

# News Notes



#1006 A weekly bulletin for residents of Auroville 21 December 2023



The Master of Wisdom in his first coming to birth in the supreme ether of the great Light, — many his births, seven his mouths of the Word, seven his Rays, — scatters the darknesses with his cry.

*Rig Veda*

He found the vast Thought with seven heads that is born of the Truth; he created some fourth world and became universal... . The Sons of Heaven, the Heroes of the Omnipotent, thinking the straight thought, giving voice to the Truth, founded the plane of illumination and conceived the first abode of the Sacrifice. ... The Master of Wisdom cast down the stone defenses and called to the Herds of Light, ... the herds that stand in the secrecy on the bridge over the Falsehood between two worlds below and one above; desiring Light in the darkness, he brought upward the Ray-Herds and uncovered from the veil the three worlds; he shattered the city that lies hidden in ambush, and cut the three out of the Ocean, and discovered the Dawn and the Sun and the Light and the Word of Light.

*Rig Veda.*

*Ia Orana Maria. Hail Mary  
by Paul Gauguin*

## Pondering



All Evolution is in essence a heightening of the force of consciousness in the manifest being so that it may be raised into the greater intensity of what is still unmanifest, from matter into life, from life into mind, from the mind into the spirit. It is this that must be the method of our growth from a mental into a spiritual and supramental manifestation, out of a still half-animal humanity into a divine being and a divine living.

*Towards the Sevenfold Knowledge,  
The Life Divine by Sri Aurobindo*

# Contents

<b>PONDERING</b>	<b>1</b>
<b>Editors' Note</b>	<b>4</b>
News and Notes Guidelines	4
News and Notes is at the Service of Auroville	4
Dear readers of paper version!	4
<b>HOUSE OF MOTHER'S AGENDA</b>	<b>5</b>
<b>TOWNHALL SPEAKS</b>	<b>6</b>
Details of the Supreme Court Hearing of 13.12.2023 The Auroville Foundation Vs. Navroz Kersasp Mody & Ors Civil Appeal Nos. 5781-5782/2022	6
Auroville Connect	6
From The Entry Service—ES # 211	6
<b>COMMUNITY NEWS</b>	<b>7</b>
<b>Passing On</b>	<b>7</b>
Mani Jayraman Passes Away	7
<b>Awakening Spirit</b>	<b>7</b>
Amphitheatre—Matrimandir	7
Meditation with Savitri	7
Savitri Bhavan December 2023	7
Exhibitions	7
Films	7
Full Moon Gathering	7
Dream Divine Series	7
Regular Activities	7
Mudra Chi	7
Home—The Earth:	8
Our Home is a Miracle and a Beauty	8
Dream Divine Series: Christmas in Ashram & the Mother's messages, Interview of Mona and Udar Pinto	8
Bases of Yoga—The Mother's Talks, An Interactive Book Reading Circle	8
Fundamentals of Sri Aurobindo's Philosophy in Savitri	8
The OM Choir Continues	8
Savitri Satsang By Narad	9
Study Circle on The Synthesis of Yoga—Sri Aurobindo	9
Brahmanaspati Kshetram	9
Calendar of regular events, December 2023	9
Full chanting of the Bhagavad Gita: satsanga on Bhagavad Gita in Everyday Life	9
Unity Pavilion: Daily Peace Meditation	10
<b>Education</b>	<b>10</b>
Wildlife Art Gallery & Education Center Invitation	10
Open House At Kindergarten (Center Field)	10
Auroville Library	10
Weekly Timings	10
Story time At the Auroville Library!	10
STEAM Holiday Camp	10
For Ages 14—16: Lights! Camera! AI!—AI Animation Movie Making	10
For Ages 8—13: S.T.E.A.M	10
Safari—A Survival Science Camp	10

Series on Integral Yoga and Mathematics	11
Free Math Classes For Grade 9—12 (Cbse)	11
<b>Matching Campaign</b>	<b>11</b>
AVI USA Matching Campaign 2023: Double Your Impact This December	11
Better Birthing Experience Conference	11
Aurokiya Matching Donations	11
Youth Link Matching Donation Campaign	12
Thamarai Receives Support	12
Support Wellpaper Auroville	12
<b>Health Care</b>	<b>12</b>
Maatram is now at Arka	12
Therapists schedule for Open Consultation Hour (OCH)	12
Santé Services in December	13
Working Hours	13
Tests and Sample collection	13
For emergencies	13
Appointment	13
Santé Services Schedule	13
Auroville Health Center	13
New Phone Numbers	13
Siddha consultations by Dr Sharavanan	13
Aurokiya Integral Eye Centre @ Arka	13
Svasti Homoeopathy Clinic	13
Aurodent Dental Clinic	13
<b>For Your Information</b>	<b>14</b>
Care of the Death Announcements	14
Traffic Alert	14
List of Holidays for the Calendar Year—2024	14
<b>Animal Care</b>	<b>14</b>
Wishing You a Joyous Christmas from the Auroville Dog Shelter!	14
The History of the Auroville Dog Shelter from February to December 2023	14
<b>The Arts</b>	<b>16</b>
Art Exhibition Ceramics—V: Priya Sundaravalli	16
Bharat Nivas presents	16
Sri Aurobindo Auditorium: Samarpanam	16
Kalakendra Art Gallery: Painting Exhibition Aadiyogi Shiv, a Journey in Cosmic Indigo	16
Hufreesh Art Studio	17
Art Exhibition: Abstract paintings on prints of News and Notes Mixed media	17
Pitanga: Exhibition of Water Colour Painting	17
Exploring the new horizons: An Evening of Indian Classical Songs & Music	17
Roger Anger, l'artiste	17
<b>Festivals</b>	<b>18</b>
Christmas Concert	18
Holiday Market	18
Upcycled Sari Collection	18
Soulstice Pop Up	18
Pondicherry Poets & The Brown Critique presents Pondicherry/Auroville Poetry Festival 2023	18

<b>Dance Activities</b>	<b>19</b>
Join Our Bollywood Dance Session	19
New Creation Dance Studio: Schedule	19
Auroville Tango Activities	19
Angam Tree Workshop: LA Style Salsa Dance	19
Zumba with Preeti	19
Salsa Dance Class	19
Tango Dance Class	20
<b>Music and Art Activities</b>	<b>20</b>
Darkroom Workshop by Sasikanth Somu	20
Welcome to 'Open Studio'	20
Bansuri (Flute) Group Classes With Michael	20
<b>Innovations</b>	<b>20</b>
Illustrating with AI: A (Mid)Journey of 'Snippets of Light'	20
<b>Sports &amp; Martial Arts</b>	<b>20</b>
Auroville Marathon Online Registration	20
Kshetra Kalari Aspiration	21
Bharat Nivas presents Kalaripayattu Class in Collaboration with Kalarigram	21
Tai Chi Hall	21
Aikido Winter Intensive 2023—24!	21
Ultimate Frisbee Auroville Women's Team	21
Kalpna Gym	21
Swimming Class	21
Abhaya Martial Arts	22
<b>Nature Activities</b>	<b>22</b>
Weekly Edible Weed Walk	22
Conscious Nature Immersion at MahaKali Park	22
Food Forest Tour	22
<b>Food Activities</b>	<b>23</b>
Fermented Drinks Workshop	23
The Taste of Korea	23
Anitya Joy Of Impermanence	23
Education On Urban Farming	23
Community Lunch	23
<b>Bioregion Activities</b>	<b>23</b>
Kuilai Creative Center Activities	23
Auroville Bamboo Centre	
December Program 2023	23
Bamboo Centre Campus Tour	23
Every Saturday Auroville Bamboo Tour with Special Bamboo Lunch	24
Training and workshop	24
One-Day, Make and Take Workshops	24
3 Hours Make and Take Workshops	24
Upcoming Workshops—December 2023	24
Bamboo Construction Workshop	24
Mohanam Programme Soul of Soil, December	24
Auroville Northwest Experience	24
Tours	24
Make and Take Workshop	24
Classes and Therapies	24
Auroville Bioregion Experience with Mohanam Team	25
Mohanam Sunday Brunch	25
Auroville Sunday Tour	25
Mohanam school of Art & Music activities	25
Kolam Village Walk (every Friday)	25
Thiruvannamalai Eco & Spiritual Services	25

<b>Honorary Voluntary</b>	<b>25</b>
Integral World	25
Digital Marketing Coordinator	25
Graphic Designer/DTP	25
Content Writer	25
Film Maker	25
Unity Pavilion Seeks Volunteers	26
AuroOrchard: Call For Farm Volunteers	26
Gau Seva at Sadhana Forest!	26
Bharat Nivas Team is looking Volunteers	26
For Auditorium: Backstage Manager	26
For Trustees team: A communication Expert	26
For the Pathway	26
Auroville Film Festival	26
<b>Looking For</b>	<b>27</b>
Anyone traveling to Germany soon?	27
<b>Lost &amp; Found</b>	<b>27</b>
Lost Cardigan	27
Lost a Knife	27
<b>Work Opportunities</b>	<b>27</b>
Auroville Dog Shelter	
Long-Term Animal Caretaker Wanted!	27
<b>Available</b>	<b>27</b>
Keep Cool	27
Hand Made Mattress	27
<b>Help Needed</b>	<b>27</b>
Appeal to the Auroville Community	27
<b>Foods, Goods and Services</b>	<b>27</b>
The Sprout Cafe	27
Special holiday timings	27
Reconnecting with your Inner Cycle	28
Annapurna Farm Baskets	28
Have You Discovered Sudha's Kitchen?	28
German Bakery Opening Hours	28
Free store Opening Times	28
We Can Help To Fix All Your Broken Items	28
Auromode Tanto Open for Breakfast Buffet	28
Join Dropzy	29
Tech Elves Services	29
AuroCabs	29
Unity Transport Service	29
Internet Connectivity Service Offered	29
Rapid Care Services	29
Pest Control	29
A Kind Request & Reminder	
From Auroville Printers	30
Surabhi Supplies	30
Latest News from Inside India Travel Shop	30
Vegan Lunch in Red Dot Cafe	30
Organic Quality Milk Available	30
Rupavathi Joy Activities	30
Bio-Region Temple Tour	30
South-Indian Cuisine Cooking Class	30
Thai Massage	30
Tailoring	30
<b>Taxi Share</b>	<b>30</b>
From Chennai Airport, 28 December, 11am	30



<b>Poetry</b>	<b>30</b>
A Magic Moment I Remember	30
Two Birds	31
<b>Voices and Notes</b>	<b>31</b>
The Adesha I Received From Roger Anger	31
Helianthus	31
Who is The Mother?	31
<b>Auroville Audio &amp; Video</b>	<b>32</b>
Auroville Radio	32
Last published podcasts	32
<b>Languages</b>	<b>32</b>
News From Auroville Language Lab	32
Tomatis	32
Current Schedule of Classes	32
The Language Lab is open	33
<b>Classes, Workshops &amp; Healing Arts</b>	<b>33</b>
Mindfulness	33
Mindfulness drop-in session Non-striving	33
Mindfulness for Stress Reduction (MBSR) 8 week course	33
Women circle: Last full Moon 2023	33
Auromode Yoga Space	33
December Schedule	33
January Schedule	33
Yoga Classes in Bharat Nivas	33
Embodied Awareness & Movement	34
Activities with Arabinda Are Postponed	34
Deep Sound Bath Tibetan Bowls	34
Traditional Mantra and Stotra Classes	34
Body in Light Energy Healing Workshop	34
Angam Tree Therapies	34
Sound Healing Therapy	34
Massage Therapy	34
Dance Movement Therapy	34
Traditional Massage Therapy Classes	34
Arka Wellness Center & Multipurpose Hall	35
Treatments	35
Classes	35
Nidra Yoga Ananda	35
Pitanga Program, December 2023	35
Classes — Registration required	35
Drop-In Classes	35
Healing Space	36
Youth activities	36
New Activities	36
For Giving Love Transmuting heavy emotions	36
Reading Savitri	36
Deep Presence—A Guided Inner Exploration	36
ATB explorations	36
Body Music	36
Verité Programs, December 2023	36
Yoga & Re-creation Programs	36
Therapies (by appointment only)	37
Workshops (pre-registration required)	37
Vérité Workshops	37
Master Class on Energy Pathways: Restore Flow of Prana through Mantra, Pranayama, Asana, & Prana Nidra with Andres	37

Sivananda Yoga: Master Class with Mani	37
Safe Yoga Asana Practice: Do's & Don'ts with Rebeca	37
Holistic: Healing and Awareness	37
Kinesiology January program	37
Touch For Health	37
Brain Gym	37
Yoga—Meditation & Stress Management Workshop	38
Quiet Healing Center	38
Watsu® 1 (Transition Flow) with Dariya & Daniel	38
<b>Cinema</b>	<b>38</b>
Auroville Film Institute	38
3E—Explore, Experiment, Express	38
Contemporising—Katha Sarit Sagara	38
The Art of Pitching, Impact & Distribution	38
Study Circle	39
Eco Film Club Every Friday at Sadhana Forest	39
Schedule of Events	39
Future cities: Urban planners get creative	39
Aurofilm	39
At Multi Media Centre Auditorium, Town Hall	39
In YouTube	39
Cinema Paradiso	40
Multimedia Center (MMC) Auditorium	39
Film Program 25 to 31 December 2023	40
<b>Accessible Auroville Public Bus</b>	<b>41</b>
<b>N&amp;N Guidelines</b>	<b>41</b>
<b>Emergency Services</b>	<b>41</b>



*Editors' Note*

## NEWSANDNOTES GUIDELINES

### News and Notes is at the Service of Auroville

The News and Notes focus and purpose is to be at the Service of Auroville. Announcements of events, while collaboration is encouraged, must be coordinated in collaboration with an Auroville affiliated entity as the host for the event or activity.

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

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

*Thanking you in advance for your cooperation,  
Light and Peace, Roy and Agni*

### Dear readers of paper version!

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

The only excuse of late delivery is rain on Friday.

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

# House of Mother's Agenda



(continued from last week)

In the Self-Existence of which supermind is the dynamic Truth-consciousness, there can be no aim of being except to be, no aim of consciousness except to be conscious of being, no aim of delight of being other than its delight; all is a self-existent and self-sufficient Eternity. Manifestation, becoming, has in its original supramental movement the same character; it sustains in a self-existent and self-sufficient rhythm an activity of being which sees itself as a manifold becoming, an activity of consciousness which takes the form of a manifold self-knowledge, an activity of force of conscious existence which exists for the glory and beauty of its own manifold power of being, an activity of delight which assumes innumerable forms of delight. The existence and consciousness of the supramental being here in Matter will have fundamentally the same nature, but with subordinate characters which mark the difference between supermind in its own plane and supermind working in its manifested power in the earth existence. For here there will be an evolving being, an evolving consciousness, an evolving delight of existence. The gnostic being will appear as the sign of an evolution from the consciousness of the Ignorance into the consciousness of Sachchidananda. In the Ignorance one is there primarily to grow, to know and to do, or, more exactly, to grow into something, to arrive by knowledge at something, to get something done. Imperfect, we have no satisfaction of our being, we must perforce strive with labour and difficulty to grow into something we are not; ignorant and burdened with a consciousness of our ignorance, we have to arrive at something by which we can feel that we know; bounded with incapacity, we have to hunt after strength and power; afflicted with a consciousness of suffering, we have to try to get something done by which we catch at some pleasure or lay hold on some satisfying reality of life. To maintain existence is, indeed, our first occupation and necessity, but it is only a starting-point: for the mere maintenance of an imperfect existence chequered with suffering cannot be sufficient as an aim of our being; the instinctive will of existence, the pleasure of existence, which is all that the Ignorance can make out of the secret underlying Power and Ananda, has to be supplemented by the need to do and become. But what to do and what to become is not clearly known to us; we get what knowledge we can, what power, strength, purity, peace we can, what delight we can, become what we can. But our aims and our effort towards their achievement and the little we can hold as our gains turn into meshes by which we are bound; it is these things that become for us the object of life: to know our souls and to be our selves, which must be the foundation of our true way of being, is a secret that escapes us in our preoccupation with an external learning, an external construction of knowledge, the achievement of an external action, an external delight and pleasure. The spiritual man is one who has discovered his soul: he has found his self and lives in that, is conscious of it, has the joy of it; he needs nothing external for his completeness of existence. The gnostic being starting from this new basis takes up our ignorant becoming and turns it into a luminous becoming of knowledge and a realised power of being. All therefore that is our attempt to be in the Ignorance, he will fulfil in the Knowledge. All knowledge he will turn into a manifestation of the self-knowledge of being, all power and action into a power and action of the

self-force of being, all delight into a universal delight of self-existence. Attachment and bondage will fall away, because at each step and in each thing there will be the full satisfaction of self-existence, the light of the consciousness fulfilling itself, the ecstasy of delight of existence finding itself. Each stage of the evolution in the knowledge will be an unfolding of this power and will of being and this joy to be, a free becoming supported by the sense of the Infinite, the bliss of the Brahman, the luminous sanction of the Transcendence.

The supramental transformation, the supramental evolution must carry with it a lifting of mind, life and body out of themselves into a greater way of being in which yet their own ways and powers would be, not suppressed or abolished, but perfected and fulfilled by the self-exceeding. For in the Ignorance all paths are the paths of the spirit seeking for itself blindly or with a growing light; the gnostic being and life would be the spirit's self-discovery and its seeing and reaching of the aims of all these paths but in the greater way of its own revealed and conscious truth of being. Mind seeks for light, for knowledge, — for knowledge of the one truth basing all, an essential truth of self and things, but also of all truth of diversity of that oneness, all its detail, circumstance, manifold way of action, form, law of movement and happening, various manifestation and creation; for thinking mind the joy of existence is discovery and the penetration of the mystery of creation that comes with knowledge. This the gnostic change will fulfil in an ample measure; but it will give it a new character. It will act not by the discovery of the unknown, but by the bringing out of the known; all will be the finding 'of the self by the self in the self'. For the self of the gnostic being will not be the mental ego but the Spirit that is one in all; he will see the world as a universe of the Spirit. The finding of the one truth underlying all things will be the Identical discovering identity and identical truth everywhere and discovering too the power and workings and relations of that identity. The revelation of the detail, the circumstance, the abundant ways and forms of the manifestation will be the unveiling of the endless opulence of the truths of that identity, its forms and powers of self, its curious manifoldness and multiplicity of form bringing out infinitely its oneness. This knowledge will proceed by identification with all, by entering into all, by a contact bringing with it a leap of self-discovery and a flame of recognition, a greater and surer intuition of truth than the mind can reach; there will be an intuition too of the means of embodying and utilising the truth seen, an operative intuition of its dynamic processes, a direct intimate awareness guiding the life and the physical senses in every step of their action and service to the Spirit when they have to be called in as instruments for the effectuation of process in life and matter.

(to be continued next week)

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

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

With love and gratitude,  
Gangalakshmi (HOMA)

# Townhall Speaks

## DETAILS OF THE SUPREME COURT HEARING

of 13.12.2023

**The Auroville Foundation  
Vs. Navroz Kersasp Mody & Ors  
Civil Appeal Nos. 5781-5782/2022**

The Auroville Foundation filed Civil Appeal Nos. 5781-5782/2022 against Navroz Kersasp Mody & ors before the **Supreme Court of India** against the impugned Interim order dated 27.07.2022 passed by the Ld. National Green Tribunal, Chennai in MA No. 6/2022 in OA. No. 239/2021 and impugned Final Order and Judgment dated 28.04.2022 passed by the Ld. National Green Tribunal, Chennai in the OA.No. 239/2021.

The prayer sought by the respondent No.1 (original applicant) in OA. No. 239/2021 (sz) before the Tribunal was that to *'Direct the 1st respondent to prepare a Detailed Development Plan including a mobility plan which is based on and respects the present day ground realities, to be approved as mandated in the Master Plan and implement projects based on such plan after necessary impact assessments and feasibility studies in an environmentally sustainable manner'*.

The Tribunal passed its final order in OA.239/2021 on 28.04.2022 as follows: -

*'125.The original Application was allowed in part and disposed of with the following directions: -*

*(i)The 1st Respondent is directed to prepare a proper township plan either in respect of 778 Ha which is in their possession now or in respect of 1963 Ha which was visualized by the MOTHER by identifying the locations where each zone will have to be located, where the roads will have to be laid showing the location of the ring roads with their width and further road, if any, to be constructed, the nature of industries and other activities which they are expected to establish in the township and of it is not going to be implemented as one phase, how many phases in which they are going to complete the project and then apply for Environmental Clearance (EC) as it will fall under Item 8 (b) of the EIA Notification, 2006 as amended time to time. Till then they are directed not to proceed with further construction in the project area.'*

The Civil Appeal No. 5781-5782/2022 came up for hearing on 13.12.2023 and the Honorable Court passed the following order: -

*'Having regard to the said prayer which was sought by the respondent no. 1 (original applicant) and having regard to the final directions given by the Tribunal in the impugned order, we are of the prima facie opinion that the direction contained in Para 125 (i) being outside the jurisdiction of the Tribunal, the same is required to be stayed till further orders, and is ordered accordingly.'*

\*\*\*\*

Para 125(i) is the direction through which the NGT (Tribunal) assumed jurisdiction in the matter pertaining to Auroville. Thus the main direction through which NGT acquired jurisdiction in the case **has been stayed unconditionally and absolutely by the Honorable Supreme Court.**

The other directions in para125 (ii) onwards are merely interim arrangements in favor of Auroville Foundation as a temporary measure to complete the Crown Road work and to remove unauthorized constructions.

**Anu for the Working Committee**

**Note: Prima Facie means legally sufficient to establish a fact or a case unless disproved**

## AUROVILLE CONNECT

Dear All, we invite everyone to use the link below to join the Auroville Connect whatsapp group to get factual updates on different topics, issues & events. Aurovilians, Newcomers and Volunteers are encouraged to join, as well as AVI members, Friends & wellwishers of Auroville.

[Here is the link.](#) Stay updated.

**The Working Committee,**  
Anu, Arun, Joseba, Partha, Selvaraj, Srimoyi, Tine

## FROM THE ENTRY SERVICE—ES # 211

Dated: 21-12-2023

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

### NEWCOMER ANNOUNCED:



Kalaiaarasi



Lize



Vithya

- Kalaiaarasi DHAYALAN (Indian) staying in Aspiration (Sundar's place) and working at FAMC & BCC
- Lize DE LA ROUVIERE (South African) staying in Shakti (Selvi's house) and working at Pitanga & Sante
- Vithya PANNEER SELVAM (Indian) staying in Pony Farm and working at Pre-creche

### CHILD OF NEWCOMER:

- Iniya (Indian) born on 5/12/2018 (daughter of Kalaiaarasi)

### NEWCOMER CONFIRMED:

- Mireille GEHIN (French)
- Suchithra BALARAMAN (Indian)

### AUROVILIAN ANNOUNCED:

- Anitha KASINATHAN (Indian) staying in AuroOrchard Staff quarters and working at AuroOrchard & Matrimandir
- Deanna EVENRUD (USA) staying in Dana and working at Tamarai & Health services



Anitha



Deanna

### AUROVILIAN CONFIRMED:

- Karan NAGAPPAN (Indian)

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

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

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

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

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

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

**The Entry Board: Alain, Grace, Jayanthi, Lakshmanan, Matilde, Sara, Sonja and Swadha**



# Community News

*Passing On*

## MANI PASSES AWAY

**Mani Jayraman**



Our long-term friend and brother Mani Jayraman left his body at his home in the late evening of 15.12.2023 at the age of 54. His remains were kept at home for family and friends to bid farewell. His cremation in the afternoon of 16.12.2023 at the Auroville Cremation and Burial ground was attended by family, many

friends from over the years, and well wishers.

Mani, as he was known in Auroville, was born 20.11.1969, the year after Auroville was founded. He grew up in Auroville, as one of Auroville's early generations. His mother Poongavanam, was one of the first Tamil Aurovilians. His uncle was one of the village Chiefs of Kulapalayam. Mani was educated partly in Auroville schools, such as attending Auroville's first kindergarten in Aspiration and partly in the French Lycée of Pondicherry. Having an affinity for languages Mani could fluently speak French as well as English and Tamil. He was a good student and spent a year studying abroad in the US in LA. He was a remarkable sports person, excelling in basketball, cricket, tennis, kabadi. An all-around sportsman.

In 1996 he married Saroja and they had three children ; Surya, Malvi and Deeksha. He went on to service in various setups in Auroville Pour Tous, opening and managing for many years AV Transport Service (Later New Creation Transport), also serving in Auroville's organisational structure. In 2004 when the tsunami hit he had a dedicated role in the relief organisation that followed.

Foremost he is remembered as a man with a radiating charming positivity in his youth, a good heart, being a generous and caring friend. An overall brilliant character combination that made him be fondly remembered.

In the last years Mani lived a more withdrawn life.

Our sincere condolences and prayers to his wife Saroja, daughter Deeksha, and siblings Gnasekar, Sivakami, Rajaveni, and Shivaprakasam.

*Best regards, Lisa*

*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*



**SAVITRI BHAVAN  
December 2023**

*Savitri*  
B H A V A N

## Exhibitions

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

## Films

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

- December 25: **HOME—the Earth:** our home is a miracle and a beauty. The film wakes us up and to become more conscious and careful with our beautiful blue home. Duration: 94min.

## Full Moon Gathering

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

## Dream Divine Series

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

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

## Regular Activities

- **Sundays 10:30—12noon:** Savitri Study Circle led by Larry Seidlitz
- **Mondays 3—4pm:** The Knowledge and Ignorance—The Spiritual Evolution in The Life Divine led by Dr. Jai Singh
- **Tuesdays 3—4pm:** Readings of the words of The Mother on Aims and Ideals of Auroville led by Dr. Jai Singh
- **Tuesdays, Fridays, Saturdays 4—5pm:** L'Agenda de Mère: listening to recordings with Gangalakshmi
- **Tuesdays 5:30—7pm:** OM Choir led by Narad
- **Thursdays 4—5pm:** Videos of The English of Savitri led by Shradhdhavan
- **Fridays 3—4pm:** The Return to Earth (Epilogue) in Savitri led by Dr. Jai Singh
- **Saturdays 10am:** Bases of Yoga—An interactive book reading circle
- **Saturdays 4:30—5:30pm:** Mudra-chi led by Anandi
- **Saturdays 5—6:30pm:** Satsang, led by Ashesh Joshi
- **Exhibitions, Main Building and Office** are open Monday to Saturday 9—5
- **Library and Digital Library** is open Monday to Friday 9—5  
Everyone is welcome  
*Dhanalakshmi for Savitri Bhavan Team*

## MUDRA CHI



From January 2024 we will have our classes

- on **Tuesdays at 4:30pm**  
**@ Savitri Bhavan**
  - Facilitator Anandi Ayun
- Everybody Welcome!**

*Anandi*

## HOME—THE EARTH:

**Our Home is a Miracle and a Beauty**



**Monday, 25 December 2023, 4pm at Savitri Bhavan.**  
Duration: 94 min.

Two million years ago life on Earth started, and a subtle, fragile harmony of living substances and beings gradually developed. All organisms are linked with each other in a natural, delicate, and crucial balance.

Mankind is 200 000 years old. But in the last 60 years, it has brought enormous changes and destroyed the equilibrium of life.

The documentary by **Yann Arthus Bertrand** shows the diversity of life on Earth from the sky through beautiful aerial footage from 54 countries. It also demonstrates how Earth's problems are all interlinked due to the pressure humanity has placed on the environment. Human activities and especially the burning of fossil fuels threaten the delicate ecological balance on our planet and cause climate changes with shifts in temperatures and weather patterns.

The film attempts to make us more conscious and to be careful with our beautiful blue and green home. Since the documentary was released in 2009 efforts have been made to grow in conscious awareness to be more concerned about the environment and to save nature. But still and always, a lot remains to be done.

Special thanks are going to the 88000 employees of the Performance, Planning and Review (PPR) Group who supported the making of HOME.

- On YouTube the film is accessible under the title: [HOME by Yann Arthus Bertrand—Full Movie](#) (English version)—Documentary.

*Submitted by Margrit*

## DREAM DIVINE SERIES

**Christmas in Ashram & the Mother's messages,  
Interview of Mona and Udar Pinto**



**Wednesday, 27 December, 4:30—5:30pm**  
Video Played @ Sangam Hall of Savitri Bhavan



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

**Everyone is welcome**

*Dhanalakshmi  
for Savitri Bhavan Team*

## BASES OF YOGA—THE MOTHER'S TALKS

**An Interactive Book Reading Circle**

**Every Saturday, 10—11 am**

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

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

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

**Venue:** Garden Room, Savitri Bhavan

**For more details,** contact Debashish, 7678208825 WA, [b.deb253@gmail.com](mailto:b.deb253@gmail.com)

*Dhanalakshmi for Savitri Bhavan Team*

## FUNDAMENTALS OF SRI AUROBINDO'S PHILOSOPHY in Savitri

**Friday, 29 December, 4—5pm @ Sangam Hall**



**A series of monthly presentations by Larry Seidlitz  
'The Hard Truth of the Mankind's Lower Nature'**

Sri Aurobindo reveals to humanity wondrous states of spiritual consciousness to which it can rise and which he insists are its future destiny. Still, he is not blind to the present limitations of human consciousness and its obstinate degradation. Indeed, he describes them in stark and brutally honest terms. This presentation will examine Sri Aurobindo's descriptions of these baser aspects of human consciousness, both in general humanity and in the context of the practice of yoga, in his prose writings and in Savitri. At the same time, he bids us to face this challenge and assures us that this too can be overcome.

**Everyone is welcome**

*Thank you, Dhanalakshmi for Savitri Bhavan Team*

## 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*

## STUDY CIRCLE



## BHARAT NIVAS

PAVILION OF INDIA: AUROVILLE

### on The Synthesis of Yoga—Sri Aurobindo

On the Occasion of Sri Aurobindo's 150<sup>th</sup> Birth Anniversary

Sri Aurobindo Centre, Resource Library

Tuesdays, 4:30—5:30pm

- An exploration, led by Deepti Tewari

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

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

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

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

Regards, Vani, BN Cultural Team  
0413 2622253



## 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

## FULL CHANTING OF THE BHAGAVAD GITA

Friday, 22 December, 6—9:30am

@ Savitri Bhavan



## श्रीमद्भगवद्गीता

Full chanting of the Bhagavad Gita

On the Gita Day 2023 (December 22), we invite all to come together with a harmonious collective aspiration and immerse in the Bhagavad Gita. We will chant all the 700 shlokas in Sanskrit. All are welcome to join anytime and chant together or simply listen and soak in the sacred vibrations.

**Date:** 22nd December, 2023 (Friday)

**Time:** 6:00 am to 9:30 am

**Venue:** Savitri Bhavan, Auroville

For details write to: [devabhasha@auroville.org.in](mailto:devabhasha@auroville.org.in)

With Sincerity and Gratitude,  
Samskritam Auroville and Savitri Bhavan Team

[devabhasha@auroville.org.in](mailto:devabhasha@auroville.org.in)

Warmly, Deven  
For Samskritam Auroville team

## SATSANGA ON BHAGAVAD GITA

in Everyday Life

25 December—4 February, 6 Weeks

5—6am, Everyday, Online Zoom Call

We warmly invite you for an online Satsanga to integrate the teachings of Srimalad Bhagavad Gita in our day-to-day life.

We request that participants commit to attending everyday for the first week (Monday, 25 December to Sunday, 31 December) and then decide whether they would like to continue or not for the remaining 5 weeks.

**Why and What:** Absorb all the 18 chapters of the Gita and hold space for individual and collective reflections, practices, experiments and above all—Divine Grace.

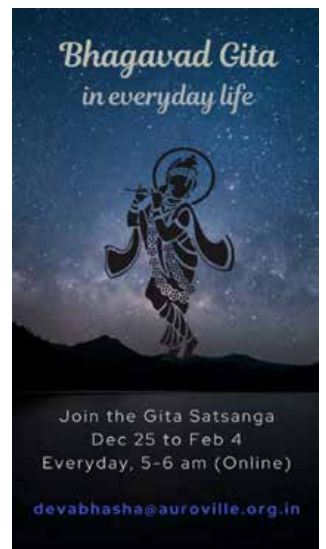
- How: श्रवण, मनन, नदिध्यासन  
Listening, Reflecting, Self-enquiry

**Which Language:** English will be the primary means of communication and we will listen to Sanskrit slokas and the reflections can be shared in any language preferred by the participant.

**Who:** Whether you are a beginner or well-versed with Gita, the format welcomes all to learn and share together. In this collective learning journey, we will all progress together, each at his/her pace.

- If this interests you and you'd like to participate then please write to [devabhasha@auroville.org.in](mailto:devabhasha@auroville.org.in) and we will share more details.

Warmly, Deven  
for Samskritam Auroville Team



## UNITY PAVILION: DAILY PEACE MEDITATION

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

Arun



## Education

## WILDLIFE ART GALLERY & EDUCATION CENTER

### Invitation

Thursday, 21 December, 11—11:30am  
@ Old LOE Building/ Old post office, Bharat Nivas

You are cordially invited for the opening ceremony of the Wildlife Art Gallery & Education Centre

*Bharat Nivas, Auroville in collaboration with  
Wildlife Art Gallery & Education Centre  
Submitted by Monisha, BN Team*

## 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*

## 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](mailto:avlib@auroville.org.in)
- Web: [library.auroville.org.in/](http://library.auroville.org.in/)

Kristen

## STEAM HOLIDAY CAMP

STEAM Holiday Camp: December 26—29

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

**For Ages 14—16: Lights! Camera! AI!**

### 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



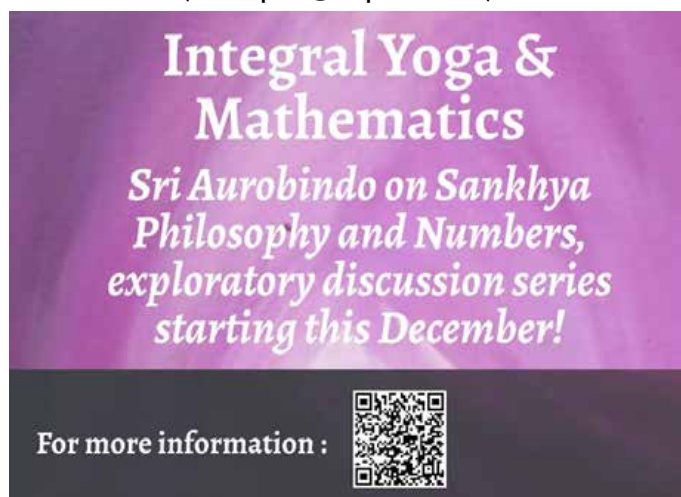
Spots are limited, so secure your child's place now!

*Submitted by Abilash*



## SERIES ON INTEGRAL YOGA AND MATHEMATICS

30 December, 4—5pm @ Square Hall, Savitri Bhavan



*Facilitated by Team Enlight and Savitri Bhavan*

Join us for a unique exploration where individuals progressing on the path of Integral yoga share their insights with those passionate about Mathematics.

- **This month's focus:** Sri Aurobindo on Kapila's Sankhya or The Law of Enumeration and its correlation with mathematical principles of Numbers.

Please note that active participation requires familiarity with either Integral yoga or Mathematics, preferably both, to foster a meaningful discussion.

This event aims to manifest a new understanding of Mathematics through Sri Aurobindo's teachings. We look forward to your presence and insights!

*Snehal for Team Enlight*

## 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*

## 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*



## BETTER BIRTHING EXPERIENCE CONFERENCE

Morning Star's Ground-breaking Research on Fathers' Experience of Childbirth Recognized at 'Better Birthing Experience Conference'

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. Our goal is to bring respectful health and maternity care to women and families in Auroville.



Morning Star has achieved significant recognition for its pioneering research on the experience of fatherhood in India. The research project, conducted in collaboration with Fernandez Foundation garnered the runner-up award for original research at the 'Better Birthing Experience Conference' held in Hyderabad on November 4 and 5, 2023. This prestigious international conference was organized by the Fernandez Foundation and Hospitals, in association with UNICEF.

The research focuses on understanding the impact of education, inclusion, and support for fathers during childbirth, pregnancy, and the postpartum period. We found that by providing education, support and inclusion to fathers, their overall experience was enhanced. Fathers expressed feeling of overwhelming love, recognition of the strength of his wife, a spiritual connection to our ancestors, and deep emotional bonding to the new baby.

The conference provided a platform for Morning Star to present both qualitative and quantitative analyses, emphasizing the crucial role fathers play throughout the childbirth process, extending from pregnancy and birth to infant care and beyond. The significance of involving fathers in this life-changing event was a central theme, highlighting the importance of Morning Star's research.



By securing the runner-up award for original research, Morning Star received validation from judges, delegates, and organizers, signifying the broader recognition of the pivotal role fathers play in the childbirth experience. The acknowledgment has further motivated Morning Star to explore additional research opportunities in this field.

Morning Star expresses deep gratitude to SAILER for the early support received for the research.

We continue to serve the community in any and every form and we will be happy to answer any queries

- **Contact:** [morningstar@auroville.org.in](mailto:morningstar@auroville.org.in)
- **Any administrative /donations query:** Bala +91 98926 99804
- We are **part of AVI USA Matching donations campaign**. Every penny we receive will be doubled.
  - Support us by clicking the link: <https://give.aviusa.org/page/MorningStar>

## 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*



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

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

*With Love,  
Namu for YouthLink 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](http://www.thamarai.org), Bridget*



## SUPPORT WELLPAPER AUROVILLE

After the pandemic crisis Wellpaper has managed to carry on its work with renewed energy and commitment. New volunteers joined the team to continue with the positive mission of women empowerment and ecological awareness. However our team is still struggling to reach self-sustainability.



We have prepared two new projects for 2024 to increase the social impact and the growth of Wellpaper.

- **Building an Ecological awareness garden** including installations made out of upcycled material. The project will be realized in 4-5 months with a total cost of Rs.1,20,000. Projected number of visitors per year 5000.
- **Promotion program to reach out to more partners.** This programme will be realized in 12 months with a total cost of Rs.520,000.

We'll be glad to answer your questions, if you want to know more about our projects please write to [wellpaper@auroville.org.in](mailto:wellpaper@auroville.org.in).

We are now registered with Auroville International USA, during the month of December 2023. Auroville International USA has launched a Matching Donation Campaign click for details <https://aviusa.org/match23/>

- **Wellpaper needs your donation** to realize its Vision and projects. Please use the donate Link below to double your donation. <https://give.aviusa.org/page/Wellpaper>

**Donate Now**

*Danny, Wellpaper, Auroville*

## 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—10am

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](mailto: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

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

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

Dasha for Sante Services,  
[sante@auroville.org.in](mailto:sante@auroville.org.in),  
<http://sante.auroville.org.in>

## 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](mailto:aurokiya@auroville.org.in), [aurokiya@gmail.com](mailto:aurokiya@gmail.com)
  - WA/ Mobile: 8012305151, [www.aurokiya.com](http://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)

## AURODENT Dental Clinic



Dental Clinic

Auromode, Auroville.

For Appointment please contact us

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

Phone: 0413-2622063 What's up: 9629199328

**Working hours**

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

## For Your Information

### CARE OF THE DEATH ANNOUNCEMENTS

This is to inform the community that from mid-December onward the Farewell team takes care of the death announcements, obits and other such notifications. Some residents may be aware that the last year(s) I have been looking for someone to take up this rather unusual but important service, and I'm grateful to know that it will be in good hands. Farewell will give you contact details soon, and for now I sign off.

*With love and praying  
for more peaceful times to come,  
Mauna*

### TRAFFIC ALERT

**Please Note That From Monday 11 December Onwards, Heavy Lorries Are Crossing The Road To The Town Hall Between Matrimandir 2<sup>nd</sup> 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*

### LIST OF HOLIDAYS for the Calendar Year—2024

S.E.W.A (Small Employees & Employees Welfare Administration) recommends that all Employees be given a choice of 10 (Ten) holidays from the list given below. As per the Government's notification **Republic Day, May Day, Independence Day and Gandhi Jayanthi** should be considered as mandatory holidays.

Sl. No.	Name of the Festival	Date of the Festival	Day of the Festival
1	New Year's Day	01.01.2024	Monday
2	Pongal	15.01.2024	Monday
3	Thiruvalluvar Day (Pongal)	16.01.2024	Tuesday
4	Uzhavar Thirunal (Pongal)	17.01.2024	Wednesday
5	Republic Day	26.01.2024	Friday
6	Masi Magam	24.02.2024	Saturday
7	Ramzan (Idu'l Fitr)	11.04.2024	Thursday
8	Tamil New Year's Day	14.04.2024	Sunday
9	May Day	01.05.2024	Wednesday
10	Independence Day	15.08.2024	Thursday
11	Vinayakar Chathurti	07.09.2024	Saturday
12	Gandhi Jayanthi	02.10.2024	Wednesday
13	Ayutha Pooja	11.10.2024	Friday
14	Deepavali	31.10.2024	Thursday
15	Christmas Day	25.12.2024	Wednesday

*With Warm Regards, Sandjivy  
on behalf of S.E.W.A*

## Animal Care

### WISHING YOU A JOYOUS CHRISTMAS from the Auroville Dog Shelter!

The entire team and our beloved canine residents extend warm holiday greetings and sincere thanks to everyone who supported Auroville Dog Shelter throughout the past year, contributing to its huge success.



- Starting this week, our new veterinarian, **Dr. Pachaiamma**, is available every morning from Monday to Saturday at the shelter. This allows us to offer **between 10 and 12am dog consultations and simple treatments** at a cost price. If you require veterinary services for your dog, please schedule an appointment in advance.

As the monsoon season, hopefully, draws to a close soon, we're finally able to resume our rehoming and releasing program for street dogs, gradually reducing the number of shelter residents. This will create additional capacity, enabling us to accept a limited number of admissions. Please note that we only accept street dogs unable to survive on the streets due to injury, old age, or illness—strictly no pets or healthy dogs. Currently, we are training one of our workers to operate our old Omni transport vehicle, which will allow us to resume daytime rescues and donation pickups in January.

*Auroville Dog Shelter, Arthur*

### THE HISTORY OF THE AUROVILLE DOG SHELTER from February to December 2023

The Working Committee received in February and March 2023 several indications that the IACC, Integrated Animal Care Center, near Edayanchavadi is in a very bad state and does not function as it should. The TNAWB, Tamil Nadu Animal Welfare Board, inspected the dog shelter on 04.03.2023 and reported serious violations. Even the SOP, Standard Operation Protocol, which any shelter has to fulfill by law was violated in very many points. The dogs were suffering and dying due to neglect. They starved, they were not at all or insufficiently treated medically or vaccinated, there were no dog records maintained as stipulated by law, and generally gross negligence in all areas was observed. Moreover, a rabid dog had bitten several participants at a Water Mela fair (TLC Fair with lots of children present) and the rabid dog incident was handled inappropriately by IACC. The refusal to help and therefore unnecessarily endangering people with rabies is a very serious offense.

The IACC was an unregistered activity under City Service, and the BCC supported it with maintenance and a monthly recurring budget. P. (who had declared himself as executive) and K. (manager of IACC), both were never registered but were responsible for this activity. When the Working Committee invited P & K and pointed out the detrimental state of the dog shelter, they gave verbal promises but made no efforts to improve the running of the shelter. For several months both even discouraged efforts by IACC staff team members who begged them to implement improvements as many dogs were suffering or dying due to neglect and mismanagement. Additional reports surfaced from within Auroville and outside, proving the miserable state of the IACC dog shelter since many years and the mismanagement by K. who sank deeper into alcoholism and an attitude of carelessness while the dogs died.

There had been plenty of complaints about K.'s refusing to collaborate with positive changes, threatening and firing several committed teams and staff who dared to criticize him and voice different opinions, who wanted to implement improvements amid growing concerns about financial mismanagement. The AV Council was asked to investi-



gate. Evidence of gross mismanagement was provided, but instead of investigating the allegations, the Council suggested a mediation approach which did not work. In the end, nothing was done. It became known that in the past several former team members had informed the Council about the mismanagement at IACC but all complaints had been pushed under the carpet by one Council member, who is a close friend of K and P.

After Lore and Caroline spoke with P. end of November, they thought he was an 'executive' would support the team to get control over K's excessive drinking and confront him with the financial mismanagement, but instead of siding with the team to sort out the serious issues, P. reached out to get the Council involved. Unfortunately, but unsurprisingly, they made sure that the complaints by the whistleblower team would disappear.

K. continued to collect donations on his private bank accounts via GPAY and also on his private PayPal account in violation of Indian law which strictly forbids collection of donations in private bank accounts. He also did not issue receipts for cash donations. A receipt book did not even exist. It is highly illegal to accept donations for the shelter into private bank accounts.

Although P. was aware of K's illegal activities, he did not interfere. P. handled the accounts at the Auroville Financial Service and kept himself physically away from the shelter.

Newcomer Arthur worked together with several other team members at the shelter as an animal caretaker and professional dog trainer. He had donated several lakhs to improve the dire infrastructure at the IACC dog shelter via the Financial Service which K transferred from the IACC FS account directly to his private bank account. To conceal the donation theft and get rid of the whistleblower team, K issued serious threats to Arthur and consequently acted upon his threats. Together with an Israeli lady who was on a volunteer visa in Auroville, he orchestrated a defamation campaign against Arthur and wrote to the Entry group. K. also convinced friends to write complaints against Arthur, in order to get him kicked out of Auroville. A well-known veterinarian, who worked part time for IACC later claimed that she had never written the complaint letter in her name, but that it had been falsified by K. Unfortunately, the AV Council and Entry Board continued to believe the malicious and false accusations K. spread about Arthur.

K. then fired Arthur from his work at the shelter and Arthur's newcomer process was halted under the false pretext that he had been verbally violent towards an Israeli woman, who worked at that time at the IACC shelter as K's right hand. Arthur had demanded in writing to the AV Council to protect him from defamation and asked the Entry Board to provide proof of K's allegations, but they did not bother to reply. After another round of denunciation by K. and P., Arthur's accommodation was also put in question by the Entry group for allegedly not living in Auroville. Arthur proved that he always lived in Auroville, but the Entry group simply dismissed his statements and did not believe him. Some of the 'IACC support group members' are also members of the Entry group and they misused their position to protect their friends so that no investigation into the alleged donation fraud of IACC would take place.

Because of the problems described above, the obvious financial irregularities, and to protect the working team and staff and the dogs in the shelter from more miseries, the Working Committee decided to replace the IACC caretakers P. and K. In mid-April 2023, the responsibility for 300 dogs in the former IACC shelter was taken over by a new team, and P. and K. were dismissed. The 'Auroville Dog Shelter' was properly registered as a unit under Service Trust with 2 new executives: Lore Dossche and D. Protests broke out, instigated by K. and P. and their support group, threatening the new team, the employees at the shelter, and Working Committee members who implemented the changes.

K., P. and their so called 'IACC support group' consisting of several Aurovilians and volunteers, some of whom are members of the present Entry group and the AV Council, left no stone

unturned to make the life and work of the new team as difficult as possible. P. swore to do anything in his power to cancel the visa of Arthur, who became the new manager of the shelter.

In the beginning of May, Lore and Arthur received the visit of an officer from the FRRO in Auroville. A letter had been written by K. and an Indian lady volunteer who lives in Germany to the Foreign Registration Office in Pondicherry, accusing Lore and Arthur of stealing donations by setting up a fake website, drug offenses, violent behavior, driving without license and other offenses. The FRRO Officers confirmed the origin of the email letter from Germany and started to investigate Lore and Arthur who also had to come for an interview to the FRRO office in Pondy. As a result, Lore's visa extension was put on hold by the FRRO (Note: Lore was later cleared of all doubts and received her visa extension). K. denied having anything to do with this letter but the content gave him away and the Working Committee demanded that he withdraw this letter to the FRRO.

In the meantime, the accounts of IACC had been given to the Auroville Foundation for investigation as donation fraud was suspected. After a thorough check by an independent auditor, there is ample proof that K. collected donations meant for the shelter in his private bank accounts. In order to conceal the mismanagement even a QR code linked to the private bank account of K. was changed by P. to a QR code by Talam which was not meant to receive donations.

K. and P. to this day have not collaborated with the financial investigation of the AV Foundation and refused to give a full statement of accounts, in particular of the donations received. There is also no transparency on how the money was spent. Until today, K. kept the list of national and international donors confidential and a secret, claiming they are his private property. But several donors have come forward with proof of transferring donations for the dog shelter to K.'s private bank accounts and PayPal which did not figure in the Financial Service IACC statements.

Despite receiving donations on his private bank account, there was never enough money for the shelter dogs care. No money for a full-time vet, nor for enough medicines, vaccinations or even proper nutritious food. Dogs kept dying and suffering and were buried in a mass grave at the shelter.

Yet P. had the guts to try to turn the tables and accused Lore and Arthur of fraud in the face of the investigating AV Foundation officers.

D., one of the executives, resigned, because she needed more time with her infant son and did not want to get in conflict with P., who lives in the same community as her.

In August, on the occasion of the Indian President's visit to Auroville, the AV Foundation decided that a new VIP (access) road would be built from the Tindivanam Highway to the Visitors Center, going right through the dog shelter. The dog shelter was given a new site allocation by ATDC on land which is part of Red Earth Riding School. The Animal Welfare Board conducted another surprise inspection of the shelter and noticed the huge improvements on all levels by the present team. They have given an excellent report, as also the Animal Husbandry team, who investigated the shelter several times unannounced and were extremely happy to notice the greatly improved situation of the dogs: they had all their records perfectly in order, and received medical care from the daily vet. The dogs ate nutritious food every day with lots of chicken and eggs, a severe skin disease which had affected 70% of all dogs had been cured, paralyzed dogs received physiotherapy and even several wheel-chairs had been donated so the paralyzed dogs could move around on wheels. Every Sunday morning Auroville Community events were organized with students and volunteers to bathe the dogs and play with them. Fun combined with necessity, the Sunday mornings became a much loved family outing with children. TNAWB and the Animal Husbandry pledged to help with funds for building the new shelter. The new team did a great overall job caring for the dogs and Arthur raised substantial funds to keep the shelter running and evolving. He published every month the figures of income and expenditure in AV News & Notes in an effort of total transparency.

This hard-earned success appears to have roused the envy and hatred of the 'IACC support group' which continued unabated with their defamation, threats, and violence for several months in varying degrees, trying to find any fault with the shelter which they could exploit. This group, for instance, sent an unknown volunteer to the shelter under the pretext of helping with the work. This volunteer only took photos for 2 days and it turned out that she was a good friend of K. on a sort of 'spy-mission'. Later the support group drummed up the false fact that they counted only 189 dogs and accused the shelter of lying about the number of approx. 300 dog residents and having killed many dogs. A headcount done by shelter team members confirmed the number of 273 dogs and a lot of puppies at the end of November.

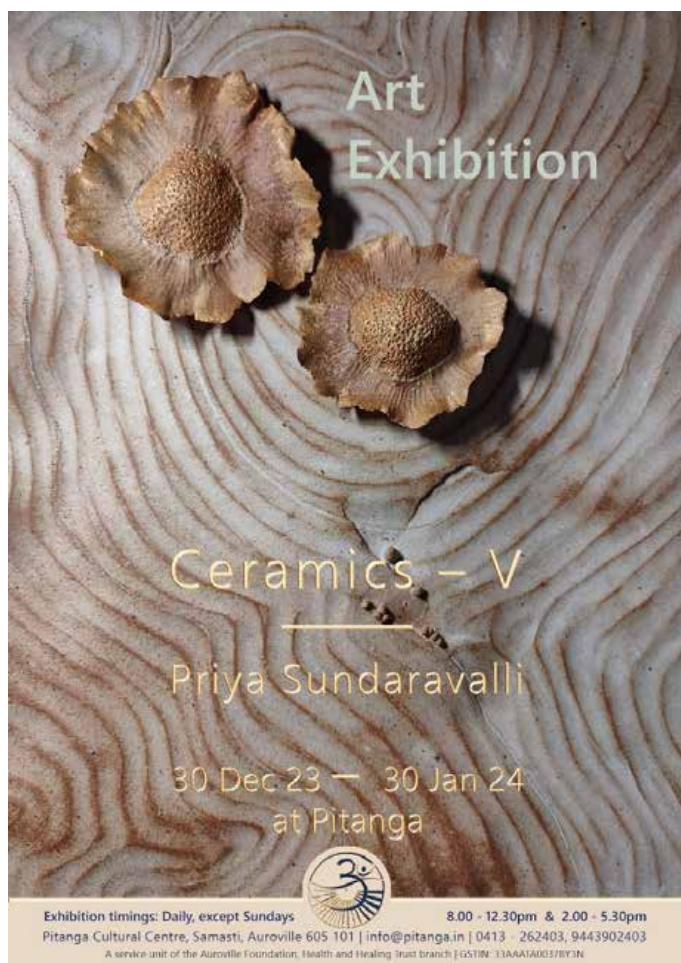
End of September Lore resigned to continue her veterinary studies. Another executive, a Spanish lady, took over. She is good-willed and a dog lover, but inexperienced, and so it was possible for an Israeli volunteer lady and a member of the Entry group to twist information she gave and send a complaint letter by a member of the AV Council to FAMC, containing false accusations once again and personal attacks on a team member.

Arthur continues to work with dedication but is continuously harassed by the unnecessary demands of the Entry Board and by other people. It is important that his work is stabilized for the sake of the Dog Shelter.

*Thank you, Tine  
(for the Working Committee)*

## *The Arts*

### ART EXHIBITION CERAMICS—V



**Art Exhibition**

**Ceramics – V**

**Priya Sundaravalli**

**30 Dec 23 — 30 Jan 24  
at Pitanga**

Exhibition timings: Daily, except Sundays 8.00 - 12.30pm & 2.00 - 5.30pm  
Pitanga Cultural Centre, Samasti, Auroville 605 101 | info@pitanga.in | 0413 - 262403; 9443902403  
A service unit of the Auroville Foundation, Health and Healing Trust branch | GSTIN: 33AAATAD003/BY3N

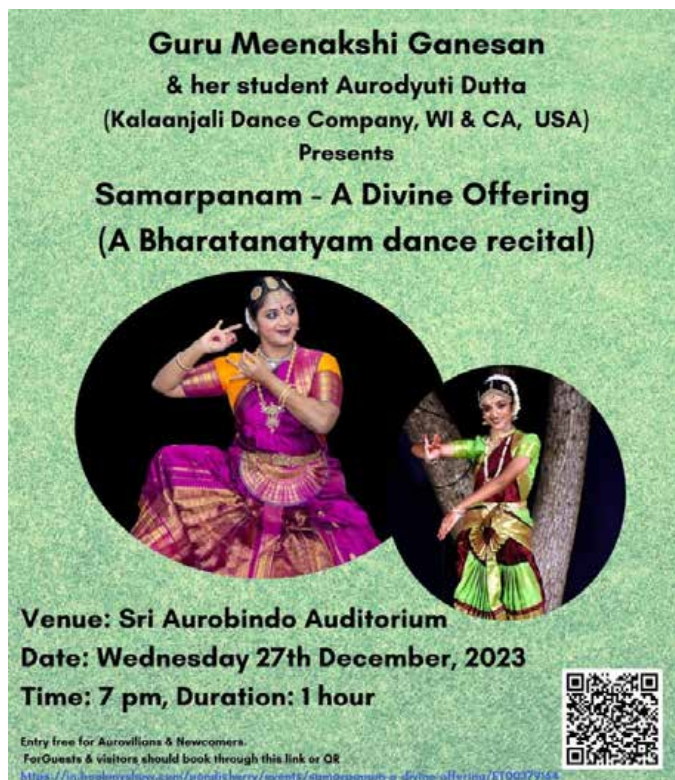
**Priya Sundaravalli**  
**30 December—30 January at Pitanga**  
**Daily, except Sundays**  
**8am—12:30pm & 2—5:30pm**  
*Warm regards, Verena*

## 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 Aurovillians & 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



**Kalakendra Art Gallery Present**

**"Aadiyogi Shiv: a journey in cosmic indigo"**

- Ongoing till 31 December, open 9am—5pm

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*



## HUFREESH ART STUDIO

Friday—Saturday, 22—23 December, 10am to 4pm



@ Hufreesh Art studio Aurelec, Auroville  
0413 2623049, Hufreesh

## 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

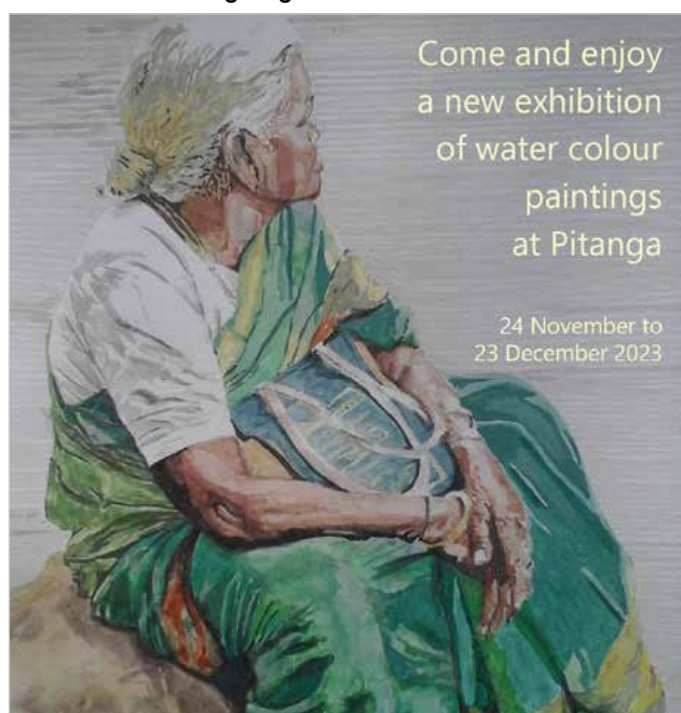
Contact:  
[Ivana.frousova@gmail.com](mailto:Ivana.frousova@gmail.com) +91  
7094344154

All Are Welcome! Ivana

## PITANGA:

**Exhibition of Water Colour Painting**

Ongoing till 23 December



Come and enjoy  
a new exhibition  
of water colour  
paintings  
at Pitanga

24 November to  
23 December 2023

## EXPLORING THE NEW HORIZONS

**An Evening of Indian Classical Songs & Music**

Tuesday, 26 December, 7pm

@ Sri Aurobindo Auditorium



Duration: 1 hour

- With Guru Shri Bhuvanesh Komali, Singer
- Shri Mayank Bedekar, Tabla
- Dr. Ravindra Gururaj Katoti, Harmonium

Parking available outside the Bharat Nivas mani gate

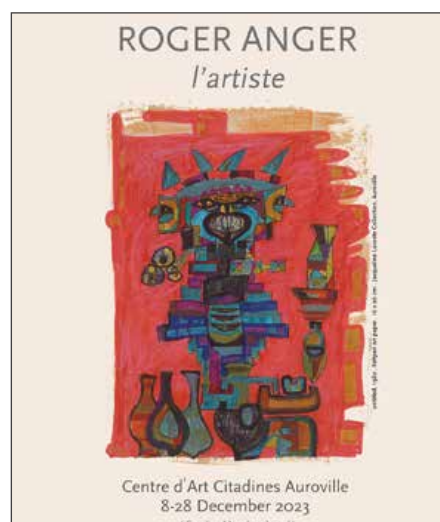
Enquiry contact: Krishna 9787-B80211

Regards, Monisha, 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.

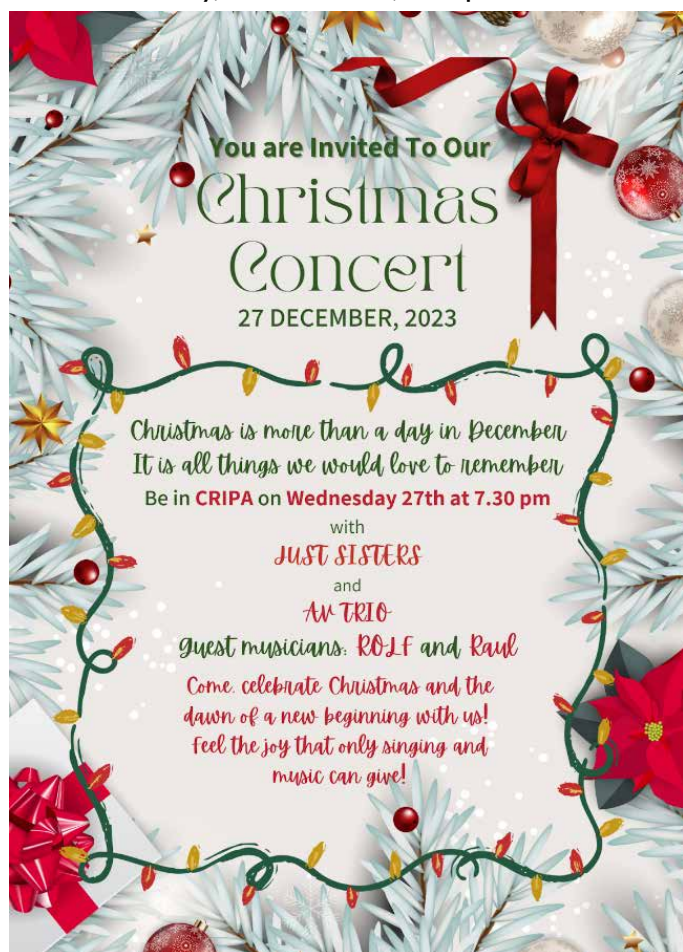
Thank you, Marco



## Festivals

### CHRISTMAS CONCERT

Wednesday, 27 December, 7:30pm @ CRIPA



You are Invited To Our Christmas Concert. Christmas is more than a day in December. It is all things we would love to remember. Be in CRIPA on Wednesday, 27<sup>th</sup> at 7:30pm with Just Sisters and AV Trio. Guest musicians Rolf and Raul. Come, celebrate Christmas and the dawn of a new beginning with us! Feel the joy that only singing and music can give!

Shakti

### HOLIDAY MARKET

#### Upcycled Sari Collection

23 & 29 December @ Stand4Upcycling Store  
next to the ice cream shop at the Visitors' Center

Holiday Market Upcycled Sari Collection Kaftans/ Skirts/ Tops/ Dresses/ Accessories/ Home Decor/ Christmas Ornaments

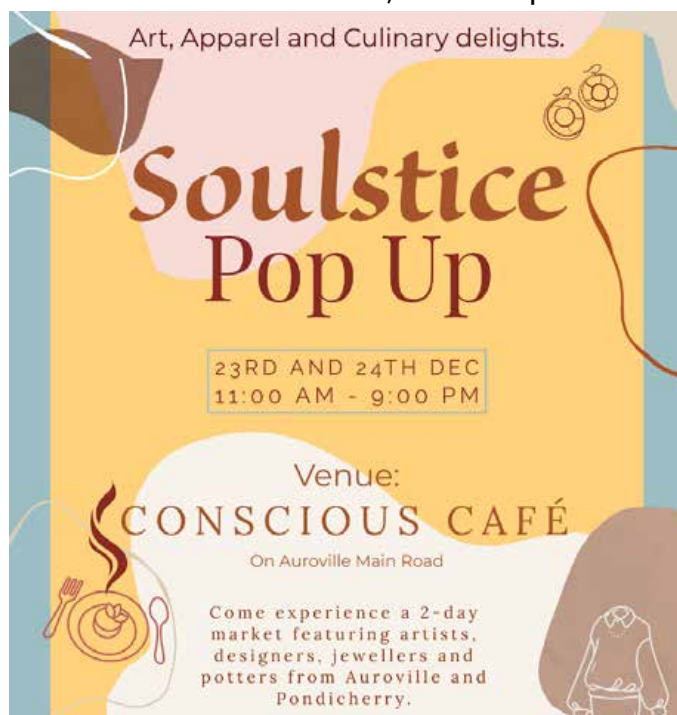
We have made a beautiful upcycled collection of garments and hand-made home decor from vibrant Indian saris. Visit and choose your holiday gift from the market.



Devi for Sakhi By Life Education Centre

### SOULSTICE POP UP

23 and 24 December, 11am to 9pm



Step into the enchantment of the Soulstice Pop-Up this December, at Conscious Cafe, Auroville. A market for local Auroville and Pondicherry artisans showcasing treasures, each telling a unique story; the perfect gift.

Embrace the spirit of creation and passion on Christmas Eve, and join us in celebrating local artistry.

Don't miss the magic!

Thank you, Puja

### PONDICHERRY POETS &

#### The Brown Critique presents

#### Pondicherry/Auroville Poetry Festival 2023

21 & 22 December 2023

Poetry readings, discussions, book launches,  
a workshop, talks, music and farm visit



Watch Mita Vashisht's poetry performance:

'She of the Four Names: Lal Ded'

- Poets: Mita Vashisht
- Venues: Society Hall, Sri Aurobindo Society, Palais de Mahe (CGH Earth), The Unity Pavilion, Auroville, Aura, Beach Road
- Festival Founders: Dabitha Jantin, Dr. Alok Pandey, K Brlsts, kam Uinhyel, Nabunka Sregupta, kajarM Chakraborty, Sanesta iotma, Anju Makhija, Gayatri Majumdar
- Queries: [tbcpoetry@gmail.com](mailto:tbcpoetry@gmail.com)
- For any information: 7045154283/ 8082561992.

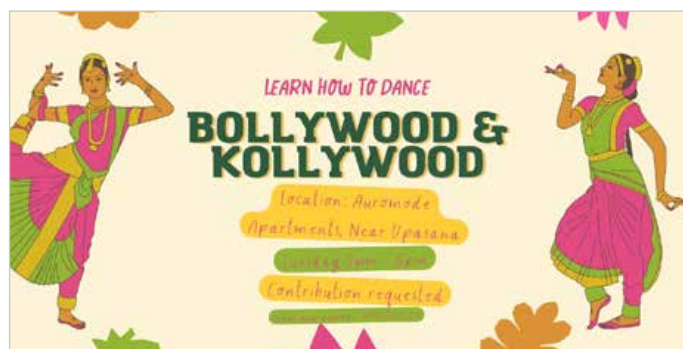
Regards, Arun,

Anju Makhija and Gayatri Majumdar (Co-founders).

## Dance Activities

### JOIN OUR BOLLYWOOD DANCE SESSION

@ Auromode! Every Tuesday, 5—6pm



Auromode Apartments, Near Upassana and CSR

For more information and to reserve your spot, contact:

• [balaganesh.siva@gmail.com](mailto:balaganesh.siva@gmail.com), +919446762034 WA only

Don't miss out on the chance to add some Bollywood and Kollywood flair to your dance repertoire. See you on the dance floor! Contribution Requested. **Balaganesh SIVA**

### NEW CREATION DANCE STUDIO: SCHEDULE

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

Timings	Monday	Tuesday	Wednesday	Thursday	Friday	Saturday
7am						
8am						Pilates basic (Savitri)
9am	Aikiyam ATB (Isora)					Fleur ballet teens
10am			Animal Flow (Dev)			Fleur ballet teens
11am		Aikiyam ATB (Isora)				
12noon						
12:30pm						
1pm	Cleaning No classes					
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](mailto:tango@auroville.org.in)

Submitted by Aurevan



### Workshop: LA Style Salsa Dance

Every Thursday, 7:30pm @ CRIPA, Kalabhumi

#### Beginner:

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

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

• Contribution Based

• [www.angamtree.com/workshops](http://www.angamtree.com/workshops)

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

Thank you, Raja Narayanasamy



### ZUMBA WITH PREETHI

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





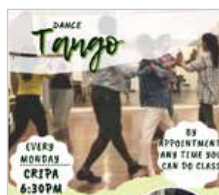
## TANGO DANCE CLASS

Every Monday, Cripa, 6:30pm

By appointment: any time you can do class

### Information:

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



### For bookings contact us:

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

Submitted by Mani

## Music and Art Activities

### 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](mailto: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](mailto: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

### 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

## BANSURI (FLUTE)

Group Classes With Michael

## The Sound of Bamboo

Various Styles of the Indian Flute



- Kalabhumi Music Studio, Every Friday
  - Beginner: 11am—12pm,
  - Advanced: 12noon—1pm

Drop in is possible at any time, flutes available to borrow or buy.

- **Contribution:**
  - Guests: Contribution required
  - Aurovilians, NCs, Volunteers & Local Villagers: Free donation
- **Connect:** [michael@sound-of-bansuri.com](mailto:michael@sound-of-bansuri.com) +91 9150567003 WA
- **More Info:** [www.the-sound-of-bamboo.com](http://www.the-sound-of-bamboo.com)
- **To Donate:** <https://pay.auroville.org/divine-arts>
- **Learn More About Divine Arts:**
  - <https://auroville.org/page/divine-arts>

Michael

## Innovations

### ILLUSTRATING WITH AI

#### A (Mid)Journey of 'Snippets of Light'

Saturday, 23 December, 10—11am  
@ the Auroville Consulting Office in Kalpana

The next meeting of the Generative AI User Group will be on Saturday, 23 December from 10 to 11am at the Auroville Consulting Office in Kalpana. Ground Floor meeting room.

Lakshmi D will share her experience using Midjourney, to create captivating illustrations for her upcoming book of short stories, 'Snippets of Light.'



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

Regards, Vikram

## Sports & Martial Arts

### AUROVILLE MARATHON

#### Online Registration

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



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

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

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

## 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

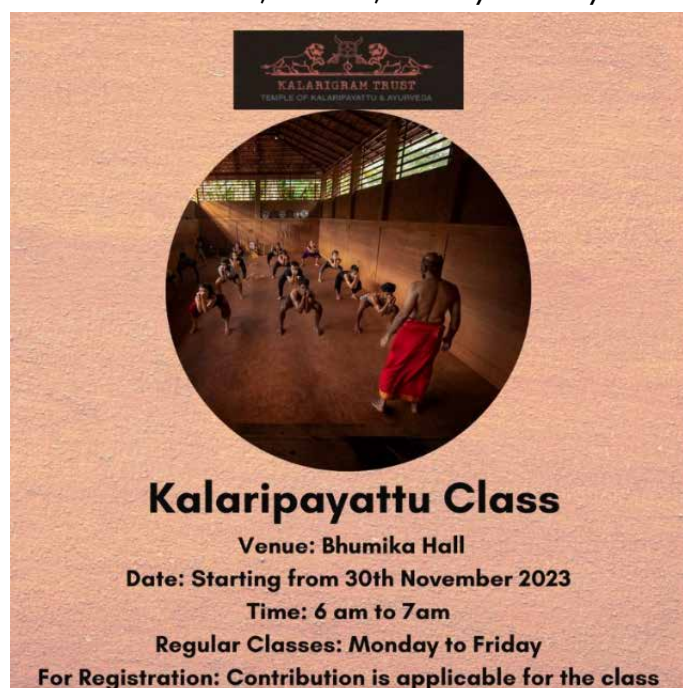


*Where Body Becomes Eyes,  
Maneesh For Kalari Team*

## BHARAT NIVAS PRESENTS KALARIPAYATTU CLASS

**in Collaboration with Kalarigram**

Bhumika Hall, 6—7am, Monday to Friday



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

Parking available outside the Bharat Nivas main gate

*Regards, Vani, BN Team*

## TAI CHI HALL

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

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

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

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

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

*Warmly, Krishna*



## AIKIDO

### Winter Intensive 2023—24!

27 December to 9 January



From 27 December to 9 January: Winter Aikido Intensive at the AV Budokan, Dehashakti. **We welcome Beginners!**

- **Jean-Pierre Pigeau**, our 7 Dan Aikido teacher, along with 3 high ranking 'aikidoka' 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** from 8 of age are welcome in the late afternoon classes during their holidays, 5:30—6:30pm.
- **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](mailto: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](mailto:abhaya@auroville.org.in) or 9487340778 WA

- <https://www.instagram.com/abhayaauroville/>

Giacomo

## Nature Activities

### WEEKLY EDIBLE WEED WALK

*It's that time again*

### Weekly Weed Walk @ Edible Weeds

**only 12 on Saturdays**

**from 7:30am to 8:30am (max 8:45am)**

- **December 2023 :** 23, 30
- **January 2024:** 6, 13, 20, 27
- **February 2024:** 18
- **March 2024:** 2, 9, 16, 24, 30

**Contribution:**  
Rs. 500/ person for all  
Rs 350/ per person for Aurovillians/NC/and SAVI-registered volunteers

**You can contribute using QR code or @ Financial Services Account : 251937 (no cash)**  
For group booking (10 people) please email in advance at [edibleweedwalk@gmail.com](mailto:edibleweedwalk@gmail.com) for a different contribution

**Location: In Auroville**  
**Pre-registration required**  
**RSVP: [edibleweedwalk@gmail.com](mailto:edibleweedwalk@gmail.com) or WhatsApp/SMS: +91 98409 36907 to register**

It's that time of the year again. Here's the announcement for 12 guided weekly Edible Weed Walks. You can join one or more. For that please plan and register early.

The walk will be guided along with the Edible Weed Walk book. If you don't have a copy, you will be able to borrow one during the walk.



- **Pre-registration is required:**
  - [edibleweedwalk@gmail.com](mailto:edibleweedwalk@gmail.com) or +91 9840936907 WA/SMS
  - Registration (max 10 people) is open until Fridays 3pm

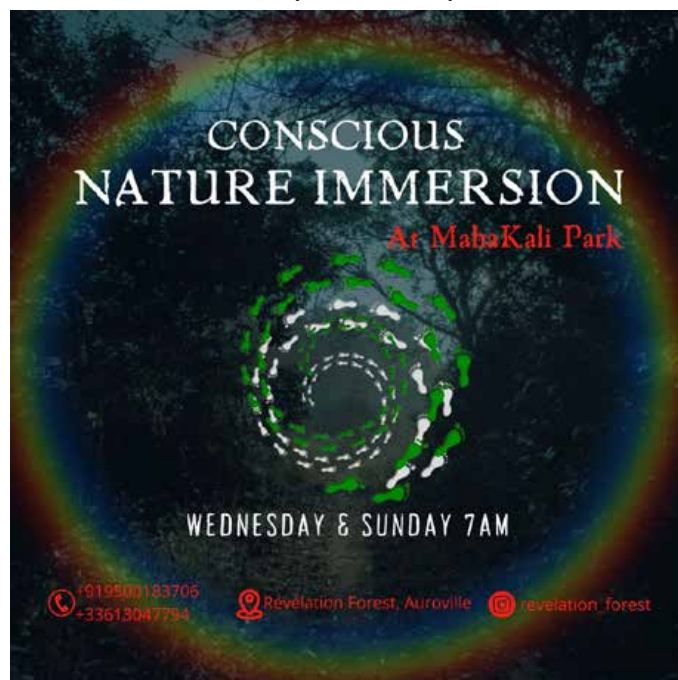
The location will be decided after registration closes. Registered participants will be informed and will be provided direction and other necessary details.

*Edible Weed Walk @ NinaS*

## CONSCIOUS NATURE IMMERSION

**at MahaKali Park**

**Wednesday and Sunday, 7am**



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

**Every Wednesday and Sunday**, Major Arun and Solen Mukhande guide you into an educational and meditative walk in the forest.

The historical experience of green spaces in the specific context of Auroville have led to a unique understanding of holistic ecology. Providing a space for a direct connection with the organic 'web of life' brings, in turn, insights for our self-study and yoga of work.

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 Révelation's main gate 5/10 min before the time of the session (Search for 'Revelation Forest' on Google Maps)
- **Contact:** +919500183706, Arun and +33613047794, Mukhande. Better to confirm your venue by one WA message, especially if it rains.

We also 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*

## 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 Matilde's recipes while learning the basics of fermentation techniques.

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

- Please book a day in advance, send a message to [admin@marcscoffees.com](mailto:admin@marcscoffees.com) for more details. **Matilde**

### THE TASTE OF KOREA

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

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



Won Ja

### ANITYA

#### Joy Of Impermanence

Human Unity, Sustainability & Consciousness

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

#### Education On Urban Farming

- Open to all Every Thursday, 4:30—6pm
- Info & registration: +39 3276744420 WA

#### Community Lunch

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

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



## Bioregion Activities

### KUILAI CREATIVE CENTER

Activities



Activity	Day	Timing	For Children & Adult	Age Group. Only 10 To 20 Students Per Group
English Class	Monday, Tuesday & Thursday	10am—12pm	Free	Above 18 Years
Tailoring Activity	Wednesday Friday	11am—1pm	Free	Above 18 Years
	Evening Tuition Classes: Monday To Saturday	6—8pm	Free	From 1st Grade To 10th Grade
Physical Fitness	Saturday	9—10am	Free	Above 8 Years
Painting	Saturday	11:30am—12:30pm	Free	Above 8 Years
Upcycling	Saturday	2—3pm	Free	Above 8 Years
Hip-Hop	Saturday	3—4pm	Free	Above 8 Years
Bharat Naattiyam	Saturday	4—5pm	Free	Above 8 Years
Exhibition On Mother's 12 Qualities	Soon	Soon	Soon	—

Selva from KCC

### AUROVILLE BAMBOO CENTRE December Program 2023



#### Bamboo Centre Campus Tour

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

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





## Every Saturday Auroville Bamboo Tour with Special Bamboo Lunch

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

## Training and workshop

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

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

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

## One-Day, Make and Take Workshops



BICYCLE

FURNITURE

LAMP SHADE

GIRAFFE

- Furniture Workshop, Bamboo Lampshade, Bamboo Giraffe, Bamboo Bicycle (For Kids)
  - Timings: 9am—12:30pm & 1:30—5pm
  - Days: Every day except Sunday
  - Registration: One day in advance.

## 3 Hours Make and Take Workshops



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

## Upcoming Workshops—December 2023

### Bamboo Construction Workshop

- 27 to 30 December, 9am to 5pm

The Bamboo Construction workshop is a 4 days learning experience that offers the opportunity to learn the fundamentals of bamboo construction and Hyperbolic Paraboloid technique. Bamboo Construction workshop will take place over 4 days, covering full day intensive sessions offered daily from 9am to 5pm.

**For more information**, special requirement, and pre-booking contact: preferred through Email at

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

[www.aurovillebamboocentre.org](http://www.aurovillebamboocentre.org), Murugan

## MOHANAM PROGRAMME

### Soul of Soil

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

**December 2023**

Conscious and Cultural Tour, Workshops & Therapy

## Auroville Northwest Experience

### Tours

- **Auroville Northwest Tour**

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



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

- **Mohanam Campus Tour**

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

- Every day, 10am—4pm, Except Sundays

- **All above Tours**

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

## Make and Take Workshop:

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

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

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

- **All above workshops**

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

## Classes and Therapies:

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

- **Cooking Class**

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

- 10am—12:30pm, Every Saturday

### • Saree and Vesti Experience

Choose a saree and Veshti from a variety of beautiful saree and Vashti in our library, get your traditional south Indian look with help of our women's group members will assist you to drape / wear the saree & Vashti. You can ask us for a photoshoot as an add on, south Indian style 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](mailto:mohanamprogram@auroville.org.in) (preferred) or call +91 8300949081
  - 10am—4pm, Every day except Sundays

### Auroville Bioregion Experience with Mohanam Team

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

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

### Mohanam Sunday Brunch

#### • Experience the Following Activities

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

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

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

### Auroville Sunday Tour

#### • Experience Northwest of Auroville & Village Artisan

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

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

### Mohanam school of Art & Music activities

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

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

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

### Kolam Village Walk (every Friday)

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

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



### Thiruvannamalai Eco & Spiritual Services

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

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

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

Guru

## Honorary Voluntary

### INTEGRAL WORLD

Are you passionate about making a positive impact in society? If your answer is yes, Integral World in Auroville invites you to apply for Fresher/Intern/Volunteer positions!

- **Location:** Bharat Nivas, Auroville

At Integral World, we're on a mission to drive meaningful change through our services, including Actions for communication, Strategic approach, Fundraising support, Campaigning tactics, Documentation, and Reporting. We serve clients across India and the world, making us a global force for good. Now, we're looking for fresh, motivated individuals to join our team in the following roles:

#### Digital Marketing Coordinator

This is a pivotal role which would entail enhancing brand visibility and presence across the web. Main areas of focus would be SEO, content strategy, social media and lead generation. The ideal candidate would be tech savvy as well as a marketing enthusiast.

#### Graphic Designer/DTP

Bring your artistic talents to our team, where you'll create visually stunning designs that captivate and effectively communicate our message.

#### Content Writer

Craft compelling narratives that drive our causes forward. Your words will inspire action and create lasting change.

#### Film Maker

Take charge of creating impactful videos that convey our mission. Your visual storytelling will captivate audiences and drive awareness.

**Apply** by sending in your resume with a portfolio (if applicable) to [better@integralworld.org](mailto:better@integralworld.org) or 9560021998 WA

- **To know more** visit our website [www.integralworld.org](http://www.integralworld.org)

Manisha



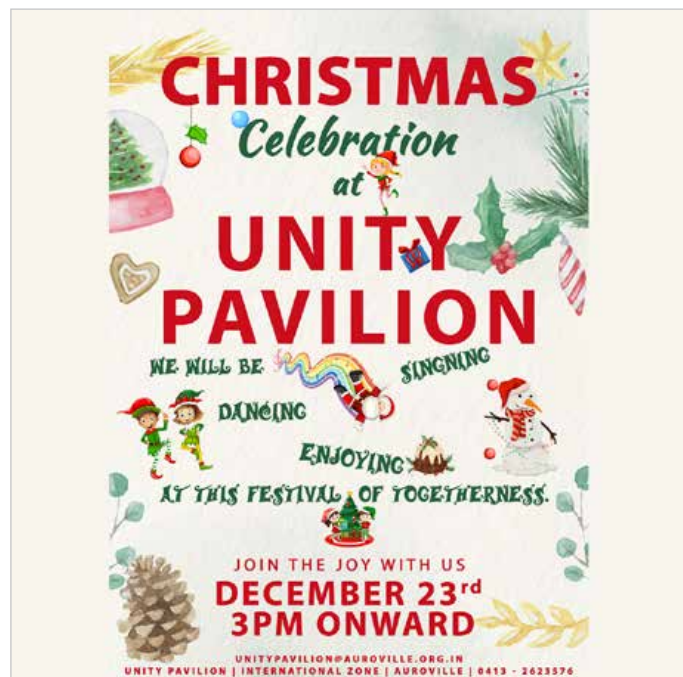
## UNITY PAVILION SEEKS VOLUNTEERS

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](mailto:unitypavilion@auroville.org.in) or
- call Unity Pavilion 0413 262576

Regards, Arun

## AUROORCHARD: CALL FOR FARM VOLUNTEERS



Please contact

- [auroorchard@auroville.org.in](mailto:auroorchard@auroville.org.in)
  - Voice: 9882685365 Anshul, WA: 9566631079 Nidhin
- Nidhin, <https://auroorchard.auroville.org>

## GAU SEVA AT SADHANA FOREST!



Your heartfelt service is needed at the Sadhana Forest Gaushala!

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

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

[sadhanaforest@auroville.org.in](mailto:sadhanaforest@auroville.org.in),

8525038274WA or call 8122274924

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

**BHARAT NIVAS TEAM**  
is looking Volunteers



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

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

See below the requirements of the Jobs...

**Requested Roles In Bharat Nivas**

### For Auditorium: Backstage Manager

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

### For Trustees team: A communication Expert

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

### For the Pathway

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

Regards, Vani, BN Team.

## AUROVILLE FILM FESTIVAL

Need Volunteers from January 20 to January 29



We need volunteers who would like to help with setting up, running and taking down the festival from January 20 to January 29.

We especially need people on the 20<sup>th</sup> and the 29<sup>th</sup> who can lift and carry things. We need people who can make reels, make short films, take photographs, and do interviews. We need people who like to help take care of details and decoration.

- If you would like to help, please email your name, time availability, phone number and any particular skills to [aurovillefilmfestival@auroville.org.in](mailto:aurovillefilmfestival@auroville.org.in)
- Please put 'Volunteering' in the subject line of the email

Warmly Krishna

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

Thank you so much ! Tine



## Lost & Found

### Lost Cardigan

Black Cardigan with button up front Women's size. Lost either between Visitor Center and Aurodam or Town Hall and Aurodam. If you found it please WA +91 9442067481

Gillian



### Lost a knife

Hello, by mistake a multifunction Victorinox Swiss knife with engraved and personalized wooden handle, of great sentimental value, would have been deposited with other objects at the Free Store.

Please bring it back there if you found it, I will be very grateful.

Isabelle



## 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

## Available

### Keep Cool

Keep cool. Need a strong and durable A/C?—look no further: 2 tons split AC—Intec brand. Approximately 5 years old is available from Ulrike and Drupad, Sanjana: 0413 2622906, [Ulrikrishna@gmail.com](mailto:Ulrikrishna@gmail.com), 9626561256, Drupad, 9751513906 Ulrike (WA, Signal and Telegram only)



Ulrike

### Hand Made Mattress

Hand made Mattress 155 x 190cm Very good condition, like new! One year of life!

Very clean and comfortable One side latex and one side foam covered by cotton fabric, towards contribution

Contact: 8489764602, Lakshmi Prem

## Help Needed

### APPEAL TO THE AUROVILLE COMMUNITY

Dear Auroville Community, our tractor tipper, faithfully serving our farm and community for the past decade, is currently undergoing repairs. It has been a crucial part of transporting compost to our rice fields and crops, supplying nourishment to the community, and facilitating regular deliveries of farm cow dung to Matrimandir Garden.



- **At present, we are in need** of 40,000 Rupees to bring the tipper back into working condition. Unfortunately, our pump motor also burnt out, adding an unexpected 40,000 Rupees to our financial obligations, totaling 80,000 Rupees.

Facing this challenge, we appeal to the community for financial assistance. We cannot bear this financial burden alone and seek the support of those willing and able to help us. Please contribute to Siddhartha's Farm Investment **FS Account 0486** to help us revive our farm operations.

Thank you for your generous support.

Best regards, Herbert, Siddhartha Farm

## Foods, Goods and Services

### THE SPROUT CAFE

7am to 4pm Monday through Saturday

@ The Sprout Cafe in UTSAV on the Verite radial

The Sprout is open from 7am to 4:30pm Monday—Saturday for breakfast and lunch. We are located on the ground floor of the UTSAV building just before Verite community.



Dive into our delicious **breakfast menu from 7am to 11am**, and enjoy a casual and **yummy lunch from 12 to 3pm**. 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.

- You can join our WhatsApp group to get our menu of the day by scanning the QR code.

#### Special holiday timings:

- We are **open** on Monday, 25 December, 9am—4:30pm
- We are **closed** on 1 January



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

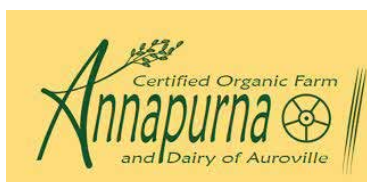
**Prior registration required.**

Please email us at [info@ecofemme.org](mailto: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](http://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](mailto:annapurnafarm@auroville.org.in) to receive the order form.



**Madhuri for Annapurna Farm**

## 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! **Shanti**

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



- Dhandapani, Executive at 0413 2622295,
- Mobile 9443090082/8098193820
- or via email to [newwaves@auroville.org.in](mailto: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](http://www.dropzy.in/join-dropzy)
- **Know more about Dropzy** on [www.dropzy.in](http://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](mailto:Youthlink@auroville.org.in), +91 7397787112

Sananta



- [aurocabs@gmail.com](mailto:aurocabs@gmail.com) / [www.aurocabs.in](http://www.aurocabs.in)
- Mob: +91 9443074825 / +91 9843734825
- Office: 0413 2623200 / 2623201
- Book Your Taxi!

Raju



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

- Landlines: 0413 2623586, 0413 2623587
- Cellphones: 9047015801, 9443362218
- Email: [uts@auroville.org.in](mailto:uts@auroville.org.in)

Lakshmi  
for UTS Transport Service Team

## INTERNET CONNECTIVITY SERVICE OFFERED

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



And I am happy to provide the below services to our Auroville community

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

For any internet-related issues/complaints, please feel free to contact me:

- Ramakrishnan, 9943919899,
- [ramkrishna@auroville.org.in](mailto: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, D<sup>th</sup> repair and installation and Furniture purchase assistance,

**Contact:** + 91 8270071581/ +91 7639810621

**Email:**

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

Best regards, Balaji & Arun for Rapid Care

## PEST CONTROL

We Control All kinds of Pests Treatments on Warranty

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

Get rid of them once and for all!

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

**Contact us:** 9943919899, [ramkrishna@auroville.org.in](mailto:ramkrishna@auroville.org.in)

Ramakrishnan





## A KIND REQUEST & REMINDER

### From Auroville Printers

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

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

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

Raju

## SURABHI SUPPLIES

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



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

Iyyappan

## LATEST NEWS

### from Inside India Travel Shop

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



- **Qantas** airways special fare is available from Bangalore to Sydney direct flight.
- **Etihad** airways special fare is available from Chennai to Rome, Paris, Geneva, Madrid and Barcelona.
- **Oman** airways competitive fare from Chennai to Istanbul, Milan.
- **Emirates** has special fare from Chennai to Paris.
- **Air Mauritius** special launch offer from Chennai to Mauritius in April 2024, weekly on Saturday.

Beginning **January 2024**, **Kenya will be a visa-free country**. It shall no longer be necessary for any person from any corner of the globe to carry the burden of applying for a visa to come to Kenya. However, please note that an Electronic Travel Authorization (ETA) is required to enter Kenya.

Several travelers were 'boarding denied' 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 intact) your Original Visa, which is maybe in an older expired Passport. If not available anymore, take at least a photo-copy of the original Visa.

Besides some Covid cases (Chancellor of Germany has it again) winter influenza is on the rise..we are wondering if it is ok to happily infect fellow travelers? Has the lesson been forgotten that it's 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](mailto:upasanared.cafe@gmail.com), Uma

## ORGANIC QUALITY MILK AVAILABLE

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

- For reservations contact 9585180393

Erumalai (Evergreen)



## RUPAVATHI JOY ACTIVITIES

### Bio-Region Temple Tour

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

### South-Indian Cuisine Cooking Class

- Monday—Saturday, 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, sari-blouses and kurtas.

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

Rupavathi Joy

## Taxi Share

### From Chennai Airport, 28 December, 11am

I will arrive at Chennai Airport on the 28 December at 10:20am and would love to share a taxi, thanks so much

Be well ! Ambre Jaïa



## Poetry

### A MAGIC MOMENT I REMEMBER

A magic moment I remember:  
I raised my eyes and you were there,  
A fleeting vision, the quintessence  
Of all that's beautiful and rare  
I pray to mute despair and anguish,  
To vain the pursuits world esteems,  
Long did I hear your soothing accents,  
Long did your features haunt my dreams.  
Time passed. A rebel storm-blast scattered  
The reveries that once were mine  
And I forgot your soothing accents,  
Your features gracefully divine.  
In dark days of enforced retirement  
I gazed upon gray skies above  
With no ideals to inspire me  
No one to cry for, live for, love.  
Then came a moment of renaissance,  
I looked up—you again are there  
A fleeting vision, the quintessence  
Of all that's beautiful and rare  
by Alexander Pushkin

## TWO BIRDS

Two birds landed on the grass.  
Starting with a serene stroll  
They soon hopped briskly  
In such sure steps  
With their slender legs  
That something tender  
Stirred up inside of me.

A smile surfaced  
And spread.  
With joyful Gratitude, Anandi Z.

## Voices and Notes

### THE ADESHA

#### I Received From Roger Anger

Once, in later years, I went to see Roger in Auromodel, but it was different from the other times I visited him. I cannot recall why I went there, to discuss what. The only thing I remember is that Roger took me to his working space in the basement, full of everything. He walked straight to one collage painting, with two dark teal-blue stripes painted on the sides, inserted into a wooden black frame, mat, and gave it to me. Not even his words I remember. It was strange, I felt as if I always knew that object—not some other in Roger's collection, no, that specific item and none else.

I took it home and hung it next to the drawings of my grandfather, a Futurist painter of Montmartre bohemia; doing this I felt it was the most natural thing in the world, as if it had always been there. Futurism and avant-garde Roger fitted like hand in glove. An intimate reality, the collage-painting, with no name, no history—can it have any?—stood as my talisman, my anchor and spear. I had been knighted. THAT world exists, beyond space and time. This is the tale of that primeval form, familiar to me and yet unfathomable. Eons pass by, the perfect, ideal society is forever: Auroville. Anything else is an illusion. There is no death. Only Reality.

Entering the exhibition of Roger's collage paintings, drawings, and sculptures at Citadine, I saw the genius. Those flamboyant art pieces are essential to decipher, somehow, Roger: his architecture streams from there. Not everything is on display; there is much more, caricatures, architectural sketches, buildings like pyramids and flying saucers, evanescent spirals...

Roger left the body on 15 January 2008. Two months later I displayed at the Town Hall the first and only exhibition on Roger, up to the present one. Dominique Darr had passed me her photographs of Roger's architecture in Paris and Auroville; to these, I added four flex rolls with Roger's drawings, like firecrackers in the sky. I was about to display a second exhibition with only these, but Aryamani wished the same and I withdrew; she never did and now I am delighted that, fifteen years later, the real exhibits are on display. Would have things turned out differently, if people had glimpses of Roger's psyche and of that other world?



At Citadine I went around, watching over and again every single piece. None evoked the painting collage that Roger had given me, an explosion of gold, silver, and savoy blue not featured there. But when at home I took pictures of it—the camera cannot translate

its secret glow—I was surprised at how different the real collage-painting looked from the one I carried within while visiting the exhibition in Citadine. I am no longer aware of its contents, how it looked like when Roger gave it to me; at home, it lies secluded in a semi-shade, beyond boundaries, ineffable... Roger gifted me an inner thing, the mirror of an inward reality, ever-changing, like clouds wandering in the sky. This is the adesha I received from him: to transform material reality into gold, silver, and savoy blue, and fly, 'certain de la Victoire'.

For Roger, as for the Mother, nothing was impossible: the Avatar's model town, sheer perfection, pure joy, exists forever. Lapis philosophorum, everyone in the crucible!

Paulette

## HELIANTHUS

Sunflower has the botanical name Helianthus which consist of two Greek words: helios (sun) and anthos (flower). According to the Mother, the spiritual name of the flower is 'consciousness turned toward the light' and the Mother commented: 'It thirsts for the light and cannot live without it'. Of course any flower, any plant cannot live without light, sun.



People use the parasol, roofs of buildings to defend against the sun but plants never do something similar. Under the sun the plants consume carbon dioxide and produce oxygen. Animals and people make the opposite process. If many students sit in any classroom, they produce a lot of carbon dioxide. It is not good for their mood and health.

Aristotle taught the students during walks—peripatetic methods. It was more natural than contemporary schooling. People now more and more separate from eco friendly living. Lee Durrel wrote: 'It seems these days as if people forgotten their biological roots or lost interest in animals and plants.' Green way has been changed to a technological one. People became the slaves of machines. But mankind needs the plants: they are producers; animals and people—consumers.

Children feel the instinctive love for living nature. Let all adults be like children! There is a Latin proverb: 'Amor vincit omnis'—love wins everything. God likes nature, devil—industry. Nature creates clearness, industry—pollution. Natural life is nice, artificial things are bad. Flowers and birds songs give joy, technical noise—disturbance.

Greenway is better than highway.

Boris

## WHO IS THE MOTHER?

For the willing servitors of the Divine Consciousness:

As we are in the City of Dawn, Auroville, of the Avatar Sri Aurobindo and the Mother who ushered in the Divine Supramental Consciousness-Force on Earth to hasten the evolution of the human being to the next apex species the Supramental being, here are sufficient Information on 'The Mother' for a deeper understanding and application towards our shared Vision-Goal of the Divine Manifestation:

- The Mother with Letters on the Mother: <https://incarnateword.in/cwsa/32>
- The Mother, the Story of Her Life: [https://sri-aurobindo.co.in/workings/other/van\\_vrekhem-mother.htm](https://sri-aurobindo.co.in/workings/other/van_vrekhem-mother.htm)

To anyone who is unsure of why they are in Auroville, here from our Auroville website are our initial three interdependent Core Ideals for very careful perusal and application:

- <https://auroville.org/page/core-documents>

Here is the full version of the Mother's 'A Dream' from the Sri Aurobindo Ashram Bulletin of August 1954:

- <https://incarnateword.in/cwm/12/a-dream>

Auroville follows as a larger scale of Her Dream, which will take a few generations to accomplish, that is dependent upon the Divine Manifestation of the new apex species the Supramental being. For now we consciously continue on



with our progressive evolution, relatively. Here are some clear guidance from our Avatar founders.

For an in depth shared understanding, I facilitate a Sat-sang on the Integral Yoga of Sri Aurobindo and the Mother, both informally and formally. The flier is posted here in News & Notes.

*Om Namo Bhagavate, Zech, 2023.12.18*

## Auroville Audio & Video

### AUROVILLE RADIO

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

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



### Last published podcasts

- [Soul Tracks Se. 5, Ep. 17—Unknown Tower of Hot Head Boys](#) (Music)
- [La Vita Divina Ep 40: Libro II Cap IV Parte I- Il Divino e il non Divino](#) (Sri Aurobindo)
- [I Just Wanna Write Ep. 22—Unmasking Truths—Mastering Tension through Unveiling Secrets](#) (Creative Writing)
- [Seeking Our Inner Being Se. 1, Ep. 4](#) (Spirituality)
- [Soul Tracks Se. 5, Ep. 16 Piquery in Motion](#) (Music)
- [La Vita Divina Ep 39: Libro II Cap III Parte III—L'eterno E L'individuo](#) (Sri Aurobindo)

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

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

*Peace and love, Wobbi*

## 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!**

- **Our first full-length publication:** We are delighted to share that our first full-length publication, 'From Resonance to Bonding' by Dirk Beckedorf & Franz Müller is now available on Amazon! The book gives an in-depth explanation of the Alfred Tomatis method, its scientific bases, how and why it works, along with detailed case studies. Links below:

- **Amazon India:** <https://amzn.eu/d/e4jhPpl>
- **Amazon.com:** <https://a.co/d/cwpVBlj>

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

## Tomatis

**There are spaces available for both language & therapeutic programmes!**

- Please contact 0413 3509932 or 0413 2622467 or email us at [tomatis@aurovillelanguagelab.org](mailto:tomatis@aurovillelanguagelab.org) to schedule your Listening Tests & Consultations.

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

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

## Current Schedule of Classes

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 2024	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	TBA	TBA
	Intermediate Started 14 December	3—4pm 2:30—3:30pm	Monday Thursday
Persian	Beginner To start January 2023	TBA	TBA

## To join or enquire

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

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

## The Language Lab is open

- Monday—Saturday, 9am—12noon & 2—5pm
  - Location: International Zone, after Unity Pavilion & Pump House.
  - Email: [info@aurovillelanguage.org](mailto:info@aurovillelanguage.org)
  - Phone: (0413) 2623661, 2622467, 919843030355
- Vismai, for Language Lab Team

## Classes, Workshops & Healing Arts

### 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

### WOMEN CIRCLE

#### Last full Moon 2023

Wednesday, 27 December, 6—8pm

@ Harmony Hall, Bharat Nivas

Let us gather to amplify and reclaim our feminine Power, welcoming 2024 bringing to life each of our unique creations to increase the collective life-force frequency

Reserve your space: +91 9315237800

Lakshmi Prem



## AUROMODE YOGA SPACE

### December 2023 Schedule

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

- Contact: [balaganesh.siva@gmail.com](mailto:balaganesh.siva@gmail.com) & WA only +91 9892699804



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

### Auromode Yoga Space—January Schedule

- 200 hr Yoga Alliance TTC Intensive
- 3—24 January, 6:30—9:30am & 3:30—7pm, except Sundays

Join us for a transformative 3-week, 21-day Yoga Teacher Training Intensive! Immerse yourself in the enriching practices of Hatha and Vinyasa styles. Explore meditation, pranayama, and the practical applications of yoga for a balanced modern lifestyle. Elevate your practice and become a certified yoga teacher. Limited spots available.



- Daily Hatha & Vinyasa flow yoga sessions along with Pranayama, Meditation, Kriyas.
- Introduction to Yin, Animal flow, Sound healing, Karma Yoga and more.
- Yoga Philosophy of Patanjali and other texts.
- Sequencing skills, subtle anatomy, mantra chanting
- Free time to work or explore Auroville between 9:30am to 3:30pm.
- Not just Asanas, but a complete lifestyle experience in the International town of Auroville.
- This training is for creating and sustaining injury free self-practise and to teach others.
- Yoga Alliance, USA accredited Certification.

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

- Contact: [balaganesh.siva@gmail.com](mailto:balaganesh.siva@gmail.com) & WA only +91 9892699804

Best Regards, Bala

### 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





## EMBODIED AWARENESS & MOVEMENT

26—30 December  
9am—1pm @ Cripa

In this 5 day workshop we will explore our various layers of being through authentic expression, fun games, breath, poetry, somatics and journaling. So we can experience and grow our awareness of physical, emotional, mental and subtle bodies.

Register for the 5 days:  
+91 8800929496 WA

Vega



## ACTIVITIES WITH ARABINDA Are Postponed

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

Best wishes, Arabinda

## 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.

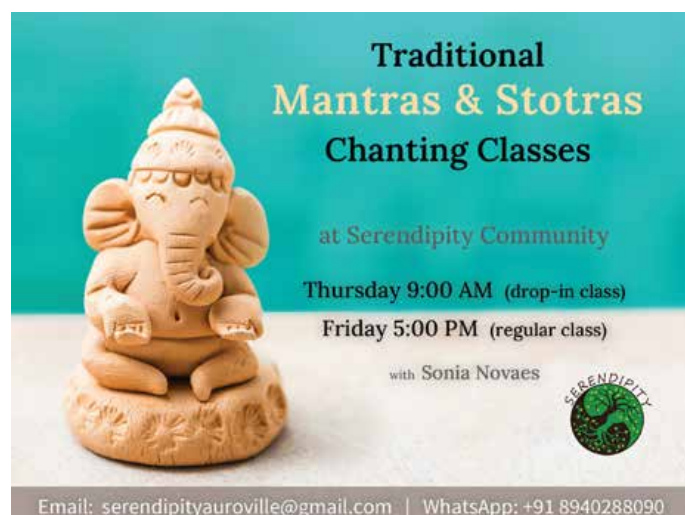
Drop in the Hall, no reservation needed. Please arrive 10 minutes before

- Toward contribution for guests and volunteers
  - Aurovilians and Newcomers, conscious contribution
- Sathyayuga, +917639761930 WA



## 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

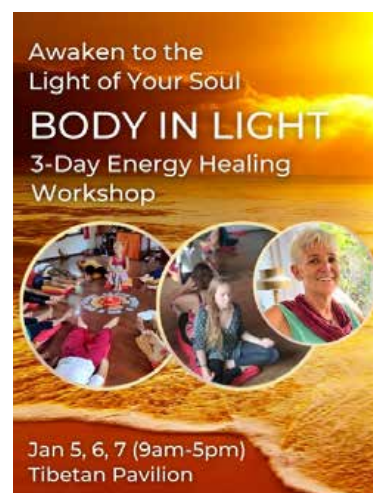
January 5—7, 9am—5pm

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

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



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](http://www.angamtree.com/therapies)
- +91 9751395939, [www.angamtree.com](http://www.angamtree.com)

### Traditional Massage Therapy Classes

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



You can learn more about us at [www.angamtree.com](http://www.angamtree.com)

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

- Contribution based, [angamtree@auroville.org.in](mailto:angamtree@auroville.org.in), +919751395939

Raja

## 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, Hair-cuts, Hair colouring, Henna colouring	Meha	Monday to Saturday: by Appointment 9443635114
In Nutrition, Diet, Weight Loss and Weight Management, Psychosomatic.	Nadia (English & French)	Monday and Wednesday afternoon by Appointment: 948 90 35 457
Tarot, Oracles and Akashic Records Reading (TOS)	Valentina	Monday to Friday Morning: 9791719387 +393462258049
Psychospiritual Introspective Tarot Reading, Deconditioning Self Inquiry	Antarjyoti (English & French)	Monday to Sunday By Appointment: 0413-2623767 <a href="mailto:antarcalli@yahoo.fr">antarcalli@yahoo.fr</a>

### Classes

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

Ramana, Arka, 0413 2623799.

## 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

jimalor@yahoo.fr - FB: Satyayuga Energy Vibration

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

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

Submitted by Verena

## VERITÉ PROGRAMS, DECEMBER 2023

- Phone: +91 413 2622045, 2622606
- WA: +91 9363624083, 8489391876
- Email: [programming@verite.in](mailto:programming@verite.in)
- Website: [www.verite.in](http://www.verite.in)



## Yoga & Re-creation Programs

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

## Therapies (by appointment only)

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

## Workshops (pre-registration required)

Day & Date	Workshops	Timings	Presenters
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, Vérité Programming

## VÉRITÉ WORKSHOPS

Pre-registration required

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



## Master Class on Energy Pathways: Restore Flow of Prana through Mantra, Pranayama, Asana, & Prana Nidra with Andres

- Saturday, 23 December, 9:30am—12pm

The body energy lines wisdom—SEN lines (Thai) or Nadis (Sanskrit)—is one of the most important and fundamental pillars of both Yoga and Thai Yoga Massage. Sen Lines or Prana Nadis are energetic pathways of life, giving breath in the body. When the energy doesn't flow appropriately through these energy lines, disease may appear. In this workshop, you will learn the origin of this ancient knowledge and practical application for Yoga postures (Asanas)—theory booklet included.

## Sivananda Yoga: Master Class with Mani

- Saturday, 23 December, 9:30am—12pm

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

## Safe Yoga Asana Practice: Do's & Don'ts with Rebeca

- Saturday, 30 December, 9:30am—12pm

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

Many thanks, Kathir

## HOLISTIC: HEALING AND AWARENESS



[aurovilleholistic@gmail.com](mailto:aurovilleholistic@gmail.com), [christinep@auroville.org.in](mailto:christinep@auroville.org.in)

+919489805493 WA

For kinesiio only: +33686928426 WA

Ashtanga Yoga With Christine P No drop in	Every days @7:45 AM Except Sundays
Integrative & systemic psychotherapy w. Christine P	@ Holistic health care studio—Kuilapalayam
Acupressure Therapeutic Massage	@ Holistic health care
Kinesiology With Ricardo	@ New creation
Hypnotherapy	@ Holistic health care

## • Workshop:

Yoga, Meditation & Stress management Workshop

- From 29 to 31 December 2023

- [www.auroville-holistic.com](http://www.auroville-holistic.com)

## • The Ashtanga Yoga Classes

Are open to everyone/ beginners and advanced students. My purpose is to teach you each and every asanas that you will be able to practice on your own. If you have physical issues, I will adapt the asanas to your limitations. For that reason, the minimum participation is one week.

Our teaching is to help each student through the study and understanding of the system to overcome their fear, to increase their equanimity and to be able to purify their body. So you must subscribe before coming to the studio.

[www.auroville-holistic.com](http://www.auroville-holistic.com), Christine

## KINESIOLOGY JANUARY PROGRAM

New: Kinesiology courses beginning in New Creation

## Touch For Health

Inspired by Chinese medicine, Touch for Health (T.F.H.) or health through touch allows for the assessment and correction of the energetic system, organs, and acupuncture meridians through the muscular system. John THIE, one of the leaders in kinesiology, developed this technique by reflexively influencing the lymphatic system and blood circulation, enabling the body to self-regulate. With its balancing capabilities, Touch for Health serves beneficial functions.

- Level 1: 2 days, 8-9 January
- Level 2: 2 days, 10-11 January

## Brain Gym

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

- Level 1: 2 days, 15-16 January
- Level 2: 2 days, 17-18 January

• For more information on kinesiology courses and classes go to [www.kinesiology-auroville.in](http://www.kinesiology-auroville.in)

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

• New Creation, Auroville (Near Kuilapalayam)

• Contact: +33686928426 WA only, [yehovind@gmail.com](mailto:yehovind@gmail.com), [contact@kinesiology-auroville.in](mailto:contact@kinesiology-auroville.in)

Yehovind



## YOGA—MEDITATION & Stress Management Workshop

29 to 31 December, 7:45am—5pm



29 to 31 December 2023  
From 7:45 AM to 5:00 PM

**Yoga - Meditation & Stress Management Workshop**

Holistic by The Health Care Unit of AUROVILLE

Exclusive sequence of Asanas designed to boost the Immune system  
De-Stress your life with the Auroville Special Mini Retreat

This 3 days workshop is a fulfilled program including Yoga, meditation and Stress management sessions.  
To understand more consciously the emotions involved under the stress & explore tools to overcome it

CHRISTINE PAUCHARD

WWW.AUROVILLE-HOLISTIC.COM  
WHATS APP: +919489805493  
AUROVILLEHOLISTIC@GMAIL.COM

**VENUE:**  
YATRA FOUNDATION  
NEAR NEW CREATION

@ Yatra Foundation near New Creation

Holistic by The Health Care Unit of Auroville

Exclusive sequence of Asanas designed to boost the Immune system De-Stress your life with the Auroville Special Mini Retreat by Christine Pauchard

This 3 day workshop is a fulfilling program including Yoga, meditation and Stress management sessions.

To understand more consciously the emotions involved under the stress & explore tools to overcome it.

+91 9489805403 WA, Christine

## QUIET HEALING CENTER



### 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/](http://www.quiethealingcenter.info/)

[quiet@auroville.org.in](mailto:quiet@auroville.org.in)

Mobile & WA: +91 9488084966, Guido

## Cinema

### AUROVILLE FILM INSTITUTE 3E—Explore, Experiment, Express



- 8 January to 11 February 2024
- A 5-weeks filmmaking workshop With R V Ramani
- Online—Onsite, in Auroville—Online



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

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

### Contemporising—Katha Sarit Sagara

- Starting 17 February 2024, 14:30 to 18:30 IST.
- 12 Weekends, Online.
- A Creative Reading and Writing Workshop With Kamal Swaroop



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

### The Art of Pitching, Impact & Distribution

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

- In Auroville, 3—7 January 2024



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

bution strategies, in a way that the idea is 'intentionally' developed from its core, right up to its reception by a well curated audience.

To know more and register, please visit:

- <https://filminstitute.auroville.org/2023/11/25/the-art-of-pitching-impact-distribution/>
- For queries contact +91 9969879319.

### Study Circle

- Lecture: 10am—12pm IST
- Film screening: 3—5pm IST



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 23.

### Ancient Christianity: History, Philosophy & Mystery

#### Upcoming Week's Schedule:

Thursday	21-12-23	Lecture & Discussion	1. The World Before Christ 2. The Message of Christianity
Friday	22-12-23	Lecture & Discussion	1. The Life of Jesus 2. Apostles, Creeds, and Scripture 3. The Rise of Roman Persecution
Saturday	23-12-23	Lecture & Discussion	1. North African Defenders of the Faith 2. Diocletian and the Great Persecution 3. Constantine and the Council of Nicaea
Sunday	24-12-23	Lecture & Film Screening	1. The Crisis of Faith 2. The Collapse of Rome Film Screening (15:00- 17:00 IST) 3. The Gospel According to St. Matthew

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

Regards, Richa, +91 9969879319



### 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)

### 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, 29 December

#### Future cities: Urban planners get creative

2022 / 26 minutes / DW

Will the cities of the future be climate neutral? Might they also be able to actively filter carbon dioxide out of the air? Futurologist Vincente Gualarte thinks so. In fact, he says, our cities will soon be able to absorb CO<sub>2</sub>, just like trees do. Our future cities will be all about redefining a new normal, come find out more in this fascinating documentary. **Shek**



#### At Multi Media Centre Auditorium, Town Hall

- Reminder: Friday, 22 December, **The Big Bad Fox And Other Tales** by Benjamin Renner and Patrick Imbert, France/Belgium, 2017
- and Friday, 29 December, 8pm: **Lamb**

Director: Yared ZELEKE, Ethiopia, 2015. With: Kidist Siyum, Rediat Amare, Rahel Teshome, Surafel Teka

**Synopsis:** The film tells the story of young Ephraim, a half-Jewish, Ethiopian boy who is sent by his father to live among distant relatives after his mother's death. But when his uncle decides that his beloved sheep must be sacrificed for the next religious feast, he will do anything to save the animal and return home... Drawing amazing performances from his cast of professional and non-professional actors, first time filmmaker Yared Zeleke tells his deceptively simple story with a refreshing honesty and naturalness. Beautifully shot against the majestic backdrop of Ethiopia's southern mountains, **Lamb** is the first film from Ethiopia, highly praised in Cannes and Toronto. (General audience)

Original Amharic version with English Subtitles, Duration: 1h 34'

#### In YouTube

As part of Aurofilm's educational and cultural activities, we are sharing with you two recently recorded Cine-master-classes that happened on 19 November: 'Russian Ark' by Dr. Alexander Pereverzev and 29 October: 'Krida Yatra' by film maker Param Tomanec'. Click the below links:

- [Cine-master class 'Russian Ark'](#)
- [Cine-master class 'Krida Yatra'](#)

Enjoy, Susana, Aurofilm team





**CINEMA PARADISO**  
**Multimedia Center (MMC) Auditorium**  
**Film Program**  
**25 December 2023 to 31 December 2023**

Cinema Paradiso-Multimedia Center is operating at 100% seating capacity. Seating starts about 15mins before screening and stops as the film starts. Kindly arrive in time. A reminder not to use cell phone for any reason while the program is on, and no food/beverage to be taken inside the hall.

**Indian and diaspora—Monday 25 December, 8pm**  
**DHAK DHAK**

India, 2023, Writer-Dir. Tarun Dudeja w/ Dia Mirza, Fatima Sana Shaikh, Ratna Pathak Shah, and others, Drama, 140mins, Hindi w/ English subtitles, Rated: NR (PG)

When four ordinary women go on a motorcycle adventure to the world's highest drivable pass, Khardung La, they also embark on a journey of self-discovery and identity. Sky is a motorcycle reviewer and influencer trying to break her inadvertent scandalous social media image and storm the male bastion to create her own identity. Manpreet, aka Mahi, is a grandma, and Uzma is a homemaker unappreciated by their families. Mathura girl Manjari is set to marry a stranger of her mother's choice. The rest of the story is about their experiences, misadventures, and equations with each other as they take a transformative trip. A good film to watch!

**Potpourri—Tuesday 26 December, 8pm**  
**BOXING DAY**

UK, 2021, Writer-Dir. Aml Ameen w/ Aml Ameen, Aja Naomi King, Leigh-Anne Pinnock, and others, Comedy-Romance, 109mins, English w/ English subtitles, Rated: NR (PG)

Boxing day refers to the day after the Christmas.

Inspired by the writer-director's life, the film follows Melvin, a British author living in America, who returns home to London for Christmas to introduce his American fiancée Lisa to his eccentric British-Caribbean family. Their relationship is put to the test as she discovers the world her fiancé has left behind.

**Interesting—Wednesday 27 December, 8pm**  
**HUMAN NATURE**

USA, 2019, Writer-Dir. Adam Bolt w/ Jennifer Doudna, George Church, Alta Charo, and others, Documentary, 95mins, English w/ English subtitles, Rated: PG

A breakthrough called CRISPR opens the door to curing diseases, reshaping the biosphere, and designing our own children. A provocative exploration of its far-reaching implications, through the eyes of the scientists who discovered it.

**Selection—Thursday 28 December, 8pm**  
**AL-MAKHDU'UN (The Dupes)**

Syria, 1972, B&W, Writer-Dir. Tewfik Saleh w/Mohamed Kheir-Halouani, Abdul Rahman Al Rashi, Bassan Lofti Abou-Ghazala, and others, Drama, 107mins, Arabic w/ English subtitles, Rated: NR (PG-13)

It is a gut-wrenching migrant drama follows three representative generations of Palestinians across the desert. It is one of the first Arab films to address the Palestinian question that traces the destinies of three different men brought together by their dispossession, their despair, and their hope for a better future.

**International—Saturday, 30 December, 8pm**  
**MRS. HARRIS GOES TO PARIS**

UK-Canada-France-Hungary-Belgium, 2022, Writer-Dir. Anthony Fabian w/ Lesley Manville, Isabelle Huppert, Lambert Wilson, and others, Comedy-Drama, 115mins, English-French w/ English subtitles, Rated: PG

In this story, a widowed cleaning lady in 1950s London falls madly in love with a couture Dior dress and decides that she must have one of her own. After she works, starves, and gambles to raise the funds to pursue her dream, she embarks on an adventure to Paris which will change not only her own outlook, but the very future of the House of Dior.

**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.

To organize a seminar/program at MMC kindly email us at [mmcauditorium@auroville.org.in](mailto:mmcauditorium@auroville.org.in). Our projector is crawling towards the end of its life, compelling us to look for a new one. You could financially support through a one-time or recurring donations to 'Cinema Paradiso' (account #105106) or set up for a monthly contribution.

Thanking You, Nina and Mco for  
 MMC/CP Group Account #105106,  
[mmcauditorium@auroville.org.in](mailto:mmcauditorium@auroville.org.in)



'... let all thyself be light.  
 This is thy goal.'  
 Sri Aurobindo



Multimedia Center- Cinema Paradiso Team Wishing you  
 a healthy, peaceful, and harmonious New Year!



- Children's Matinee and Ciné-Club film will be resumed in the New Year (next week).
- Two days in a year, 31 December and 1 January Cinema Paradiso remains closed.



## Accessible Auroville Public Bus

[avbus@auroville.org.in](mailto:avbus@auroville.org.in), +91 94430 74825



### Auroville TO PONDICHERRY

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



### Pondicherry TO AUROVILLE

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

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

## 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](mailto: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](mailto: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