



# News Notes

#1007 A weekly bulletin for residents of Auroville 28 December 2023



Painting by Emanuele Scanziani

For who could live or breathe if there were not this delight of existence as the ether in which we dwell?  
From Delight all these beings are born, by Delight they exist and grow, to Delight they return.

*Taittiriya Upanishad*

## Pondering



As in absolute existence there can be no nothingness, no night of inconscience, no deficiency, that is to say, no failure of Force, — for if there were any of these things, it would not be absolute, — so also there can be no suffering, no negation of delight. Absoluteness of conscious existence is illimitable bliss of conscious existence; the two are only different phrases for the same thing. All illimitableness, all infinity, all absoluteness is pure delight.

*Delight of Existence: The Problem,  
The Life Divine by Sri Aurobindo*

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*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 Agni*  
[newsandnotes@auroville.org.in](mailto:newsandnotes@auroville.org.in)

# House of Mother's Agenda



(continued from last week)

A replacement of intellectual seeking by supramental identity and gnostic intuition of the contents of the identity, an omnipresence of spirit with its light penetrating the whole process of knowledge and all its use, so that there is an integration between the knower, knowledge and the thing known, between the operating consciousness, the instrumentation and the thing done, while the single self watches over the whole integrated movement and fulfills itself intimately in it, making it a flawless unit of self-effectuation, will be the character of each gnostic movement of knowledge and action of knowledge. Mind, observing and reasoning, labors to detach itself and see objectively and truly what it has to know; it tries to know it as not-self, independent other-reality not affected by process of personal thinking or by any presence of self: the gnostic consciousness will at once intimately and exactly know its object by a comprehending and penetrating identification with it. It will overpass what it has to know, but it will include it in itself; it will know the object as part of itself as it might know any part or movement of its own being, without any narrowing of itself by the identification or snaring of its thought in it so as to be bound or limited in knowledge. There will be the intimacy, accuracy, fullness of a direct internal knowledge, but not that misleading by personal mind by which we constantly err, because the consciousness will be that of a universal and not a restricted and ego-bound person. It will proceed towards all knowledge, not setting truth against truth to see which will stand and survive, but completing truth by truth in the light of the one Truth of which all are the aspects. All idea and vision and perception will have this character of an inner seeing, an intimate extended self-perception, a large self-integrating knowledge, an indivisible whole working itself out by light acting upon light in a self-executing harmony of truth-being. There will be an unfolding, not as a delivery of light out of darkness, but as a delivery of light out of itself; for if an evolving supramental Consciousness holds back part of its contents of self-awareness behind in itself, it does this not as a step or by an act of Ignorance, but as the movement of a deliberate bringing out of its timeless knowledge into a process of Time-manifestation. A self-illumination, a revelation of light out of light will be the method of cognition of this evolutionary supramental Nature.

As mind seeks for light, for the discovery of knowledge and for mastery by knowledge, so life seeks for the development of its own force and for mastery by force: its quest is for growth, power, conquest, possession, satisfaction, creation, joy, love, beauty; its joy of existence is in a constant self-expression, development, diverse manifoldness of action, creation, enjoyment, an abundant and strong intensity of itself and its power. The gnostic evolution will

lift that to its highest and fullest expression, but it will not act for the power, satisfaction, enjoyment of the mental or vital ego, for its narrow possession of itself and its eager ambitious grasp on others and on things or for its greater self-affirmation and magnified embodiment; for in that way no spiritual fullness and perfection can come. The gnostic life will exist and act for the Divine in itself and in the world, for the Divine in all; the increasing possession of the individual being and the world by the Divine Presence, Light, Power, Love, Delight, Beauty will be the sense of life to the gnostic being. In the more and more perfect satisfaction of that growing manifestation will be the individual's satisfaction: his power will be the instrumentation of the power of Supernature for bringing in and extending that greater life and nature; whatever conquest and adventure will be there, will be for that only and not for the reign of any individual or collective ego. Love will be for him the contact, meeting, union of self with self, of spirit with spirit, a unification of being, a power and joy and intimacy and closeness of soul to soul, of the One to the One, a joy of identity and the consequences of a diverse identity. It is this joy of an intimate self-revealing diversity of the One, the multitudinous union of the One and a happy interaction in the identity, that will be for him the full revealed sense of life. Creation aesthetic or dynamic, mental creation, life creation, material creation will have for him the same sense. It will be the creation of significant forms of the Eternal Force, Light, Beauty, Reality, — the beauty and truth of its forms and bodies, the beauty and truth of its powers and qualities, the beauty and truth of its spirit, its formless beauty of self and essence.

(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

## ATTENTION ALL NEWCOMERS

Dear Newcomers, you are requested to write to

- [mailbox@auroville.org.in](mailto:mailbox@auroville.org.in)

with your name and the starting date of your Newcomer period to obtain your Auroville Newcomer email id which will look like this: [name.nc@auroville.org.in](mailto:name.nc@auroville.org.in)

Once you become an Aurovilian this will change.

You can use the Newcomer mail id for all official communication and also for access to AuroNet which many of you have been inquiring about. We will announce details for this by next week. We are also informing the Entry Board about the same.

We wish you all a great year end and Happy New Year !

*The Working Committee,*

*Anu, Arun, Joseba, Partha, Selvaraj, Srimoyi, Tine*

## 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*

## L'AVENIR D'AUROVILLE



*L'avenir d'Auroville*

## ATDC Application Announcement 28-12-2023

The following projects have received final building approval (BA-A) (information only):

### Auromode Hive Extension—BA No. 2587

- Applicant/s: Louis Cohen
- Architect/Designer: Sonali
- Location/area: Auromode
- Area for which approval is sought: 286 sq.m

**Project brief:** Proposed space is designed on the existing roof slab of 'Auromode Hive'. Extra ground space or foundations are not needed. The access through a staircase is already existing. Proposed structure is designed to have a roof with sandwich panels that can withstand the monsoon and are equipped with insulation to withstand heat. The panels will be laid in a slight slope to drain rainwater naturally. The sliding glass windows are designed to have both options of natural cross-ventilation and air-conditioning whenever required to have a clean and controlled interior needed for office use.

### Svaram Craft Workshop—BA No. 2627

- Applicant/s: Aurelio
- Location/area: Svaram / Industrial Zone
- Area for which approval is sought: 1070 Sq.m

**Project brief:** The building will be replacing the existing workshop sheds using the same footprint in the present site of Svaram production. Grilled openings for air and light will allow for good ventilation as facing in the wind direction and guarantee good light and visibility.

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

Warm regards,

*Dr G. Seetharaman (MS), Selvaganappathi (coordinator), Govind, Jaya, Ponnusamy, Sindhuja & Toby*

## FROM THE ENTRY SERVICE—ES # 212

Dated: 28-12-2023

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 Aurovilian 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:

- Kiran Kumar VENKATACHALAPATHY (Indian) staying in Sunship and working at Matrimandir



Kiran Kumar



Sandhiya

- Sandhiya BALA ANAND (Indian) staying in Courage (Thillai's house) and working at C3STREAM, Isai Ambalam School & Udavi School

### AUROVILIAN ANNOUNCED:

- Palanivel RANGASAMY (Indian) staying in International House and working at Flame Pottery



Palanivel



Tom

- Tom LANE (Irish) staying in Vibrance and working at Thamarai & Eco Femme

### AUROVILIAN CONFIRMED:

- Ganapathy GANESAN (Indian)

### SPOUSE OF AN AUROVILIAN ANNOUNCED:

- Sadassivam RAJI (Indian) staying in Transition (husband of Rajeshwari)



Sadassivam

**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 Aurovilian once his/her name has been confirmed by The Admission Committee (aka the Entry Board) after following due process.

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

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

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

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

*The Entry Board:*

*Alain, Grace, Jayanthi, Lakshmanan, Matilde, Sara, Sonja and Swadha*

### Entry Service Timings

- Monday, Wednesday, Friday, 9:30am—12:30pm
- Tuesday & Thursday: Newcomer kits, 2:30—4:30pm

**Note:** If you want any more information about someone, please contact the Entry Service directly for more details.

0413 2622707,

William for The Entry Service

## TO THE THERAPISTS & HEALERS

### Practicing In Auroville

Funds & Assets Management Committee requests all the practicing healers & therapists of Auroville to follow on the registration of their practice immediately.

All healers and therapists practicing in Auroville are required to please register themselves as an activity under the unit 'Harmony Health', an umbrella unit under Health & Healing Trust.

Please approach the umbrella executives, Surya Gandhi and Auro Meera Rajapriyan, to fill up your activity's application. Then get it endorsed and approved at the FAMC office. After which you will open a Financial Service account for your activity (independent of your personal FS account). This is the account to which the revenues for your services are to be deposited and from which your expenses will be disbursed. You will provide the accounts to the executives of Harmony Health on a regular basis, at least monthly.

The attached Code of Conduct for Health Practitioners is attached for your reading and practice. This has been prepared by the health practitioners of Auroville.

*In Her Service,*

*Auroville will boldly spring towards future realizations,  
Submitted by Chandresh for FAMC*

### WE ALL WORK

#### Fostering Active Participation and Shared Responsibility

Dear Aurovilians, Funds & Assets Management Committee and Budget Coordination Committee expect all aurovilians to engage in some work for the community. All Aurovilians receiving maintenance from City Services are to work no less than 36 hours weekly.

You may choose a meaningful schedule bearing in mind your needs and fellow team members constraints.

Possibilities are 6 hours daily for 6 days; 7 hours daily for some days and half day Saturday; or 5 hours daily for 7 days as per the need of the service.

The Budget Coordination Committee is now creating an HR section that will provide assistance for all Aurovilians looking to get engaged in work in Auroville—in units or services. More details will follow soon.

*In Her Service,*

*Auroville will boldly spring  
towards future realizations  
Submitted by Chandresh for FAMC*

## Community News

### Passing On

#### GIORGIO LUCIANI

Giorgio Luciani from Surrender Community left us in the early morning of today 22nd December in Italy. He would have been 66 years old on 31st December. His wife Diana and daughter Divya were with him along with his mother Giuliana and his sisters Gloria and Elisa.



He started traveling to Auroville in the early 90s with his partner Diana and became Aurovilian in 1995. He was very active in construction and sports, a luminous person and a dear brother.

Our strength and love to Diana, Divya and family.

*Submitted by the Farewell Team:  
Lisa, Michael, Suzie*

## SELVAM NADESAN



Mr. Selvam Nadesan, born on January 1, 1963, peacefully departed this life today around 11am at a hospital in Pondicherry, due to physical ailments and health issues.

He was not only a skilled carpenter but also dedicated himself to numerous community services. His official association with the community began in 2018.

The funeral service will take place on Tuesday, December 26, 2023, at 3 PM at the Auroville burial ground.

We warmly welcome assistance with flower arrangements on-site starting from 1 PM onwards.

*Submitted by the Farewell Team:  
Lisa, Michael, Suzie*

### THEY WENT WITH OUR LOVE...

by the Light we live and to the Light we go



In the week of the years' exchange, we extend our love and gratitude to those of us who went ahead during 2023.

They are: *Matripasad, Christian Edet, Mahalingam, Eva Mikulski, Ellen Tessloff, Gerard Arnaud, Anna Oijevaar, Maurice Monier, Bernd Theilmann, Volkher Riech, E. Patha, Mirajyoti, R. Gowri, Toni Meakin, David Nagel, Mallika, M. Sumitra, Audrey Wallace, Leo Boseman, Pashi Kapur, Klara Brogli, Lucas Posada, Tara Nayak, J. Mani and Giorgio Luciani.*

We also remember and honour here *Balkrishna Doshi, Inderjit Handa, Cristof Alward-Pitoëff, Ulf Mueller, Mali, Deborah Lawler, Paul Montagne, Jules Arindam, Deborah Smit, Jayang Desai, Hasi Grandcolas, MS Swaminathan, Adena de Joya and Erwane.*

For a last visit, click

- <https://auroville.org/category/passings-2023> or
- <https://auroville.today/in-memoriam>

OM... Submitted by Mauna

### Acres for Auroville

#### A NEW YEAR IS HERE

#### A Warm Welcome To 2024!

Dear Friends of Auroville's Beautiful & Harmonious Development, today, 25 December is Christmas, one of the significant days in human history. The following are the last three messages of the Mother on Christmas.

1969:

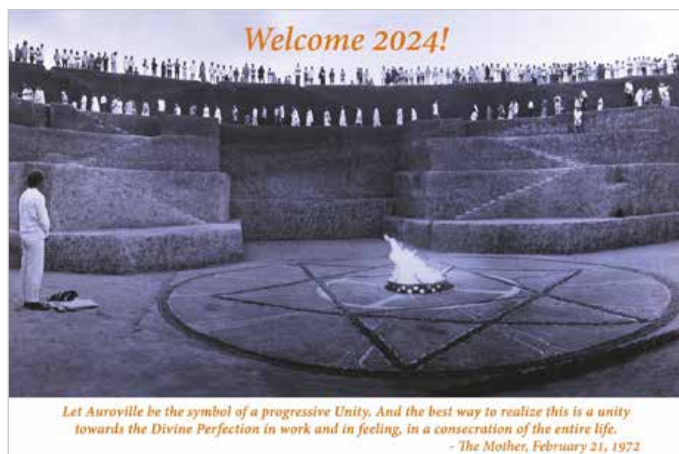
*Hail the new light.  
That it may grow in all hearts.  
Blessings.*

1971:

*The time has come for the rule of falsehood to end.  
In the Truth alone is salvation.*

1972:

*We want to show to the world that man can become a true servitor of the Divine.  
Who will collaborate in all sincerity?*



The New Year 2024 is upon us. Auroville, a luminous 'pearl' of the unfolding human future, too, is continuing her onward march.

'Auroville...at last a place where one will be able to think only of the future'—reads one of the moving messages of the Mother.

In our New Year 2024 card, we have tried to capture something of the spirit of Auroville with two photographs of its pioneering days. Perhaps these will also serve as a reminder of how far the international township has come, and all the work and commitment that has accomplished such 'miracles'. In our card, we have also included the significance of various Hibiscus flowers as given by the Mother which symbolize the many aspects and values for the intended City of Dawn as it continues to develop.

During the year that is ending, several new plots have been acquired to consolidate Auroville's physical base, both in the designated City area and the Greenbelt. This has been possible thanks to your concern and commitment for Auroville's bright and harmonious future.

We gratefully acknowledge your contributions as members of the wider Auroville community which knows no borders and, as a token of our sincere appreciation for your collaboration, we are enclosing our annual card with our warmest wishes for the new year ahead.

We thank Auroville Archives for providing the photos, Auroville's major book publisher PRISMA for designing it, Raju of Auroville Printers for publishing the card, and Satyakam for releasing the card.

Besides this e-version, we will be sending our land donors a printed copy of our New Year's card by post.

Here are few points:

- If you would not like to receive the card by post, please let us know.
- If there is any change in your postal address or email ID, kindly let us know.
- If you would like to receive several cards to gift to your friends and colleagues, please let us know, and how many. We will be glad to provide the cards in a larger quantity.

In case you are in Auroville or going to visit in the coming weeks, these cards are available for free at the Town Hall Kiosk, Information Service at the Visitors' Center, the Unity Pavilion and the two Pour Tous centers (PTDC and PTPS).

Solidarity works—so let us keep up our collective dynamism! By supporting Auroville's harmonious land consolidation, together we strengthen Auroville's ability to be an inspiring beacon of hope and light!

With confidence in Auroville's bright future, our sincere appreciation, and our warmest wishes for a happy, harmonious and enriching 2024!

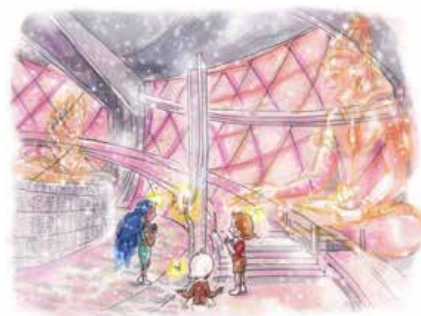
Aryadeep & Mandakini  
Lands for Auroville Unified (LFAU)  
and its two campaigns:  
Acres for Auroville (A4A) and GreenAcres (GA)

## Matrimandir News

### NEW YEAR AT MATRIMANDIR

#### 31 December 2023

- **4:30—9pm:** The Inner Chamber will remain open for Aurovilians and Newcomers for their concentration before the New Year.
- **5—5:30pm:** Silent Gathering under the Banyan Tree to bid farewell to the year that is ending and prepare ourselves to receive the coming year. All are to maintain complete silence under the Banyan Tree.
- **5:30—6:15pm:** 'A myriad myriads who are one... Moving in unison'.  
Deep Listening—Aspiration—Resonances. Sound Reflections By Svaram Team at the Unity Garden.  
Entrance from the Office Gate. Visitors and guests are requested to carry their Aurocard along with them.
- **11—12:15am:** Matrimandir will remain open for midnight meditation for Aurovilians and Newcomers only. All are requested to be seated in the Inner Chamber latest by 11:45pm.



#### 1 January 2024

- **6—6:30am:** New Year Meditation under the Banyan Tree. Entrance from the Office Gate, open at 5:50am. Guests are requested to carry their Aurocard with them. Last entry for guests and Aurocard holders at 6:10am.

#### Evening Program at the Amphitheatre 5:30pm:

There are Two who are One and play in many worlds;  
In Knowledge and Ignorance they have spoken and met  
And light and darkness are their eyes' interchange...

It is a dream-fact vision of a truth

Which but for the dream would not be wholly true,...

Thus have they made their play with us for roles:

Author and actor with himself as scene,  
He moves there as the Soul, as Nature she  
all is their play:

This whole wide world is only he and she.

Savitri, Book 1, Canto 4, The Secret Knowledge.

The next selection is a vocal offering of lines from Sri Aurobindo's Savitri in Gregorian and Vedic styles by operatic soprano Heather Lee and composer/ baritone Kim Cunio.

Entrance from the Office Gate. Guests are requested to carry their Aurocard with them.

Bonne Année and Happy New Year to All!

Antoine, Divya, John, Judith, Sundar and Vinay

## Auroville Matters 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  
January 2024

*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**

- **January 8: Meditations on Savitri, Book One – The Book of Beginnings, Canto 2: The Issue.** A meditative film of passages from Sri Aurobindo's epic poem SAVITRI – A Legend and a Symbol, read by the Mother, accompanied by Her own organ music and illustrated with paintings by Huta. Duration: 30min.
- **January 15: Life After Life.** A video documentation based on the research work and book Life After Life by Dr. Raymond A. Moody and presents people who experienced clinical death and revived. Duration: 59min.
- **January 22: Evolution Fast-forward, Part 1 - Vision & Work of Sri Aurobindo and The Mother.** A film in 3D motion graphics by Sopanam Auroville from 2011. Duration: 23min.
- **January 29: Spiritual History of India in the Light of Sri Aurobindo - Evolution Fast-forward, Part 4.** This film traces the spiritual evolution of India over 4000 years, based on Sri Aurobindo's research to discover the past and future of India's gift to the world, produced by Sopanam Auroville in 2022. Duration: 67 min.

### Full Moon Gathering

- **Tuesday, 25 January, 7:15—8:15pm** in front of Sri Aurobindo's statue

### Dream Divine Series

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

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.

### Regular Activities

- **Sundays 10:30—12 noon:** 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 4:30—5:30pm:** Mudra-chi led by Anandi
- **Tuesdays 5:30—6:30pm:** OM Choir led by Narad
- **Thursdays 4—5pm:** Videos of The English of Savitri led by Shraddhavan
- **Fridays 3—4pm:** The Return to Earth (Epilogue) in Savitri led by Dr. Jai Singh
- **Saturdays 10am:** Bases of Yoga – An interactive book reading circle
- **Saturdays 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

### DREAM DIVINE SERIES

**Dr. Alok Pandey will speak about  
Dealing with vital Difficulties**

*Savitri*  
B H A V A N

**Wednesday, 3 January, 4:30—5:30pm**  
@ 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 Mother's 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

## UNITY PAVILION: DAILY PEACE MEDITATION

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

Arun



*Education*

## AUROVILLE LIBRARY



## Library Users Updates

Dear library users, we would like to remind you to kindly update us on any changes in your contact details, and please remember to return your books on time.

- You can search our catalog online: [library.auroville.org.in](http://library.auroville.org.in)

Happy New Year

to all from the Auroville library team

## 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)

Kathrin

## SERIES ON INTEGRAL YOGA AND MATHEMATICS

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

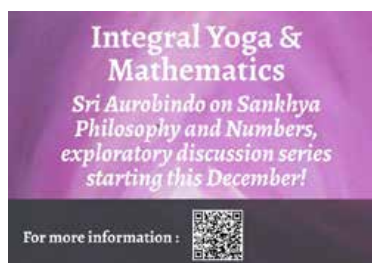
Facilitated by Team Enlight and Savitri Bhavan

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

Health Care

## MAATRAM AT ARKA

All sessions and activities of Maatram that were occurring at Mitra hostel will now take place in our space at Arka.

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



sante

### Working Hours

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

### Tests and Sample collection

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

### For emergencies

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

### Appointment

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

### Santé Services Schedule

<b>Doctor consults with</b> Dr.Senthil: Monday to Friday	<b>Nursing Care:</b> Ezhil, Thilagam, Archana & Sandhya: Daily, No appointment necessary
<b>Ayurveda</b> with Dr.Be & Dr.Sonia: Monday/ Tuesday/ Wednesday/ Friday	<b>Pregnancy Care &amp; Women's Wellness</b> with Paula: Tuesday & Wednesday
<b>Acupuncture</b> with Andres: Monday/ Tuesday/ Wednesday/ Friday/ Saturday	<b>Homeopathy</b> with Michael: Monday/ Wednesday/ Saturday
<b>Integrative Psychotherapy</b> with Juan Andres: Monday to Friday	<b>Physiotherapy</b> with Arun: Monday to Saturday
<b>Functional Medicine</b> with Lize: Wednesday & Friday	<b>Physiotherapy</b> with Rebeca: 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</b> with Galina: Monday to Friday

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

Dasha for Sante Services,  
[sante@auroville.org.in](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 0413 2255450 between 9—12 noon or 6—8pm for appointments.

Peter for AvHC

## AUROKIYA

### FOCUS – Free Eye Yoga Workshop for Children

In today's digital age, digital screens dominate our lives, children's eye health is more important than ever. Eye Yoga helps in reducing eye strain, improving focus, and enhancing overall eyesight.



- Age: 6 Years to 16 Years
- 2—January, 3—4pm

**Aurokiya Integral Eye Centre**

Join us for Children

# EYE YOGA

## Workshop

Eye Yoga helps in reducing eye strain, improving focus, and enhancing overall eyesight.

**Limited Seats 20. First cum First Served Basis**

**Free Workshop**

**Date:** 2nd to 6th Jan, 2024  
**Time:** 3:00 PM- 4:00 PM  
**Place:** Community Hall, Humanscape

**For Registration:**

(Or) [LINK](#)

Our yoga practices will be fun with mindful relaxation techniques that can be incorporated into the daily routine to promote better eye health.

- @ Community Hall, Humanscapes
- Please scan the QR Code for registration or [Click the Link](#)
- Limited seats 20 on First Come First Served Basis



Our yoga practices will be fun with mindful relaxation techniques that can be incorporated into the daily routine to promote better eye health.

- For more detail write to [aurokiya@gmail.com](mailto:aurokiya@gmail.com) or +91 97042 58709 WA (Priyanka)

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)

Submitted by Sudha

## AYURVEDIC RECOMMENDATIONS

### For Winter



Even if the rain still gives a feeling of monsoon, body is actually in a winter mode. The cold atmosphere brings about blockages to the dissipation of body heat which increases the digestive power and metabolism, this increases the need for more nourishing food, fatty or sweet items to protect us from the cold.

There's a feeling of coming back to the warmth of one's inner place. In the body, Kapha slowly builds up to increase strength, energy and immunity. It accumulates extra fat to protect from the cold environment.

If imbalanced, it may give a sense of emptiness in the heart, dullness in the mind or feeling depressed or lonely (Vata or Kapha imbalances).

Help the body to regenerate: KEEP AGNI STRONG—in the abdomen for an optimum nutrient assimilation and in the heart for clarity and joy.

### General Guidelines In The Food

'The dishes that can be consumed during this season are meat soup topped with ghee, meat of healthy animals, beverages prepared with molasses and rice flour, pastries prepared using wheat, rice flour, black gram, sugarcane juice and milk products which are delicious and nourishing, fresh rice, gingelly oil and bone marrow' from the book Ashtanga Hridaya, Sutrasthana, Chapter 3 Rutcharya, Sloka 11-14

- Sweet, sour and salty tastes are best for this season
- Eat warm, cooked food spiced up with: ginger, pepper, turmeric, cumin, clove, asafoetida, mustard seed, ajwain, cinnamon, fennel seed, fenugreek seed, onion, garlic
- Proteins: Mungdal, black gram (Maasha) beans, chickpeas, lentils, white meat, egg, mutton (meat soup), nuts and seeds, spirulina, hemp seeds
- Vegetables: green leaves, carrot, beet, eggplant, cauliflower, broccoli, bitter-snake-bottle-gourd, moringa (drumstick), chow-chow
- Sweet = Cereals: millets, wheat, barley, rice, oats
- Sweet = fruits: apple, banana, chiku, papaya, passion fruit, pomegranate, grape, guava, pear, rosella, all citrus preferably sweet

- Ghee or sesame oil, olive, sunflower, apple cider vinegar
- Beverages: herbal masala teas, hot water, with honey or jaggery; wine prepared with jaggery (called Arishtam), sugarcane juice, golden milk
- Ayurvedic blend to stimulate absorption: Trikatu (for Kapha), Hingwashtak churna (for Vata), Avipatkar churna (for Pitta)... with honey

### Avoid Wrong Food Combinations

- Beans with animal proteins (cheese, milk, fish, eggs etc) or fruits
- Eggs with milk, fish, meat, fruits
- Ghee and honey in equal quantity
- Milk with fruits, salty dishes, meat, yogurt
- Curd with fruits, milk, cheese, fish, meat or eggs

### To Avoid Food

- Cheese, yogurt, curd, lassi at dinner (they should be eaten at breakfast or lunch)
- Cold beverages
- Raw vegetables
- Heavy and difficult to digest (deep fried food, etc.)
- Ice-cream

### In The Activities

- Main principle: stabilize, centre, recharge
- Sleep longer
- Keep a regular rhythm (with meals and bedtime)
- Massage with sesame oil + apply heat to let the oil penetrate
- Hot shower or bath, Foot bath with warm salty water
- Keep the body warm with cotton, wool, silk, leather
- Physical exercise: 30 minutes daily of stimulating Yoga, Pranayama, Meditation-concentration, Qi-Gong, Ton-ing...
- Nasya: 1 drop of Anu Tailam in each nostril
- **To Avoid:**
  - Prolonged fasting
  - Humid and cold air, wind, fan
  - Long hours at the computer
  - Stay awake late at night

*Wishing you a nurturing and loving winter,  
Be @ Sante*

### For Your Information

#### COURAGE TWO WHEELER ACCESS to be Closed

9pm on 23 December—6am on 26 December  
9pm on 31 December—6am on 2 January

Dear community, we would like to inform you that the two wheeler access to Courage from the tar road will be closed from 9pm on 23 December until 6am on 26 December and from 9pm on 31 December until 6am on 2 January.



We apologize for any inconvenience caused and thank you for your understanding and support.

Wishing you a peaceful and luminous New Year!

Regards,  
Auroville Safety & Security Team  
(from Mass Bulletin)

### 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

*Sandjivy on behalf of S.E.W.A*

### Animal Care

#### ANIMAL CARETAKER POSITION Full Maintenance

As we step into the new year, the Auroville Dog Shelter is thrilled to announce a rewarding opportunity for a dedicated individual as a full-time animal caretaker. We are seeking an Aurovillian or Newcomer who possesses the skills and commitment to manage this vital role, overseeing the well-being of almost 300 dogs.



#### • Job Responsibilities

Commitment to a 5-day workweek, from 9am to 5pm, at the shelter, providing loving animal care. Coordinating and organizing tasks as a valuable member of our dedicated team.

This role is a true embodiment of the yoga of work—demanding and fulfilling. Recognizing the unique challenges, we offer a one-month trial period before a one-year commitment. Over the past year, we have achieved significant progress, and with the prospect of constructing an entirely new shelter, we are excited to welcome a new team member who shares our vision of becoming the premier shelter in the area, offering effective care and help to all those in need.

Join us in realizing this vision!

#### • Please contact

- Coco, +33 672046070 WA or
- Arthur, +918122225266 WA.

Auroville Dog Shelter, Arthur

**MONTHLY TRANSPARENCY REPORT****December 2023****YEAR-END REPORT****May to December**

As part of our commitment to transparency, we are happy to present our report for December and the 8 months since we took over responsibility for the shelter in mid-April this year.

**Yearly Overview (December)**

- New admissions: 172 (6 in December)
- Rabies suspect cases rescued: 12 (0 in December)
- Adoptions, rehoming: 91 (10 in December)
- Vaccinations administered: 388 (20 in December)
- ABC shelter dog sterilization: 67 (0 in December)
- Deworming: 725 doses (36 in December)

**Donations**

This month we received Rs. 229,669 in monetary contributions which includes Rs. 50,000 funds from BCC to our FS account. AVI International USA has this month a fantastic matching campaign. So far USD 1,258 has been received which will be doubled to approx. Rs 2 lakh which we will get transferred in January. This brings the total of all donations raised since mid-April this year to Rs. 25.5 lakh.

All our accounts are done by AV Service Trust Accounting and have been successfully audited by FAMC and BCC. We have welcomed in the last 8 months twice an inspection team of the Animal Welfare Board of India and once an inspection by the Department of Animal Husbandry, who confirmed that the care given to our dogs is exceptional, even though the former IACC shelter lacks many of the basic facilities. Support for funds for building the new Auroville Dog Shelter has been pledged.

**Expenditures**

**Animal Food:** For many months we fed our dogs monthly 1.6 tons of rice and 2 tons of chicken, which has now been reduced in quantity as most of our dogs have reached their optimum healthy weight. In 8 months we fed approx. 12.8 tons of rice and 14.5 tons of chicken to our dogs, supplemented with 5,500 eggs, pedigree, daal, and donated food. The total cost of animal food since mid of April was around Rs. 9 lakh

**Staff Costs:** At the moment our team consists of 6 local workers, 1 vet, 5 animal handlers, and 1 SAVI volunteer. As we are hopefully soon starting construction of the new shelter, we are constantly looking for new team members to expand our team and provide better care and services. Our new vet works 6 days a week from Monday to Saturday, which allows us to offer simple treatments or vaccinations for your dog between 10 and 12 am for cost price. Please make an appointment beforehand. The total wages we paid this year sum up to Rs. 8 lakh.

**Medical Costs:** In the last 8 months we spent Rs 4.36 lakh on urgently needed medicine, syrups, vaccinations, x-rays, blood testing, and surgeries. The medical costs in December were Rs. 19,575.

**Additional Executives**

As the Auroville Dog Shelter is soon entering a new phase in its 20-year history and has lots of challenges still ahead, we are happy to announce that with Tine and Joseba two additional Executives have joined our team!

**Construction of the new VIP access road has begun**

A few days ago, the construction of the new VIP access road to the Visitors Centre commenced, cutting through one side of the shelter and necessitating the removal of trees. Due to the road's path, our water tower and electricity pole need relocation. Additionally, two dormitories and our kitchen will be demolished, but Auroville has committed to constructing temporary replacements to ensure our dogs are protected from the elements. A secure fence will be installed to safeguard our dogs alongside the new road. We are taking every precaution to keep our dogs and the workers safe during the construction, despite the evident distress it is causing our canine residents, leading to several dog fights a day.

**The new Auroville Dog Shelter, a look ahead**

As the year comes to a close, we are happy to announce the completion of all preparations for the new Auroville Dog Shelter. We eagerly anticipate receiving the green light at the beginning of the new year to commence construction on a facility that will serve as a model shelter for Auroville and the entire bioregion.

In collaboration with other animal welfare organizations, we aim to address a significant problem that results in immense suffering twice a year: the puppy problem. The current scenario sees an overwhelming number of puppies born, with many facing a tragic fate due to illness or neglect. Our solution does NOT lie in merely building a larger shelter to accommodate more dogs but in creating a better shelter equipped to sterilize and vaccinate 1000 dogs annually. This translates to 20 dogs a week for 50 weeks, promising a transformative impact on the entire canine ecosystem. We recognize the importance of education and information as crucial tools in changing the mindset of dog owners regarding the importance of sterilizations and vaccinations. Our goal is to promote responsible dog parenting, emphasizing the benefits that come with it, rather than mere dog ownership.

The primary emphasis of the New Auroville Dog Shelter will be on adoptions and rehoming. Our ambitious goal is to secure loving homes for all our dogs. Through dedicated dog training, socialization efforts, excellent veterinary care, and providing the highest quality nutrition, we aspire to achieve this objective.

The upcoming highlight of the new shelter is the envisioned Serenity Park. This dedicated space is designed for dogs that don't need medical attention, providing them the opportunity to reside in a captivating beautiful forest completely freely. Open to both visitors and Aurovilians, the Serenity Park promises a tranquil and natural setting not only for our canine residents but will be an oasis for everyone who wants to spend time there.

We have applied to the Animal Welfare Board, seeking a grant to acquire funds for a new ambulance as our old Omni has broken down. Simultaneously, we are in the process of training one of our team members to become a driver. We hope to be able to recommence rescue operations soon. It's important to note that we can only accommodate street dogs that, due to old age, weakness, or illness, can no longer survive on the streets independently.

In 2024, our goal is to collaborate with schools, working alongside teachers to integrate Animal Care into the school's curriculum. We are planning regular workshops and events throughout the upcoming year in the shelter. Additionally, we aim to conduct fundraising activities to generate a significant amount, enabling us to construct simple volunteer quarters to provide veterinary students and animal care volunteers with accommodation on the premises at no cost.

We thank all dog lovers for your continued support and look forward to an exciting and successful New Year 2024!

**Auroville Dog Shelter Team**

**Mar, Tine, Joseba, Coco, Caroline, Arthur, Kiran**

## The Arts

### ENDLESS GAME

by Dominique Jacques

Opening on 5 January 2024 at 4.30pm  
at Centre d'Art Citadines

- From 5—20 January
- Tuesday to Friday, 2:30—5:30pm
- Saturday, 10am—12:30pm, 2:30—5:30pm

What is play if not theatrical staging? Putting reality aside for a moment, inventing other places, other rules, changing identities, as in role-playing games, those second lives where we swap our miserable selves for splendid avatars.

Games were one of mankind's first abstractions, an allegory of our life courses as a training ground for strategizing, giving us the illusion of controlling our fate, perhaps even transcending it. Games symbolize the antagonism between the living, it wants a winner, but allows for revenge.

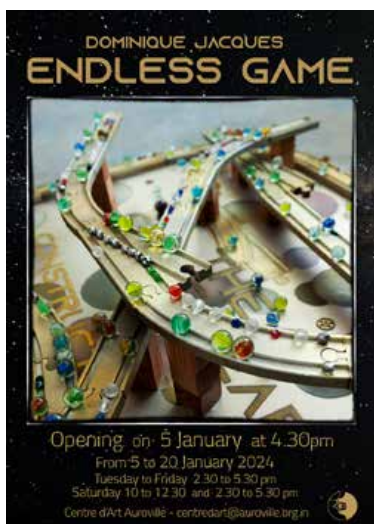
If the universe is the creation of the divine which plays to know itself, then we are participants in this never-ending adventure. Each time our soul takes on a new body, we return to the arena to play a new game that will only end when we die.

It's the field of experience, where we receive physical, geographical and character attributes, we learn, we have allies and enemies, we know victories and defeats, we rebel and take on challenges. Are we just pawns during our passage on earth? Is the game rigged, or do we have the power to push back the limits and change the rules?

The game's space is also one of dreams. It's the realm of our imagination, of which we are still the lords, where we let in whatever enchants us most, where haunting memories sometimes visit us. Children, precarious magicians and relentless dreamers, still have access to spaces to which we have lost the key.

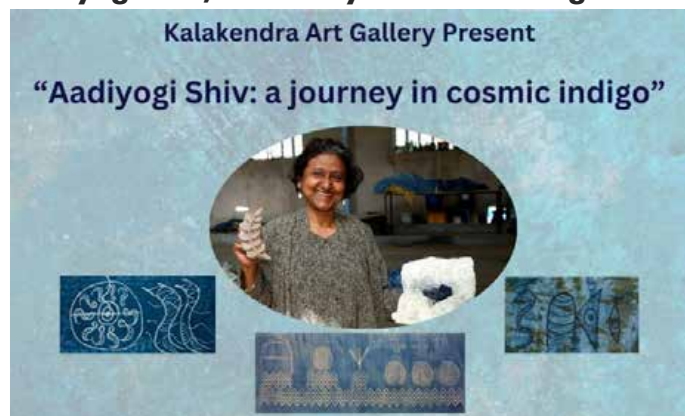
And that's exactly what art is, a medium that gives us back the keys to the kingdom, an extraordinary game, that allows us to build new worlds, to try and change the rules of the game.

*Submitted by Marco*



### BHARAT NIVAS PRESENTS

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

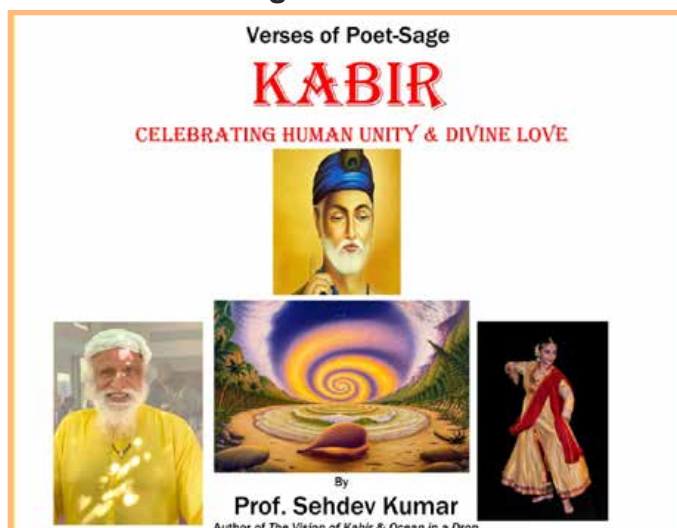


- Ongoing till 31 December, open 9am—5pm

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](#)

### Verses of Poet-Sage Kabir



Friday, 5 January, 7—8pm @ Swachu, Bharat Nivas

Prof. Sehdev Kumar, Author of The Vision of Kabir & Ocean in a Drop In Original & Trans-creation in several languages: English, French, German, Hebrew, Italian, Chinese, Russian, Afrikaans by lovers of Kabir in Auroville as part of Auroville Kabir Project and with Deapti Gupta, Kathak Dancer

**All Are Welcome**

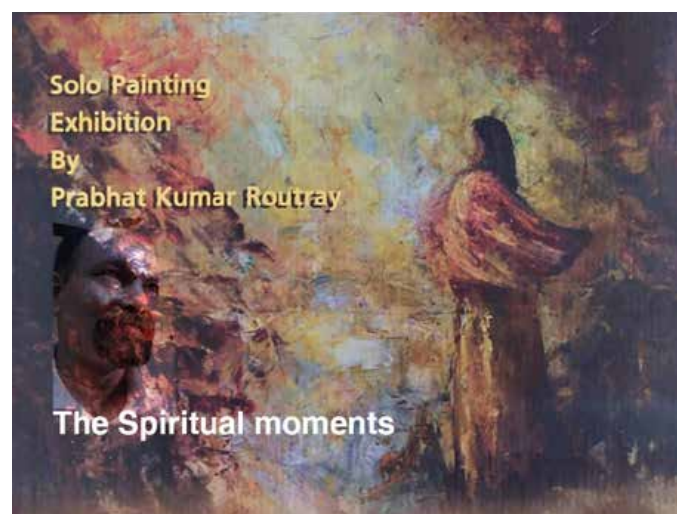
- Enquiry contact: Krishna at 9787880211

Parking available outside the Bharat Nivas Main gate.

**Solo Painting Exhibition The Spiritual Moments**  
**By Prabhat Kumar Routray**

Inaguration: Monday, 1 January, 4:30pm.

Till 21 January 2024.



@ Kalakendra Art Gallery, Bharat Nivas

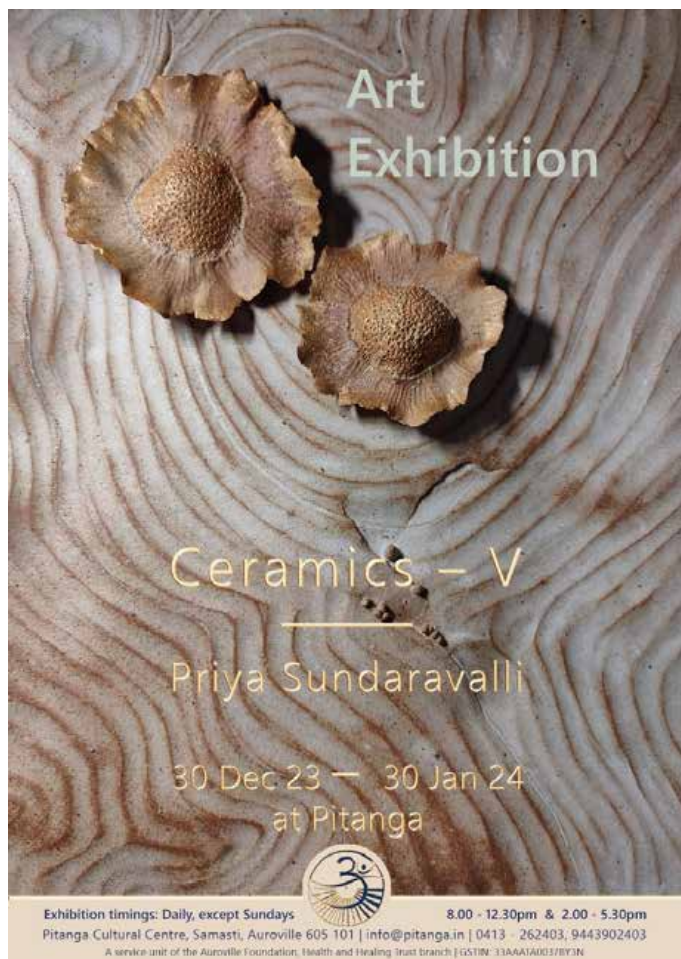
Open From : 9am to 5 pm

- Enquiry Contact: Krishna at 9787880211

Parking available outside the Bharat Nivas Main gate.

Regards,  
Vani, Monisha, BN Team

## ART EXHIBITION CERAMICS—V



**Priya Sundaravalli**

30 December—30 January at Pitanga

Daily, except Sundays

8am—12:30pm & 2—5:30pm

Warm regards, Verena

## Festivals

### HOLIDAY MARKET

#### Upcycled Sari Collection

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

## CHRISTMAS EVE 2023 and NEW YEAR 2024



You Are Invited To Join on **31 December** New Year celebration, come on down to the open-mic at our

Artiste Cafe, 7—9:30pm.

spread some festive cheer! Everyone's welcome.

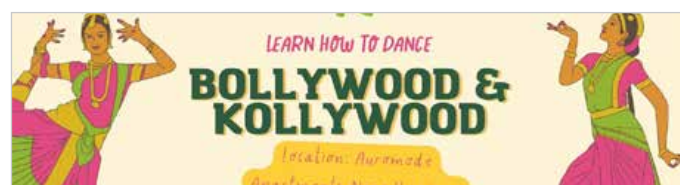
- **Contact:** 0413 2623071/ 9751033162
- Yatra, Near New Creation Sports Ground, Kuilapalayam, Auroville

With Gratitude, Yatra Srinivassan

## 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**

### ZUMBA WITH PREETI

Zumba classes are happening



@ New Creation Studio, every Monday, 6pm

For regular classes DM: 8281746763

Submitted by Vega

## NEW CREATION DANCE STUDIO: SCHEDULE

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

Timings	Monday	Tuesday	Wednesday	Thursday	Friday	Saturday
7am						
8am						Pilates basic (Savitri)
9am	Aikiyam ATB (Isora)					Fleur ballet teens
10am			Animal Flow (Dev)			Fleur ballet teens
11am		Aikiyam ATB (Isora)				
12noon						
12:30pm						
	Cleaning No classes					
1pm						
2pm						
3pm				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

Raja



## SALSA DANCE CLASS

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

Mani, @bakisata\_dance



## TANGO DANCE CLASS

Every Monday, Cripa, 6:30pm

By apointment: any time you can do class

### Information:

- Bring water bottle, socks,
- Every month new batch beginner, Minimum commitment 1 month,
- 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). Mani

Innovations

## ANIMATING THE FUTURE: AI IN MOTION

with Lzy Lad

Saturday, 30 December, 10—11am

@ Auroville Consulting Office in Kalpana.

GenAI User Group meeting on Saturday, December 30 from 10 am to 11 am, at the Auroville Consulting Office in Kalpana. Ground Floor meeting room.

Dheeraj Kollipara, a.k.a. Lzy Lad, will delve into how AI is revolutionizing the world of animation, 3D and sound. He will share insights from his own journey and explorations in creating engaging and innovative multimedia experiences using AI.

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

Vikram



## Music and Art Activities

### 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

## Sports & Martial Arts

### 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

## 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

Kalpna 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/abhayauroville/>

Giacomo

*Nature Activities*

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

## 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**

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 Révélation'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 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

**January 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

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

## Training and workshop

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

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

## 3 Hours Make and Take Workshops



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

## Upcoming Workshops—January 2024

### Bamboo Designing Workshop on Furniture

- 4 to 6 January 2024, 9am to 5pm



4TH - 6TH JANUARY 2024  
Rs: 7000

This workshop focuses on small scale furniture making from bamboo and wood combination for example chairs, tables, shelves, etc...

The Bamboo Furniture workshop will take place over 3 days, covering full day intensive sessions offered daily from 9am to 5pm.

### Bamboo Yurt Workshop

- 22 to 24 January 2024, 9am to 5pm

This workshop focuses on Bamboo Yurt building construction from bamboo and various natural materials.

The Bamboo Yurt workshop will take place over 3 days, covering full day intensive sessions offered daily from 9am to 5pm.

## Bamboo Joineries Workshop

- 29 to 30 January 2024

The Bamboo joineries workshop is a 2 days learning experience that offers the opportunity to learn the fundamentals of bamboo construction and various joineries technique.

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

**For more information,** special requirement, and pre-booking contact:

- Preferred through e-mail 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

**January 2024**

Conscious and Cultural Tour, Workshops & Therapy

## Auroville Northwest Experience

### Tours

- Auroville Northwest Tour
  - Every day 10:30am—1pm Except Sunday

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.



- Mohanam Campus Tour
  - 10am—4pm, Every Day Except Sundays

Come and visit Mohanam Village Heritage centre to explore the taste of Tamil culture, bamboo experiential farm, bio region art and craft centre, Lively one village boutique with products by bio region village artisans, saree & veshti library, herbal tea.

All above Tours One Day Advance booking is necessary

## Make and Take Workshops

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.

1. Teracotta, 1hrs
2. Kolam Mandala Painting, 2hrs
3. Coconut shell craft, 3hrs
4. Incense Making, 1—1/2 hrs
5. Lampshade Making, 3hrs
6. Paper Marbling, 1 hrs
7. Candle making, 1—1/2 hrs
8. 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
- 10am—4pm, Every day, Except Sundays

## December to Remember



### DECEMBER TO REMEMBER

A one - day camp for reflecting on the past year and dreaming for the future



#### • A One—Day Camp for Reflecting on the Past Year and Build their Intention for the Future with Gratitude

Dear, we are glad to inform you that Mohanam is organizing the yearly one day camp consecutively for the 8<sup>th</sup> time. **December to Remember** this will help children to reflect on the past year and build their intention and dream for the future. **We invite twelve children from each school** in and around Auroville and Outreach schools to participate in this camp. We will provide food and refreshment for the participants who are attending this camp.

- **30 December, 9am—4pm**
- @ Mohanam Campus (Opposite Imagination)
- Age group: 8—13 years

#### 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 workshops one day Advance booking is necessary

#### Auroville Bioregion Experience with Mohanam Team

1. Village Tour, 3hrs
2. Munnur & Perumukkal visit, 6hrs
3. Salt Dune & Kaluveli Tank Visit, 6hrs
4. Bio-region Village Temple Tour (Irumbai Shiva Temple & Panchavadi Hanuman Temple), 4hrs

5. Navagraha Temple visit (Moratandi Navagraha Temple & Prithyangara Temple), 3hrs

6. Wood Fossil Visit and Quarry Shower, 6hrs

- **10am—4pm, Every Day, Except Sundays**
- All above workshops one day Advance booking is necessary

#### 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

- **10am—2pm, Every Day, Every Sunday**
- All above workshops one day Advance booking is necessary

#### • Auroville Sunday Tour

Experience Northwest of Auroville & Village Artisan Mohanam Campus tour, Bamboo tour, bamboo sound garden, tree House experience, Special Steam Food.

#### • Hands on Workshop

Jewellery, Pottery, Lampshade, Marbelling Bamboo toy, Bamboo Instruments.

- **10am—2pm, Every Sunday**
- All this Activities is Chargeable
- One Day Advance booking is necessary

#### Mohanam school of Art & Music activities

Classes available for Kids (5 to 15 years old)

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

#### Margazhi Special Season Village Walk

- **29 December, 5 & 12 January**

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, 6—7:30am**
- Facilitator: Mohanam youth

#### Thiruvannamalai Eco & Spiritual Services

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

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

**For More Information contact:**

[mohanamprogram@auroville.org.in](mailto:mohanamprogram@auroville.org.in) (preferred)

or call +91 8300949081

Guru, For Mohanam

## ENLIGHT ACTIVITIES

### Auroville One Day Tour

Imbibe the Auroville experience and journey through the cultural diversity of the international township:

- Journey of Auroville
- Village crafts
- International zone
- Forest walk
- Sustainable farming
- Drumming circle and bonfire
- Including Lunch

One Day prior booking needed



### Bioregion Village Tour

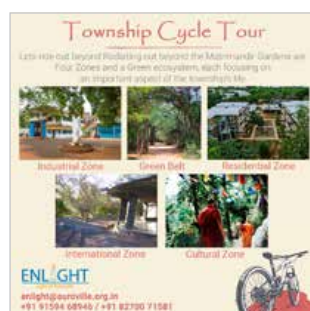
Take a break from your city life and dig deep into the heart of rural villages around Auroville where a land of peacefulness, farming and ancient customs still exists.

- Traditional Welcome, Village Walk, Kolam Experience, Handicrafts, History and Culture, Native Lunch
- One day prior booking



### Township Cycle Tour

Lets ride out beyond Radiating out beyond the Matrimandir Gardens are Four Zones and a Green ecosystem, each focusing on an important aspect of the township's life. Industrial Zone, Green Belt, Residential Zone, International Zone



### Explorative Educational Experience

Experience Auroville and travel through the cultural consciousness of the international township: Arts and Crafts, Visitor Center, Resident Family Visit, Units and Activities, Ecological Farming, Bonfire & Drumming, Canyon Exploration, Nature Trail

- Contact one day prior booking



Enlight, Light of Auroville

+91 91594 68946,  
+91 82700 71581

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

Arun, Anand & Balaji  
For Enlight team



## Honorary Voluntary

### AUROORCHARD: CALL FOR FARM VOLUNTEERS



#### Please contact

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

### GAU SEVA AT SADHANA FOREST!



Your heartfelt service is needed at the Sadhana Forest Gaushala!

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

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

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

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

### AUROVILLE FILM FESTIVAL

Need Volunteers from January 20 to January 29

**AUROVILLE**  
**8TH FILM FESTIVAL 2024**

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

## Available

### Space Available

A well protected 47sqm building, opposite Aurelec, northern side, is available. This space is ideal for an office or showroom, with generator back-up, 24 hours security, parking, provision for air-conditioners, high speed fiber internet access (BSNL and Aurinoco) and canteen facilities.



Interested people may contact Mr. Siva

- at Aurelec in person or by phone to 2622293/2622294 or e-mail [adps@auroville.org.in](mailto:adps@auroville.org.in) Siva For ADPS Trust

### Car Available

Looking for a car? We have one for you! If the car receives the currently needed upkeep by you—this would be the balance for your use for now. Please contact us: for call 10am to 1pm is best. WA fine, too. Drupad 9626561256



Ulrike

## 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

### NEW YEAR'S EVE VEGETARIAN & VEGAN BUFFET At Cafeteria Visitors Center



**Sunday, 31 December, from 6.30pm onwards**

On Sunday, 31 December from 6.30pm onwards there will be an intercontinental vegetarian and vegan buffet at Cafeteria Visitors Centre.

Enquiries and bookings welcome through email

- at [cafeteriavc@auroville.org.in](mailto:cafeteriavc@auroville.org.in) or
- 9043004919 WA.

**Come and enjoy! Happy New Year at all!**

**Your Cafeteria team, Nicole**

## 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.



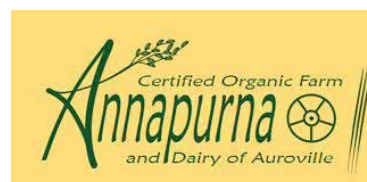
### Special holiday timings:

- We are closed on 1 January

Akash

## 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, Kuilapalayam.

While we are still in the process of adjusting our range of bread and pastries that sometimes also fail, we invite you to try a selection of German sourdough breads, pretzels, cakes, as well as our 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.



## FREE STORE OPENING TIMES

Morning hours:

- Monday to Saturday:  
8:30am—1pm

Afternoon hours:

- Tuesday and Thursday:  
2:30—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),  
[racsrapidcareservice@gmail.com](mailto:racsrapidcareservice@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.

- **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)



- **Ethiad** 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 fares from Chennai to Paris, Lyon, Milan, Munich.
- 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.
- The **Brazilian Government** will resume the requirement of visiting visas for citizens of Australia, Canada and the United States. Visa applications are available in an electronic format (E-visa). It is 100% online and the traveler does not need to visit or submit any physical documents.
- **Iran** is set to cancel visa requirements for visitors from 33 additional countries including India.
- **Cambodia** is set to launch a trial 'e-Arrival Card' scheme for all travelers starting from January 1st 2024.

**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 in it) your Original Visa, which is maybe in an older expired Passport. If not available any more, take at least a photocopy 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**



## 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, saris, blouses and kurtas.

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

Rupavathi Joy

## Taxi Share

### To Chennai Airport, 6 January, 7pm



Leaving Auroville to Chennai Airport on Saturday, 6 January, around 7pm with one person in the car. If interested to share the taxi please e-mail:

- [kaiesko@gmail.com](mailto:kaiesko@gmail.com) or +491632751242 WA  
or try to call: +91 8489528774, Kai Sasa

Kai

## Poetry

### UNDER MILK WOOD

Every morning when I wake,  
Dear Lord, a little prayer I make,  
O please do keep Thy lovely eye  
On all poor creatures born to die

And every evening at sun-down  
I ask a blessing on the town,  
For whether we last the night or no  
I'm sure is always touch-and-go.

We are not wholly bad or good  
Who live our lives under Milk Wood,  
And Thou, I know, wilt be the first  
To see our best side, not our worst.

O let us see another day!  
Bless us all this night, I pray,  
And to the sun we all will bow  
And say, good-bye—but just for now!

Dylan Thomas

## PEEL THE ONION SKIN

Peel the onion skin

Of existence

Opinions fall off

Revealing union

At the core

With joyful Gratitude,  
Anandi Z.

## Voices and Notes

### ERRATA



In the N&N issue 1006 we published an article called 'The History of the Auroville Dog Shelter from Feb to Dec 2023' from the Working Committee submitted by Tine. In fact, this article was meant to be submitted by all the members of the Working Committee: Anu, Arun, Joseba, Partha, Selvaraj, Tine

Roy & AgniJata

## AUROVILLE'S ONGOING

### Progressive Developments: 1968-2023

And some of them involve high level court cases which are quite discombobulating for the normal human. But Auroville, this City of Dawn, is not just created for 'normal' humans who wish to live a 'normal' human life.

It's a relief that we have highly competent and professional members within Auroville's legislated body corporate (see <https://auroville.org/page/the-auroville-foundation>), all the way to the highest Government bodies of Bharat Mata, to help sort things out legally. Eternal gratitude to all who resonate and help manifest the Vision-Goal of our Avatar founders Sri Aurobindo and the Mother. We can then continue on with our Integral Yoga, preparing our individual and collective psycho-spiritual-physical base, which is the rationale of Auroville, this City of Dawn as a progressive sanctuary and living laboratory towards the Divine Manifestation of the new species the Supramental being. Our three Core Ideal documents (see <https://auroville.org/page/core-documents>) serve as clear guidance to this divine endeavor.

We have much work to do...

To anyone who creates mischief and trouble, our Avatar founders have given enough warnings, fully knowing the effects of karmic actions, including both unconscious and especially for the more dire conscious negative actions.

The Mother has one very short but straight-to-the-point reminder:

'Men, countries, continents!

The choice is imperative:

Truth or the abyss.'

She was further asked for a reconfirmation:

'About the New Year Message of 1967, you say that the choice is between truth or the abyss. The abyss seems to be gaping just in front, yet there is a confidence that it will be removed from the way.'

And She replies:

'The confidence is quite legitimate.

The message is only for those who are still asleep and quite satisfied with their sleep.'

- <https://incarnatetoword.in/cwm/15/comments-on-new-year-messages>

Zech, 2023.12.23

**ALL IS THE DIVINE, ALL IS ONE**

*'...but some things are more divine than others.'*  
Sri Aurobindo

Applying this Divine Logic, it follows that everything that has happened, is happening, and will happen, is the Will of the only One Supreme Divine Consciousness-Force.

December 2023: a decisive stage in the 55-year progressive manifestation of Auroville has been reached with the solid assistance of awakened and conscious leaders of Bharat Mata, and we joyfully continue on in Bhakti-Jnana-Karma Yoga with the Supreme Divine Mother in fully preparing Her City of Dawn as **a conducive, modern and progressive cradle for the Divine Manifestation** (see <https://auroville.org/page/core-documents>) of the new apex species the Supramental being.

Om Namo Bhagavate

PS: *'All is the Divine and the Divine alone exists.'*

*'All is the Divine, even that which is undivine.'*

*'All is the Divine, but some things are more divine than others.'*

(each individual has to play one's unique role in the cosmic hierarchy of beings and consciousness-forces, at times seemingly contradictory but complementary, so we can learn from each other as living experiential examples—some through dancing, some through wrestling, etc.—and progressively evolve, life after progressive marvelous life)

*'In fact, this is what we have said more than fifty thousand times: that all is the Divine and that consequently all is One; that it is only your consciousness which is separated and in a state of unconsciousness because it is separated; but that if you remove this unconsciousness and this sense of separation, you become divine.'*

Sri Aurobindo and the Mother—Avatar founders of Auroville, the City of Dawn

- <https://incarnateword.in/search?query=All+is+the+divine&page=1&phrase=true>

Zech, 2023.12.20

**EXIT POLICY: USES AND MISUSES**

Like every other policies and groups, the exit policy and Exit review group is also bound to fall to politics, revenge, and personal liking and dislikings. It sounds like a dangerous toy in the hands of kids. It is better to have no such tool unless we are wise and capable and filled with love.

Power without love is dangerous, The mother Kali is most furious and at the same time she is most loving. The mother Durga is most powerful and at the same time, she is the most conscious, protective and caring as well. We love to have the power but do not even rethink 'are we capable of holding such power? are we even eligible?'

One wonders, do we want to do this because we care for people or we want to punish the people? Isn't it going to kill whatever freedom is remaining? We love power without having the power to love. I feel we must stay away from this dangerous game of power.

We must not misadventure to another new Era of creating troubles in Auroville's evolution, rather we must learn how to surrender to the divine mother's will. Like 'eye for an eye' leaves the world blind, being judgemental on people, being critical on people, trying to punish people will do no good to the spiritual society.

We all have seen in Auroville who have played games with the mother's will, the mother has been taking care of them in the best possible manner, we do not need to take in our hands the mother's role. Only thing we need to practice more and more is to:

**Surrender. Please, Let Thy Will Be Done.**

*Best wishes, Arabinda*

**SRI AUROBINDO ON MAHAKALI**

If you are afraid of the Mother's scoldings, how will you progress? Those who want to progress quickly, welcome even the blows of Mahakali because that pushes them more rapidly on the way.

CWSA, 28 September 1933, Vol. 32, p. 353

**The Mahakali Method**

The Mother uses the method you speak of, the Mahakali method, (1) with those in whom there is a great eagerness to progress and a fundamental sincerity somewhere even in the vital, (2) with those whom she meets intimately and who, she knows, will not resent or misunderstand her severity or take it for a withdrawal of kindness or grace but will regard it as a true grace and a help to their sadhana.

There are others who cannot bear this method—if it was continued they would run a thousand miles away in misunderstanding, revolt and despair. What the Mother wants is for people to have their full chance for their souls, be the method short and swift or long and tortuous. Each she must treat according to his nature. CWSA, Vol. 32, p. 353

**Blows of Mahakali as Blessing**

*Disciple: Is it true that when I realise the Divine Consciousness there will be no difference between the Mother's will and mine? I would like her to tell me whatever her will is, even if it is unpalatable to me—not to say 'If you like' or 'As you like', but to say 'Do this' or 'Do not do this.'*

Certainly, when the Divine Consciousness is fully realised, there will be no difference between the Mother's will and the sadhaka's.

For a relation to exist in which Mother can do as you say, the sadhak must not be afraid of the Mahakali aspect and ask only for sweetness. He must be able to take the blows of Mahakali as a blessing. He must also believe in her vision and judgment and word, otherwise when she says or does something unpleasant to his ego that ego will go sulking, justifying itself, calling her names etc. as is the habit with so many in the Asram when she does not do what they like.

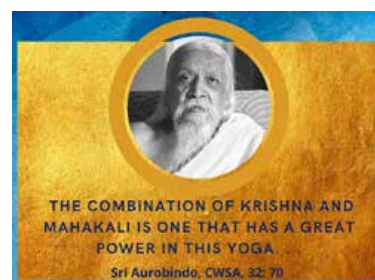
There are very few here who can take this attitude even imperfectly, but it is with them that the Mother has this relation. With others, who have a different nature, she cannot but behave differently—for she has to act with each according to his nature. CWSA, Vol. 32, pp. 353-354

**The Mahakali Force**

*Disciple: About the Mother's Mahakali aspect it is said in The Mother: 'When she is allowed to intervene in her strength, then in one moment are broken like things without consistence the obstacles that immobilise or the enemies that assail the seeker.' How is this intervention of the Mahakali force felt?*

It is felt as if something swift, sudden, decisive and imperative. When it intervenes, it has a kind of divine or supramental sanction behind it and is like a fiat against which there is no appeal. What is done cannot be reversed or undone. The adverse forces may try, may even touch or invade, but they retire baffled and it is seen as soon as they withdraw that the past ground has remained intact—it is felt even in the attack.

Also the difficulties that were strong before touched by this fiat lose their power, their verisimilitude destroyed or are weak shadows that come only to flicker and fade away. I say 'allowed', because this supreme action of Mahakali is comparatively rare, the action of the other Powers or a partial action of Mahakali is more common. CWSA, Vol. 35, pp. 115-116



**Mahakali** is of another nature. Not wideness but height, not wisdom but force and strength are her peculiar power. There is in her an overwhelming intensity, a mighty passion of force to achieve, a divine violence rushing to shatter every limit and obstacle. All her divinity leaps out in a splendor of tempestuous action; she is there for swiftness, for the immediately effective process, the rapid and direct stroke, the frontal assault that carries everything before it. Terrible is her face to the Asura, dangerous and ruthless her mood against the haters of the Divine; for she is the Warrior of the Worlds who never shrinks from the battle. Intolerant of imperfection, she deals roughly with all in man that is unwilling and she is severe to all that is obstinately ignorant and obscure; her wrath is immediate and dire against treachery and falsehood and malignity, ill-will is smitten at once by her scourge.

Indifference, negligence and sloth in the divine work she cannot bear and she smites awake at once with sharp pain, if need be, the untimely slumberer and the loiterer. The impulses that are swift and straight and frank, the movements that are unreserved and absolute, the aspiration that mounts in flame are the motion of Mahakali. Her spirit is tameless, her vision and will are high and far-reaching like the flight of an eagle, her feet are rapid on the upward way and her hands are outstretched to strike and to succor. For she too is the Mother and her love is as intense as her wrath and she has a deep and passionate kindness. When she is allowed to intervene in her strength, then in one moment are broken like things without consistence the obstacles that immobilize or the enemies that assail the seeker. If her anger is dreadful to the hostile and the vehemence of her pressure painful to the weak and timid, she is loved and worshiped by the great, the strong and the noble; for they feel that her blows beat what is rebellious in their material into strength and perfect truth, hammer straight what is wry and perverse and expel what is impure or defective. But for her what is done in a day might have taken centuries; without her Ananda might be wide and grave or soft and sweet and beautiful but would lose the flaming joy of its most absolute intensities. To knowledge she gives a conquering might, brings to beauty and harmony a high and mounting movement and imparts to the slow and difficult labor after perfection an impetus that multiplies the power and shortens the long way. Nothing can satisfy her that falls short of the supreme ecstasies, the highest heights, the noblest aims, the largest vistas. Therefore with her is the victorious force of the Divine and it is by grace of her fire and passion and speed if the great achievement can be done now rather than hereafter.

CWSA, Vol. 32, pp 19-20

Paulette



## 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

- [Teens Connect Ep. 10](#) (Integral Education)
- [Seeking Our Inner Being Se. 1. Ep. 5](#) (Spirituality)
- [Marlenka's weekly Offering—Ep.111](#) (Literature)
- [Une série hebdomadaire de lectures par Gangalakshmi—456](#) (Integral Yoga)
- [Exploring Education in Arts, Animation and Film-making—Ep. 27 'The Silent Years—Post-World War I European cinema'](#) (Cinema)

### Last Youtube Live Video

- [Auroville Tango: Musicality-Rhythmic base and syncopation](#)

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/e4jhPpI>
  - **Amazon.com:** <https://a.co/d/cwpVBIj>

**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
	Intermediate Started 14 December	3—4pm 2:30—3:30pm	Monday Thursday
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@aurovillelanguagelab.org](mailto:info@aurovillelanguagelab.org)
- Phone: (0413) 2623661, 2622467, 919843030355

Vismai, for Language Lab Team

## Classes, Workshops & Healing Arts

### MINDFULNESS



### 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

### BODY IN LIGHT

### Energy Healing Workshop

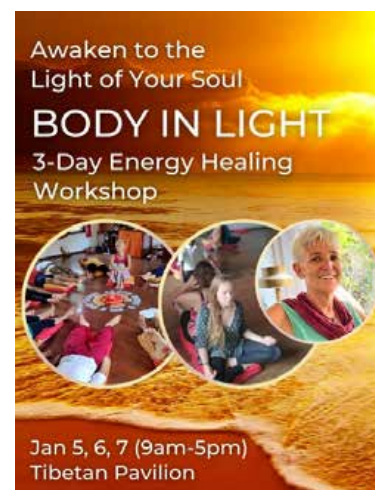
January 5—7, 9am—5pm

In this 3-day workshop, learn:

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

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

- Register now: [contact@auroville-jiva.com](mailto:contact@auroville-jiva.com), or +91 7041391995 WA



Warmly, Niharika Sanyal

## AUROMODE YOGA SPACE

### January 2024 Schedule

Registrations must for all the program. Email or WA us to know about the fees structure and other details.

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

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

### Vinyasa flow with Bala

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



#### Date and Time

- Every Friday, 5:30—7pm
- Every Saturday, 5:30pm—7pm
- Every Sunday, 5:30—7pm

### Mobility with Karalakattai

#### Monday to Friday, 11am—2pm

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

### Yogic Tamil food

#### Every Sunday, 1—2pm

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



### Bollywood dance with Pranati

#### Every Tuesday, Kids 5—6pm, Adults 6—7pm

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

## Auroville Yoga Experience

### • 24—30 January, 23—29 February

**JAN 24 TO 30, 2024**  
**FEB 23 TO 29, 2024**

Discover Auroville and deepen your yoga practice with 2 Aurovillians  
Daily Yoga practice & Explore Auroville projects

**Contact:** [balaganesh.siva@gmail.com](mailto:balaganesh.siva@gmail.com) or [huyslaure@gmail.com](mailto:huyslaure@gmail.com)  
WA +91 98926 99804 / +33 695651135

Discover Auroville and deepen your yoga practice with 2 Aurovillians Daily Yoga practice & Explore Auroville projects

- Contact: [balaganesh.siva@gmail.com](mailto:balaganesh.siva@gmail.com) or [huyslaure@gmail.com](mailto:huyslaure@gmail.com)
- WA +91 9892699804/ +33 695651135

Join Laure and Bala's courses based in Auromode Yoga Space. Here's the program for both weeks:

Daily Yoga, Pranayamas and Meditation practice

#### Experience all 4 paths of yoga:

- Bhakti yoga—Local temple visits & mantra chanting
- Karma Yoga—Volunteering in several Auroville farms
- Jnana Yoga—Yogic philosophy classes, local culture and legends, yogic lifestyle
- Raja Yoga—Practice of yoga asanas & other bodywork methods like Kalaripayattu (South Indian martial art), mindfulness in Auroville forest...

**Exploration of Auroville:** Matrimadir visit, sound healing experience and visit of several Auroville projects. Deepen your knowledge about sustainable living.

### Tamil culture and temple visit

#### • Every Sunday, 10am—12:30pm



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

- In your own vehicle or auto at extra cost

[balaganesh.siva@gmail.com](mailto:balaganesh.siva@gmail.com)  
WA +91 98926 99804

We have activities all though the week, DM us  
Bala

### YOGA CLASSES in Bharat Nivas

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

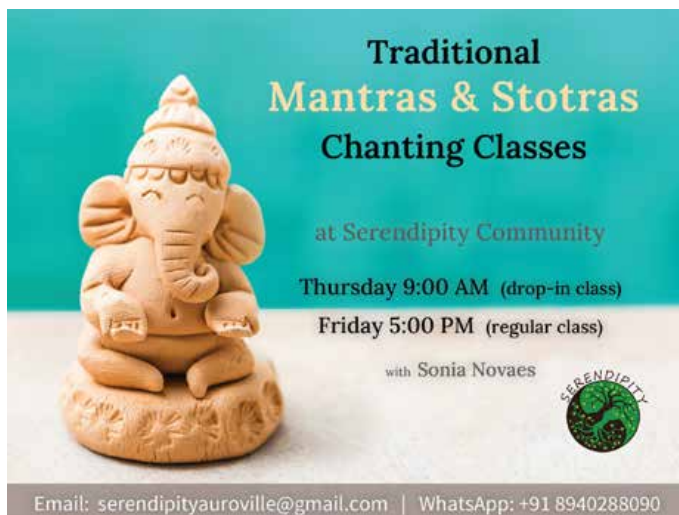
- Ashtanga Yoga from 8—9:30am.
- Hatha Yoga 4:30—6pm.

Class is open for all levels. No pre registration required.

With gratitude, Jessica



## TRADITIONAL Mantra and Stotra Classes



**Traditional  
Mantras & Stotras  
Chanting Classes**

at Serendipity Community

Thursday 9:00 AM (drop-in class)  
Friday 5:00 PM (regular class)

with Sonia Novaes

Email: [serendipityauroville@gmail.com](mailto:serendipityauroville@gmail.com) | WhatsApp: +91 8940288090

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

### ANGAM TREE



#### 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

Submitted by Raja

## ARKA WELLNESS CENTER & MULTIPURPOSE HALL

Regular activities, 0413 2623799

### Treatments

Treatment	Therapist	When
Body Logic, Soft Massage and Deep Tissue Massage.	Pepe	Monday to Saturday by Appointment 9943410987
Cranio sacral, Lomi Lomi Kahuna massage, Barefoot body massage	Silvana	Monday to Saturday by Appointment 9047654157
Facial, Manicure, pedicure, Threading, Waxing, Haircuts, Hair colouring, Henna colouring	Meha	Monday to Saturday: by Appointment 9443635114
In Nutrition, Diet, Weight Loss and Weight Management, Psychosomatic.	Nadia (English & French)	Monday and Wednesday afternoon by Appointment: 948 90 35 457
Kahuna, lomilomi Heartwork, hot stone Ili'Ili.	Sang	Monday to Sunday 8807132468 +4591118176 WA
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 to 4:30pm, Tuesday: 5 to 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
Sound Chakras healing	Lakshmi:	by Appointment: 8489764602
Heartful Meditation	Avanthika: 6380238326	Thursday: 9 to 10am
Chinese Fire Cupping and Moxibustion Therapy	Chun: 8098900708	Monday to Saturday

Ramana, Arka, 0413 2623799.

### DEEP SOUND BATH TIBETAN BOWLS

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

There will be a **Light** massage by the Tibetan Bowls. Lie down, relax, simply allow yourself to experience the ancient sound from the Tibetans bowls.

The practice produces a soothing sound believed to have a powerful effect in the body's energy system, helping to balance the chakras and promote healing. Drop in the Hall, no reservation needed. Please arrive 10 minutes before



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

Sathyayuga, +917639761930 WA

SHIATSU



# SHIATSU

— AN ART OF TOUCH

because Health matters!

**For info and registration:**

shiatsuindia@gmail.com  
WA, Signal, Telegram:  
+91-9751 513906

**Seminars to begin or deepen Your Journey**

**January 2024**  
**Fri 5<sup>th</sup> & Sat 6<sup>th</sup>**

Preparation for the 6-day courses.  
Open to anyone interested.

**Thur 11<sup>th</sup>– Sat 13<sup>th</sup>** Shen (Spiritual) Aspects of  
**Thur 18<sup>th</sup>– Sat 20<sup>th</sup>** Elements - 6 days

Come and experience and explore conscious and calm perception, inner sensing and Awareness of Touch, combined with the study of the 12 Classical Meridians and 5 elements, health wisdom, strengthening and harmonising exercises and ways of moving for your daily practice.

**Ulrike Urvasi**

Seminar location:  
Budokan Auroville,  
Dehashakti Sports Ground,  
Dana, Auroville.

Courses are part of a 2 - 3 years/ 500 hours Shiatsu Practitioner Training to be established.

Introduction to Shiatsu & Meridians - 2 days

## PITANGA



**PITANGA CULTURAL CENTRE**

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

**Holiday Program 26 December to 6 January**  
Pitanga is closed on Monday, 1 January 2024  
A Happy and Healthy 2024, Pitanga Team



## Classes — Registration required

- **Iyengar Yoga with Chloé**
  - 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 (Not on 29 December, beginning again on 24 January)	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—4pm	Weekly Readings of the Life Savitri with Patricia	All are welcome to join
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.
<b>Saturdays</b>		
11am—12:30pm	Iyengar Yoga with Tatiana (on pause until further notice)	Mixed levels
11am—12:15pm	ATB explorations with Isora, Rosario and Teresa	All are welcome
4:30—5:30pm	Bodymusic with Anandi Z	All are welcome

## 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
  - Thai Massage by Juan

## Youth activities

During the holidays from 26 December to 6 January the classes for the youth with Lisbeth and Gala are paused.

- **No classes** for children on Saturday, 23 December with Gala

## New Activities

### Born Free: A Five Hour Transformative Workshop with Ange Blancheflower

• Monday, 8—12 January, 12:45—1:45pm

If your Answer to 3 or more of the Following Questions is a YES, Then it would be my absolute pleasure to Invite you to the 5 Sessions, in person Workshop 'BORN FREE'



1. Do you feel dissatisfied in any area in your life? Perhaps you're thinking of making changes in your life but you have already tried many times without success.
2. Do you have dreams, great goals and ideas on how you would like to live your life but you don't know how to do it?
3. Perhaps you have achieved a lot in life, you have done great things but you feel like you would like to experience more. This feeling makes you unsatisfied and you don't understand how to get rid of it.
4. Maybe you are completely lost in life, you feel stuck in the same place and you start to lose hope that you can change anything.
5. Maybe you study self development and the power of the subconscious. Maybe you have watched 'The Secret', you feel that you know a lot about it, but your results in life are unsatisfactory. You don't know how to apply the knowledge you study so thoroughly.

These Five Days could be Transformational to your Life.

Ange Sabine Blanchflower

### For Giving Love

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

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.

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

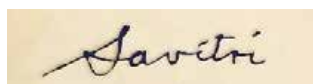
### Reading Savitri

• 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.



## ATB explorations

Awareness through the body

- Every Saturday, 11am—12:15pm
- Not on 30 December

A joyful space for discovering oneself and developing attention and relaxation.

'Whatever you may want to do in life, one thing is absolutely indispensable and at the basis of everything, the capacity of concentrating attention.' The Mother

All are welcome, Drop-in session.

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

January 2024

- 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)



### 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 Craniosacral Therapy	Mila
Integrated Craniosacral & Foot Reflexology	Radhika
Craniosacral Therapy	Radhika

### Workshops (pre-registration required)

Day & Date	Workshops (pre-registration required)	Timings	Pre-senters
Friday, January 5	Master Class: Yoga to Calm the Nervous System & Mind	9:15am—12pm	Andres
Friday, January 5	Master Class: Sivananda Yoga	9:15am—12pm	Mani
Saturday, January 6	Awareness Through the Body: Exploring Form	9:15am—12pm	Amir
Saturday, January 6	Master Class: Yoga Asanas & the Spine	9:15am—12pm	Rebeca
Friday, Saturday & Sunday, January 12, 13, & 14	Prana Yoga: Tuning Life Energy	9:15am—4:45pm	Ananda
Tuesday, January 16	Understanding Pranayama & Its Practice in Asanas & Meditation	9:15am—12pm	Radhika
Friday, Saturday & Sunday, January 19, 20 & 21	Self-Awareness & Love	9:15am—4:45pm	Ananda
Saturday, January 20	Face & Eye Yoga: Face Your Self	2—4:45pm	Mamta
Friday, January 26	Yoga Therapy for Back Pain	9:15am—12pm	Bijou
Saturday, January 27	Master Class: Mantra, Breathing & Asanas for Internal Organs	9:15am—12pm	Andres

## Yoga & Re-creation Programs

Days	Drop-in Classes	Timings	Presenters
Mondays	Gentle Hatha Yoga (no class January 1)	7:30— 8:30am	Claire
	Pranayama & Meditation (no class January 29)	9:15— 10:15am	Radhika
	Hips Opening Immersion	10:45— 11:45am	Abharana
	Yin Yoga Nidra (no class January 1)	3:30— 4:30pm	Bijou
	Deep Sound Bath	5—6pm	Satyayuga
	Hatha Vinyasa Yoga (no class January 1)	5—6pm	Andres
Tuesdays	Sivananda Yoga (no class January 16)	7:30— 8:30am	Mani
	Yoga Asana: Deep Stretch & Relaxation (no class January 30)	9:15— 10:15am	Radha
	Face & Eye Yoga	3:30— 4:30pm	Mamta
	Vinyasa Flow (no class January 23)	5—6pm	Rebeca
	Movement & Yoga Nidra	5—6pm	Abharana
Wednesdays	Gentle Hatha Yoga	9:15— 10:15am	Claire
	Twists & Balance	10:45— 11:45am	Abharana
	Yin Yoga Nidra (no class January 3)	3:30— 4:30pm	Bijou
	Kirtan- Songs for Your Soul	5—6pm	Mamta & Savitri
	Hatha Vinyasa Yoga	5—6pm	Andres
Thursdays	Sivananda Yoga	7:30— 8:30am	Mani
	Yoga for Inner Alignment— Pranayama & Asanas	9:15— 10:15am	Radhika
	Open Heart Space Meditation	3:30— 4:30pm	Samrat
	Vinyasa Flow (no class January 25)	5—6pm	Rebeca
	Somatic Exploration	5—6pm	Seza
Fridays	Yoga Asana: Deep Stretch & Relaxation	7:30— 8:30am	Radha
	Heart Opening Yoga (no class January 5 & 12)	10:45— 11:45am	Abharana
	Hatha Vinyasa Yoga	5—6pm	Andres
	Free Flow Dance & Movement	5—6:30pm	Vega
	Regeneration Circle: Voices of Wholeness	7.30— 8.30pm	Nadim
Saturdays	Peace with Pranayama (no class January 13)	7:30— 8:30am	Mamta
	Sivananda Yoga	5—6pm	Mani
	Mindful Flow—Awaken in Movement & Stillness	5—6pm	Savitri

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)



### 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.

### Sivananda Yoga: Masterclass with Mani

- Friday, 5 January, 9:15am—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.

### Master Class: Yoga to Calm the Nervous System & Mind with Andres

- Friday, 5 January, 9:15am—12pm  
(theory booklet included)

Modern life often seems designed to bring strain to our nervous systems, contraction to our bodies, and imbalance to our minds. But there are ancient tools from Yoga that are designed to free us from the restraints that keep us from experiencing well-being, inner peace, and contentment. Learn the practical techniques of breathing, mantra, asana, and relaxation that calm the mind, relax the nervous system, and awaken the balance that already dwells within the memory of our bodies.

### Awareness Through the Body: Exploring Form with Amir

- Saturday, 6 January, 9:15am—12pm

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

### Master Class: Yoga Asanas & the Spine with Rebeca

- Saturday, 6 January, 9:15am—12pm

Anatomy and biomechanics from a physiotherapeutic point of view. The spine is the central axis of the physical body and the housing of the central nervous system, it's intimately involved in everything we do in daily life and in our yoga practice. We will explore through practice and an anatomical focus, its role as structural support. You'll sense your own unique anatomy to find ways of practicing yoga that are inspired by the shape and form of our own bones, allowing us to move with more ease and grace, and preventing injuries. Sessions open to all, specially designed for yoga teachers or yoga practitioners.

Best regards,  
and we wish you a wonderful year ahead :)

Kathir for  
Vérité Programming

## HOLISTIC: HEALING AND AWARENESS



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

+919489805493 WA

For kinesio only: +33686928426 WA

Ashtanga Yoga With Christine P 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

## QUIET HEALING CENTER



### Baby Watsu Class with Appie & Friederike

- Monday, 8 January, 9:30—11am

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

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

### Watsu® Yoga Round with Fred & Roberto

- Monday, 8 January, 3—6:30pm

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

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

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

### Watsu® for Babies with Dariya

- Tuesday, 16 January, 8:45am—6pm, 8 hours

Watsu for Babies is a beautiful and spontaneous way of experiencing the first childhood years and is open to all those, who would like to feel the joy of being in water with babies.

In this course, you'll discover that emotions arising from spontaneous movements in water open up extraordinary borders; they allow us to be in the present moment, simply listening to the breathing of the baby, while being supported by the healing powers of water.

Through some Tantsu and Ai-Chi exercises on land, you'll start listening to yourself and to the baby you hold in your arms. You'll also learn possible transitions of the Watsu sequence in order to expand it in creative ways for babies.

Thanks to the collaboration with Gianni De Stefani, a senior WABA instructor, Dr. Riccardo Palumbo has been able to develop a new massage, which is introduced in this course to bring Watsu into the world of babies.

- Prerequisite: Watsu® Basic or a degree to work with babies in water. Certificate upon completion of the course.

### Watsu® Basic with Petra

- Tuesday, 23 & Wednesday, 24 January  
8:45am—6:30pm, 16 hours

Watsu is an aquatic bodywork modality given in a warm water pool (ideally 35°C). This basic course introduces the necessary qualities and body mechanics required to work with someone in water in order to create a profound state of both physical and mental relaxation.

In this course, you'll practice basic techniques and essential qualities such as grounding, presence, stillness, movement, and attention, while holding and moving another person in water. You'll experience floating other people and being floated, thereby opening new pathways for deep relaxation and nurturing body, mind and spirit.

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

## Holistic Hand & Foot Reflexology Training with Ananda

• Wednesday, 24—Sunday, 28 January  
9:30am—6pm, 30 hours

Holistic Reflexology is a deeply relaxing, healing & balancing tool for body-mind-energy. With meditative presence, loving energy & by activating and relaxing nerve endpoints, lymphatic nodes and energy points in hands and feet, we support harmonizing internal organs, blood circulation, nervous, hormonal, lymphatic systems and boost immunity.

In this training, you'll learn and practice: anatomy of physical & energy bodies and hand & foot reflexology maps; hand & foot reflexology techniques and sequences for organs, nervous, lymphatic, hormonal and energy balancing; lymphatic flush drainage sequence for detoxification; warm-up, self-healing, theory, practice, exchange sessions and integration; meditations to be open channel of presence and loving energy; effective ways to give deep healing sessions effortlessly; client reading and connection, flow, and after session support.

This training is for anyone, who wants to heal oneself, is an intuitive healer and wants to learn an effective art and science of healing, wants to work professionally with Reflexology, wants to share love and healing touch with family and friends, wants to learn the mysteries of body, energy and right tools to heal or is already into healing and wants to make it more effective and effortless.

• **No previous experience required.** Certificate upon completion of the course.

## Watsu® & Meditation with Dariya

• Thursday, 25 & Friday, 26 January  
8:45am—6pm, 15 hours

Meditation is an important tool to listen, accept and know ourselves, and to become more intuitive towards ourselves and others. In our understanding, the purpose of meditation is to cultivate presence and peace of mind, which foster possibilities to connect to our unique essence and the world around us. It also encourages development of our intuition and perception through the heart, while allowing a sharper awareness through the rational mind. This might at times support making choices from a deeper and more authentic place.

Meditation essentially helps to develop our capacity for personal expansion and is the basis for our ability to deeply listen to and be fully present with the person we float during a Watsu session.

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

## Watsu® 1 (Transition Flow) with Petra

• Saturday, 27—Wednesday, 31 January  
8:45am—6:30pm, 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

## THE EMBODIED VOICE Two-Day Intensive

13—14 January at the Tibetan Pavilion  
10am—12.30pm, 2pm—4.30pm

Contact Shalini, [shalini.voicework@gmail.com](mailto:shalini.voicework@gmail.com)  
for more information.

Shalini

## YOGA—MEDITATION

### & Stress Management Workshop

29 to 31 December, 7:45am—5pm

@ 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



*Cinema*

## AUROVILLE FILM INSTITUTE

### Screenings Of Award-Winning Documentary Films



The Auroville Film Institute and Taskovski #DocsConnect Training invites you to the screenings of award-winning documentary films. Due to limited space, please register in advance by confirming your attendance via +91 9769976898 WA.

- Voluntary contributions are welcomed.
- All film screenings will take place in the presence of Producer Irena Taskovski.

### • Czech Dream

- 3 January 2024 (08:00 IST)
- Filip Remunda and Vit Klusak, Czech Republic, 2004, 104 mins

A documentary comedy that documents the largest consumer hoax the Czech Republic has ever seen. Filip Remunda and Vit Klusak, two of Eastern Europe's most promising young documentary filmmakers, set out to explore the psychological and manipulative powers of consumerism by creating an ad campaign for something that didn't exist.



### • Radiograph of a family

- 4 January 2024 (08:00 IST)
- Firouzeh Khosrovani, Norway, Iran, Switzerland, 2020, 82 mins

An Iranian couple living through the 1979 Islamic revolution undergoes changes within their family. The story is told through photographs, archive footage, letters, and voices, using their home in Tehran as a metaphor for the shifts in modern Iranian society.



### • Siberian Love

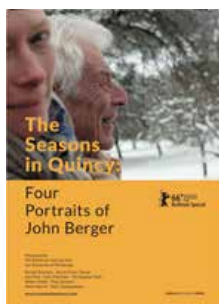
- 5 January 2024 (08:00 IST)
- Olga Delane, Germany, 2016, 80 mins

After living for 20 years in Berlin, Olga Delane returns to her family in Siberia. Members of her family and the village community comment on her modern, single life in the city, and tell her about their own none-too-happy marriages. At times amusing and moving, the elegantly filmed scenes paint a picture of a hard farming life with little room for romance. Note: A Q&A session will be conducted in the presence of the director.



- **The Seasons in Quincy: Four Portraits of John Berger**
  - 6 January 2024 (08:00 IST)
  - Tilda Swinton, B. Dziadosz, C. MacCabe, C. Roth, United Kingdom, 2016, 89 mins

A portrait of the artist, philosopher, and writer John Berger, this documentary is the result of a project undertaken by some of Berger's friends and collaborators, including Tilda Swinton. The four film essays, pitched as seasonal chapters, explore his life and work in the Alpine village of Quincy.

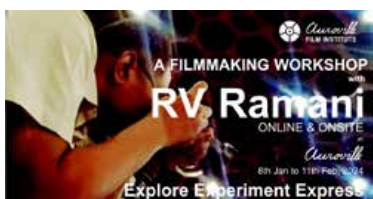


Rutik Katare, Co-ordinator, Auroville Film Institute

### 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 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.

Richa

### 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, 5 January

#### Drought and floods—the climate exodus

2020/ 54 minutes/ DW

More people around the world are fleeing from climate change than from war. If human-induced climate change continues at the current rate, the World Bank warns that by 2050 there could be as many as 180 million climate refugees.

Shek



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

- **Reminder:** Friday, 29 December, **Lamb** by Yared Zeleke, Ethiopia, 2015
- Friday, 5 January, 8pm, **The Old Oak**

Director: Ken Loach, UK, 2023

With: Dave Turner, Ebla Mari, Claire Rodgers

**Synopsis:** The Old Oak is the last remaining pub in a former mining town in County Durham, North East England. TJ Ballantyne the landlord struggles to hold onto his pub and keep it as the one remaining public space where people can meet in the town. His predicament is endangered even more when the pub becomes contested territory after the arrival of Syrian refugees who are placed in the village without any notice. But Ballantyne strikes up a friendship with one of the refugees, a curious young Syrian woman, Yara... Ken Loach once again creates a production to highlight a social problem in England, which is fundamentally about community, friendship and hope!



The Old Oak had its world premiere at the 2023 Cannes Film Festival where it competed for the Palme d'Or.

Original English version with English Subtitles

Duration: 1h 53'

Surya for the Aurofilm Team



**CINEMA PARADISO**  
**Multimedia Center (MMC) Auditorium**  
**Film Program**  
**01 January 2023 to 07 January 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.

**No film scheduled—Monday, 1 January**



**Potpourri—Tuesday 2 January, 8pm**  
**LE CHARME DISCRET DE LA BOURGEOISIE**  
**(The Discreet Charm of the Bourgeoisie)**

France-Italy-Spain, Writer-Dir. Luis Buñuel w/ Fernando Rey, Delphine Seyrig, Paul Frankeur, and others, Comedy, 1975, French-Spanish-Latin w/English subtitles, Rated: PG

The story revolves around a series of dreams which centres around six different individuals. They are—The ambassador of the Latin American republic of Miranda, M. Thevenot, his wife Simone and her sister Florence who arrive for a dinner party at the house of Alice Sénéchal and her husband Henri. They politely express their outrage towards their interrupted attempts to have a meal together as the dinner never quite arrives.

**Interesting—Wednesday 3 January, 8pm**  
**FOUND**

USA, 2021, Dir. Amanda Lipitz w/ Lily Bolka, Chloe Lipitz, Sadie Mangelsdorf, and others, Documentary-Drama, 97mins, English w/English subtitles, Rated: PG

Three young women adopted as babies from China go on a journey to discover their roots. For them, it is a journey of self-discovery to find out who and what make up a family. They also discover a people who are not the stereotypes that media and politics would have us believe. This film is a journey into the heart. It is simply done, yet powerful.

**Selection—Thursday 4 January, 8pm**  
**THE OTHER SIDE OF THE WIND**

France-Iran-USA, 2018, Writer-Dir. Orson Welles w/ John Huston, Oja Kodar, Peter Bogdanov, and others, Drama, 122mins, English-German w/ English subtitles, Rated: R

Created over 48years and released posthumously after passing of the director, in this satirical film the story utilizes a film-within-a-film narrative. It follows the last day in the life of an aging Hollywood film director as he hosts a screening party for his unfinished latest project. The film was shot in an unconventional documentary style featuring a rapid-cutting approach between the many cameras of the story's numerous journalists and newpeople with both color and black-and-white footage. The satire was about passing of Classic Hollywood and of the avant-garde filmmakers of Europe and New Hollywood in the 1970s. The film holds the record for the longest production time in history of cinema thus far.

**International—Saturday, 6 January, 8pm**

**APOLLO 10½: A SPACE AGE CHILDHOOD**

USA, 2022, Writer-Dir. Richard Linklater w/Milo Coy, Jack Black, Lee Eddy, and others, Animation-Adventure, 97mins, English w/ English subtitles, Rated: PG-13

The story of the first moon landing in the summer of 1969 from two interwoven perspectives. It both captures the astronaut and mission control view of the triumphant moment, and the lesser-seen bottom-up perspective of what it was like from an excited kid's perspective, living near NASA but mostly watching it on TV like hundreds of millions of others. It's ultimately both an exacting re-creation of this special moment in history and a kid's fantasy about being plucked from his average life in suburbia to secretly train for a covert mission to the moon.

**Children's Matinee—Sunday, 7 January, 4pm**

**THE MAGICIAN'S ELEPHANT**

USA-Australia, 2023, Dir. Wendy Rogers w/Noah Jupe, Mandy Patinkin, Brian Tyree Henry, and others, Adventure-Comedy, 99mins, English w/ English subtitles, Rated: PG

The orphan boy Peter sets out to find his missing sister. He asks a fortune teller if she is still alive. She advises him to find a magician with an elephant. Peter must then complete three difficult tasks.

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

**Ciné-Club Sunday 7 January, 8pm**

**TSUBAKI SANJURÔ (Sanjuro)**

Japan, 1962, Dir. Akira Kurosawa, w/ Toshirô Mifune, Tatsuya Nakadai, and others, Action—Drama, 96 mins, Japanese w/ English subtitles, Rated: NR.

Toshiro Mifune swaggers and snarls to brilliant comic effect in Kurosawa's tightly paced, beautifully composed Sanjuro. In this companion piece and sequel to Yojimbo, jaded samurai Sanjuro helps an idealistic group of young warriors weed out their clan's evil influences, and in the process turns their image of a proper samurai on its ear.

**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)

- *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.*



## 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)*

## N&N Disclaimer



### Hard deadline for submissions

**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.

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## 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

## Accessible Auroville Public Bus

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### 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 Enterance	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