excuse of late delivery is rain on Friday.

Light and Peace,  
Roy and AgniJata  
[newsandnotes@auroville.org.in](mailto:newsandnotes@auroville.org.in)

# House of Mother's Agenda



*(continued from last week)*

The gnostic being has the will of action but also the knowledge of what is to be willed and the power to effectuate its knowledge; it will not be led from ignorance to do what is not to be done. Moreover, its action is not the seeking for a fruit or result; its joy is in being and doing, in pure state of spirit, in pure act of spirit, in the pure bliss of the spirit. As its static consciousness will contain all in itself and must be, therefore, for ever self-fulfilled, so its dynamis of consciousness will find in each step and in each act a spiritual freedom and a self-fulfilment. All will be seen in its relation to the whole, so that each step will be luminous and joyous and satisfying in itself because each is in unison with a luminous totality. This consciousness, this living in the spiritual totality and acting from it, a satisfied totality in essence of being and a satisfied totality in the dynamic movement of being, the sense of the relations of that totality accompanying each step, is indeed the very mark of a supramental consciousness and distinguishes it from the disintegrated, ignorantly successive steps of our consciousness in the Ignorance. The gnostic existence and delight of existence is a universal and total being and delight, and there will be the presence of that totality and universality in each separate movement: in each there will be, not a partial experience of self or a fractional bit of its joy, but the sense of the whole movement of an integral being and the presence of its entire and integral bliss of being, Ananda. The gnostic being's knowledge self-realised in action will be, not an ideative knowledge, but the Real-Idea of the supermind, the instrumentation of an essential light of Consciousness; it will be the self-light of all the reality of being and becoming pouring itself out continually and filling every particular act and activity with the pure and whole delight of its self-existence. For an infinite consciousness with its knowledge by identity there is in each differentiation the joy and experience of the Identical, in each finite is felt the Infinite.

An evolution of gnostic consciousness brings with it a transformation of our world-consciousness and world-action: for it takes up into the new power of awareness not only the inner existence but our outer being and our world-being; there is a remaking of both, an integration of them in the sense and power of the spiritual existence. There must come upon us in the change at once a reversal and rejection of our present way of existence and a fulfilment of its inner trend and tendency. For we stand now between these two terms, an outer world of Life and Matter that has made us and a remaking of the world by ourselves in the sense of the evolving Spirit. Our present way of living is at once a subjection to Life-Force and Matter and a struggle

with Life and Matter. In its first appearance an outer existence creates by our reactions to it an inner or mental existence; if we shape ourselves at all, it is in most men less by the conscious pressure of a free soul or intelligence from within than by a response to our environment and the world-Nature acting upon us: but what we move towards in the development of our conscious being is an inner existence creating by its knowledge and power its own outer form of living and self-expressive environment of living. In the gnostic nature this movement will have consummated itself; the nature of living will be an accomplished inner existence whose light and power will take perfect body in the outer life. The gnostic being will take up the world of Life and Matter, but he will turn and adapt it to his own truth and purpose of existence; he will mould life itself into his own spiritual image, and this he will be able to do because he has the secret of a spiritual creation and is in communion and oneness with the Creator within him. This will be first effective in the shaping of his own inner and outer individual existence, but the same power and principle will operate in any common gnostic life; the relations of gnostic being with gnostic being will be the expression of their one gnostic self and supernature shaping into a significant power and form of itself the whole common existence.

*(to be continued next week)*

**Sri Aurobindo. The Life Divine**

[https://sri-aurobindo.co.in/workings/sa/37\\_21\\_22/the\\_life\\_divine\\_21\\_22.pdf](https://sri-aurobindo.co.in/workings/sa/37_21_22/the_life_divine_21_22.pdf)

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



# Townhall Speaks

## WORKING COMMITTEE REPORT of the AuroOrchard issue

### Background to the land exchange for AuroOrchard

- The land at AuroOrchard was bought for the Mother like many other land parcels acquired for the Auroville Township at the time when she was still present. Not all city area lands are being used as they should be and some are encroached.
- Once the Township area was fixed with the Banyan tree as the center, the city area became a priority to acquire once the Auroville Foundation Act came into place. As there was not enough money to buy everything, one option was to sell or exchange outlying land that was not part of the master plan.
- However, exchange of land was not possible then as per Gol instructions. Several requests were sent to the Ministry by previous Secretaries of the Auroville Foundation over the years to allow exchange of Auroville lands to buy city lands for consolidating the city area.
- The landowner of a crucial piece of land on the Crown only wanted an exchange with a portion of land at AuroOrchard. This is the case with most landowners in the city area who only want to exchange, not sell.
- As this was not immediately possible, the present Secretary initiated a negotiation with the said landowner to buy his land, as it was crucial for the Crown work now underway. Unfortunately this was called off as he received pressure from 'some people' not to do so.
- Meanwhile government clearance to do land exchange for the city was granted and the said landowner went back to demanding the AuroOrchard part in exchange despite being proposed several other plots.
- On the recommendations of the Land Committee, the Governing Board has now cleared the exchange of Auro Orchard land, it will have to go ahead and the Foundation has to find a reasonable solution.

### Details of the Exchange

- According to the Auroville Foundation: after assessing the land, they marked areas mostly unused and not under any cultivation.
- They made sure to leave out houses and cultivated land.
- A cowshed remains which can be moved and which the new landowner to whom the land has been exchanged is open to help build and fund; He has also offered to help to dig a bore well which now falls on the other side.
- This person has offered Auroville 14.135 acres with 7.66 acres in the city area and 6.475 acres in the Greenbelt. In exchange Auroville is giving him only 10 acres of land.

Out of the 46 acres in the complex, approx. 15 acres are being fully used. However, out of 46 acres at AuroOrchard/ Hope only 16 acres are being proposed for exchange leaving 30 acres for AuroOrchard.

### Going Forward

- It is important to find a harmonious agreement for the sake of Auroville which will go a long way and have good relations with the new neighbor so there are no interferences or acrimonious incidents in the future.

### Addressing False Statements

- No houses are being touched
- The coconut grove is not being taken
- The Foundation team met with the people on the farm before taking a decision unlike what is being insinuated.
- A video has been circulated by a group implying that the Mother came to Auro Orchard by conflating a video of the Mother's visit to New Horizon Mills. This is truly deplorable, specially when done in the name of Consciousness.

It is time, after 55 years, to start collaborating to find the best solutions for Auroville instead of persisting with blockades and resistances which are not helping us. Some give and take by Aurovilians will help achieve the land needed for the city area that the Mother had approved, for the city She wanted to complete in 20 years. Fortunately, discussions are on and we are hoping for a positive outcome.

Also [attached is the 2013 letter of Dr Karan Singh](#), former Chairman of the Governing Board, to the residents of Auroville, to see how long this problem has persisted and is self explanatory under the circumstances.

*Joseba, WC member.*

### ATDC APPLICATION ANNOUNCEMENT 07-12-2023



Auroville  
Town  
Development  
Council

*L'avenir d'Auroville*

Following the feedback period, the following application's Site Approval has been reassessed and rescinded:

### AUROYALI—Site Application

- **Applicant/s:** Mohan Jayaraman, Rena, Subbulakshmi
- **Location/area:** Outside Master Plan
- **Area for which approval is sought:** 15,478 sq.m
- **Project brief:** Auroyali is a construction unit in Auroville under Kattida Kalai Trust. The unit had a site and workshop in the International Zone, which was temporary and was always intended to be moved to another location.

**Rescinded approval for:** Plot no. TH 165/8 (behind Grand Serena Hotel) and the adjacent plot no. TH 164/3 for temporary approval.

**Next course of action:** L'avenir d'Auroville will find a suitable alternative for the unit, currently and temporarily located in the International Zone.

### Constructive feedback guidelines

Till 2022, while giving permissions, we have asked the project team to include approval from the neighbors. This has no resonance with the ideals of Auroville where we committed to a life guided by no desire, no preferences and no sense of ownership. This 'approval from the neighbors' is no longer part of the application process as this has no place in Auroville.

Similarly when we publish projects for approval, we will discard all personal feedback with respect to 'neighbors choosing neighbors' or 'neighbors choosing development guidelines'. All other feedback is welcome and will be part of the process.

**No matter the personal opinions and attachments some may have regarding some projects, we take this opportunity to invite Aurovilians to use a tone in their feedback, inspired by The Spirit of Auroville, Human Unity and progressive harmony.**

- To contact L'avenir d'Auroville (ATDC) write to: [avenir@auroville.org.in](mailto:avenir@auroville.org.in)

**Warm regards, Dr G. Seetharaman (MS), Govind, Jaya, Ponnusamy, Sindhuja & Toby**



## FROM THE ENTRY SERVICE—ES # 209

Dated: 7-12-2023

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

### Newcomer Confirmed

- Ayse Seza ASLANBAS (Turkish)
- Balaji KARUNAKARAN (Indian)
- Dhesh M (Indian)

### Aurovillian Announced



Prahit



Rajinikanth



Tommaso

- Pranit DASWANI (Indian) staying in Sharnga (Aurora's place) and working at Botanical Garden & Svaram
- Rajinikanth RATHINAPILLAI (Indian) staying in Horizon and working at Solar Kitchen
- Tommaso D'AVANZO (Italian) staying in Horizon and working at Svaram

### Aurovillian Confirmed

- Meenakshi Lall (Canadian)
- Song Wan PARK (Korean)

### Youth Turned 18 Announced

- Chandru SANKAR (Indian) staying in Promesse and working at Svaram



Chandru

**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.

**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

## CLARIFICATION

Dear Community, It seems there is confusion circulating about the statement made by the GB Working Com about the Entry in the 'Community Connect' organized by AWARE on Saturday 18 November.

In this communication we would like to address a few erroneous statements that were made at that meeting. It was said that the Entry Board is maintaining a Blacklist of Applicants/ Newcomers, and that emails asking for clarification were not being answered.

We deny both the statements.

As the Admission Committee, also known as the Entry Board, we want to state that we are ready to address any concerns regarding our working group ethics that may have arisen.

It's important to clarify that we do not maintain a Blacklist of individuals. Our actions are guided by the policy approved by the community in 2017. Non-compliance with this policy may result in exclusion from the admission process or a request to reapply at a later time.

Every feedback is looked into and in case of conflict or disharmony, we strive to look for solutions. All candidates are requested to fulfill the criteria of working full time, living in Auroville, the motivation and understanding of the Charter and reason d'Etre of Auroville.

It has been stated in that meeting that the Entry Service hasn't been answering emails.

Please note that since August 2022 the Entry Service has lost access to our Inbox and drive on 'auroville.org.in'. We have reached out multiple times to the GB Working Committee and the Office of AV Foundation for the past 1.5 years, yet we have not received any official or unofficial explanation regarding the disconnection. Since then we have announced our new contact details in all our communications (see announcement in News and Notes and AuroNet).

- Please contact us on: [auroville.entryservice@gmail.com](mailto:auroville.entryservice@gmail.com)

Lastly, for the past three months, we have an 'Open House' timing, every Friday from 10am to 12pm to address any doubts or special requests from anyone.

One or two members of the Board are always there at that time (on top of members of the secretariat).

*Warmly, William for The Entry Service*

# Community News

*Awakening Spirit*

## AMPHITHEATRE—MATRIMANDIR

Every Thursday at Sunset (weather permitting)

5:30—6pm

### Meditation with Savitri,

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

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

- **Reminder to all:** the Park of Unity is a place for silence, meditation and inner work, and is to be used only as such. We request everyone: please do not use cameras, I-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*

**SAVITRI BHAVAN  
December 2023**



**Exhibitions**

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

**Films**

**Mondays at 4pm in the Sangam Hall**

- **December 11:** Meditations on Savitri, Book One—The Book of Beginnings, Canto 1: The Symbol Dawn. A meditative film of passages from Sri Aurobindo's epic poem SAVITRI—A Legend and a Symbol, read by the Mother, accompanied by Her own organ music and illustrated with paintings by Huta. Duration: 40min.
- **December 18:** Sri Aurobindo's Savitri as the Veda of the Future In this video-talk Dr Alok Pandey talks about parallels between the Vedas and Sri Aurobindo's Savitri. Duration: 85min.
- **December 25:** HOME—the Earth: our home is a miracle and a beauty. The film wakes us up and to become more conscious and careful with our beautiful blue home. Duration: 94min.

**Full Moon Gathering**

- **Tuesday, 26 December, 7:15—8:15pm** in front of Sri Aurobindo's statue

**Dream Divine Series**

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

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

**Regular Activities**

- **Sundays 10:30—12noon:** Savitri Study Circle led by Larry Seidlitz
- **Mondays 3—4pm:** The Knowledge and Ignorance—The Spiritual Evolution in The Life Divine led by Dr. Jai Singh
- **Tuesdays 3—4pm:** Readings of the words of The Mother on Aims and Ideals of Auroville led by Dr. Jai Singh
- **Tuesdays, Fridays, Saturdays 4—5pm:** L'Agenda de Mère: listening to recordings with Gangalakshmi
- **Tuesdays 5:30—7pm:** OM Choir led by Narad
- **Thursdays 4—5pm:** Videos of The English of Savitri led by 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

**MEDITATIONS ON SAVITRI  
Book One—The Book of Beginnings,  
Canto 1: The Symbol Dawn**



**Monday, 11 December 2023, 4pm at Savitri Bhavan.**

**Duration: 40min.**

In 'The Symbol Dawn' Sri Aurobindo poetically describes the time when the hour of manifestation had not yet arrived and the creation due to the separation of the first emanations from their Origin remained inconscient. But even in the darkest Unconsciousness the Divine Origin had an urge to wake up into existence.

*It was the hour before the Gods awake... / Then something in the inscrutable darkness stirred;... / Something that wished but knew not how to be, / Teased the Inconscient to wake Ignorance. / (Savitri, p.1-2)*

Time and again, the Divine Avatar comes down upon earth to wake it up to inner Consciousness. The Rays of Knowledge, Light, and Truth have always touched Earth and were often poorly received, and so they withdrew. This happened many times before Knowledge, Light, and Truth could stay in this world for even a short time. Finally, there is a response—something seems ready.

*Dawn built her aura of magnificent hues... / A Form from far beatitudes seemed to near. /*

*Ambadress twixt eternity and change, / The omniscient Goddess leaned across the breadths... / And saw the spaces ready for her feet. / (p.4)*

Savitri, the Divine incarnation, comes from above and brings special gifts to transform the world and prepare it to receive the Higher Light, Truth, and Power.

*The proud and conscious wideness and the bliss / She had brought with her into the human form, / The calm delight that weds one soul to all, / The key to the flaming doors of ecstasy. / (p.6)*

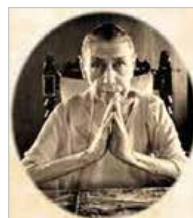
Savitri does not share in the smallness of humanity. And the earth, the world is not yet ready to manifest the Divine in its purity. The Divine gets veiled, hidden by the ordinary form. Only step by step, the world grows towards its realisation. Savitri knows that she must conquer Death for a Divine Life on earth and is preparing herself for that titanic struggle.

*Amid the trivial sounds, the unchanging scene / Her soul arose confronting Time and Fate. / Immobile in herself, she gathered force. / This was the day when Satyavan must die. (p.10)*

This film is a sensitive version of *Meditations on Savitri*, Book 1, Canto 1: The Symbol Dawn—with passages from Sri Aurobindo's revelatory epic poem Savitri read by the Mother, accompanied by Her own organ music and paintings by Huta done under the guidance of and with the inspiration from the Mother. All passages from Savitri are subtitled.

- The printed versions of *Meditations on Savitri* are available for sale at Savitri Bhavan, and the films can be seen at the Savitri Bhavan website:
- <https://savitribhavan.org/meditations-on-savitri-video/>

**Submitted by Margrit**



**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**



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



Every Saturday, 10—11 am

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

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

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

Venue: Garden Room, Savitri Bhavan

For more details, contact Debashish, 7678208825 WA, [b.deb253@gmail.com](mailto: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 150<sup>th</sup> Birth Anniversary

Sri Aurobindo Centre, Resource Library

Tuesdays, 4:30—5:30pm

- An exploration, led by Deepti Tewari

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

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

To live in Auroville means to do the Yoga of work. So all Aurovilians must take up a work and do it as a yoga. 27.03.1973

She also said: 'Programme: Research through experience of the Supreme Truth. A Life Divine. But no religions. 02.05.1970

Regards, Vani, BN Cultural Team  
0413 2622253



## THE OM CHOIR CONTINUES

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



## OM Choir at Savitri Bhavan, Auroville

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

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

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](mailto:kshetram2014@auroville.org.in)



Submitted by Rajan

## UNITY PAVILION: DAILY PEACE MEDITATION

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

Arun



*Education*

## 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—11 am: Children's storytime.

- Contact: 0413 2622894, [avlib@auroville.org.in](mailto:avlib@auroville.org.in)
- Web: [library.auroville.org.in/](http://library.auroville.org.in/)

Kristen

## STEAM HOLIDAY CAMP

STEAM Holiday Camp: December 26—29

Join us for an exciting 4-day STEAM (Science, Technology, Engineering, Arts & Math) camp from December 26 to 29, hosted by the enthusiastic youth of the Yuvabe Education Team. This engaging program is designed for kids aged 8—16 and will take place at the Deepanam School Campus.

**For Ages 14—16: Lights! Camera! AI!**  
**AI!—AI Animation Movie Making**

To Register,

- Go To: <https://forms.gle/4bZw8etmw6adpYAP6>
- Or Contact Prema at 90477 05400
- Or scan QR-code



**For Ages 8—13: S.T.E.A.M**

**Safari—A Survival Science Camp**

To Register,

- Go To: <https://forms.gle/dhpdH6Ed6sJfDQLH9>
- Or Contact Prema at 90477 05400
- Or scan QR-code



Spots are limited, so secure your child's place now!

*Submitted by Abilash*

## 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*

## For Your Information

### AVI USA MATCHING CAMPAIGN 2023

#### Double Your Impact This December

As we announced in our last newsletter of 24 November Auroville International—USA is holding a matching campaign all throughout the month of December where donations made for **Acres for Auroville**, as well as your other favorite AV projects, will be matched, thanks to the generosity of benefactors.



We invite you to donate in this way to double your support for Auroville's designated land. The campaign began on 1 December, so contributions can be sent now and here is the link:

- <https://aviusa.org/match23/>

Here is also the link to their 6:30 minute video presenting some of the other projects covered by the campaign.

With our thanks and appreciation for your collaboration for Auroville,  
*Aryadeep and Mandakini*

## Health Care

### 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

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



## MORNING STAR SERVICES

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



### Consultations

- **At Sante Paula** offers midwife and GYN consultations at Santé including well-woman care, Pap tests, and other screenings, menarche through menopause. Book an appointment through Sante 0413 2622803
- **Other** Consultations available with midwives, doulas and breastfeeding advisors—email us if you are interested in specific consultation.

### Teens

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

- Contact by email: [morningstar@auroville.org.in](mailto: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](mailto: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**



Dental Clinic  
Auromode, Auroville.

**For Appointment please contact us**

Email: [aurodent@auroville.org.in](mailto: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

### EDITORS NOTE

In the News & Notes 1003 we wrote a wrong number of dogs in Auroville Dogs Shelter, 73 instead of 273.

We apologise for this error.

**Roy and AgniJata**

## Books

### NEW BOOK

**Kolam Art—Traditional and Contemporary**  
by Grace Gitadelila



- Available in Europe: [https://www.klank-en-vorm.eu/en\\_GB/c-7101548/kolam-art-grace/](https://www.klank-en-vorm.eu/en_GB/c-7101548/kolam-art-grace/)
- A limited edition is also Available in Auroville with Grace: [allgrace@auroville.org.in](mailto:allgrace@auroville.org.in) or WA 8072449091

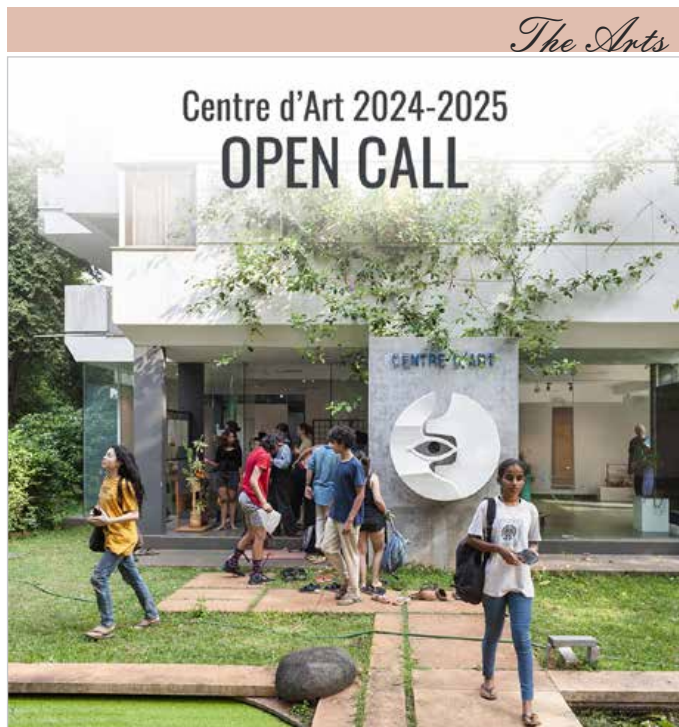
About KOLAM ART from Grace Gitadelila: This book takes you on a Pictorial narrative journey of 25 different types of Kolam structures.—You get to see each Kolam type in its abstract pure form and then embedded in a narrative painted realm. These Contemporary, Kolam inspired paintings are supported by abstract poem-like sentences to give the reader a deeper understanding of their narrative and their healing qualities. You can trace with index each and every Kolam type, draw, copy and find deeper inspiration in how to connect to the Earth realm we live in. A tribute to the beauty that surrounds us, is within us, to behold and celebrate.

Grace Gitadelila learnt the Kolam 'Language' from her mother Lisa Borstlap, founder of Genezend tekenen, kunst educatie 'De Kolam' and many Tamil women she encountered growing up and still living in Tamil-Nadu South India. She graduated as an Art Therapist specializing in being Kolam Practitioner, guardian keeper and researcher of the Kolam its ancient, traditional and contemporary workings as a pictorial Language. Always eager to learn and share her findings led her to create this first sharing in publishing this book.

**Grace**



## The Arts



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](mailto: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](mailto: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

### SHRADHANJALI INVITES YOU

to view Artworks

11—20 December

@ Shradhanjali. Auroshilpam



SHRADHANJALI

Shradhanjali invites you to a special display of exploratory artworks by our intern M.s Akay Jharia Toppo.

- From Monday, 11 till Wednesday, 20 December at Shradhanjali. Auroshilpam (on the left beyond CSR/ Auromode).
- Timings: 10am to 4pm, except Sunday

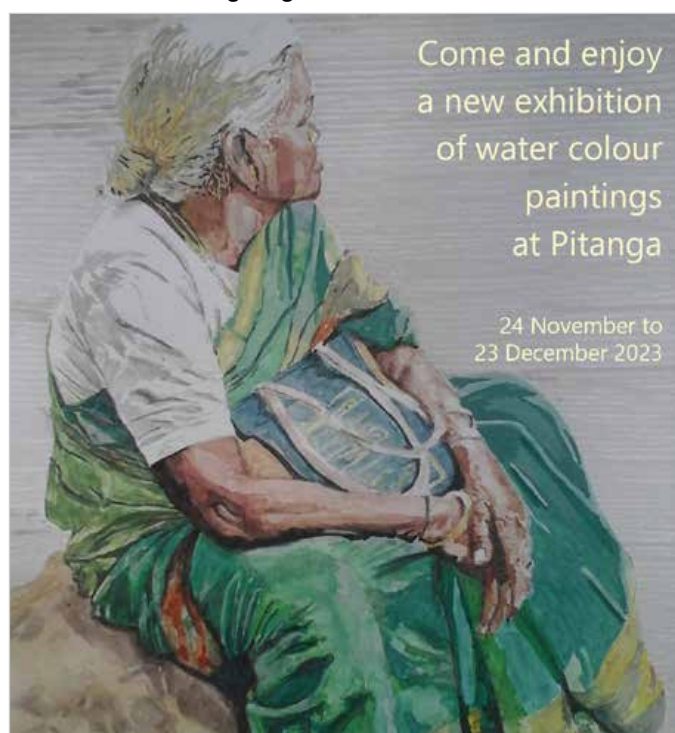
All artworks are created from pressed flowers and leaves. Themes of artwork—women, wildlife and flowers of India.

Chandana For Shradhanjali

### PITANGA:

Exhibition of Water Colour Painting

Ongoing till 23 December



24 November to 23 December 2023

Verena

### 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

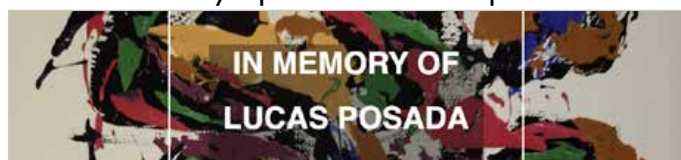
Contact:  
[Ivana.frousova@gmail.com](mailto:Ivana.frousova@gmail.com)  
+91 7094344154

All Are Welcome!

Ivana

## IN MEMORY OF LUKAS POSADA

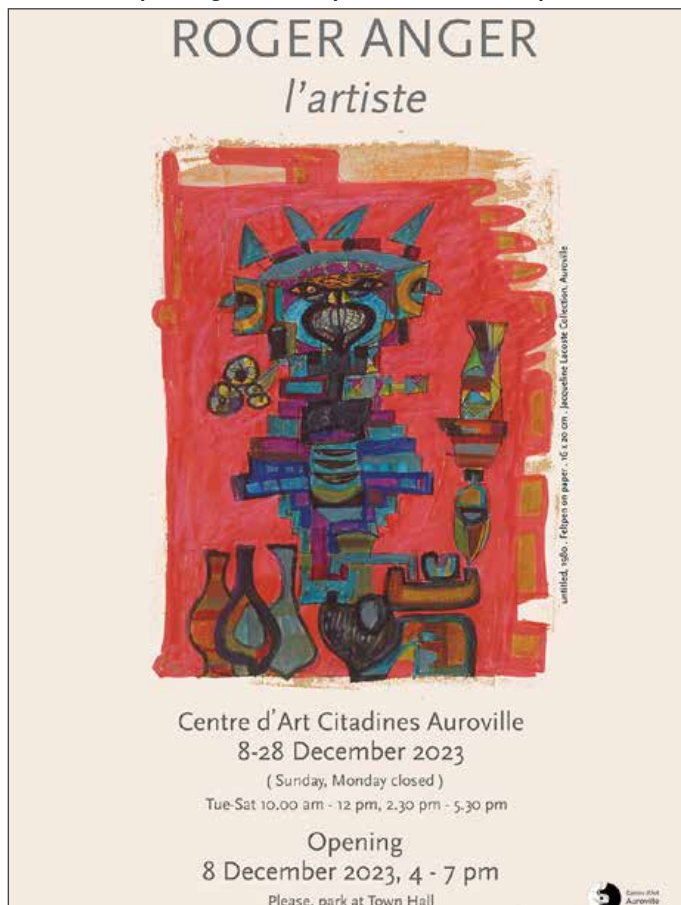
Ongoing till 10 December 2023 @ Kalakendra  
Daily Open from 9am to 5pm



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



### Roger Anger, the Artist

Roger Anger, the artist is the first ever exhibition of the work of an artist who, by the age of 40, had won several prestigious architectural prizes, but who never exhibited his paintings or sculptures during his lifetime.

The Auroville Centre d'Art presents today a collection of previously unseen drawings, collages and sculptures to mark the centenary of Roger Anger's birth.

These works convey the image of a versatile and all-embracing artist, pursuing his own ideal of beauty. An artist and a man in constant search, driven by a profound inner need.

A lover of arts from the four corners of the world, Roger was in touch with the innovative effervescence of revolutionary European movements. Following in the footsteps of artists who were at once painters, sculptors, architects, engineers and stage directors such as Calder and Tinguely, Dubuffet and Manrique, he wanted to try and explore absolutely everything.

He didn't yet know what challenge would be waiting for him in the India he loved so much, and in which he had already been traveling for several years. The project to build Auroville would shake up his life. His ideas and experiences would never be the same again.

His approach to art is joyful, humorous and tireless.

In his vision of the physical world, all phenomena are linked, and the connections between their different manifestations are boundless.

He drew everywhere, on scraps of paper and envelopes, and had his sketches cut out and pasted onto sheets of paper to make a kind of notebook that he would rework on once again. He was profoundly interested in the relationships between shapes, materials and colors, opacity and transparency, and the energy flowing from juxtapositions.

It was in Auroville in 1996, when work on the Matrimandir slowed down, that he once again had the opportunity to immerse himself in his own art.

The collages and sculptures on display today were created in his studio during this period. The collages evoke small abstract universes, landscapes that speak to the unconscious, three-dimensional dreams with Aztec reminiscences and science-fiction overtones that tell us that time does not exist.

During the same period, he was also building small-scale sculptures in polystyrene that would later be made into large-scale works in aluminum bronze and cement.

It was then that he definitively freed himself from anthropomorphism to create these sinuous figures that are so perplexing to the eye that one might almost think that the sculpture is in the vacuum chiseled around the form, as much as in the form itself; like beings in a state of transition, whose essence allows them to exist from the visible to the invisible, caught between two worlds in their momentum towards a state yet to be defined.

We are inclined to think that it was Auroville that enabled him to achieve such a level of freedom and creation. His works take us to the brink of mystery, giving us a glimpse of the dream of a transformed future, like a promise within reach, a transcended impossibility.

Dominique Jacques, November 2023

## Festivals

### UPCYCLING Christmas-Market



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

Val  
for Ok Upcycling Studio



## AUROVILLE TAMIL LITERATURE FESTIVAL

16 and 17 December 2023

The Auroville's first Tamil Literature Festival will take place in Auroville, India, from 16 to 17 December, 2023. It will bring together some of the best Tamil writers, educators, thinkers and philosophers, in the categories of Poetry, Literature, art, culture and the works of Sri Aurobindo and the Mother.

We are honored to have Thiru. Niranjan Bharathi, the great grandson of Subramaniya Bharathi as our chief guest, to explore the special connection of Sri Aurobindo and Subramanya Bharathiyar in this festival, along with many dignitaries from different disciplines of Tamil with the generous support of the Ministry of Culture and the Auroville Foundation.

The two day festival will be held across different pavilions of Auroville's International Zone campus in Bharat Nivas with space to explore books, exhibitions, and host cultural events and performances.

Save your dates for December 16 to 17, 2023

[www.auroville.org](http://www.auroville.org), Priya for Tamil literature Festival

## 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](http://youthlink.org.in)

Remember, with each donation, twice the impact! :)

With Love, Namu for YouthLink Team



## Innovations

### AI MEETS REAL PHOTOGRAPHY

Saturday, 9 December, from 10—11am

@ Auroville Consulting Office, Kalpana



The next meeting of the Generative AI User Group will be on Saturday, 9 December, from 10 to 11am, at the Auroville Consulting Office in Kalpana. **Ground Floor meeting room.**

Alessandra Silver will be presenting a talk on 'AI meets Real photography—Capturing reality: the convergence of AI and authentic photography in the digital age'

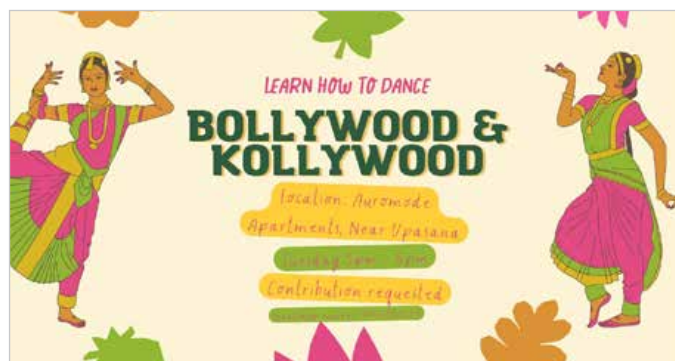
- For more details and future announcements, join the meeting announcement [WhatsApp group by clicking on this link](#)

Regards, Vikram

## Dance 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](mailto: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



### 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](http://www.angamtree.com/workshops)

- Kindly WA to be added to the Salsa WhatsApp +91 9751395939

Thank you, Raja Narayanasamy





## 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](mailto: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	Elodie practice		Gymnastic private (Terra)	Ballet private	
4pm 4:45					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

## 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](mailto:tango@auroville.org.in)

Submitted by Aurevan

## ZUMBA WITH PREETI

Zumba classes are happening



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

Submitted by Vega

## SALSA DANCE CLASS

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



Mani, @bakisata\_dance

## TANGO DANCE CLASS

Every Monday, Cripa, 6:30pm

By apointment: any time you can do class

Information:

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



For bookings contact us:

- +918637633696, [bakisatadance@gmail.com](mailto:bakisatadance@gmail.com).

Submitted by Mani

## Music and Art Activities

### BANSURI (FLUTE)

Group Classes With Michael

## The Sound of Bamboo

Various Styles of the Indian Flute



- **Kalabhumi 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](mailto:michael@sound-of-bansuri.com)  
+91 9150567003 WA
- **More Info:** [www.the-sound-of-bamboo.com](http://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

## 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](mailto:avgateofdreams@gmail.com)

Let's keep up with the writing!

Francesca



## WELCOME TO 'OPEN STUDIO'

Open Studio" is a creative space for individuals to explore various forms of visual art. Art supplies are provided, and you are welcome to stay as long as you'd like during your session. A facilitator will be there if you need help.



- The studio is open from 9:30am to 12:30pm, Monday to Friday. If you plan to attend at other times, please inform in advance. Contact Abi at +919042058981.
- Watercolor Class By Sathya. Every Friday 5-7pm.
- Life Drawing Session. Every Saturday 5-7pm.
- Portrait: Live portrait in sketch and watercolor painting in 40min of your sit. by Sathya. Contact: CREEVA Studio +91 9486145072 WA.

Warmly, Sathya

## Sports & Martial Arts

### 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

## AUROVILLE CYCLE RIDE—7

9 December, 6:15am @ Town hall Main Parking

Dear All, we invite everyone to join us on 9 December 2023 at 6:15am at Town hall Main Parking for the Monthly Cycle ride for 20kms in and around Auroville.

Let's pedal together to create the awareness on sustainable mobility and the importance of cycling to our beloved ones and Let's save the nature and the mother earth for the next generation.

Bring your own cycle and a water bottle.

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

### Ride's Schedule

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

### Contact:

- Raju—9443074825/ Saranraj—9787095511
- email: [avvehicle@auroville.org.in](mailto:avvehicle@auroville.org.in)

Submitted by Raju

## SWIMMING CLASS

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

Mani



## AUROVILLE MARATHON

### Online Registration Opened

Dear Auroville Marathon Participants, On-line registration for the Auroville Marathon 2024, scheduled for Sunday, February 18, 2024 (the 3<sup>rd</sup> 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](mailto: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

## KALPANA GYM

Kalpna Gym is open  
◦ 7—9am & 5—8pm  
◦ Monday To Saturday  
All Are Welcome!



Satyakam



## 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



## BHARAT NIVAS PRESENTS KALARIPAYATTU CLASS

**Started in Collaboration with Kalarigram**

Bhumika Hall, 6—7am, Monday to Friday



**Kalaripayattu Class**

Venue: Bhumika Hall

Date: Starting from 30th November 2023

Time: 6 am to 7am

Regular Classes: Monday to Friday

For Registration: Contribution is applicable for the class

- For Registration: Contribution is applicable for the class
  - [bharatnivas@auroville.org.in](mailto: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 Tai Chi 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](mailto: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

## 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](http://artduchi.com)). All are welcome to drop in.

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

[taichi.auroville.org](http://taichi.auroville.org), [taichi@auroville.org.in](mailto:taichi@auroville.org.in)

Warmly, Krishna

## MARTIAL ARTS

### Auroville Aikido News



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

Contact us at [budokan@auroville.org.in](mailto:budokan@auroville.org.in) or SMS Surya on 08300189062.

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

## ABHAYA MARTIAL ARTS

Abhaya has a team of certified coaches in various disciplines (MMA, Self Defense, Shou Wu, Tai Chi Chen style, Grappling, BJJ, Kickboxing, K1, Wing Chun) and offers classes to kids and adults, from beginners to experts.



- **MMA for adults:**  
Monday, 5:30pm in Dehashakti: (Giacomo—International Instructor)
- **MMA for kids:**  
Tuesday, 4pm in Dehashakti:  
(Giacomo, Costanza and Aleysha—MMA assistants)
- **MMA for adults:**  
Wednesday, 5:30pm in Dehashakti  
(Giacomo—International Instructor)
- **K1 for adults:** Friday, 5:30pm in Dehashakti:  
(Ruben—Kickboxing coach)

Be punctual, come in sportswear, short nails, no jewelry.

- For more info please contact [abhaya@auroville.org.in](mailto:abhaya@auroville.org.in) or 9487340778 WA

<https://www.instagram.com/abhayauroville/>

Giacomo



## Nature Activities

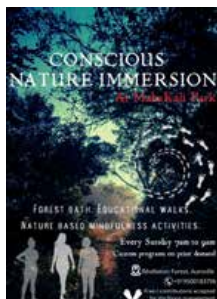
### CONSCIOUS NATURE IMMERSION at MahaKali Park

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, 10 December, 7—8am.

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.



- **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

Arun

### 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



## FOOD FOREST TOUR

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

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

### VEGAN ICE CREAMS and more...

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

Sign up and infos whats app Sarah 9047421044

**www.myfoodforest.info**  
myfoodforestgarden@gmail.com

## Food Activities

### FERMENTED DRINKS WORKSHOP With Matilde

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



#### Fermentation classes are back

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

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

- Please book a day in advance, send a message to [admin@marcscoffees.com](mailto: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](mailto: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](mailto: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: 16 & 30 December.
  - Please book for the class by [goyo@auroville.org.in](mailto:goyo@auroville.org.in) Won Ja



### 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](http://joyofimpermanence.in), Serena



## Bioregion Activities

### 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

LAMP SHADE

GIRAFFE

- Furniture Workshop, Bamboo Lampshade, Bamboo Giraffe, Bamboo Bicycle (For Kids)
  - 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, Bamboo Musical Instruments, Bamboo Jewellery, Bamboo Planter, Bamboo Archery
  - Timings: 10am—12:30pm or 2:30—5pm
  - Days: Every day except Sunday
  - Registration: Walk-in registration available

## Upcoming Workshops—December 2023

### 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](mailto:bambooworkshop@auroville.org.in) or
- [bamboocentre@auroville.org](mailto: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](http://www.aurovillebamboocentre.org)

Murugan For Bamboo Centre

## MOHANAM PROGRAMME

### Soul of Soil

Auroville Bio region hub for art, craft and culture to bridge and promote Local Tamil culture

December 2023

Conscious and Cultural Tour, Workshops & Therapy

## Auroville Northwest Experience

### Tours

- Auroville Northwest Tour

This tour is designed for the audience to make them more aware about the beauty and richness of our culture, tradition and our heritage in this north-west zone of Auroville. Also, this is a must take walk to understand the inspiring stories of various entrepreneurship units and the way they are carrying forward our age-old traditions with modern techniques.

- Every day, 10:30am—1pm, Except Sundays

- Mohanam Campus Tour

Come and visit Mohanam Village Heritage centre to explore the taste of Tamil culture, bamboo experiential farm, sound healing, hands on make and take—art and craft workshops at bio region art and craft centre, Lively one village boutique with products by bio region village artisans, saree & veshti library, local traditional lunch, herbal tea.

- Every day, 10am—4pm, Except Sundays

- All above Tours

- One Day Advance booking is necessary
- Contact: [mohanamprogram@auroville.org.in](mailto:mohanamprogram@auroville.org.in) (preferred) or call +91 8300949081
- 10am—4pm, Every day except Sundays





## Make and Take Workshop:

Join and Experience the learning aspect of engaging in arts and Craft Workshop, Manifest your inner self through various materials and form using creative technique.

Teracotta	1hrs
Kolam Mandala Painting	2hrs
Coconut shell craft	3hrs
Incense Making	1—1/2 hrs
Lampshade Making	3hrs
Paper Marbling	1 hrs
Candle making	1—1/2 hrs
Soap making	2hrs or 1 day

**Daily: Make and Take, Hands-On Workshops** at Bio region Art & Craft Centre (Mohanam, Cross Cultural Experiences and Educational Tours located in Mohanam campus)

### • All above workshops

- One Day Advance booking is necessary
- **Contact:** [mohanamprogram@auroville.org.in](mailto:mohanamprogram@auroville.org.in) (preferred) or call +91 8300949081
- 10am—4pm, Every day except Sundays

## Classes and Therapies:

Mohanam offer a variety of classes, and therapies, where participants can explore the classes and therapies.

### • Cooking Class

Learn how to cook traditional South Indian foods and snacks with this cooking class. You'll start your experience by choosing what you want to make from around 10 different dishes, with lots of vegetarian options available.

- 10am—12:30pm, Every Saturday

### • Saree and Vesti Experience

Choose a saree and Veshti from a variety of beautiful saree and Vashti in our library, get your traditional south Indian look with help of our women's group members will assist you to drape / wear the saree & Vashti. You can ask us for a photoshoot as an add on, south Indian style make-over—choose between kolam & cooking for an inclusive traditional

- 10am—4pm, Every day except Sundays

### • All above Classes and Therapies

- One Day Advance booking is necessary
- **Contact:** [mohanamprogram@auroville.org.in](mailto:mohanamprogram@auroville.org.in) (preferred) or call +91 8300949081
- 10am—4pm, Every day except Sundays

## Auroville Bioregion Experience with Mohanam Team

Village Tour	3hrs
Munnur & Perumukkal visit	6hrs
Salt Dune & Kaluveli Tank Visit	6hrs
Bio-region Village Temple Tour (Irumbai Shiva Temple & Panchavadi Hanuman Temple)	4hrs
Navagraha Temple visit (Moratandi Navagraha Temple & Prithyangara Temple)	3hrs
Wood Fossil Visit and Quarry Shower	6hrs

### • All above activities

- One Day Advance booking is necessary
- **Contact:** [mohanamprogram@auroville.org.in](mailto:mohanamprogram@auroville.org.in) (preferred) or call +91 8300949081
- 10am—4pm, Every day except Sundays

## Mohanam Sunday Brunch

### • Experience the Following Activities

To unlock the full potential of youth and women through art, craft, culture and traditional knowledge. By connecting the local villages to the international community and reconnecting the locals to their traditional knowledge.

To act as a bridge between Auroville and its surrounding villages and to keep alive the local, rural Tamil cultural heritage

### • One Day Advance booking is necessary

- One Day Advance booking is necessary
- **Contact:** [mohanamprogram@auroville.org.in](mailto:mohanamprogram@auroville.org.in) (preferred) or call +91 8300949081
- 10am—2pm, Every Sunday

## Auroville Sunday Tour

### • Experience Northwest of Auroville & Village Artisan

Mohanam Campus tour, Bamboo tour, bamboo sound garden, tree House experience, Special Steam Food.

- All this Activities is Chargeable
- One Day Advance booking is necessary
- **Contact:** [mohanamprogram@auroville.org.in](mailto:mohanamprogram@auroville.org.in) (preferred) or call +91 8300949081
- 10am—2pm, Every Sunday

## Mohanam school of Art & Music activities

### • Classes available for Kids (5 to 15 years old)

Class	Day and Time
Silambam	Sunday, 8—9am
Western Dance	Sunday, 1—2pm
Indo African Djembe Class	Sunday, 1—2pm
Karate and Kick Boxing	Sunday, 8—9am

- **For More Information contact:** [mohanamprogram@auroville.org.in](mailto:mohanamprogram@auroville.org.in) (preferred) or call +91 8300949081

## Kolam Village Walk (every Friday)

Join for Spiritual Kolam walk and let the inner spirit and emotions lead the flow of Kolam. Enjoy the Delicious Tamil breakfast after the small trip inside the village, early in the morning made by local women to support them economically.

- Meeting point Mohanam Village Heritage Centre
- Every Friday after 20 December, 6—8am
- Phone: 8300949081
- [mohanamprogram@auroville.org.in](mailto:mohanamprogram@auroville.org.in)



## Thiruvannamalai Eco & Spiritual Services

- Thiruvannamalai—Mohanam Services (Aurunachala—Auroville). Tour, Retreat space, Camping, Temple visit, Ashram, Girivalam Full Moon Experience.

The following services are available in Thiruvannamalai as Mohanam program has partnered with locals to arrange local tours, therapy, ashram visits, healing sessions, trekking and camping packages, group outings and awakening / spiritual tours and Thiruvannamalai volunteering activities. You can book the complete tour (cab, stay, local visit to spiritual places) by the Mohanam youth to Thiruvannamalai.

- **For More Information contact:** [mohanamprogram@auroville.org.in](mailto:mohanamprogram@auroville.org.in) (preferred) or call +91 8300949081

Guru



## 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](mailto:kulaicreativecentre@auroville.org.in) Or [kulaicreativecentre.auroville@gmail.com](mailto:kulaicreativecentre.auroville@gmail.com)
- For more info and details  
WA + 91-8608473385 / 9843195290

Selva

*Honorary Voluntary*

## AUROORCHARD: CALL FOR FARM VOLUNTEERS



### Please contact

- [auroorchard@auroville.org.in](mailto: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](mailto:sadhanaforest@auroville.org.in),  
8525038274WA or call 8122274924

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

## VOLUNTEER OPPORTUNITY

### for Interior Designer at Integral World!

Dear All, Integral World, a vibrant Auroville entity dedicated to advancing the United Nations Sustainable Development Goals (SDGs), is seeking a talented Interior Designer to contribute their skills and creativity to our space.



#### • About Integral World

We passionately believe in creating positive change and fostering a better world. Aligned with the principles of Auroville, we are on a mission to embody and express the SDGs through our work and environment.

#### • Volunteer Opportunity

Are you an experienced Interior Designer looking to make a meaningful impact?

Join us in transforming our space at BHARAT NIVAS to reflect our mission. Your expertise will play a crucial role in creating a harmonious, inspiring atmosphere that resonates with our commitment to sustainability and global development.

#### • Key Responsibilities

- Collaborate with our team to understand the vision and purpose of Integral World.
- Design and plan interior spaces that align with the SDGs and our organizational values.
- Select sustainable materials and practices that reflect our commitment to environmental responsibility.
- Create an inviting and functional environment that enhances the well-being of our community and visitors.
- Why Volunteer with Us:
- Contribute to a meaningful cause aligned with the SDGs.
- Showcase your talent and creativity in a purpose-driven project.
- Collaborate with a diverse and passionate team.

If you are passionate about design, sustainability, and positive change, we invite you to join us in this exciting endeavor.

#### • How to Get Involved

- Express your interest by writing to [better@integralworld.org](mailto:better@integralworld.org) or 9999955321 WA

Let's co-create a space that inspires positive transformation! Thank you for considering this opportunity to contribute your skills to Integral World.

Together, let's design a space that reflects our commitment to a better world.

Manisha, +91 9999955321



## KUILAI CREATIVE CENTER

### Looking for Volunteers

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

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



Kindly contact:

- [kulaicreativecentre@auroville.org.in](mailto:kulaicreativecentre@auroville.org.in)
- + 918608473385 WA / 9843195290 WA

Selva

## 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](mailto: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.

## Work Opportunities

### AUROVILLE DOG SHELTER Long-Term Animal Caretaker Wanted!

As we are lifting the Auroville Dog Shelter to a new level of professional animal care, we offer you a unique opportunity to join our ever-expanding team at the Auroville Dog Shelter!



- **Responsibilities**
  - Feeding and handling dogs, which includes cutting and handling meat
  - Assisting our vets with dog handling when needed
  - Providing extra feeding for our slow four-legged eaters
  - Bathing, grooming, and de-ticking of our dogs
  - Administering daily medication and supplement syrups
  - Offering abundant love and care to our furry residents
- **Requirements**
  - Genuine love for dogs and fearlessness in handling them
  - Team player with a reliable schedule adherence
  - Ability to work 6 days a week, 4 hours a day
  - Passionate and dedicated to the well-being of our dog residents
- **Compensation:** Rs. 8000 monthly
- **Contact:** Coco +33672046070 WA

Auroville Dog Shelter,  
Arthur

## Looking For

### Wellpaper Needs old Christmas cards

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

Wellpaper



- 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*

### 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](mailto:tine@auroville.org.in).



Thank you so much ! Tine

## Available



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

## 2 Tons Split Ac—Intec Brand Available

Keep cool. Need a strong and durable A/C? Look no further: 2 tons split AC Intec brand available from Ulrike and Drupad, Sanjana:

- [Ulrikrishna@gmail.com](mailto:Ulrikrishna@gmail.com), Drupad 9626561256, Ulrike 9751513906 (WA, Signal, Telegram only),

Ulrike

## AONT 1523 Modem Available

A wifi, ofc modem in good condition is available for half price. Alphion. AONT 1523.

- Contact Anandi, 8220058170 WA or pass by at Kofpu. Anandi



## Taxi Share

### From Chennai Airport, 12 December, 9am

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

- Mycontactisiri +4915204917130, WA/Telegram or Signal.

Herzliche Grüße



### From Chennai Airport, 16 December, 11pm

To stay ECO friendly I am very willing to share a taxi from Chennai Airport to Auroville on Saturday, 16 December. Departure from Chennai Airport at about 11pm (23:00).

- Please contact via WA +34685673777 or only sms: +917289907792.

Thanks, Sunny

## 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](mailto:annapurnafarm@auroville.org.in) to receive the order form.



Madhuri  
for Annapurna Farm

## HIVE'S OPEN HOUSE

Friday, 15 December 2023, 10am—5pm!

**FREE  
OPEN HOUSE  
December 15<sup>th</sup>**

**Hive**  
A CO-WORKING SPACE

**Auromode HIVE, Auroville.**  
[auromode.in](http://auromode.in)  
70921 97375

Dear All, join us at Hive's Open House on Friday, 15 December 2023, from 10am to 5pm! Step into the world of unmatched productivity and limitless possibilities with lightning-fast Internet and Unlimited data—All for Free.

Visit our website at [www.auromode.in/hive-coworking](http://www.auromode.in/hive-coworking) for more details on our plans and facilities.

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

See you on Friday!!

Dhesh for Auromode HIVE Team

## 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

## PIZZAWALE IS BACK WITH OUR 4<sup>TH</sup> POP-UP!

Saturday, 9 December, 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 9819004791

## GERMAN BAKERY OPENING HOURS

7:30am to 8:30pm

Please note that we are closed on Tuesdays.

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

While we are still in the process of adjusting our range of bread and pastries that sometimes also fail, we invite you to try a selection of German sourdough breads, pretzels, cakes, as well as our homemade 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 Katidikalai 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](mailto:newwaves@auroville.org.in)

Priya

## DROPZY IS 2 MONTHS

and a note of Thanks!

It's been 2 months since Dropzy was launched. We've successfully delivered numerous orders in this 2 months time period in collaboration with Integrated Transport Service (ITS), Auroville.

I take this opportunity to thank the ITS team for their efficient and professional service coordinating and fulfilling the deliveries, also agreeing to collaborate and help Dropzy initiative.

- Talam for their assistance and support with Talam Pay accounts setup and other technical support.
- Aurinoco for their acceptance to help spread the word of Dropzy digitally upon request.
- Tanto for their acceptance to mention Dropzy in their digital menu card.
- Kattida Kalai Trustees for their support and guidance.
- All those who have directly and indirectly contributed/ supported this initiative and pushed for its launch while it was under the making for about 3 years.

Last but not least, all of you started using Dropzy app, its service, your trust and continued support.

- For suggestions and feedback, please reach out at [sathish@auroville.org.in](mailto:sathish@auroville.org.in) or by WhatsApp in the below number.

- Mobile/WA: 8098144686

Best regards, Sathish Arumugam, For Dropzy

[www.dropzy.in](http://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](mailto: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](mailto:aurocabs@gmail.com) / [www.aurocabs.in](http://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](mailto: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](mailto: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 Aurovil-  
lian experienced in the fiber  
internet field (Ftth) for 8+  
years and gained more knowl-  
edge in creating-on new fiber  
internet infrastructure and IT  
troubleshooting work for our

Auroville community Since 2015. And I am happy to pro-  
vide the services to our Auroville community

- **Please feel free to contact me:** Ramakrishnan,  
9943919899, [ramkrishna@auroville.org.in](mailto: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](mailto:ramkrishna@auroville.org.in)

Ramakrishnan



### RAPID CARE SERVICES

Dear Residents, we are happy to an-  
nounce that Rapid Care Services have  
successfully completed one year. We  
began operations in December 2022.  
It has now been one year since we be-  
gan serving the community. We take  
this opportunity to thank all the people  
who believed in us.



The support offered and shown by our  
customers played a big role in our growth.

For celebrating our anniversary, we would like to work on  
a discount basis in our service charges than we usually do  
for the entire month of December.

Kindly avail this offer by taking a look at all the work that  
we offer. Please reach out to us for any enquiries that need  
our assistance to fix your home or any infrastructure.

Look forward to your continued use of our services in the  
future.

- Carpentry
- Masonry—renovations and remodulation
- Plumbing
- Aluminum channel work
- Electrical
- Steel Fabrication work
- Painting—Interior, Exterior, Floor Waxing, Powder coating,
- Insect Treatment
- Fencing
- Washing machine repair & installation,
- A/c repair and installation,
- Inverter repair and installation,
- Dth repair and installation and
- Furniture purchase assistance

Contact: + 91 8270071581/ +91 7639810621

Email:

- [rapidcare@auroville.org.in](mailto:rapidcare@auroville.org.in),  
[rcsrapidcareservice@gmail.com](mailto:rcsrapidcareservice@gmail.com)
- [Instagram](#), [Our Works](#)

Best regards, Balaji & Arun for Rapid Care

### 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 @ Cre-  
ativity.
- 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, sari-  
blouses and kurtas.

- For any of the above services, contact  
Phone/WA 8098845200, [rupavathijoy@gmail.com](mailto:rupavathijoy@gmail.com)

Rupavathi Joy



Café Red Dot  
The Conscious Cafe

### VEGAN LUNCH IN RED DOT CAFE

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

Sign-up lunch scheme.

[upasanared.cafe@gmail.com](mailto:upasanared.cafe@gmail.com), Uma

## 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](mailto:surabhisupplies@auroville.org.in)
- +91 98438 46458 WA/Call

*lyyappan*

## 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 mail [travelshop@inside-india.com](mailto:travelshop@inside-india.com)



- Fly to Hong Kong from Chennai with special introductory fares. Effective from 2 February 2024, Cathay Pacific will resume weekly three non-stop flights from Chennai to Hong Kong with days of operation as Wednesday, Friday and Sunday.
- Air Mauritius special launch offer from Chennai to Mauritius in April 2024, weekly on Saturday.
- Malaysia airlines introduces Ex-India YES promo fares for all the MH routes in Economy & Business class. Sale period—28 November to 11 December and Travel period—28 November 2023 to 30 September 2024.
- Etihad airways special fare is available from Chennai to Paris, Geneva, Madrid and Barcelona.
- Oman airways competitive fare from Chennai to Istanbul, Milan.
- Emirates & Air Vistara has special fare from Chennai to Paris,
- Malaysia to allow 30 days visa-free entry to Indian citizens from December 1, 2023. Compulsory online submission of the Malaysia Digital Arrival Card (MDAC) three days prior to the arrival date.
- Citizens of India can obtain a Visa on Arrival for Nicaragua.

Covid cases are increasing in many Counties. We advise you to wear a mask in crowded places while traveling.

*Joster*

## Poetry

### EARRINGS

These question marks  
Pierce through the lobes  
Pending...

Each speaks of beauty  
More to the eyes  
Than in the ears

*With joyful Gratitude,  
Anandi Z.*

## THE ROSE WINDOW

In there, the languid pacing of their paws  
creates a stillness that can almost daze;  
then one of the great cats abruptly draws  
your gaze (which periodically strays)  
forcefully into its great eye, and there  
your gaze, held fast as if within the whirl  
of a maelstrom, stays afloat a little while,  
then sinks below and knows itself no more,  
when that same eye, which only seems to drowse,  
snaps open and then roars as it slams shut,  
dragging your gaze inside its own red blood—  
so, long ago, the giant window-rose  
of the cathedrals would snatch up a heart  
from darkness and would drag it into God.

*by Rainer Maria Rilke*

## 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

- [Soul Tracks Se. 5 Ep. 15—Politics!](#) (Music)
- [Marlenka's weekly Offering—Ep. 110](#) (Literature)
- [La Vita Divina Ep 38. Libro li Cap lii Parte li—L'eterno E l'individuo](#) (Sri Aurobindo)
- [Exploring Education in Arts, Animation and Film-making—Ep. 25 'What Makes A Good Composition In Art'](#) (Cinema)
- [I Just Wanna Write Ep. 21—The Suspense Enigma—Crafting the Art of Reader Engagement](#) (Creative Writing)
- [I Just Wanna Write Ep. 20 The Power of Crises in Plot](#) (Creative Writing)

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](http://www.aurovillerradio.org)

For more information write to [radio@auroville.org.in](mailto:radio@auroville.org.in)

*Peace and love, Wobbi*

## Voices and Notes

### LAND EXCHANGE AT AUROORCHARD

Dear community, with the recent land exchange at AuroOrchard, there have been several arguments about how much land does AuroOrchard really use and if it is not justified to take this land because it is unutilised or under-utilized. I personally feel that this is an erroneous line of thinking. It does not contribute to the ongoing conversation of land exchange and in fact distracts and creates more confusion in a situation which is already not very clear.

Whether or not AuroOrchard uses this land or not, is not the point here. If this land has to be exchanged, does it matter what is on this land?





As someone working at AuroOrchard for 5 years, I do not agree that these lands are unutilised. They are definitely under-utilized, much like all of us, like all of Auroville and the entire humanity.. The reasons for this are well known by now and are also why farming in Auroville remains a difficult task. Sharing with you all the details of the land use in AuroOrchard and I hope this will encourage...

Sharing with you all the details of the land use in Auroville and I hope this will encourage more community members to visit us and to engage in our work and in the larger conversation of food and farming in Auroville.

### How much land do we really use

AuroOrchard is 44 acres.

The breakup of land use is:

Cashew Orchard/Grazing ground	14 acres
Mango Orchard	10 acres
Poly Orchards (Avocados, Ramphal, Chikoo, Papaya, Banana, Pineapple)	5 acres
Coconut Orchard	1 acre
Lemon Orchard	1 acre
Vegetable cultivation	6 acres
Poultry free range	1.5 acres
Structures / paths / dairy/ compost area / common and open spaces for work	2.5 acres
Hope	3 acres
<b>Total</b>	<b>44 acres</b>

### What does AuroOrchard produce

#### • Fruits

It must be considered that there are many gaps within the fruit trees as trees get old, die and need to be replaced which is also why not all trees in the orchard are of the same age and producing the same yields. The orchard is more like a family of different aged trees, some produce more, some less, and some are preparing for the future years when the trees producing today will die out.

#### • Cashew Orchard (14 acres):

Since the last season, we have distributed 300 kg of cashews within Auroville. This is about half of the batch. Our harvest contractor has more cashews that he will process in the coming weeks.

Our cashew topes are sparse as we have lost quite a few trees in the last year to borers and other diseases. It has certainly been low in priority in management due to more attention being given to fruits and vegetables but since last year we had a renewed vision for the cashew. We have about 200 cashew saplings now in the nursery that we had planned to plant to densify the orchard. This will sadly not happen now.

#### • Mango Orchard (10 acres):

This season we distributed a little over 8 tonnes of Mangoes in Auroville.

Several tonnes of Totapuri mango were lying on the orchard floor and were wasted since there was no demand for these mangoes in Auroville (we prefer Banganpalli, Imampasand etc.) and the market rate was not more than 10Rs/kg. The cost of the harvest itself is more than that.

We have decided to replace the Totapuri mangoes with the desired varieties and have started grafting these trees. This year we have grafted 7 trees as an experiment and will slowly do more in the coming years if this works. Again, this orchard has trees of several ages and there are gaps in between. This year we have planted 50 new trees to fill these gaps.

#### • Poly Orchards (Avocados, Ramphal, Chikoo, Papaya, Banana, Pineapple) (5 acres):

This is the list of production for the last 5 years (<http://bit.ly/ao-2017-22>) of all fruits produced over the last 5 years (excluding mango, cashew, lime, and coconut). The last couple of years have been low production. This is part of the cycle of the trees. They have their highs and lows, some years are great and some will be low even within their high production age.

#### • Coconut Orchard (1 acre):

A good-sized coconut is about 300-400 gms, but there are also fruits of 150 gms. Let's say avg. 250 gms. So 8000 nuts would be 2000 kg. We have seen yields close to this. Details in the same sheet shared above. But the data shows a steep drop in production in the last 2 years. This is because this data is from the food link and in the last few years, a lot of coconut was sold outside since there was no market for the size we had.

#### • Lemon Orchard (1 acre):

On average, the production on the farm is about 2500-3000 kg. There are about 12-15 fruits in 1 kg. So this would be about 45000 fruits/year.

#### • Vegetable Cultivation (6 acres):

This is the most complicated one as vegetables are very vulnerable to the weather, heat shocks, sudden rains and very importantly to wildlife. We lose upwards of 30% of our production to peacocks, squirrels, rats, wild boars and some insects etc. etc. Peacocks and wild boars in particular can finish off a field within one night. We have electric fences but sometimes they are not maintained well. In any case, we have a long way to go, but we are progressing.

#### • Our vegetable production of the last 5 years:

<http://bit.ly/ao-2017-22>

### The Ecological Dimension

The space of the farm is also used to grow a lot of biomass which must be returned to the soil for its health. Even in organic farming, farmers depend heavily on organic inputs bought from outside. We don't do that. Very rarely we get cow dung from a trusted source in the village. A lot of our space is used for fast-growing trees and shrubs that are shredded and used for mulching etc. (we don't use plastic mulch as is also very common on both conventional and organic farms). We have wild buffer zones in the vegetable and fruit areas for birds and bees as they facilitate pollination. All this benefits the health of the overall system.

### The social dimension

This is probably one of the very few units in Auroville where the management has been successfully handed over to a newer generation of Aurovilians who are not only committed to the vision of the activity but also have the skills to take it to the next step of its realisation.

Anyone can see the improvements in the farm in the last few years- not only in terms of production (in some cases) but more in terms of collective management, worker wages, a healthy team dynamic and a clearer plan of action to realise the vision. We have been working on preparing the team to do the work that needs doing. This must count somewhere in the economy of the farm and that of Auroville.

### The spiritual dimension

Food for Auroville must also mean food for a future humanity. It cannot/ will not have the same consciousness of today. And for this, farms are also a place where the farmer needs to work on their consciousness.

Of course, a farm which is productive in ecological, social and spiritual dimensions must be productive in its food. None of us in the team will claim that we have it figured out, or that we are optimum. There is a huge amount of work to be done and we are all committed to it despite being limited by several challenges which we can discuss separately.

**You are welcome to write to us or visit us** if you need any information on our production or how we work. Please write to us at [auroorchard@auroville.org.in](mailto:auroorchard@auroville.org.in) or call 9882685365.

**Sincerely, Anshul**

## THE MOTHER ON AUROVILLE

*"It Is A Kind Of Adaptation Of The Communist System"*

It's a kind of adaptation of the Communist system, but not in a spirit of leveling: according to everyone's capacity, his position (not a psychological or intellectual one), his INNER position.

*In democracies and with the Communists, there's a leveling down: everyone is pulled down to the same level.*

Yes, that's just the point.

The true part is that every human being has the material right... (but it's not a "right"...). The organization should be such, arranged in such a way, that everyone's material need should be met, not according to notions of right and equality, but on the basis of the most elementary necessities; then, once that is established, everyone must be free to organize his life, not according to his monetary means, but according to his inner capacities. ...

At bottom, the problem almost boils down to this: to replace the mental government of intelligence by the government of a spiritualized consciousness.



It's an extremely interesting experience: how the same actions, the same work, the same observations, the same relationship with the people around (near or far), how they take place in the mind, through intelligence, and how they

take place in the consciousness, through experience. And that's what this body is now learning—to replace the mental government of intelligence by the spiritual government of the consciousness. ...

*Mother's Agenda, VIII, 1993, 30.12.1967*

*Mother's words are not utopia, THOSE Aurovilians existed, young and beautiful, living content with the minimum in basic shelters, doing hard physical work themselves! This is the Auroville I joined in 1985, when the Dream was still alive and we were blessed, living on top of the world with no material possessions!*

Paulette

## CLEANSING AND RENEWAL MEDITATION

This Cleansing and Renewal Meditation Practice can be proactively applied to everything that we do, especially when we are cleaning ourselves and our living environment. Why is it importantly so? Because the unfolding evolution of Life is relentless, and does not stop for any transitional being or beingness. As the saying goes, 'The only constant is change.'. So we can use this as a positive progressive transformative process. However, now we also know that The One Supreme Eternal Source, That which is our Essence (you can name That whatever you feel like), the Divine Consciousness-Force, IS THE Supreme Constant that upholds all Its ever-changing manifestations. That includes us transitional humans, of course.

To That we offer everything whilst in the proactive process of this Cleansing and Renewal Meditation Practice.

We can do this individually and collectively, depending on whatever activity we are performing, i.e. washing, cleaning the house, sweeping, etc. That depends also on our unique roles in the complex multi-relational interactions of our interconnected ever-flowing lives, as each individual has a certain control and influence over, the power to change, other individuals and things, in a hierarchical structure of sorts, until we acknowledge the Supreme Individual, The One, that has the Ultimate Power. This can be easily observed and experienced in our personal, social and cosmic structure.

As the Supreme Divine Mother is the living symbol of the Supreme Consciousness-Force or Maha-Shakti, we offer everything to Her for purification and renewal towards the progress of our shared Integral Vision-Goal of a Life Divine. We can also add to that an aspiring prayer for Her guidance, blessings, protection, Grace and Divine Love.

## Aspiring for the Supramental

To align ourselves with the Core Ideals of Auroville, the City of Dawn, the old mental human narrative must be fully replaced by the new Supramental narrative. As evolution is progressive, what was started by our Avatar founders has intensely burst forth on the 150th Birth Anniversary of Sri Aurobindo. This is evident from mental-obliterating headline of the visit to Auroville of Bharat Mata's current President Madam Droupadi Murmu on 8th August 2023:

*'Aspiring for Supermind (Supramental) in the City of Evolving Consciousness'*

Our Avatar founders' Vision-Goal has reached national level.

For the Receptives, it is very obvious where all these hastened progressive exponential developments are heading...

*The whole earth must prepare itself for the advent of the new species, and Auroville wants to work consciously to hasten this advent.*

Here are some revelations on what this new species will be:

*'...according to what Sri Aurobindo said, the supramental body will be immortal and sexless—that is, no procreation. So for those who live, if the earth is still there and they are to go on living, they will have to transform themselves constantly, otherwise they won't be able to last. Hence something has to replace food.*

*Food carries in itself a seed of death, of decay. So obviously, it must be replaced by something else.'*

• <https://incarnateword.in/agenda/13/august-9-1972>

Not an easy endeavor, this Supramental evolutionary process. And so in the meantime as we are still in this transitional stage of our ongoing psychophysical transformation, it is only proper that we consciously maintain our present physical human body with its basic needs, especially concerning food, shelter, clothing, and whatever the Divine wills for the unique needs of each individual. Again, these are pragmatically outlined by the Mother in our core documents [To Be a True Aurovilian](#) and [The Auroville Charter](#).

Amidst the intensely hastened challenges we face individually and collectively, as willing servitors of the Divine Consciousness, we joyfully continue on in faith with this shared Great Adventure towards a Life Divine here on marvelous Earth.

Zech, 2023.12.04

*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!*

*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@aurovillelanguagelab.org](mailto:tomatis@aurovillelanguagelab.org) to schedule your Listening Tests & Consultations.

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

- <https://www.aurovillelanguagelab.org/tomatis-method.php>
- <https://www.aurovillelanguagelab.org/tomatis-kids.php>
- <https://www.youtube.com/watch?v=wnpXprTi3m0>
- <https://www.youtube.com/channel/UCeTIG0y-sBMlyy-wZNdzCang/videos>
- <https://www.listenwell.com/>

## 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

## To join or enquire

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

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

## The Language Lab is open

- Monday—Saturday, 9am—12noon & 2—5pm
- Location: International Zone, after Unity Pavilion & Pump House.
- Email: [info@aurovillelanguagelab.org](mailto:info@aurovillelanguagelab.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](mailto: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**

## Mobility with Karalakattai

Karakattai, a traditional Indian wooden tool is a simple yet effective aid for improving joint mobility and overall flexibility.

- Monday to Friday, 11:30am—12:30pm



## 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

## Bollywood dance with Pranati

- 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. The experience includes a comprehensive farm tour, followed by a wholesome and healthy breakfast.

- Every Saturday, 7—9am

## Satsang Saturdays

Immerse yourself in the wisdom of Indian and Tamil philosophical traditions as we gather for a series of enlightening talks and discussions.

- Every Saturday, 10:30am—12noon

## Yogic Tamil food

A limited-seat Tamil culinary experience to discover authentic Tamil food that is not served in restaurants. It will be a taster 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!

- Every Sunday, 10am—12:30pm

Balaganesh SIVA,  
[Balaganesh.siva@gmail.com](mailto:Balaganesh.siva@gmail.com)

## CONSCIOUS COMMUNICATION for Parents and Families

Thursdays, 7 & 14 December, 9:45—12:15  
@ Maloka in Anitya Community



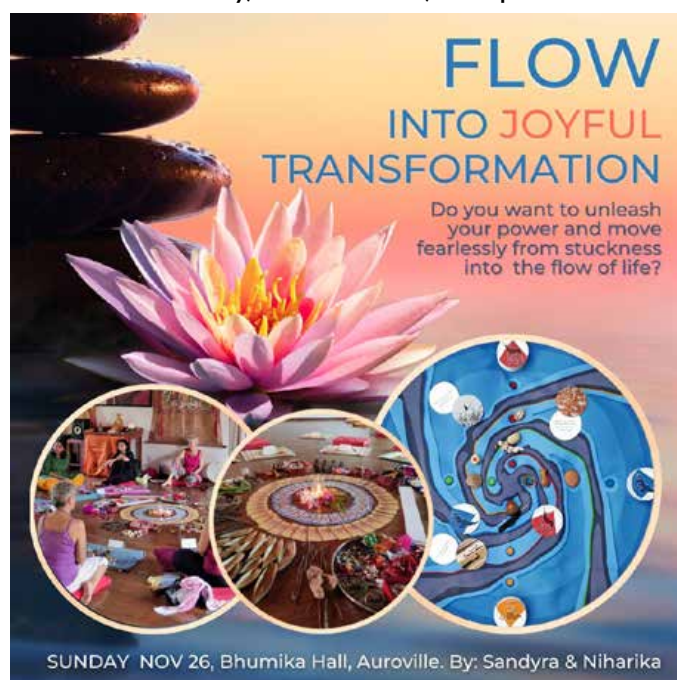
Shame and guilt are one of strong emotions we experience, yet we often don't know what it does indicate, or how we can deal with them.

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

## 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](mailto:contact@auroville-jiva.com),  
or +91 9443619403 WA Niharika Sanyal

## BODY IN LIGHT

### Energy Healing Workshop

December 16—17, 9am—5pm

In this 2-day workshop, learn:

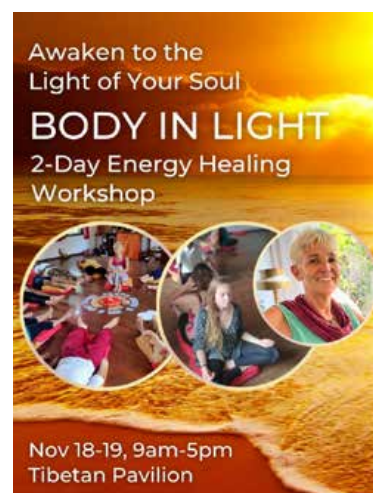
- Fundamentals, Principles and Universal Laws of energy healing
- Dive into powerful techniques for self-healing.
- Realign to the Blueprint of your Soul, your Divine Essence—through Divine Spine Alignment.
- Step into the frequency of the four powers of the Divine Mother: Wisdom, Harmony, Strength &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

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

- Register now: [contact@auroville-jiva.com](mailto:contact@auroville-jiva.com),  
or +91 98333 84580 WA

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

Warmly, Niharika Sanyal



## 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





## 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](http://www.angamtree.com/therapies)
- +91 9751395939, [www.angamtree.com](http://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](http://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](mailto:angamtree@auroville.org.in), +919751395939 **Raja**

## TRADITIONAL Mantra and Stotra Classes

**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](mailto: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

### Treatments

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

### Classes

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

Ramana, Arka, 0413 2623799.

## 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.



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**



## 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**

Vowels' chants  
Overtones (throat singing)  
Kototamas

**Shamanic Thursday**

Shamanism  
Reverse Bijas mantra  
Overtones  
Electric energy

**Sacred Sunday**

Mantras  
Desert's sounds  
Harmonics  
(Gregorian chants & more)



Group of 7 people max

Satyayuga - in collaboration with Auroville Art Service

For appointments message me on WA: +91 76397 61930

jlmalor@yahoo.fr - FB: Satyayuga Energy Vibration



The full Moon: 26, 27, 28 December, 7—9pm.  
New Moon 13 December Satyayuga

## PITANGA Program for December 2023



**PITANGA**  
CULTURAL CENTRE

For info & registrations:  
info@pitanga.in, 0413 2622403 / 9443902403 WA



### 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

### Healing Space

#### • By appointment, 262403, 9443902403

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

## Drop-In Classes

	Class & teacher	Class level
<b>Mondays</b>		
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
<b>Tuesdays</b>		
4:45—5:30pm	Odissi Dance with Rekha	Beginners
<b>Wednesdays</b>		
7:30—9am	Asanas with Rachel	All levels
8:30—10am	Yoga Therapy with Gala	All levels
<b>Thursdays</b>		
4:30—5:30pm	Aviva Exercise with Suriyagandhi	For women only
4:30—6pm	Vocal Sound Healing with Lola	All levels
<b>Fridays</b>		
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
<b>Saturdays</b>		
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



## New Class on Fridays: Reading Savitri

- Starting on 8 December, Every Friday, 3—4pm

*Savitri*

Life has 'cast the spirit into physical form'—Savitri, Book II, Canto VI

In joyful anticipation, we propose to explore Savitri for clarity about our physical body and for assuring our embodiment of 'the bliss for which all forms were created'. —Savitri, Book II, Canto IX

- A Savitri circle will make a start at Pitanga on Friday, December 8, from 3 to 4pm, promptly. Patricia (native English speaker) will facilitate.
- Bring your book or e-book. If you request in advance, extra books may become available.
- No prior knowledge is necessary and all are welcome to enjoy the beauty of Savitri.

## 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](mailto:info@pitanga.in) with your name and contact phone number.

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

## 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.
- Not on 30 December

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](mailto:info@pitanga.in).

Submitted by Verena

## QUIET HEALING CENTER



## Baby Watsu Class with Appie & Friederike

- Friday, 8 December, 9:30—11am

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.

## 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.

## 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.

[www.quiethealingcenter.info/](http://www.quiethealingcenter.info/)  
[quiet@auroville.org.in](mailto: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](mailto:programming@verite.in)
- Website: [www.verite.in](http://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

### Therapies (by appointment only)

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

### Workshops (pre-registration required)

Day & Date	Workshops	Timings	Presenters
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

*Savitri, Programs Coordinator, Verité Programming*

### VERITÉ WORKSHOPS

Pre-registration required

- Phone: +91 413 2622045, 2622606
- WA: +91 9363624083
- Email: [programming@verite.in](mailto:programming@verite.in)
- Website: [www.verite.in](http://www.verite.in)



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

- Friday, 8 December, 9:30am—12:00pm

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 kinesiological 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!



## Face & Eye Yoga: Face Your self with Mamta

• Friday, 15 December, 9:30am—12pm

The physical & mental state of our inner world determines how we experience our outer world. Sense organs are the tools for each experience we have. Face Yoga involves simple self massage techniques & exercises to release tension in the facial area, stimulate blood circulation & improve efficiency of our sense organs. In an era of increased screen time, our eye health may be compromised, unless we actively exercise this area. Eye Yoga uses techniques such as palming, blinking, near & far viewing & candle gazing. You will also learn tips to prevent eye damage caused by screen time.

## Master Class Pratyahara: Withdraw Your Attention Within through Mantra, Breathing & Asana with Andres

• Saturday, 16 December, 9:30am—12pm  
(theory booklet included)

Pratyahara means withdrawing the senses within. It's an often forgotten limb of Yoga, but a valuable gateway into the practices of Concentration (Dharana), Meditation (Dhyana), and Samadhi (Contemplation). Learn the practical techniques of breathing, mantra, asana and relaxation that can liberate the mind and open the window of Pratyahara.

## Awareness Through the Body: Form Exploration with Amir

• Saturday, 16 December, 9:30am—12pm

Exploring FORM: tuning and cultivating the observer within through being guided into various physical shapes that embody expressions of different inner qualities. Relax with the intention to approach the physical plane spontaneously, while easing into receptivity to the inner movement.

## 5 Rhythms (4 day workshop) with Sudevi

- Saturday, 16 December, 2—4:30pm & 8—9pm
- Sunday, 17 December, 9:30am—4:30pm  
(lunch break 12:30—1:30pm)
- Monday, 18 December, 9:30am—4:30pm  
(lunch break 12:30—1:30pm)
- Tuesday, 19 December, 9:30am—4:30pm  
(lunch break 12:30—1:30pm)

A conscious dance practice for everyone;  
exploring shadow/light

Kathir



[aurovilleholistic@gmail.com](mailto:aurovilleholistic@gmail.com),

[christinep@auroville.org.in](mailto: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](http://www.auroville-holistic.com),  
Christine

Cinema

## AUROVILLE FILM INSTITUTE



## 3E—Explore, Experiment, Express

• 8 January to 11 February 2024



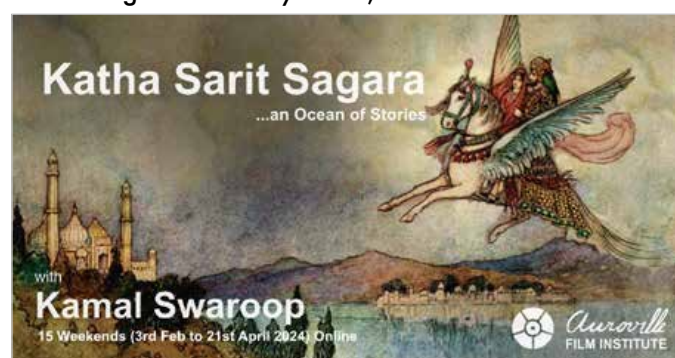
- A 5-weeks filmmaking workshop With R V Ramani
- Online—Onsite, in Auroville—Online

This is a 5 -week workshop both online and in Auroville with R. V. Ramani, Filmmaker, Cinematographer and Teacher, initiating aspirants into filmmaking on one's own terms. Through simple exercises and interactions, the Course will lead the participants—to introspect, look within and discover one's own intuition, ways of connection and expression. Ramani's sessions will be informal, candid yet rigorous, engaging individually—and yet as a group—where each one is inspired to take one's own path to discover and attempt ideas of narratives in filmmaking.

- To know more please visit:  
<http://filminstitute.auroville.org/2023/12/05/3e-explore-experiment-express/>
- For queries contact +91 9969879319.

## Contemporising—Katha Sarit Sagara

• Starting 17 February 2024, 14:30 to 18:30 IST.



- 12 Weekends, Online.
- A Creative Reading and Writing Workshop With Kamal Swaroop

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](mailto:support_filminstitute@auroville.org.in)

## The Art of Pitching, Impact & Distribution

• 3 to 7 January, Auroville



- **Creative Retreat** with Irena Taskovski: award-winning producer & distributor; CEO—Taskovski Films.

Emerging filmmakers often have great energy, ideas and access. But, sometimes it is not optimised to its full potential. Irena Taskovski through her conscious filmmaking approach—will guide participants to find the core of their story, identifying the essential message/theme; and how to articulate it in a striking way, in other words, how to 'pitch it'. She will further guide through impact and distribution strategies, in a way that the idea is 'intentionally' developed from its core, right up to its reception by a well curated audience.

- **To know more and register**, please visit: <https://filminstitute.auroville.org/2023/11/25/the-art-of-pitching-impact-distribution/>
- **For queries**, contact +91 9969879319.

### Study Circle

- 5—6:30pm, @ 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 Fellows. The sessions are open for all.



### WEEK 21—Decadence and Modernism

#### Upcoming Week's Schedule

Friday	08-12-23	Film Screening	<b>Pratidwandi (The Adversary)—Satyajit Ray, 1970 Calcutta Trilogy 1</b> Chronicle of the moral and spiritual collapse of urban India
Saturday	09-12-23	Film Screening	<b>Seemabaddha (Company Limited)—Satyajit Ray, 1971 Calcutta Trilogy 2</b> Chronicle of the moral and spiritual collapse of urban India
Sunday	10-12-23	Film Screening	<b>Jana Aranya (The Middleman)—Satyajit Ray, 1976 Calcutta Trilogy 3</b> Chronicle of the moral and spiritual collapse of urban India
Monday	11-12-23	Film Screening	<b>L'Avventura (The Adventure)—Michelangelo Antonioni, 1960 Trilogy on European modernity and its discontents 1</b>
Tuesday	12-12-23	Film Screening	<b>La Notte (The Night)—Michelangelo Antonioni, 1961 Trilogy on European modernity and its discontents 2</b>
Wednesday	13-12-23	Film Screening	<b>L'Eclisse (The Eclipse)—Michelangelo Antonioni, 1962 Trilogy on European modernity and its discontents 3</b>

- For more information write to: [support\\_filminstitute@auroville.org.in](mailto:support_filminstitute@auroville.org.in)
- Or contact Rutik, 9769976898  
Regards, Richa, +91 9969879319



### At Multi Media Centre Auditorium, Town Hall

- **Reminder:** Friday, 8 December, 'Meek's Cutoff' By Kelly Reichardt, Us, 2011
- **Friday, 15 December, 8pm, 'Anatomy Of A Fall'**  
Original Title: Anatomie D'une Chute

Directed by Justine Triet, France, 2023

With: Sandra Hüller, Swann Arlaud, Milo Machado Graner

**Synopsis:** Sandra Voyter, her husband Samuel and their visually impaired son Daniel, aged 11, live in the mountains, not far from Grenoble, France. One day, Samuel is found dead at the foot of their chalet. Suicide or homicide? Investigators suspect his wife Sandra. A case is opened and she is charged despite doubt. A year later, the son, Daniel follows the court case, wanting to understand. He is suddenly confronted to the fights of his parents and the court case happenings. Doubts take their toll on the mother-son relationship... 'A thriller of real psychological and emotional depth, breathtakingly intelligent' Won the Palme d'Or at the 76<sup>th</sup> Cannes Film Festival in May 2023.

Original French version with English Subtitles. Duration 2h32'

Surya

### ECO FILM CLUB

Every Friday at Sadhana Forest

#### Schedule of Events

- 16:00 Free bus from Solar Kitchen to Sadhana Forest for the Tour
- 16:30 Tour of Sadhana Forest
- 18:00 Free bus from Solar Kitchen to Sadhana Forest for the Eco Film Club
- 18:30 Eco Film Club begins with 'previews' of short Sadhana Forest films
- 20:00 Dinner is served
- 21:15 Free bus from Sadhana Forest back to Solar Kitchen



Before the movie, at exactly 16:30 you are welcome to join us for a full tour of Sadhana Forest and an update of our most recent work! After the film, you are welcome to join us for a free 100% vegan organic dinner! The bus service is operated by Sadhana Forest.

- For more information about the bus service please contact Sadhana Forest at 8525038274.

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

### Friday, 15 December Planet Earth: Caves

2017 / 49 minutes / Alastair Fothergill

The Earth's large, deep calcareous caves are virtually inaccessible and therefore barely explored—many requiring expert diving where flooded. Some of these caves are of such volume that they can contain the Empire State Building! Come explore caves and their fascinating, unique wildlife in this episode narrated by Sir David Attenborough.



Shek





## 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 8pm. 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!

*Nina and Marco for*

*Multimedia Center—Cinema Paradiso (MMC/CP)*



## 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 4<sup>th</sup> (Monday) and 9<sup>th</sup> (Saturday) December and Children's Matinee on 10<sup>th</sup> (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 Chiacki, 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.

For scheduling programs at MMC/CP venue: please email us at [mmcauditorium@auroville.org.in](mailto: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. Nina & Marco, MMC/CP

## Accessible Auroville Public Bus

[avbus@auroville.org.in](mailto: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 3509942, 3509943

- Santé—0413 2622803
- Farewell—8903836246

### Mental health 24/7 support:

- Vandrevalla Foundation +91 9999666555

### India Emergency Response Service (24/7): 108



**CINEMA PARADISO**  
**Multimedia Center (MMC) Auditorium**  
**Film Program**  
**11 December 2023 to 17 December 2023**

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

**Indian and diaspora—Monday 11 December, 8pm**  
**UYARE**

India, 2019, Dir. Manu Ashokan w/ Tovino Thomas, Samyuktha Menon, Parvathy Thiruvothu, and others, Drama-Thriller, 125 mins, Malayalam w/ English subtitles, Rated: A (R)

Pallavi Raveendran is an aspiring pilot and is in love with Govind, who is highly possessive about her. She gets into an aviation academy with dreams to fly high. This enrages Govind who gets more possessive, abusive, and controlling. To stop her from pursuing her dreams, to cut off her wings he attacks her in the most heinous way. Can it curb a flying spirit? It is a highly acclaimed, well-acted, women centric film.

**Potpourri—Tuesday 12 December, 8pm**  
**LE PAPILLION (The butterfly)**

France, 2002, Writer-Dir. Philippe Muyl w/ Michel Serrault, Claire Bouanich, Nade Dieu, and others, Adventure-Comedy, 85 mins, French w/ English subtitles, Rated: PG

A girl child Elsa is often left on her own due to the work schedule of her single mother, Isabelle. Elsa ends up spending time with Julien, a surly old butterfly collector, the two set out on a journey through the countryside. A beautiful classic film to catch more than once.

**Interesting—Wednesday 13 December, 8pm**  
**THE POWER OF FORGIVENESS**

USA, 2008, Dir. Martin Doblmeier w/ Thích Nhất Hạnh, Elie Wiesel, James A. Forbes, and others, Documentary, 78 mins, Narration and Conversation in English w/ English subtitle when other language used, Rated: NR (PG)

Over the last few decades, the study of forgiveness has come into its own, where researchers are examining the psychological and physical effects of forgiveness under a wide variety of conditions. Clinicians now help guide people to forgive transgressions and get on with their lives. This award-winning film is the kind one needs to watch from time to time because, to forgive someone can be simple. But this simple act can have powerful consequences—and may lead to a personal and spiritual transformation.

**Selection—Thursday 14 December, 8pm**  
**THE STATION AGENT**

USA, 2003, Writer-Dir. Tom McCarthy w/ Peter Dinklage, Patricia Clarkson, Bobby Cannavale, and others, Drama-Comedy, 89 mins, English-Spanish w/ English subtitles, Rated: R

When his only friend and co-worker dies, a young man born with dwarfism moves to an abandoned train depot in rural New Jersey. Though he tries to maintain a life of solitude, he is soon entangled with an artist who is struggling with a personal tragedy and an overly friendly Cuban hot-dog vendor. A delightful humane film. A must see!

**International—Saturday, 16 December, 8pm**  
**RESCUED BY RUBY**

USA, 2022, Dir. Katt Shea w/ Grant Gustin, Scott Wolf, Kaylah Zander, and others, Biography-Drama, 90mins, English-German w/ English subtitles, Rated: NR (G)

In this much acclaimed film, Ruby is an energetic pup. Her original owner gives her up to the Society for the Prevention of Cruelty to Animals for her “unmanageable” personality. She is cute and gets quickly adopted and then returned. This happens five times. Things were looking pretty grim and she was scheduled to be euthanized. Hours from it officer Daniel O’Neil took a chance on her. He thought she had potential and decided to pursue his dream of being a canine officer. Could this be his new partner? This is the true story of how these two underdogs found their dream together.

**Children’s Matinee—Sunday, 17 December, 4pm**  
**WHALE RIDER**

New Zealand-Germany, 2002, Writer-Dir. Niki Caro w/ Keisha Castle-Hughes, Rawiri Paratene, Vicky Haughton, and others, Drama-Family, English-Maori w/ English subtitles, Rated: PG-13

A perfect follow up reminder of last week’s ALT EFF film. A delightful story of triumph of one young girl who is discriminated in her tradition. On the east coast of New Zealand, the Whangara people believe their presence there dates back thousands of years to a single ancestor, Paikea, who escaped death by riding to shore on the back of a whale. From then on, Whangara chiefs, always the first-born, always male, have been considered Paikea’s direct descendants. Pai, an 11 yrs old girl believes she is destined to be the new chief. But her grandfather Koro is bound by tradition to pick a male leader. Pai loves Koro more than anyone in the world, but she must fight him and a thousand years of tradition to fulfill her destiny.

**Kurosawa’s Samurai Movies @ Ciné-Club:**

**Ciné-Club Sunday 17 December, 8pm**  
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Nina and Marco for MMC/CP, Group Account #105106,  
[mmcauditorium@auroville.org.in](mailto:mmcauditorium@auroville.org.in)