



News Notes

#1005 A weekly bulletin for residents of Auroville 14 December 2023



Photo by Pietro

The Soul of man, a traveler, wanders in this cycle of Brahman, huge, a totality of lives, a totality of states, thinking itself different from the Impeller of the journey. Accepted by Him, it attains its goal of Immortality.

Swetaswatara Upanishad

He who knows That as both in one, the Knowledge and the Ignorance,
by the Ignorance crosses beyond death and by the Knowledge enjoys Immortality.

Isha Upanishad

Pondering



It is probable indeed that they are the result or rather the inseparable accompaniments, not of an illusion, but of a wrong relation, wrong because it is founded on a false view of what the individual is in the universe and therefore a false attitude both towards God and Nature, towards self and environment. Because that which he has become is out of harmony both with what the world of his habitation is and what he himself should be and is to be, therefore man is subject to these contradictions of the secret Truth of things.

For out of these false relations and by their aid the true have to be found. By the Ignorance we have to cross over death.

Man in the Universe, The Life Divine by Sri Aurobindo

Contents

PONDERING	1
HOUSE OF MOTHER'S AGENDA	5
TOWNHALL SPEAKS	6
From The Entry Service—ES # 210	6
Entry Service Timings	6
Official Communication from the Entry Board	6
Statistics from April to November 2023	6
Confirmed Aurovilian & Newcomer in the process	6
Confirmed Aurovilian	7
Confirmed Aurovilians By Nationality,	7
Confirmed Aurovilians By Gender	7
Newcomer in the process	7
Newcomers By Nationality	7
Newcomers By Gender	7
Awakening Spirit	7
Amphitheatre—Matrimandir, Meditation with Savitri	7
Bases of Yoga—The Mother's Talks:	
An Interactive Book Reading Circle	7
Savitri Bhavan December 2023	8
Exhibitions	8
Films	8
Full Moon Gathering	8
Dream Divine Series	8
Regular Activities	8
Savitri as the Veda of the Future	8
Mudra Chi	8
Study Circle	
on The Synthesis of Yoga—Sri Aurobindo	9
Brahmanaspati Kshetram	9
Calendar of regular events, December 2023	9
Unity Pavilion: Daily Peace Meditation	9
The OM Choir Continues	9
Savitri Satsang By Narad	9
Education	9
Open House At Kindergarten (Center Field)	9
Nandanam Kindergarten Open House	9
Open House In Deepanam School	9
Auroville Library	10
Weekly Timings	10
Story time At the Auroville Library!	10
STEAM Holiday Camp	10
For Ages 14—16: Lights! Camera! All!—AI Animation Movie Making	10
For Ages 8—13: S.T.E.A.M	
Safari—A Survival Science Camp	10
The French Pavilion presents	
Tales and Stories By Mireille and Marie	10
Free Math Classes For Grade 9—12 (Cbse)	10
Auroville Matters	10
So, Let's Smile	10

Matching Campaign	11
AVI USA Matching Campaign 2023:	
Double Your Impact This December	11
Youth Link Matching Donation Campaign	11
Aurokiya Matching Donations	11
Thamarai Receives Support	11
Health Care	11
Maatram is now at Arka	11
Therapists schedule for Open Consultation Hour	11
Santé Services in December	12
Working Hours	12
Tests and Sample collection	12
For emergencies	12
Appointment	12
Santé Services Schedule	12
Auroville Health Center	12
New Phone Numbers	12
Siddha consultations by Dr Sharavanan	12
Aurokiya Integral Eye Centre @ Arka	12
Svasti Homoeopathy Clinic	12
Visit of the Tibetan Doctor and the Team	12
Aurodent Dental Clinic	12
Morning Star Services	13
Consultations	13
Teens	13
Classes	13
Parents' Groups	13
Doula Training	13
For Your Information	13
Traffic Alert	13
International	13
Unity Pavilion Events	13
Animal Care	13
Doggy Home	13
Auroville's Puppy Problem	14
The Arts	14
Bharat Nivas Presents	14
Sri Aurobindo Auditorium: Samarpanam	14
Kalakendra Art Gallery: Painting Exhibition	
Aadiyogi Shiv, a Journey in Cosmic Indigo	15
Roger Anger, l'Artiste	15
Art Exhibition Abstract paintings on prints of News and Notes Mixed media	15
Pitanga: Exhibition of Water Colour Painting	15
Shradhanjali Invites You to View Artworks	15
Festivals	16
Upcycling Christmas Market	16
Auroville Tamil Literature Festival	16

Dance Activities	16
Join Our Bollywood Dance Session	16
Angam Tree Workshop: LA Style Salsa Dance	16
New Creation Dance Studio: Schedule	16
Auroville Tango Activities	17
Zumba with Preeti	17
Salsa Dance Class	17
Tango Dance Class	17
Music and Art Activities	17
Songs From The Heart	17
Bansuri (Flute) Group Classes With Michael	17
I Just Wanna Write	17
Welcome to 'Open Studio'	18
Darkroom Workshop by Sasikanth Somu	18
Sports & Martial Arts	18
Women's And Men's Av Teams	
Win Single Gender Tournament In Auroville	18
Auroville Marathon Online Rregistration	18
Kshetra Kalari Aspiration	19
Bharat Nivas presents Kalaripayattu Class in Collaboration with Kalarigram	19
Tai Chi Hall	19
Martial Arts: Aikido Winter Intensive 2023—24!	19
Ultimate Frisbee Auroville Women's Team	19
Kalpna Gym	19
Swimming Class	20
Abhaya Martial Arts	20
Nature Activities	20
Conscious Nature Immersion at MahaKali Park	20
Co-creating with the Spirit of Nature	20
Food Forest Tour	20
Food Activities	20
Fermented Drinks Workshop With Matilde	20
The Taste of Korea	21
Anitya Joy Of Impermanence	21
Education On Urban Farming	21
Community Lunch	21
Bioregion Activities	21
Auroville Bamboo Centre December Program	21
Bamboo Centre Campus Tour	21
Every Saturday Auroville Bamboo Tour with Special Bamboo Lunch	21
Training and workshop	21
One-Day, Make and Take Workshops	21
3 Hours Make and Take Workshops	21
Upcoming Workshops—December 2023	21
Bamboo Lampshade Workshop	21
Bamboo Construction Workshop	21
Mohanam Programme Soul of Soil, December	22
Auroville Northwest Experience Tours	22
Make and Take Workshop	22
Classes and Therapies	22
Auroville Bioregion Experience with Mohanam Team	22
Mohanam Sunday Brunch	22
Auroville Sunday Tour	22
Mohanam school of Art & Music activities	22
Kolam Village Walk (every Friday)	23
Thiruvannamalai Eco & Spiritual Services	23
Creative Tailoring Sessions	23

Honorary Voluntary	23
Kuilai Creative Center Looking for Volunteers	23
Unity Pavilion Seeks Volunteers	23
AuroOrchard: Call For Farm Volunteers	23
Gau Seva at Sadhana Forest!	24
Bharat Nivas Team is looking Volunteers	24
For Auditorium: Backstage Manager	24
For Trustees team: A communication Expert	24
For the Pathway	24
Looking For	24
Anyone traveling to Germany soon?	24
Looking for Accommodation	24
Needs a Hand Blender	24
Work Opportunities	24
Auroville Dog Shelter:	
Long-Term Animal Caretaker Wanted!	24
Taxi Share	24
From Chennai Airport, 16 December, 11pm	24
Foods, Goods and Services	24
The Sprout is Open!	24
Eco Femme: Reconnecting with your Inner Cycle	25
Annapurna Farm Baskets	25
Hive's Open House	25
Have You Discovered Sudha's Kitchen?	25
German Bakery Opening Hours	25
Free store Opening Times	25
We Can Help To Fix All Your Broken Items	25
Auromode Tanto is Open for Breakfast Buffet	26
Join Dropzy	26
Tech Elves Services	26
AuroCabs	26
Unity Transport Service	26
A Kind Request & Reminder from Auroville Printers	26
Organic Quality Milk Available	26
Fiber Optic and IT Troubleshooting Available	26
Pest Control	26
Rapid Care Services	27
Rupavathi Joy Activities	27
Bio-Region Temple Tour	27
South-Indian Cuisine Cooking Class	27
Thai Massage	27
Tailoring	27
Surabhi Supplies	27
Latest News from Inside India Travel Shop	27
Vegan Lunch in Red Dot Cafe	27
Poetry	27
Farewell to A Friend	27
Breeze Stirred Ripples	27
Auroville Audio & Video	28
Auroville Radio Last published podcasts	28
Voices and Notes	28
Mind of Light—Our Present Stage	28
Languages	28
News From Auroville Language Lab	28
Tomatis	28
Current Schedule of Classes	29
To join or enquire	29
The Language Lab is open	29

Classes, Workshops & Healing Arts _____ 29

Activities with Arabinda Are Postponed _____	29
Mindfulness _____	29
Mindfulness drop-in session Non-striving _____	29
Mindfulness for Stress Reduction (MBSR) _____	29
Deep Sound Bath Tibetan Bowls _____	29
Vocal Exploration meets Body Movements _____	30
Yoga Classes in Bharat Nivas _____	30
Auromode Yoga Space _____	
December Schedule _____	30
Tamil Folk Music Concert _____	30
Traditional Mantra and Stotra Classes _____	30
Body in Light: Energy Healing Workshop _____	31
Angam Tree Therapies _____	31
Sound Healing Therapy _____	31
Massage Therapy _____	31
Dance Movement Therapy _____	31
Traditional Massage Therapy Classes _____	31
Arka Wellness Center & Multipurpose Hall _____	31
Treatments _____	31
Classes _____	31
Nidra Yoga Ananda _____	31
Pitanga Program, December _____	32
Classes — Registration required _____	32
Drop-In Classes _____	32
Healing Space _____	32
Youth activities _____	32
New Activities _____	32
For Giving Love Transmuting heavy emotions _	32
Reading Savitri _____	32
Deep Presence—A Guided Inner Exploration _	32
ATB explorations _____	33
Body Music _____	33
Verité Programs, December _____	33
Yoga & Re-creation Programs _____	33
Therapies (by appointment only) _____	33
Workshops (pre-registration required) _____	33
Vérité Workshops _____	33
Face & Eye Yoga: Face Your self with Mamta _____	33
Master Class Pratyahara: Withdraw Your	
Attention Within through Mantra,	
Breathing & Asana with Andres _____	34
Awareness Through the Body:	
Form Exploration with Amir _____	34
5 Rhythms (4 day workshop) with Sudevi _____	34
Holistic: Healing and Awareness _____	34
Quiet Healing Center _____	34
Watsu® Yoga Round with Fred & Roberto _____	34
Watsu® & OBA® Basic with Dariya & Daniel _____	34
Watsu® 1 (Transition Flow) with Dariya & Daniel _	34

Cinema _____ 35

Auroville Film Institute _____	35
3E—Explore, Experiment, Express _____	35
Contemporising—Katha Sarit Sagara _____	35
Study Circle _____	35
Eco Film Club _____	35
Schedule of Events _____	35
Lentils: A Miracle of Nutrition _____	36
The French Pavilion presents: _____	36
A Quest for Meaning (En Quête de Sens) _____	36
Aurofilm _____	36
At Multi Media Centre Auditorium, Town Hall ____	36
Aurofilm Presents a Cine-Master Class _____	36
Aurofilm In Youtube _____	36
Cinema Paradiso _____	36
Multimedia Center (MMC) Auditorium _____	36
Film Program 18 to 24 December 2023 _____	37

Accessible Auroville Public Bus _____ 38**N&N Guidelines _____ 38****Emergency Services _____ 38***Editors' Note***Dear readers of paper version!**

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

The only excuse of late delivery is rain on Friday.

Light and Peace,
Roy and AgniJata
newsandnotes@auroville.org.in

*The Last Moment***AUROVILLE LIBRARY****will be closed**

on Monday, 25 December and Monday, 1 January
for Christmas and New Year.

Laura

House of Mother's Agenda



(continued from last week)

In all spiritual living the inner life is the thing of first importance; the spiritual man lives always within, and in a world of the Ignorance that refuses to change he has to be in a certain sense separate from it and to guard his inner life against the intrusion and influence of the darker forces of the Ignorance: he is out of the world even when he is within it; if he acts upon it, it is from the fortress of his inner spiritual being where in the inmost sanctuary he is one with the Supreme Existence or the soul and God are alone together. The gnostic life will be an inner life in which the antinomy of the inner and the outer, the self and the world will have been cured and exceeded. The gnostic being will have indeed an inmost existence in which he is alone with God, one with the Eternal, self-plunged into the depths of the Infinite, in communion with its heights and its luminous abysses of secrecy; nothing will be able to disturb or to invade these depths or bring him down from the summits, neither the world's contents nor his action nor all that is around him. This is the transcendence aspect of the spiritual life and it is necessary for the freedom of the spirit; for otherwise the identity in Nature with the world would be a binding limitation and not a free identity. But at the same time God-love and the delight of God will be the heart's expression of that inner communion and oneness, and that delight and love will expand itself to embrace all existence. The peace of God within will be extended in the gnostic experience of the universe into a universal calm of equality not merely passive but dynamic, a calm of freedom in oneness dominating all that meets it, tranquilizing all that enters into it, imposing its law of peace on the supramental being's relations with the world in which he is living. Into all his acts the inner oneness, the inner communion will attend him and enter into his relations with others, who will not be to him others but selves of himself in the one existence, his own universal existence. It is this poise and freedom in the spirit that will enable him to take all life into himself while still remaining the spiritual self and to embrace even the world of the Ignorance without himself entering into the Ignorance.

For his experience of cosmic existence will be, by its form of nature and by an individualized centration, that of one living in the universe but, at the same time, by self-diffusion and extension in oneness, that of one who carries the universe and all its beings within him. This extended state of being will not only be an extension in oneness of self or an extension in conceptive idea and vision, but an extension of oneness in heart, in sense, in a concrete physical consciousness. He will have the cosmic consciousness, sense, feeling, by which all objective life will become part of his subjective existence and by which he will realize, perceive, feel, see, hear the Divine in all forms; all forms and movements will be realized, sensed, seen, heard, felt as if taking place within his own vast self of being. The world will be connected not only with his outer but with his inner life. He will not meet the world only in its external form by an external contact; he will be inwardly in contact with the inner self of things and beings: he will meet consciously their inner as well as their outer reactions; he will

be aware of that within them of which they themselves will not be aware, act upon all with an inner comprehension, encounter all with a perfect sympathy and sense of oneness but also an independence which is not overmastered by any contact. His action on the world will be largely an inner action by the power of the spirit, by the spiritual-supramental idea-force formulating itself in the world, by the secret unspoken word, by the power of the heart, by the dynamic life-force, by the enveloping and penetrating power of the self one with all things; the outer expressed and visible action will be only a fringe, a last projection of this vaster single total of activity.

At the same time the universal inner life of the individual will not be confined to an inner pervasive and inclusive contact with the physical world alone: it will extend beyond it through the full realization of the subliminal inner being's natural connection with other planes of being; a knowledge of their powers and influences will have become a normal element of the inner experience, and the happenings of this world will be seen not solely in their external aspect but also in the light of all that is secret behind the physical and terrestrial creation and movement. A gnostic being will possess not only a truth-conscious control of the realized spirit's power over its physical world, but also the full power of the mental and vital planes and the use of their greater forces for the perfection of the physical existence. This greater knowledge and wider hold of all existence will enormously increase the power of instrumentation of the gnostic being on his surroundings and on the world of physical Nature.

(to be continued next week)

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

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

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



Townhall Speaks

FROM THE ENTRY SERVICE—ES # 210

Dated: 14-12-2023

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 or auroville.entryservice@gmail.com. We thank you in advance.

Newcomer Announced:

- Anne Adeline DESCHAMPS (French) staying in Sukhavati (Henri's place) and working at Future school
- Riccardo BUCCIROSSI (Italian) staying in Horizon (Food Laboratory) and working at Svaram



Anne



Riccardo

Newcomer Confirmed:

- Deepani RADHAKRISHNA (Indian)
- Olga MERCHANTE (Spanish)
- Prabhu GAJENDRAN aka Ragu (Indian)
- Vishnu REDDY (South African)

Aurovillian Announced:

- Sivarajan DEVARAJAN (Indian) staying in Vikas and working at Ilion



Sivarajan

Aurovillian Confirmed:

- Bharathiraja KASINATHAN (Indian)
- Sumi Moon (Korean)

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

OFFICIAL COMMUNICATION

from the Entry Board

Dear Residents, we wish to share some information regarding individuals joining Auroville through the Admission Committee, also known as Entry Service.

In light of recent misinformation, we aim to provide transparent and explicit details regarding the numbers of new Aurovilians joining our community.

The Mentor Pool plays a crucial role, consisting of about 150 committed members from diverse cultures, nationalities, and backgrounds, who have been confirmed as Aurovilians for at least three years. Their role as a bridge between the Entry Board, the community, and the applicants is highly valued.

Yucca is a program designed to inform individuals interested in joining Auroville. It is a week-long program in English and since March the Aspiration team has been offering also a Yucca program in Tamil language. A special initiative tailored for the youth has been designed and is offered by the Youth Link; this facilitates the Youth of Auroville turning 18 to integrate as young adults and apply for an Aurovillian status.

The Entry Board has been noticing for the last 2 years an increase in the number of 'fake housing agreements'. Some Aurovilians provide inaccurate or false attestations about applicants' living and working situations, necessitating verification of their claims. This is due to a shortage of houses.

Additionally, we want to inform the community of the following:

- Entry Service** opens on Mondays, Wednesdays, and Fridays from 9am to 12:30pm and 2:30 to 4:30pm.
- auroville.entryservice@gmail.com
- Every Friday, from 10am to 12pm the **Entry Board** holds open doors (with one or two members present) to address queries; everyone is encouraged to participate.

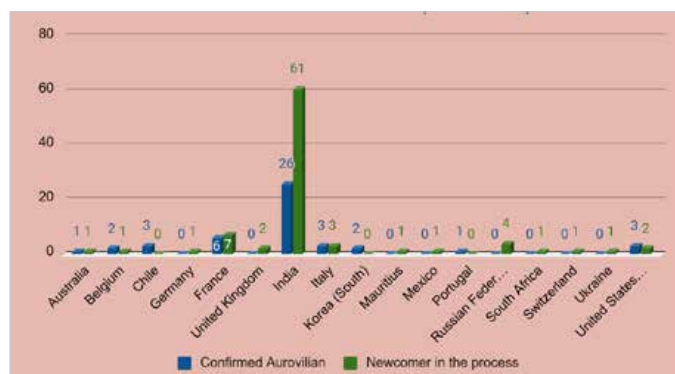
Our last year's report was released last July 2023, please note that the numbers are changing rapidly.

At the moment there are more than 200 confirmed Aurovilians waiting to be registered in the Register of Residents (RoR). Find below the data from April to November 2023.

Statistics from April to November 2023

Confirmed Aurovillian & Newcomer in the process, April to November 2023

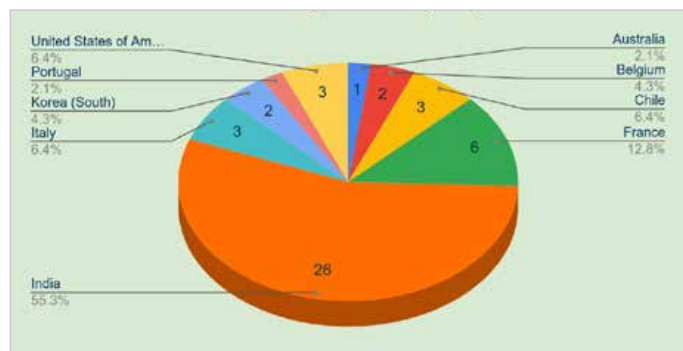
	Australia	Belgium	Chile	Germany	France	UK/India	Italy	Korea (South)	Mauritius	Mexico	Portugal	Russia	South Africa	Switzerland	Ukraine	USA	Total
Confirmed Aurovillian	1	2	3	0	6	0	26	3	2	0	0	1	0	0	0	3	47
Newcomer in the process	1	1	0	1	7	2	61	3	0	1	1	0	4	1	1	2	87



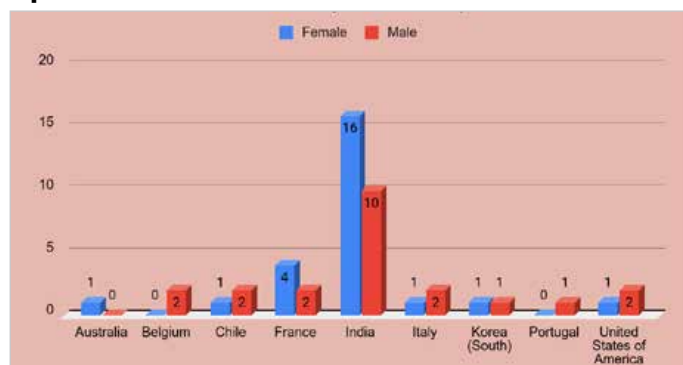
Confirmed Aurovilian, April to November 2023

Australia	Belgium	Chile	France	India	Italy	Korea (South)	Portugal	USA
1	2	3	6	26	3	2	1	3

Confirmed Aurovilians By Nationality, April to November 2023



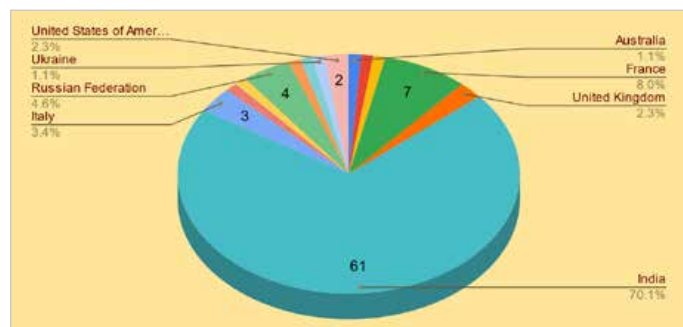
Confirmed Aurovilians By Gender, April to November 2023



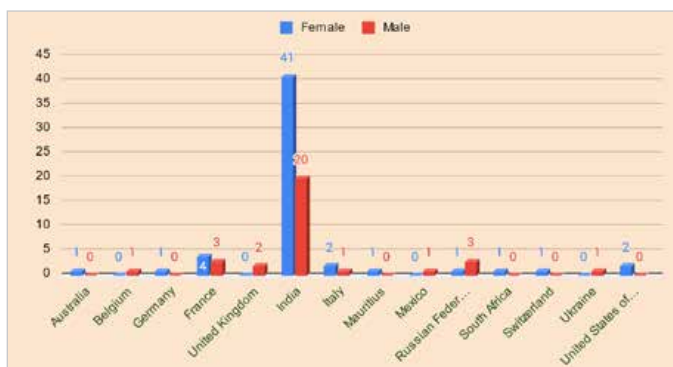
Newcomer in the process, April to November 2023

Australia	Belgium	Germany	France	UKingdom	India	Italy	Mauritius	Mexico	Russia	South Africa	Switzerland	Ukraine	USA
1	1	1	7	2	61	3	1	1	4	1	1	1	2

Newcomers By Nationality, April to November 2023



Newcomers By Gender, April to November 2023



The Entry Board,
Alain, Grace, Jayanthi, Lakshmanan,
Matilde, Sara, Sonja and Swadha
Submitted by 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.

Surya and Amphitheatre Team



BASES OF YOGA—THE MOTHER'S TALKS

An Interactive Book Reading Circle



Every Saturday, 10—11 am

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

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

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

Venue: Garden Room, Savitri Bhavan

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

Dhanalakshmi for Savitri Bhavan Team

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 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*

SAVITRI AS THE VEDA OF THE FUTURE

Monday, 18 December 2023, 4pm at Savitri Bhavan.



Duration: 85 min.

Dr Alok Pandey describes the Veda as a wonderful book and a document of the highest kind of mystic experiences and written in a language that surpasses human speech with its magnificent words and mantras, its beauty, sound-symbols, and expressions of truth.

It is a knowledge of experiences of another order. It is complete knowledge because it was achieved by the mystics—the Rishis. They ascended to higher domains of consciousness where Truth is self-evident.

They looked at nature and the universe: this drift of galaxies, stars, and atoms, and they wondered, aspired, thought, and gazed in a process which is called tapasya and inner sacrifice through which human consciousness ascends. And in these processes, they were assisted by cosmic powers or gods, and whatever they discovered, they recorded it in hymns. So, the Veda is a document of mystic experiences aspiring to make Heaven and Earth equal and one.

This project initiated by the Rishis of the Veda, Sri Aurobindo as an Avatar took towards its Divine fulfillment here on earth, in this age, because the time for it had come. He, himself a Rishi, removed the veil, the golden lid mentioned in the Isha Upanishad.

Whatever was achieved in the Veda—light, truth, and immortality of the soul—he advanced to the next higher level by his yogic power: from light to greater light, from freedom to greater freedom, from delight to greater delight. Every cell should be filled with immortality, and truth and delight should be established here on earth: there is infinite perfection before man.

Sri Aurobindo rose from silence to the highest levels of consciousness to see and experience creation in all its aspects and to receive mantric words and expressions for his poem *Savitri*.

The whole evolution and the processes of manifestation and transformation are expressed in mantric words and lines in *Savitri* and especially in Book Two, *The Traveller of the Worlds*, which describes the journey of King Aswapati and Sri Aurobindo himself.

Through his consciousness Sri Aurobindo invoked the Divine Mother and her embodiment. He also created the new mantra *OM Anandamayi Chaitanyamayi Satyamayi Parama* for mankind to invoke her. Moreover, the twin power of Sri Aurobindo's own consciousness and the Divine Mother in her role as an Avatar make *Savitri* a mantra of transformation. Owing to their combined consciousness—forces the Mother said that if you read *Savitri* you would not need anything else. It is a complete guide on the way, and you can arrive at the highest realization of the yoga of transformation.

'*Savitri* is a revelation of the highest order', said the Mother, and also: '*Savitri* is a Mantra for the transformation of the world'.

The film is available at YouTube:

- <https://www.youtube.com/watch?v=KQ4V7DrHHlc>

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

STUDY CIRCLE



BHARAT NIVAS
PAVILION OF INDIA: AUROVILLE

on The Synthesis of Yoga—Sri Aurobindo

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

Sri Aurobindo Centre, Resource Library

Tuesdays, 4:30—5:30pm

- An exploration, led by Deepti Tewari

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

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

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

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

Regards, Vani, BN Cultural Team
0413 2622253



BRAHMANASPATI KSHETRAM

Calendar of regular events, December 2023



BRAHMANASPATI KSHETRAM
The Mother Sri Aurobindo Centre

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

Calendar of regular events of December 2023

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

Every Thursday 6:00 - 6:30pm
Meditation

Every Friday 5:30 - 6:30pm, reading
"The Mother's Questions & Answers- Vol-7"
in English

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

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

kshetram2014@auroville.org.in



Submitted by Rajan

UNITY PAVILION: DAILY PEACE MEDITATION

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

Arun



THE OM CHOIR CONTINUES

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



OM Choir at Savitri Bhavan, Auroville

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

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

Submitted by Noel

SAVITRI SATSANG BY NARAD

Thursdays, 6:30pm @ Kalpana

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

William

Education

OPEN HOUSE AT KINDERGARTEN (CENTER FIELD)

Friday, 22 December, 1:30—4pm and

Saturday, 23 December, 9am—12pm



The Kindergarten (Center Field) will be open to everyone on Friday, 22 December from 1:30 to 4pm and Saturday, 23 December from 9am to 12pm.

You are welcome to visit the exhibition of crafts and works of the children, ages 3 to 6, and to discover the Play of Painting room and the Blocks room.

Odile for The Kindergarten Team

NANDANAM KINDERGARTEN OPEN HOUSE

Monday, 18 December, 12—2pm and

Tuesday, 19 December, 10am—2pm

Nandanam Kindergarten invites you to join us for our Open House on Monday, 18 December between 12pm and 2pm & on Tuesday, 19 December between 10am and 2pm. Come and be part of our ever growing family and explore the wonders of our world!!!



Warm regards, K.Lakshmi for
The Nandanam Kindergarten Team

OPEN HOUSE IN DEEPANAM SCHOOL

Tuesday, 19 December, 9—11am



Dear Community, we warmly invite you for the Open House in Deepanam School on Tuesday, 19 December between 9 and 11am.

Looking forward to seeing you there!

Mahavir for Deepanam School

AUROVILLE LIBRARY

Weekly Timings:

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

Story time At the Auroville Library!

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

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

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 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

THE FRENCH PAVILION PRESENTS

Tales and Stories By Mireille and Marie

Tuesday, 19 December, 4:30pm



@ French Pavilion (opposite Visitor Centre)

Languages: French, English, and more

Friendly afternoon for young Children (3 to 6 years old) and their parents around stories and tales read or told, drawn or illustrated, sung or whispered in any languages...

Everyone is welcome to share, to hear, to tell, to relax and dream!

Peace, Vivekan

FREE MATH CLASSES

For Grade 9—12 (Cbse)

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

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

Regards, Ravi

Auroville Matters

SO, LET'S SMILE

In India, it is taught to smile, particularly while talking, one should smile or else it's considered to be impolite, rude and arrogant. By smiling we bring joy and light to the atmosphere as well as the lightness to other people's lives too. A smile on the face releases the stress from the body and head; it brings light to the upper body; it connects one to the heart; it keeps the heart light and brings joy to the whole.



So many positive effects of a smile. Especially, in spiritual life and spiritual practices such as meditation, a smile is a 'must'. Spiritual life is not a serious phenomena, it is rather a joyful event. If one can not smile, one can not meditate. One can sit down and worry for hours, nothing may happen if one is not smiling. In another way, we can say that the meditation practice brings a smile to the face as an expression of bliss. If one still can not smile, one can not progress but one may fall into a space of misery or pain. If we see Budha, Krishna, Ganesh or the Mother we mostly see a sweet smile on their faces. I even heard that Sri Krishna was hardly serious in life, always joyful or smiling. So to stay young in heart and body, light in the heart and to bring light to the atmosphere, the way is to smile. However there is a difference between smiling and laughing, the two are not the same. So let's smile.

Aravind

Matching Campaign

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

YOUTH LINK MATCHING DONATION CAMPAIGN

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

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

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

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

Being YouthLink, we are constantly looking out for issues that youth in our community may face. From awareness campaigns to individual consultations and surveys, we are actively pinpointing and addressing important topics which concern our youth, aiming to create a healthy environment in which the youth can research and grow. We aim to create changemakers— youth who are capable and understanding, who are actively looking to mould and change the world around them as well as to nurture themselves as individuals. If you would like to join us in our journey to co-curate our community to the best of our current capacities, please consider donating to us, or help us spread the word! This will allow us to continue our efforts, as well as to possibly increase our current capacities.

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

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

*With Love,
Namu for YouthLink Team*



AUROKIYA MATCHING DONATIONS

Dear Friends and Supporters, greetings from Aurokiya Integral Eye Centre. Join us in the fight against blindness in Auroville & Bioregion. Aurokiya Eye Care's holistic approach includes screenings, education, and vital treatments. Your donation means doubled impact in December through AVI USA's matching donation campaign.



The funding will be utilized for outreach eye camps (School screening, workplace screening, and village screening camps). Together, let's brighten futures and restore sight. Every contribution counts—give today and make a difference.

- Click LINK <https://give.aviusa.org/page/aurokiya>
- or scan the code.

Aurosugan for Aurokiya team

THAMARAI RECEIVES SUPPORT

As we come towards the close of 2023, we in the Thamarai team are feeling very grateful for all the wonderful support we have received this year. We are delighted to also share the news that Auroville International USA is matching funds that we raise from now until Christmas day, that means each donation we receive will be doubled. Last year, we built a solar powered learning center in Annai nagar village and now we are fundraising to sustain it and the programs for 90 children in 2 centers.



- Please see this link for more details <https://give.aviusa.org/page/Thamarai>

*With gratitude and best wishes,
from all @ www.thamarai.org, Bridget*

Health Care

MAATRAM IS NOW AT ARKA

We would like to inform the community that the Maatram office has now fully moved to Arka and is operational from there. All sessions and activities of Maatram that were occurring at Mitra hostel will now take place in our space at Arka.



We would also like to take this opportunity to thank the community for their generosity and constant support that helped us with this transition swiftly and smoothly. We provide consultation with professionals trained in Psychiatry, Clinical Psychology, Neuro/Bio feedback therapy, Integral eye movement therapy, NLP, EMDR, Art therapy, self-work with clay etc

Therapists schedule for Open Consultation Hour (OCH), 9-10 am

Monday	Saif
Tuesday	Rashmi
Wednesday	Palani
Thursday	Chetna
Friday	Gopa

OCH is a walk-in session where anyone can come without an appointment. If the therapist is already seeing someone by the time you walk in, please leave your contact details and we will revert.

- **Message or call:** 9087709434
- maatram@auroville.org.in
- <https://maatram.org.in/>

*Warmly,
Megha for Maatram*

SANTÉ SERVICES IN DECEMBER



Santé

Working Hours

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

Tests and Sample collection

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

For emergencies

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

Appointment

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

Santé Services Schedule

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

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

Dasha for Sante Services,
sante@auroville.org.in,
<http://sante.auroville.org.in>

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

AUROKIYA INTEGRAL EYE CENTRE @ ARKA

Working Hours

- Monday—Saturday, 9am—5:30pm

Services Provided

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



Contact:

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

Thanks, Aurosugan, Aurokiya team

SVASTI HOMOEOPATHY CLINIC

Holistic Medical Care through Classical Homeopathy
(Acute and Chronic Ailments)
with Dr Aditi Patel (BHMS)

@ Arka Wellness Centre

- 10am—1pm, 3—6 pm, flexible, six days a week.

For your kind information, I have been an Aurovilian since December 2019, practicing here since 2018.

I graduated in 2008 and practiced in Gujarat and Mumbai before.

Kindly respond to the same.

Regards, Aditi (Dr Aditi Patel)



VISIT OF THE TIBETAN DOCTOR AND THE TEAM

15 and 16 December

Dear All, this is to share that the Tibetan Doctor and the team are visiting us on Friday, 15 and Saturday, 16 December 2023.

- You can call 0413 2622401 or WA 848906733 to get your appointment.
- Be mindful to call during the working hours
8:30am—12:30pm and 1—5pm

We look forward to seeing you soon.

Submitted by Kalsang for the
Pavilion of Tibetan Culture International



Dental Clinic
Auromode, Auroville.

For Appointment please contact us

Email: aurodent@auroville.org.in

Phone: 0413-2622063 What's up: 9629199328

Working hours

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

MORNING STAR SERVICES

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



Consultations

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

Teens

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

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

Classes

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

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

Most of the sessions are offered in English and Tamil.

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

Parents' Groups

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

- **10—11:30am, Wednesday mornings, Hall of Light**
- Interested? Message Rotem @ WA +91 8056888715

Doula Training

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

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

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

For more information contact

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

Balaganesh SIVA

For Your Information

TRAFFIC ALERT

Please Note That From Monday 11 December Onwards, Heavy Lorries Are Crossing The Road To The Town Hall Between Matrimandir 2nd Banyan Gate And Matrimandir West Gate Between **8am and 4:30pm Daily, Monday To Saturday.**



Please Drive Slowly and Carefully and Follow the Directions of the Workers Directing Traffic for Your Safety.

Antoine,
for Matrimandir Executives

International

UNITY PAVILION EVENTS

The Unity Pavilion actively supports the manifestation of the International Zone. Holding the participation of all nations in mind, it hosts a wide range of art and cultural programs which support the realization of the National Cultural Pavilions.



Unity Pavilion with its 2 main beautiful halls and garden is a central space for Auroville's community gatherings. Unity Pavilion hosts presentations, seminars and workshops for individual and organizational development involving Auroville and its bio-region.

Unity Pavilion offers an exhibition all year round in its 2 main halls: **Art For Land** helps us to raise funds to buy land for Auroville. We have been donated fantastic art works from Aurovilians as well as from all over India and from many other countries from people who just like and follow Auroville. We also have a very rare collection of Mother's photos donated by Loretta displayed in the main hall.

Unity Pavilion invites you to come and relax in its beautiful green garden. Our large Tamarind tree and our precious Neem trees will give you a maximum shadow to refresh yourself. Taste the energy up the little hill ideal for fresh meditation. Take some time to admire the large variety of plants from common ones to rare orchids. Mother's garden with its colorful flowers is a real pleasure for the eyes. Now we are busy creating a vegetable garden.

If you are interested in gardening please contact us. It will be a pleasure for us to welcome you. We need help!

Hall Of Peace is a serene venue for peace work and offers daily meditation from 6 to 6:45pm except on Thursday from 5 to 5:45pm. You are most welcome for self-meditation at any time of the day except Sunday. At the center of the Hall of Peace is the Nakashima Peace Table for Asia, symbolizing our collective aspiration for peace in action. Besides offering a beautiful space for silence, the Hall of Peace is a perfect setting for events and activities with focus on active, dynamic peace and harmony.

Every Wednesday from 5:30 to 6:30pm you are invited to join **Svaram Sound Experience**. Price: RS600 for guests, RS300 for Volunteers and any contribution for Aurovillians.

Isha, in collaboration with Unity Pavilion offers, on booking, a most interesting **Sencha Style Tea Ceremony**. Book and experience a spiritual journey with this unique Ceremony. Explore and discover yourself with one of the finest organic teas of your choice. Contribution/ Donation welcome.

- For any information and booking please call 2623576 and email unitypavilion@auroville.org.in

Submitted by Doris For the UP Team.

Animal Care

DOGGY HOME

This is to find more people who like and love looking after animals. During times of traveling or being 'temporarily out of station' from Auroville it seems difficult to leave animals at home with a dog sitter or find appropriate place of care in Auroville. All that animals need is some space to play and some shelter at times plus someone to feed and love them.



So, if you see yourself and the place you are staying able, willing and happy to care for animals for a short term, please notify us or even animal shelter.

If you feel ready to participate in this sweet expression of community spirit and care for all living beings it will be great to hear from you!

Ulrike Urvasi,
9751513906, ulrikrishna@gmail.com

AUROVILLE'S PUPPY PROBLEM

As many of you noticed, there is a huge increase in the presence of puppies dumped across Auroville, raising concerns among residents. What many don't know is that dumping puppies is deemed in India an act of animal cruelty and is considered a violation of the Prevention of Cruelty to Animals Act, 1960.

In May and June, a severe outbreak of canine distemper struck the bioregion in and around Auroville, resulting in the tragic loss of numerous dogs that had not received vaccinations. In natural ecosystems, when a disease like a virus causes a decline in the population of animals, Mother Nature often responds with 'compensatory reproduction' during the next birth cycle. This phenomenon involves the remaining individuals increasing their reproductive efforts to counteract the previous decline and is one factor in the sudden abundance of puppies in Auroville.

As usual, the Auroville Dog Shelter is called upon to take in every abandoned puppy in the entire area as a solution to 'get rid of the problem,' perpetuating the 'out of sight, out of mind' mentality. Limited consideration is given to the significant constraints the shelter faces, including a shortage of staff, funds, and space. With no proper puppy quarantine facility and the shelter's capacity to house only around 25 puppies currently, an impromptu puppy camp had emerged near Solar Kitchen. A group of remarkable Auroville kids is dedicated to doing everything within their means to help these tiny beings survive, ensuring their survival and offering protection from the harsh monsoon weather and the recent threat of a passing cyclone.

Regrettably, news spread among Aurovilians and villagers about the camp, leading them to dump dozens of puppies at the site under the cover of night, treating them like disposables with an attitude of utter selfishness—shifting the problem from themselves to others. In a short span, the camp swelled from 5 puppies to 45, prompting numerous complaints from Aurovilians. Some felt disturbed by the presence of the puppy camp near Solar Kitchen, and some even pointed fingers at the kids who had been doing with the help of a few compassionate adults, an excellent job in helping the puppies survive, holding them responsible for creating a nuisance that Auroville must now address and eliminate.

When the cyclone posed a threat to Auroville, a compassionate dog lover offered her place for the temporary relocation of the camp and subsequently it was moved to a new undisclosed, secret location. There, the children, supported by a few Aurovilians, continue in their incredible compassionate efforts to ensure the survival of the puppies.

And now, let's crunch the numbers!

Unfortunately, female dogs are often considered less important in India, and the majority of dumped puppies are females. Among the 45 pups at the camp and 25 at the shelter, an estimated 50 are female dogs poised to reproduce at six months old. A single female can have two litters of eight puppies each year. Therefore, it's projected that in a lifetime, each female can potentially give rise to 67,000 dogs if all her puppies also reproduce. Multiply this by 50, and you would be looking at a staggering theoretical number of over 3.35 million dogs! While, of course, not all survive, this calculation highlights the magnitude of the problem at hand.

The only long-term solution

To address this complex and multifaceted situation, there are only two sustainable solutions: Vaccination and sterilization.

- Implementing mass vaccination campaigns in Auroville and the broader bioregion will ensure the well-being of the dog population, eliminating the dangerous threat of rabies and other diseases.
- The solution against overpopulation lies in the mass sterilization of all dogs in Auroville and the surrounding villages to curb the exponential growth rate. Sterilizing 1,000 dogs within one year in the entire area is a challenging task that requires substantial resources, and lots of dedicated animal lovers and vets, but it is achievable if several animal welfare organizations in our region join hands to work together to eliminate the problem for good.

Given the deteriorating condition of our old dog shelter, which lacks the necessary facilities and resources for such a significant undertaking, we aspire to construct the new Auroville Dog Shelter soon. This new facility will serve as the operational hub to address the issue of overpopulation in Auroville and the entire surrounding area permanently. The objective is to create an environment in Auroville where humans and animals can coexist harmoniously, fulfilling the vision expressed by Mother: 'A kind heart treats all men and even animals as members of one family, one humanity.'

The children made a video showing their compassionate work to help animals in need:

- <https://youtu.be/iVoe30qr10M>

Auroville Dog Shelter, Arthur

The Arts

BHARAT NIVAS PRESENTS


Sri Aurobindo Auditorium: Samarpanam

A Divine Offering (A Bharatanatyam dance recital)

- Wednesday, 27 December, 7 pm, Duration: 1 hour


Guru Meenakshi Ganesan
& her student Aurodyuti Dutta
(Kalaanjali Dance Company, WI & CA, USA)
Presents

Samarpanam - A Divine Offering
(A Bharatanatyam dance recital)



Venue: Sri Aurobindo Auditorium
Date: Wednesday 27th December, 2023
Time: 7 pm, Duration: 1 hour

Entry free for Aurovilians & Newcomers.
For Guests & visitors should book through this link or QR
<https://in.bookmyshow.com/pondicherry/events/samarpanam-a-divine-offering/ET00379164>



Guru Meenakshi Ganesan & her student Aurodyuti Dutta (Kalaanjali Dance Company, WI & CA, USA) Presents.

- Programme Link:
<https://in.bookmyshow.com/pondicherry/events/samarpanam-a-divine-offering/ET00379164>

Enquiry contact: Krishna at 9787-880211.

Parking available outside the Bharat Nivas main gate

Kalakendra Art Gallery: Painting Exhibition Aadiyogi Shiv, a Journey in Cosmic Indigo



- 15—31 December, open 9am—5pm
- Inauguration: Friday, 15 December, 4:30pm

Sangeeta Gupta is a Delhi-based abstract artist, bilingual poet, writer, and documentary filmmaker. She has to her credit 36 solo exhibitions of paintings and 25 published books including fourteen anthologies of poems in Hindi and six in English. 10 of her collection of poems are translated in German, Greek, Mandarin, English, Bangla, Dogri, Tamil and Urdu. She has directed, scripted and shot more than 30 documentary films 7 of them are in the collection of Library of Congress, US. Note: to know more about

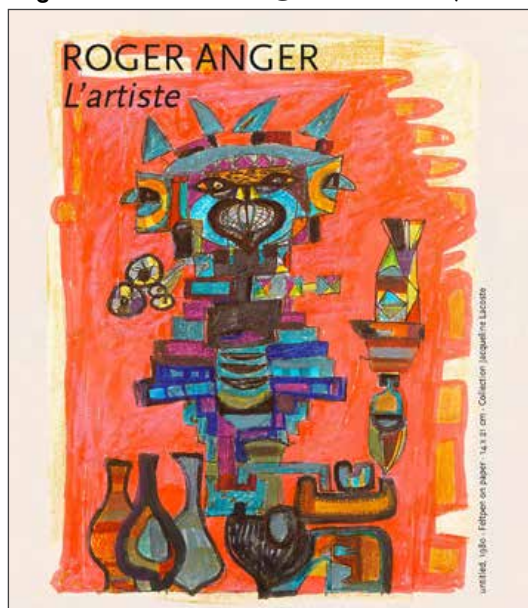
- [Here is the link to click](#)

Regards, Vani BN team

ROGER ANGER, L'ARTISTE

an exhibition curated by Laila Lille Khayati

Ongoing till 28 December @ Centre d'Art, Citadines



Tuesday to Saturday 10am—12pm, 2:30—5:30pm

Roger Anger Exhibition represents an homage dedicated to the artist's centenary, showing an extensive collection of drawings, collages, and sculptures. Roger Anger was not only an architect but also an artist. His artistic manner echoes his architectural sensibility but with a freer and more unbound expression. His artworks testify to a deep, introspective journey, combining shapes, colors, and textures in a subtle and haunting way.

The current exhibition is a tribute to the different facets of his extraordinary, free, and joyful personality, and shows how essential art was in the artist's life and his memory.

Thank you, Marco

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

Ongoing
till 23 December,
9—12am & 2:30—5pm

Sunday is closed

Contact:

Ivana.frousova@gmail.com
+91 7094344154

All Are Welcome!

Ivana

SHRADHANJALI INVITES YOU

to view Artworks

Ongoing till 20 December
@ Shradhanjali. Auroshilpam



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

- From Monday, 11 till Wednesday, 20 December at Shradhanjali. Auroshilpam (on the left beyond CSR/ Auromode).

SHRADHANJALI • 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

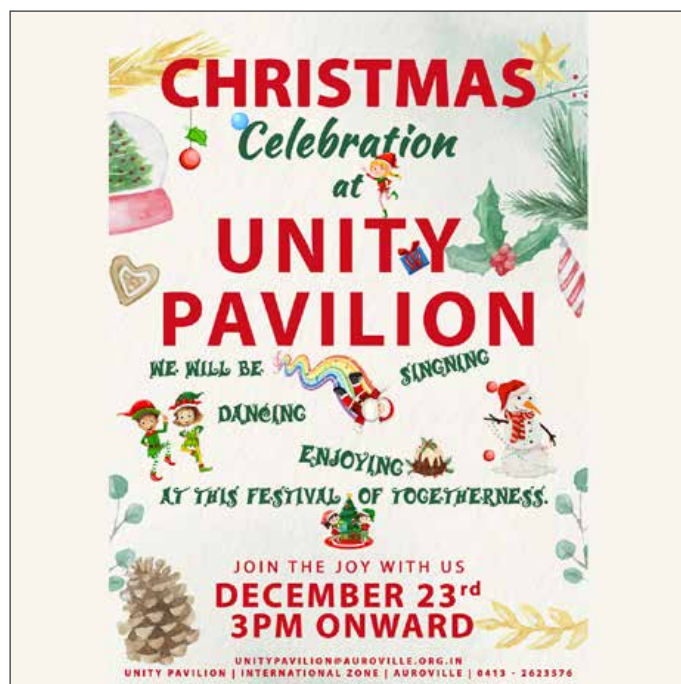
Ongoing till 23 December



Verena

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

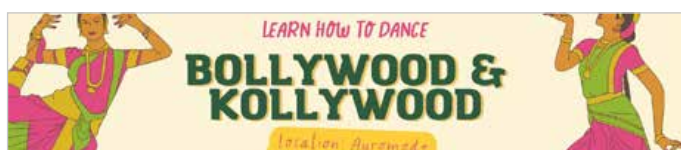
www.auroville.org

Priya for Tamil literature Festival

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, +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
- 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 or 8940477667

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

Submitted by Savitri

AUROVILLE TANGO ACTIVITIES

@ Harmony Hall,



Bharat Nivas

- **Monday, Class:**
 - 7pm intermediates;
 - 8pm beginners
- **Wednesday, Practica:**
 - 7:30pm guided practica;
 - 8pm practilonga
- **Friday, Open Source: 6:30—8pm**
No partner required, bring socks or dance shoes and plenty of cheer!

+91 9821166082,

tango@auroville.org.in

Submitted by Aurevan

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.

Submitted by Mani



Music and Art Activities

SONGS FROM THE HEART

Sunday, 17 December, 5pm

@ Sunlit Path, near Solar Kitchen



Songs from the Heart

with Dave, Mahana, and Louise



SUNDAY 17TH OF DECEMBER, 5 PM

COME SING WITH US!

Submitted by Dave Evens

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
+91 9150567003 WA
- **More Info:** www.the-sound-of-bamboo.com
- **To Donate:** <https://pay.auroville.org/divine-arts>
- **Learn More About Divine Arts:**
 - <https://auroville.org/page/divine-arts>

Michael

I JUST WANNA WRITE

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

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



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

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

• Contact me here: avgateofdreams@gmail.com

Let's keep up with the writing!

Francesca

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

DARKROOM WORKSHOP

by Sasikanth Somu

28, 29, 30 December

Program

- **Thursday, 28 December, 2—5pm:** Brief look at History of Photography & Introduction to Film Camera.
- **Friday, 29 December, 9am—2pm:** Film photo shoot (in your own time), 2pm—5pm: Develop your roll of film.
- **Saturday, 30 December, 9am—12:30pm & 2—5pm:** (one can choose either of these sessions): Printing contact sheets & photos in the darkroom.

Registration Contact: centredart@auroville.org.in

- The workshop fee for Guests: Rs.3000 incl. GST.
- The workshop is free for Aurovilians, Newcomers and registered volunteers, who are residing in Auroville. Registered Volunteers are requested to provide the details of their registration with SAVI Auroville.

All the material for the workshop is provided except the analogue camera. Analogue/Film cameras are available to the participants against a contribution.

- Regarding the Analogue camera and any specific questions about the workshop please write directly to the teacher, Sasi sasi@auroville.org.in, +91 91593 55809 WA

Number of participants is limited to six. While subscribing for the workshop please share your full name and your mobile number. Kindly write a few words about yourself and your interest in Analogue Photography.

Regards, Sergey, Centre d'Art



Sports & Martial Arts

WOMEN'S AND MEN'S AV TEAMS

Win Single Gender Tournament In Auroville



AV Women's team 'The Crash' shares the news with you that they are the winners of the Regionals matches as part of Nationals Women's Championship series 2023-2024 held in Auroville from 9th-10th December. They trained for the last 2 months, and a mix team of beginners and seasoned players have made them bag the gold. Additionally, the young girls' team 'Baby Rhinos' from Annainagar also participated, who have been training for a few years and showcased an excellent performance. We are looking forward to training for the upcoming Nationals matches in March 2024.



We are pleased to share and congratulate our men's AV Ultimate Open team, who also stand as winners in the men's category. Their hard work and athleticism provided an opportunity to witness a high level of Ultimate frisbee on our home turf, bringing joy and excitement to the spectators.

AV Men's team, Pavneet

AUROVILLE MARATHON

Online Registration Opened

Dear Auroville Marathon Participants, Online registration for the Auroville Marathon 2024, scheduled for Sunday, February 18, 2024 (the 3rd Sunday of February 2024) is open. If you plan to join this edition of the Auroville Marathon, we invite you to register via the following link:



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

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

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

Prabhu for Auroville Marathon Team

KSHETRA KALARI

Aspiration

@ Aspiration Sport Ground

- **Kalari Class for Beginners**
 - Morning classes: 6:30—7:30am Monday, Wednesday, Friday
 - Evening classes: 5—6pm, Tuesday, Thursday, Saturday
- **Kalari Classes for Advanced People**
 - Morning classes 6:30—7:30am Tuesday, Thursday, Saturday
- **Kalari Massage Available**
 - By appointment, 9042009200, Maneesh




*Where Body Becomes Eyes,
Maneesh For Kalari Team*

BHARAT NIVAS PRESENTS KALARIPAYATTU CLASS

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, office: 0413 2622253

Parking available outside the Bharat Nivas main gate

Regards, Vani, BN 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—Stévanovitch Method (artduchi.com). All are welcome to drop in.

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

taichi.auroville.org,
taichi@auroville.org.in

Warmly, Krishna

MARTIAL ARTS

Aikido Winter Intensive 2023—24!

27 December to 9 January



From 27 December to 9 January you are invited to join the Auroville Aikido group to a Winter Aikido Intensive at the AV Budokan, Dehashakti. We welcome Beginners!

- **Jean-Pierre Pigeau**, our 7 Dan Aikido teacher, along with 3 high ranking 'aikido-ka' will lead our 13 days of learning/ improving practice of this wonderful and complete Japanese martial art. Complementary practices of Ki Gong, Shiatsu and Tibetan Yoga will enrich the Intensive.



Schedule

- **Monday—Wednesday—Friday evening** 5:30—7:15pm and
- **Tuesday—Thursday—Saturday morning** 6:30—7:45am.
- **Children** already in our regular Aikido classes as well as new students (from 8) are most welcome to attend as much as they can in the late afternoons during their holidays (5.30-6.30 pm).
- **On donation/contribution basis** to support the activity. Please come 15 minutes before class starts; wear long loose pants & normal T-shirt or your martial arts outfits/ keikogi if you have.
- We will have an **Open Class on Tuesday, 8 January, 5:30—7:15pm** for family members, friends and the general public to watch our practice, and maybe join later!

More info and registration

- budokan@auroville.org.in
- or phone: Surya CR. 0413 2623813 037 or 8300189062 call/SMS,
- N. Murugan 9952812843 WA,
- Philippe G. 0413 2622951 or 8300643963 WA.

*Cristo, Philippe, Surya and Murugan
 for the Auroville Aikido group, Auroville Budokan
 (Reg. as an activity under LEAD)*

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

KALPANA GYM

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



Satyakam

SWIMMING CLASS

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

Mani



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 Aleysa—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 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.

- **On Sundays, 7 am,** Major Arun shares an introduction to the history and context of green spaces in Auroville and a holistic understanding of ecology.
- **On Wednesdays, 7 am,** Mukhande guides an intuitive approach of connecting with the environment, through an inner disposition and a focus mind.
 - Explore nature in the City.
 - Honor and feed from her gifts.
 - Support the development of our healing park.

As all the myriad of ancestral traditions on Earth have envisioned it, The Mother invites us to launch ourselves into "the throb of Nature, in the secret heart of things and in the depths of our being".

Free. Contributions accepted for the management of the site.

Be adequately clad to prevent mosquito bites. You may also carry mosquito repellents.

Venue: Meeting point at Révélation's main gate 5/10 min before the time of the session (Search for "Revelation Forest" on Google Maps)

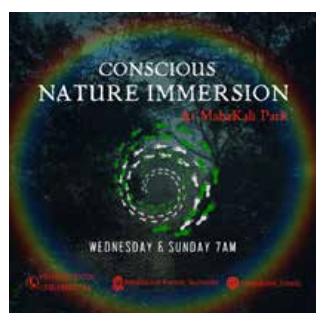
Contact:

- +919500183706, Arun
- +33613047794, Mukhande

Better to confirm your venue by one WA message, specially if it rains. /

We also do custom programs, training and healing sessions on prior demands. Please note that the park is not yet accessible without our supervision, thank you for your understanding!

Mukhande



CO-CREATING WITH THE SPIRIT OF NATURE

Co-creating with the Spirit of Nature

Are you interested in deepening your communication with Nature and co-create in its Spirit?
Drawing, painting, dancing, video, poetry... whatever field you are called for. Bring your own materials or use what nature is offering. Let's meet on Wednesdays afternoon from 2.30 p.m to 5 p.m. We will work out doors.

Register:

Bel: +91 7598892065 WA



FOOD FOREST TOUR

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, 10—11:30am @ CLC,
above Marc Cafe Store



Fermentation classes are back

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

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

- Please book a day in advance, send a message to admin@marcscoffees.com for more details. **Matilde**

THE TASTE OF KOREA

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

- **Goyo, the Korean silent restaurant** in Luminosity, opens for lunch @ 12:30pm on Tuesdays and Fridays. We serve Korean home style cuisine in a special ambience with you.
 - Please book for lunch minimum a day before by SMS, WA +919489693809 or goyo@auroville.org.in
- Also, there will be a **Korean tea ceremony** on Wednesdays at 10am and 3pm at Goyo, hosted by Won Ja. We sell organic green tea from Jiri mountain in Korea.
 - Please book it by SMS, WA +919489693809 or goyo@auroville.org.in
- There will be **Kimchi cooking classes**. Kimchi is a Korean soul food and a healthy fermented pickle recognized throughout the world. We prepare the class for those who want to learn how to make various Kimchies on Saturdays: **16 & 30 December**.
 - Please book for the class by 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, 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



LAMPSHADE



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

www.aurovillebamboocentre.org

Murugan
For Bamboo Centre

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 (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 (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 makeover—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 (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. (Irbumbai 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 (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 (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 (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
(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



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, aashram 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
(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 Or kulaicreativecentre.auroville@gmail.com



- For more info and details
WA + 91-8608473385 / 9843195290

Selva

Honorary Voluntary

KULAI CREATIVE CENTER Looking for Volunteers



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

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

Kindly contact: kulaicreativecentre@auroville.org.in

+ 918608473385 WA / 9843195290 WA Selva

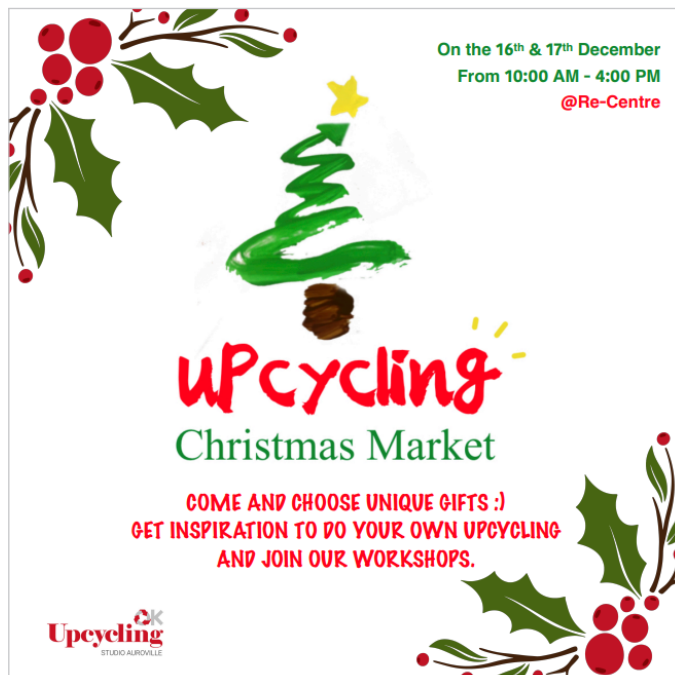
UNITY PAVILION SEEKS VOLUNTEERS

Thursday, 21 to Saturday, 23 December

Dear Community, Christmas is coming and we need all the help we can have in Unity Pavilion to make it joyful!



- Volunteers ready to help us, will be needed from Thursday, 21 to Saturday, 23 December.



We need your support to:

- Coordinate the different events on the day
- Guide craft work of making paper decorations pieces
- Decorate areas of Unity Pavilion
- Decorate the Xmas tree with ornaments
- Help with snack preparation.

Please get in touch with us via email:

- unitypavilion@auroville.org.in or
- call Unity Pavilion 0413 262576

Regards, Arun

AUROORCHARD: CALL FOR FARM VOLUNTEERS



Please contact

- auroorchard@auroville.org.in
- Voice: 9882685365 Anshul, WA: 9566631079 Nidhin Nidhin, <https://auroorchard.auroville.org>

GAU SEVA AT SADHANA FOREST!



Your heartfelt service is needed at the Sadhana Forest Gaushala!

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

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

sadhanaforest@auroville.org.in,

8525038274WA or call 8122274924

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

BHARAT NIVAS TEAM is looking Volunteers



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

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

See below the requirements of the Jobs...

Requested Roles In Bharat Nivas

For Auditorium: Backstage Manager

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

For Trustees team: A communication Expert

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

For the Pathway

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

Regards, Vani, BN Team.

Looking For

Anyone traveling to Germany soon ?

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

Thank you so much ! Tine

Looking for Accommodation

I am a long term volunteer at Well Pa-per and I am looking for accommodation for a few months or up to 1 year.

Please let me know, +917598619731

Zeevic



Needs a Hand Blender

I am looking for an electric hand blender ... if you don't need one or want to sell one at a low cost, please contact me at +917598619731. *Zeevic*



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

Taxi Share

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

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

RECONNECTING WITH YOUR INNER CYCLE

22 December, Friday, 4—7pm

Our Office in Auroshilpam (Google map us!)



The world of menstruation as a gateway to connect with your body and your inner power:

Eco Femme invites you to explore...

- Wonderful and wild world of menstruation
- Women as cyclical beings
- Learn menstrual cycle tracking to

nurture the power of your womb

- Embodied practices to connect with your body (including some belly dance steps)
- Eco-Sisterhood through sharing authentically.

Cost: On contribution basis, contact us to know more

Prior registration required.

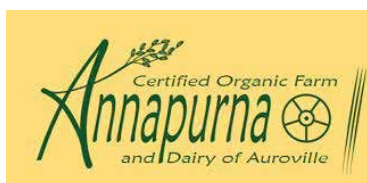
Please email us at info@ecofemme.org or message us at 9487179556 to register/ask questions

P.S. Everyone has a woman in their life—men, please don't shy away from joining!

Célia, www.ecofemme.org

ANNAPURNA FARM BASKETS

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



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

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



Madhuri
for Annapurna Farm

HIVE'S OPEN HOUSE

Friday, 15 December 2023, 10am—5pm!

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-co-working 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

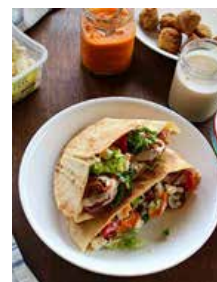


HAVE YOU DISCOVERED SUDHA'S KITCHEN?

@ 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

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 for Free Store Team

WE CAN HELP TO FIX ALL YOUR BROKEN ITEMS

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

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



Priya



**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

JOIN DROPZY

Products and services
from in and around
Auroville.



Developed by 

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

Dropzy works by providing a complete ordering and delivery solution that connects the existing neighborhood outlets/stores with the comfort and convenience of ordering from home.

Find new customers, build your business and grow your sales. Increase your visibility and order volume, drive more revenue and improve profitability with help from Dropzy.

- Contribution based
- **Register your Unit/Activity**
Click on this link: www.dropzy.in/join-dropzy
- **Know more about Dropzy** on www.dropzy.in

Best regards, Sathish Arumugam For Dropzy

TECH ELVES SERVICES

Dear all, YouthLink continues to offer our Tech Elves service to the community. Created with the purpose of helping everyone better understand their technology, this initiative aims to provide technical support to anyone who needs it!

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

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



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

Raju



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

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

Lakshmi

for UTS Transport Service Team

A KIND REQUEST & REMINDER

From Auroville Printers

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

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

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

Raju

ORGANIC QUALITY MILK AVAILABLE

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

- For reservations contact 9585180393

Erumalai (Evergreen)



FIBER OPTIC AND IT TROUBLESHOOTING AVAILABLE



I am Ramakrishnan Aurovilian experienced in the fiber internet field (Ftth) for 8+ years and gained more knowledge in creating-on new fiber internet infrastructure and IT troubleshooting work for our

Auroville community Since 2015. And I am happy to provide the services to our Auroville community

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

PEST CONTROL

We Control All kinds of Pests Treatments on Warranty

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

Get rid of them once and for all!

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

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

Ramakrishnan



RAPID CARE SERVICES

Dear Residents, we are happy to announce that Rapid Care Services have successfully completed one year. We began operations in December 2022. It has now been one year since we began 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,
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 @ Creativity.
- Please book sessions in advance.

Thai Massage

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

Tailoring

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

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

Rupavathi Joy

SURABHI SUPPLIES

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



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

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

lyyappan

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



- 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 have special fare from Chennai to Paris.
- Air Mauritius special launch offer from Chennai to Mauritius in April 2024, weekly on Saturday.

Several travelers were denied boarding as check-in staff didn't accept the e-FRRO Stay Visa as valid document without backing it up with additional documentation. Therefore we advise to take beside the Stay Visa document (please make sure your current Passport details are in your Original Visa which may be in an older expired Passport. If not available any more, take at least a photocopy of the original Visa.

Beside some Covid cases winter influenza is on the rise..we are wondering if it is ok to happily infect fellow travelers? Has the lesson be forgotten that its advisable to wear a mask in crowded places while traveling.

Thanks Joster



Café Red Dot
The Conscious Café

VEGAN LUNCH IN RED DOT CAFE

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

Sign-up lunch scheme.

upasanared.cafe@gmail.com, Uma

Poetry

FAREWELL TO A FRIEND

Green hills skirt the northern border,
White waters gird the eastern town;
Here we part with each other,
And you set out like a lonesome wisp of grass,
Floating across the miles, farther and farther away.
You've longed to travel like roaming clouds,
But our friendship, unwilling to wane as the sun is to set,
Let it be here to stay.
As we wave each other good-bye,
Our horses neigh, as if for us they sigh.

Li Bai

BREEZE STIRRED RIPPLES

Breeze stirred ripples
I held my breath
And swirled
A moment of
Rippling intoxication
Unsettling the water
Settling the heart

With joyful Gratitude,
Anandi Z.

Auroville Audio & Video

AUROVILLE RADIO

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

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



Last published podcasts

- [Exploring Education in Arts, Animation and Film-making—Ep. 26 'Animation—Birth of an Art Form—Con-td...' \(Cinema\)](#)
- [Seeking Our Inner Being Se. 1, Ep. 3 \(Spirituality\)](#)

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

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

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

Peace and love, Wobbi

Voices and Notes

MIND OF LIGHT—OUR PRESENT STAGE

In 1949-1950 before leaving his physical body, Sri Aurobindo affirmed and spoke of the coming upgraded humanity with this Mind of Light:

- <https://incarnateword.in/cwsa/13/mind-of-light>
- <https://incarnateword.in/search?query=Mind+of+Light&page=1&phrase=true>

2023:

We are all One. All of Us, every single one of Us. We are all extensions of each other, in Spirit and Matter. More and more of Us coming to Auroville are already at this present upgraded stage of consciousness, this Mind of Light, especially the young generation, the sun-eyed children, born after 29 February 1956, the first descent of the Supramental Consciousness-Forces on Earth, ushered in by our Avatar founders Sri Aurobindo and the Mother.

To all Receptives, True Aurovilians, Willing Servitors and Hero Warriors of the Divine Consciousness-Force, please do not allow the old forces of darkness, of fear and division, of exclusiveness, to pull Us down.

As practitioners of Integral Yoga, in the occult understanding, we know how the adverse and hostile forces work against the sincere and faithful. They will use all relations, family and social and work, to bring the willing servitors down through negative formations.

As a Sangha, in Bhakti to the Supreme Divine Mother, we are supposed to help and support each other for progress towards the eventual Divine Manifestation of the Supramental being. That is what a Deva Sangha is for, a Divine Sanctuary from the dark forces of fear, bad will, separateness and regression. In the larger collective setting, this is what is happening in Auroville. That is why Unity in Diversity, the fundamental Oneness that nurtures Us all, must be upheld and given major importance.

Vasudhaiva Kutumbakam

One Family, beyond racial prejudice.

One Family, beyond cultural and hereditary programming.

One Family, working together towards a Life Divine for all.

Auroville must be the living example for the greater India and the whole world, benefitting all materially and spiritually.

Please Enough of the Resistance

Message for 5 December 2023 onwards...

'Today is the first day of Sri Aurobindo's centenary year. Though he has left his body he is still with us, alive and active.'

Sri Aurobindo belongs to the future; he is the messenger of the future. He still shows us the way to follow in order to hasten the realisation of a glorious future fashioned by the Divine Will.

All those who want to collaborate for the progress of humanity and for India's luminous destiny must unite in a clairvoyant aspiration and in an illumined work.'

The Mother.

August 1971

- <https://incarnateword.in/cwm/13/centenary>
- <https://incarnateword.in/agenda/12/august-4-1971>

Quite crystal clear: 'All... must unite'

So please enough of the resistance to whomever the Divine has given the Mandate of Heaven to the highest levels of India's Government.

'...a glorious future fashioned by the Divine Will.'

The Divine knows better than us small potatoes...

Best to 'collaborate for the progress of humanity and for India's luminous destiny...'

Om Namo Bhagavate,
Zech, 2023.12.07

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 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

Language	Level	Time	Day(s) of Classes
English	Pre-Intermediate & Intermediate	10:30—11:30am	Tuesday & Thursday
	Conversation January 2024	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	TBA	TBA
Hindi	Beginner, January 2024	10am—12noon	Saturdays
German	A1.1 Beginner January 2024	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@aurovilllanguagelab.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@aurovilllanguagelab.org
- Phone: (0413) 2623661, 2622467, 919843030355

Vismai,
for Language Lab Team

Classes, Workshops & Healing Arts

ACTIVITIES WITH ARABINDA Are Postponed

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

MINDFULNESS



Mindfulness drop-in session Non-striving

- Sunday, 24 December, 9:30am—12:15pm

This half-day retreat provides a chance for you to drop-in to yourself, to unplug from the stresses of everyday life, and shift from doing into being.

The focus of this practice session will be non-striving, which is one of the fundamental principles of mindfulness. It is a conscious decision to allow things in your life or the world to be as they are, rather than always reacting to try and change things. There is no goal other than to be yourself.

- All are welcome—no prior experience necessary.
To register contact Helen on 7094753054 WA

Mindfulness for Stress Reduction (MBSR) 8 week course

- Mondays, 8 January—26 February, 6:45—9pm

The MBSR course is considered the gold standard in mindfulness training. This secular course synthesizes the ancient Eastern wisdom on mindfulness with the Western science on stress reduction, positive psychology & neuroscience.

The course has been found to improve participants' ability to cope with the stresses of everyday life—giving space to respond to situations rather than react. It has been found to help with anxiety & depression, to help manage chronic pain & lower blood sugar levels, to improve emotional regulation; increase attention, focus & memory; and plant inner seeds of happiness, resilience, kindness & acceptance. It is suitable for those new to meditation as well as experienced meditators looking to deepen their practice.

- The course is run in small groups (6-12 people), so places are limited. If you are interested to attend contact Helen on 7094753054 WA.

Many thanks, Helen

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

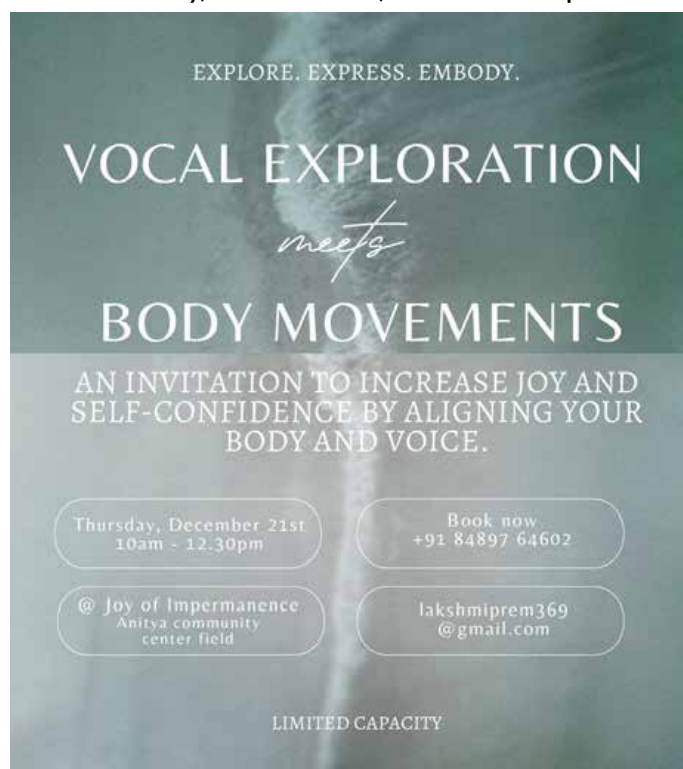
- Toward contribution for guests and volunteers
- Aurovilians and Newcomers, conscious contribution

Sathyayuga,
WA +917639761930

VOCAL EXPLORATION

meets **Body Movements**

Thursday, 21 December, 10am—12:30pm



Your voice is a way that you carry your unique energy into a space. Sages said 'when you are aligned in body, mind, and spirit, your voice resonates a spiritual vibration'

There is a universal language, beyond words, culture, sex or nationality. A language of the heart that cuts across all differences and connects us to something greater than ourselves.

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

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

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

Come and join us!

- **Limited space @ Joy of impermanence**, Anitya community, An activity under Lead
- **Reserve your space Now!**
 - +91 8489764602
 - Lakshmiprem369@gmail.com

Thanks, Lakshmiprem

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



AUROMODE YOGA SPACE

December 2023 Schedule

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

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



Day	Time	Description
Monday to Friday	7:30—9:30am	Vinyasa flow Asanas, Pranayama & Meditation
	11am—12pm	Mobility with Karalakattai
Tuesday	5—6pm	Bollywood Dance for KIDS
Friday	5:30—7pm	Vinyasa flow Asanas
	7—9am	Karma Yoga
Saturday	11—12:30am	Satsang
	12:30—2pm	Yogic Tamil food experience
	5:30—7pm	Vinyasa flow Yoga
Sunday	10am—1pm	Tamil culture tour & temple visit
	5:30—7pm	Vinyasa flow Yoga

Tamil folk music Concert

December 19, Tuesday Time-5 30 to 6 30 pm

Tamil folk music famous for its soul-stirring melodies to foot-tapping rhythms is a celebration of the rich Tamil culture and identity. It is always transmitted orally, featuring music from unknown composers, played on traditional instruments, and delving into cultural or local identity, as well as people's folklore.

Joining us are singer Mr. Arulmani and musician Mr. Tamizh, who are planning to enchant us with Tamil songs that bridge the gap between traditional and contemporary expressions of this timeless art form

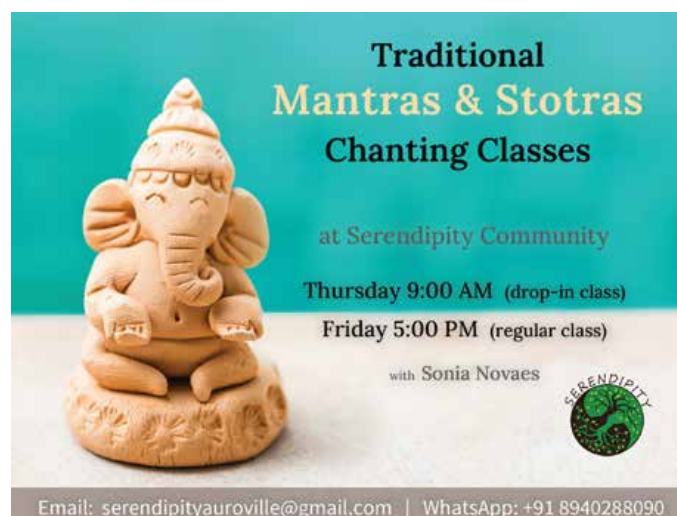
Free Entrance - Donation suggested

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



Balaganesh SIVA

TRADITIONAL Mantra and Stotra Classes



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

BODY IN LIGHT

Energy Healing Workshop

December 16—17, 9am—5pm

In this 2-day workshop, learn:

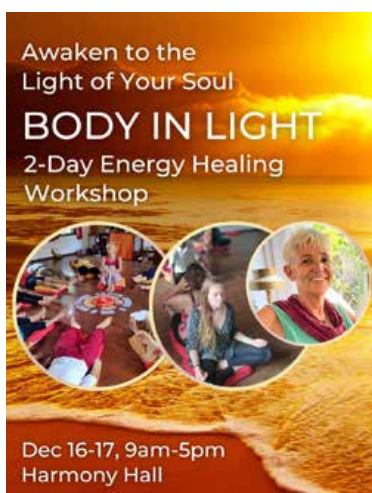
- Fundamentals, Principles and Universal Laws of energy healing
- Dive into powerful techniques for self-healing.
- Realign to the Blueprint of your Soul, your Divine Essence—through Divine Spine Alignment.
- Step into the frequency of the four powers of the Divine Mother: Wisdom, Harmony, Strength &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

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

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

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

Warmly, Niharika Sanyal



Therapies

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

Sound Healing Therapy

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



Massage Therapy

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



Dance Movement Therapy

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



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

Traditional Massage Therapy Classes

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



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

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

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

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 antarcalli@yahoo.fr

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.

NIDRA YOGA ANANDA

Sunday, Wednesday & Thursday, 4—6pm

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, DECEMBER 2023



Classes — Registration required

• **Iyengar Yoga** with Tatiana and Chloé

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

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

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

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

• **Art Therapy class** with Gala

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

Drop-In Classes

	Class & teacher	Class level
Mondays		
7:30—9am	Asanas with Rachel	All levels
8:30—10am	Yoga Therapy with Gala	All levels
4—5pm	Deep presence—Inner Exploration, with Mike	All levels
Tuesdays		
4:45—5:30pm	Odissi Dance with Rekha	Beginners
Wednesdays		
7:30—9am	Asanas with Rachel	All levels
8:30—10am	Yoga Therapy with Gala	All levels
Thursdays		
4:30—5:30pm	Aviva Exercise with Suriyagandhi	For women only
4:30—6pm	Vocal Sound Healing with Lola	All levels
Fridays		
6:45—8am	Pranayama with François & Namrita	For former 'The Art of Living' course participants
7:30—9am	Asanas with Rachel	All levels
8:30—10am	Yoga Therapy with Gala	All levels
9—10am (not in December)	Lola's ATB special for seniors with Lola	Seniors
3:45—4:30pm	Odissi Dance with Rekha	Beginners
4:30—5:30pm	Weekly Readings of the Life Divine with Balvinder	All are welcome to join.
5:15—6:15pm (Not in December)	Feldenkrais class with Shari	All levels
5:15—6:15pm	For Giving Love Transmuting heavy emotions, with Marie-Claire	All are Welcome.

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

Healing Space

• By appointment, 262403, 9443902403

- Acupuncture by Heidi (not from 24 December to 1 January)
- Bio-Resonance (with Bi-Com machine) by Afsaneh
- Chiropractic by Afsaneh

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 Activities

For Giving Love Transmuting heavy emotions

Marie-Claire invites you to an inner dialogue with yourself that helps you to let go of all heavy emotions and release energy patterns that could otherwise drain your energies.

Dr Laskow's tools guide you through a process of forgiveness to complete your own healing. Forgiveness does not mean forgetting or accepting what has been done. It does not mean loving others, which may or may not happen in the process. It's simply taking back the energy that you have bound up with your feelings about certain people, releasing energy patterns that might otherwise contribute to illness.

- Starting on Friday, 22 December a weekly session is offered at Pitanga: 5:15—6:15pm.

This is a drop-in event. No prior registration is necessary. Please arrive on time. Late arrivals cannot be accommodated in the class.

Reading Savitri

- Every Friday, 3—4pm

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

- 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.

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.

Submitted by Verena

VERITÉ PROGRAMS, DECEMBER 2023

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



Yoga & Re-creation Programs

Days	Drop-in Classes	Timings	Presenters
Mondays	Pranayama & Meditation	9:15—10:15am	Radhika
	Deep Sound Bath	5—6pm	Satyayuga
	Hatha Vinyasa Yoga	5—6pm	Andres
Tuesdays	Sivananda Yoga	7:30—8:30am	Mani
	Yoga Asana: Deep Stretch & Relaxation	9:15—10:15am	Radha
	Face & Eye Yoga	3:30—4:30pm	Mamta
	Vinyasa Flow (no class on 26 December)	5—6pm	Rebeca
	Hatha Yoga & Flow	5—6pm	Sabrina
Wednesdays	Gentle Hatha Yoga	9:15—10:15am	Claire
	Yoga for Inner Alignment—Pranayama & Asanas	10:45—11:45am	Radhika
	Kirtan Songs for your Soul (no class on 27 Dec)	5—6pm	Mamta & Savitri
	Hatha Vinyasa Yoga	5—6pm	Andres
Thursdays	Sivananda Yoga	7:30—8:30am	Mani
	Open Heart Space Meditation	3:30—4:30pm	Samrat
	Vinyasa Flow (no class on 28 December)	5—6pm	Rebeca
	Hatha Yoga & Flow (no class on 21 December)	5—6pm	Sabrina
Fridays	Hatha Vinyasa Yoga	5—6pm	Andres
	Free Flow Dance & Movement (no class on 29 December)	5—6:30pm	Vega
Saturdays	Peace with Pranayama (no class on 30 December)	7:30—8:30am	Mamta
	Sivananda Yoga	5—6pm	Mani
	Mindful Flow—Awaken in Movement & Stillness (no class on 9 & 30 Dec)	5—6pm	Savitri

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 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
- Website: www.verite.in



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 for Verite

HOLISTIC: Healing and Awareness



aurovilleholistic@gmail.com,

christinep@auroville.org.in

+919489805493 WA

For kinesio only: +33686928426 WA

Ashtanga Yoga With Christine P Subscription for the month of December are opened. No drop in	Every days @7:45 AM Except Sundays, Full moon and new moon 04/12/23
Integrative & systemic psychotherapy w. Christine P	@ Holistic health care studio—Kuilpalayam
Acupressure Therapeutic Massage	@ Holistic health care
Kinesiology With Ricardo	@ New creation
Ayurvedic Abhyanga Massage	Only for women
Hypnotherapy	@ Holistic health care

www.auroville-holistic.com,

Christine

QUIET HEALING CENTER



Watsu® Yoga Round with Fred & Roberto

- Monday, 18 December, 3—6:30pm

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

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

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

Watsu® & OBA® Basic with Dariya & Daniel

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

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

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

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

Watsu® 1 (Transition Flow) with Dariya & Daniel

- Tuesday, 26—Saturday, 30 December
8:45am—6:00pm, 34 hours

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

On land, you will be introduced to both Co-Centering and Tantsu, and explore what being held means to you and others.

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

www.quiethealingcenter.info/

quiet@auroville.org.in

Mobile & WA: +91 9488084966,

Guido

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

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 22—Latin American Short Stories

Upcoming Week's Schedule

Friday	15-12-23	Reading & Discussion	The Night Face Up by Julio Cortazar
Saturday	16-12-23	Reading & Discussion	The Doll Queen by Carlos Fuentes
Sunday	17-12-23	—	—
Monday	18-12-23	Reading & Discussion	The Garden Of Forking Paths by Jorge Luis Borges
Tuesday	19-12-23	Reading & Discussion	Balthazar's Marvelous Afternoon by Gabriel Garcia Marquez
Wednesday	20-12-23	Reading & Discussion	The Crime of the Mathematics Professor by Clarice Lispector

- For more information write to:
support_filminstitute@auroville.org.in
- Or contact Rutik, 9769976898

Regards, Richa, +91 9969879319

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, 22 December

Lentils: A Miracle of Nutrition

2019 / 52 minutes / Frigge Mehring

In this documentary we dive deep into the world of lentils! Lentils are undemanding plants from drier regions, yet at the same time they are extremely rich in protein and are real power packs, full of minerals and trace elements. They could hold the key to fighting famines and to boost the nutritional profile of many people in an inexpensive way. *Shek*

THE FRENCH PAVILION PRESENTS:

A Quest for Meaning (En Quête de Sens)

A Film By Nathanaël Coste et Marc De La Ménardière



Saturday, 16 December at 5pm

@ Town Hall—Cinema Paradiso

in French with English Subtitles, duration: 1h27

A Quest for Meaning tells the story of an impromptu road-trip undertaken by two childhood friends looking to understand the causes of the world's crises and to find a way to bring about change. Neither fiction nor non-fiction, neither fully objective nor overly sentimental, this film is above all a road-movie revealing the profound aspirations of a whole generation, in search of wisdom and common sense... Through the words of activists, biologists, philosophers, or guardians of ancestral traditions, Marc de la Ménardière and Nathanaël Coste invite us along on their questioning of the world, and present us with alternatives that are already building the world of tomorrow. They will meet Pierre Rabhi, Vandana Shiva, Bruce Lipton, Satish Kumar amongst many others... An inspiring, life-changing journey that renews our confidence in our capacity to bring about change, within ourselves and within society.

• Trailer: <https://www.youtube.com/watch?v=kx9MiTrIIY>

Vivekan



At Multi Media Centre Auditorium, Town Hall

- **Reminder: Friday, 15th, Anatomy Of A Fall**
By Justine Triet, France, 2023
- **Friday, 22 December, 8pm,**
The Big Bad Fox And Other Tales... (Original Title : Le Grand Méchant Renard Et Autres Contes...)

Directed by Benjamin Renner and Patrick Imbert, France/Belgium, 2017

Synopsis: An animated comedy, the film is made of three short stories, all adapted from the comic strips of the same name by Benjamin Renner, the best known of which, The Big Bad Fox, was published in 2015. The film begins in a theater with a group of animals preparing a show. The Fox, the host of the show, tells the audience they will share three different stories: The Baby Delivery, The Big Bad Fox and Saving Christmas -most of which take place on a farm led by animals. Then the play begins when everybody is finally ready! Come and enjoy the original and hilarious stories (and animation) for the special time of Christmas! For the general audience. Original French version with English Subtitles. Duration 1h20'

Aurofilm Presents a Cine-Master Class

- **Sunday, 17 December, 4:30—7:45pm**
@ Aurofilm, Kalabhoomi, next to CRIPA

If you like to discuss, share, and learn more about cinema, we invite you to our Cine-Master classes! Welcome to this chapter led by Jean Luc Buro sur *BLOW UP* réalisé par Michelangelo Antonioni en 1966.

Overview: A counter-cultural masterpiece about the act of seeing and the art of image making, *Blow-Up* takes the form of a psychological mystery. It was Italian director Antonioni's first entirely English-language film and it starred David Hemmings alongside Vanessa Redgrave and Sarah Miles. It also featured 1960s top-model Veruschka. The film plot was inspired by Julio Cortázar's short story 'Las babas del diablo' (1959) based on a story told by the great Chilean photographer Sergio Larrain. *Blow-Up* would inspire subsequent films, including Francis Ford Coppola's *The Conversation* (1974) screened recently and Brian De Palma's *Blow Out* (1981). In an interview at the time of the film's release, Antonioni stated that the film 'is not about man's relationship with man, it is about man's relationship with reality'. *Blow-Up* won the Palme d'Or at the Cannes Film Festival, 1967. Jeanluc says he chose 'Blow up' not only because it is a great mystery thriller by an essential director Michelangelo Antonioni, but because of its timelessness. It lets people understand how the world, in the early beginning of Auroville.'

Synopsis: During the Swinging-London 1960s, Thomas, a London photographer, believes he inadvertently photographed evidence of a murder only to have the evidence mysteriously disappear. His blowing up of pictures he secretly took in a park reveal a murder in progress. Or do they? (Original English version with Eng. subtitles. Duration: 1h.51')

Jean Luc Bureau was a photographer in France from the 80s, known as a portrait and fashion-beauty photographer. He documented the underground music scene in France. He gave classes on Communication in Cinema in ESSIEE, Paris (Aeronautic School of Engineering). He is a video artist and is part of the organizing team of the Auroville Film Festival.

Aurofilm In Youtube

As part of Aurofilm's outreach activities, since 2021, Aurofilm created its YouTube channel with the purpose of sharing its cultural programs and film productions with the larger community and also as a contribution to the Auroville Archive!

We will start sharing our programs and archives in the News and Notes from time to time, and with this opportunity we are sharing our recently recorded playlist with all the participants of the Auroville singing festival 2023, which took place at CRIPA on October 14th and 15th, click the below links:

- [AV Singing festival 2023, first day](#)
- [AV Singing Festival 2023, second day](#)

Soon we will share the documentary of the AV Singing Festival 2023 we are making, with interviews and extracts of the event...
Surya for the Aurofilm team



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!

With Warm Regards, Nina and Marco for
Multimedia Center—Cinema Paradiso (MMC/CP)



CINEMA PARADISO
Multimedia Center (MMC) Auditorium
Film Program
18 December 2023 to 24 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 18 December, 8pm
GHOOMER (Spinner)

India, 2023, Writer-Dir. R. Balki w/ Saiyami Kher, Abhishekh Bachchan, Shabana Azmi, and others, Drama-Sports, 135mins, Hindi w/ English subtitles, Rated: NR (PG)

Anina, a young woman batting prodigy, loses her right hand in an unfortunate accident on the eve of her international cricketing debut. An unsympathetic, failed, and frustrated cricketer Paddy enters her life. Foul mouthed Paddy gives her a new dream, and transforms her fate with the most innovative training and transformed her to a bowler, with a new spin to bamboozle the opposition. The film is inspired by the true story of Károly Takács, the late Hungarian right-hand shooter who won two Olympic gold medals after his right hand was seriously injured. It is one of the most acclaimed films, praised for its well-knit storytelling and stellar performance. *Don't Miss!*

Potpourri—Tuesday 19 December, 8pm
PEE-WEE'S BIG HOLIDAY

USA, 2016, Dir. John Lee w/ Paul Reubens, Jordon Black, Doug Cox, and others, Comedy-Family, English w/ English subtitles, Rated: PG

A fateful meeting with a mysterious stranger inspires Pee-wee Herman to take his first holiday ever in this epic story of friendship and destiny.

Interesting—Wednesday 20 December, 8pm
INSIDE THE MIND OF A CAT

USA, 2022, Dir. Andy Mitchell w/ Neil Wilson, Bruce Kornreich, Kristyn Vitale, and others, Documentary, 67mins, English w/ English subtitles, Rated: PG

Cat experts dive into the mind of the feline to reveal the true capabilities of the pouncing pet in this captivating film. Even if you are not a cat person, you simply cannot miss this!

Selection—Thursday 21 December, 8pm
THE LAST VERMEER

USA, 2019, Dir. Dan Friedkin w/Guy Pearce, Claes Bang, Vicky Krieps, and others, Drama-War, English w/ English subtitles, Rated: R

This film is based on a novel that is based on the true story of Han van Meegeren, the Dutch artist and dealer. He was charged with collaboration with the Nazis for selling a Vermeer masterpiece to Hermann Göring, one of the most powerful leaders of the Nazi party. In this fascinating tale Van Meegeren was able to prove his innocence by showing that the painting in question was not a Vermeer but was after all his own forgery. *Don't miss!*

International—Saturday, 23 December, 8pm
CATERING CHRISTMAS

Canada-USA, 2022, T.W.Peacocke w/Merritt Patterson, Daniel Lissing, Michael Hanrahan, and others, Comedy-Romance, 86mins, English w/ English subtitles, Rated: G

Fledgling caterer Molly is hired by perfectionist Jean Harrison for the renowned Harrison Foundation's annual Christmas Gala. Things get complicated when she falls for Jean's nephew, Carson, a photographer with no desire in the foundation. Molly shows him all the good his family can provide.

Children's Matinee—Sunday, 24 December, 4pm
LYLE LYLE CROCODILE

USA, 2022, dir. Josh Gordon & Will Speck, Javier Bardem, Winslow Fegley, Shawn Mendes, and others, Adventure-Family, English with English subtitles, Rated: PG

Follows the title reptile who lives in a house on East 88th Street in New York City. Lyle enjoys helping the Primm family with everyday chores and playing with the neighborhood kids but one neighbor insists that Lyle belongs in a zoo. Mr. Grumps and his cat, Loretta, do not like crocodiles, and Lyle tries to prove that he is not as bad as others might first think.

Kurosawa's Samurai Movies @ Ciné-Club:

Ciné-Club Sunday 24 December, 8pm
YOJIMBO

Japan, 1961, Dir. Akira Kurosawa, w/ Toshirô Mifune, Tatsuya Nakadai and others, Drama -Action, 110 mins, Japanese w/ English subtitles, Rated: NR.

Set in 19th century Japan, a wandering samurai who arrives at a rural town that's been torn apart by daily massacres carried out by the two criminal gangs living on opposite sides. He decides to play one side off against the other while the two rival bosses try to hire him as their bodyguard but his plan is soon complicated by the arrival of one of the gangsters' son, who wields a revolver.

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

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

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

Accessible Auroville Public Bus

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



Auroville TO PONDICHERRY

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



Pondicherry TO AUROVILLE

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

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

N&N Guidelines



Hard deadline for submissions

TUESDAY 3pm

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

How to submit material:

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

Disclaimer:

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

Roy & Agnijata, News & Notes,
Media Centre, Town Hall,
NewsAndNotes@auroville.org.in, 0413 2622133

Emergency Services

Ambulance (24/7): Auroville—9442224680

- PIMS—0413 2656271

Security (24/7):

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

Health: Health Center—0413 2622123

- Santé—0413 2622803
- Farewell—8903836246

Mental health 24/7 support:

- Vandrevalla Foundation +91 9999666555

India Emergency Response Service (24/7):

- 108