



# News Notes

#1008 A weekly bulletin for residents of Auroville 4 January 2023



If one knows Him as Brahman the Non-Being, he becomes merely the non-existent.  
If one knows that Brahman Is, then is he known as the real in existence.

*Taittiriya Upanishad*

All this is the Brahman; this Self is the Brahman and the Self is fourfold.  
Beyond relation, featureless, unthinkable, in which all is still.

*Mandukya Upanishad*

## Pondering



Man, too, becomes perfect only when he has found within himself that absolute calm and passivity of the Brahman and supports by it with the same divine tolerance and the same divine bliss a free and inexhaustible activity. Those who have thus possessed the Calm within can perceive always welling out from its silence the perennial supply of the energies that work in the universe.

The Silence does not reject the world; it sustains it

When we ponder on these things, we begin to perceive how feeble in their self-assertive violence and how confusing in their misleading distinctness are the words that we use

*Reality Omnipresent, 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 AgniJata*  
[newsandnotes@auroville.org.in](mailto:newsandnotes@auroville.org.in)

# House of Mother's Agenda



## The Mother. Agenda. May 24, 1967

(continued from last week)

Yesterday, someone wrote to me and asked:

'After all, what is the Divine?'

I answered.

I told him that I gave one answer to help him, but that a hundred could be given, one as good as the other:

'The Divine can be lived, but not defined....'

Here, I added, 'But anyway, since you ask me the question, I will answer you.'

'The Divine is an absolute of perfection, eternal source of all that exists, whom we grow progressively conscious of, while being Him from all eternity.'

Once, Amrita told me too that for him it was something simply unthinkable. So I answered him, 'No! That way doesn't help. Just think that the Divine is everything (to the fullest possible extent, of course), everything we want to become in our highest, most enlightened aspiration. All that we want to become—that's the Divine.' He was so happy! He told me, 'Oh, that way it becomes easy!'

But when you look at it—when you emerge from mental activity and look at the experience you have, you wonder, 'How to say it? How to explain it?' ... The nearest, most accessible, is this: into that 'something' we aspire to become, we instinctively, spontaneously put everything we want to exist, all the most marvelous things we can imagine, all the objects of an intense (and ignorant) aspiration, all of that. And with all that, you draw near 'something' and ... In fact, you don't get the contact through thought; you get the contact through something IDENTICAL in the being, which is awakened by the intensity of the aspiration. So, as soon as you have got for yourself, be it for one second, this contact—this fusion—there's no more need to explain: it's something that imposes itself in an absolute way, and that is outside and beyond all explanation.

But to get there, everyone puts into it all that makes it easier to lead him there.

And when you have the experience, at the time of this fusion, this junction, to the consciousness it's obvious that the identical alone can know the identical, and that consequently it's proof that That is there (*Mother points to the heart centre*). It's a proof that That is there. And through the effort of aspiration, It awakens.

When I was given the question, it was just as if that person were saying to me, 'Yes, yes, that's all very fine,

but after all, what IS the Divine!' So I read his letter, and there was that total silence, of everything, and a sort of SINGLE gaze—a single gaze encompassing everything—which wanted to see ... I remained like that, looking, until the words came. Then I wrote: 'Here is ONE answer'—there could be a hundred ... which would be just as good.

And at the same time, when there was that look at the 'something' which had to be defined, there was a great silence everywhere and a great aspiration (*gesture like a rising flame*), and all the forms that that aspiration has taken. It was very interesting.... The history of the aspiration of the earth ... towards the marvelous Unknown we want to become.

And each one—each one who was destined to effect the junction—believes in his simplicity that the bridge he has walked is the only one. The result: religions, philosophies, dogmas, creeds—battle.

Seen as a whole, it's very interesting, very charming, with a Smile that looks on. Oh, that Smile ... looking on. That Smile seems to be saying, 'How complicated you make it! When it could be so simple.'

To put it in a literary way, we could say, 'So much complication for something so simple: to be oneself.'

(silence)

(to be continued next week)

The Mother. Agenda. May 24, 1967

<https://incarnateword.in/agenda/8/may-24-1967>

With love and gratitude,  
Gangalakshmi (HOMA)

Happy New Year!



To my immortal child with my immortal Love,

Mother. 24 February 1967

Submitted by Gangalakshmi

# Townhall Speaks

## DONATION CHANNELING GROUP (DCG)

Dear Friends, the establishment of the Donation Channeling Group (DCG) has been approved by the Governing Board in their 65<sup>th</sup> meeting held on 12 December 2023. Guidelines for the channeling of donations (dated 5th July 2023), have been finalized and circulated earlier by the FAMC (attached). The DCG team will roll out the donation channeling process from 1 April 2024, the start of the new financial year.

In preparation for this, all units/projects presently receiving donations (domestic, either from Auroville units or other Indian sources; or foreign sources) and those new projects / units which intend to receive them, are to immediately start to fill up a 'Project Registration Form' (PRF) and this needs to be completed latest by 15 February '24. The checkpoints attached to the PRF are based on the Donation Channeling Guidelines. They will also need to fill up a 'Donor Information Form' (DIF) for every donor from whom they will receive funds, or plan to receive a donation from one in near future. The link to the PRF & DIF forms are given below. Only those units who register themselves with the DCG will be able to receive donations through Unity Fund or via the donation portals. For larger donations, funds will be released to projects in tranches..

For every request for withdrawal of funds from the Unity Fund, a 'Funds Release Form' (FRF) needs to be filled in. All statutory rules and regulations and guidelines will have to be followed by the Projects / Units, including the maintenance of separate accounts for Foreign Donations. A letter of acknowledgement is to go to the donor for every donation with a copy to the DCG. A quarterly report will have to be sent to all donors (within the first month of the next quarter) with a copy to the DCG. Filing of Utilization Certificate (UC), 10BD and FC-4 will continue as earlier.

Some of the salient points of the process are:

1. Those seeking donations for the first time have to register before starting the process of fund-raising.
2. Approval of PRF will normally be done within seven working days of its submission. Rejection will be done only after discussion with the project holder(s) and the FAMC.
3. Non-compliance with the Guidelines and DCG process will lead to a pause in the release of funds and even a recommendation to the FAMC to replace project holders.
4. There will be no need to fill FRF if the request is lower than Rs 20,000. SAILER units will get funds released through SAILER.
5. The privacy of donors will be protected and information will be divulged only for the purpose of compliance with the statutory requirements.
6. As per rule 8 of FCRA, only 20% of foreign donations can be used for administrative expenses (except for cases like salaries of teachers of a school or medical staff of a hospital).
7. For CSR donations, CSR Rule No. 7 permits admin overheads of less than 5% of the total donor's contributions during a financial year.
8. Prior permission of the FAMC is needed for donations towards a corpus fund.
9. The donation funds cannot be transferred to any personal Financial Service or bank account.

With this process we aspire to bring transparency and accountability to the area of donations in Auroville.

**Naren & Sandeep, Donation Channeling Group**

- **Enclosures:** [Guidelines](#), [PRF](#), [DIF](#), [FRF](#) (Forms appeared in Auronet and Mass Bulletin)

## FUNDS AND ASSETS MANAGEMENT COMMITTEE

### Guidelines for fundraising

Version 2 January, 2024

#### 1. Background and Context

1. Auroville has been conceived as a universal township for the manifestation of the Auroville ideals and vision as given by the Mother. Auroville Foundation has been established as an autonomous body under the Ministry of Education, Government of India by an Act of Parliament 'for the purpose with a view to making long-term arrangements for the better management and further development of Auroville in accordance with its original charter and for matters connected therewith or incidental thereto'.
2. The development of Auroville as a township requires significant funding, of which a major part will come from donations, grants and contributions while the recurring expenditure of Auroville will increasingly be met from Auroville's own income generating activities as part of the vision of Auroville being a self-supporting township.
3. These guidelines have been prepared for the purpose of having transparent and effective processes relating to fundraising and the expenditure of funds raised.
4. This version of the guidelines for fundraising supersedes earlier versions.

#### 2. Alignment with the Auroville ideals

1. Projects for which fundraising is undertaken must align with the ideals of Auroville.
2. Funds for Auroville township development shall be raised and spent only for development in accordance with the Auroville Master Plan as prepared and approved under section 17[e] of the Auroville Foundation Act.
3. Fundraising proposals need to outline clearly how Auroville's development will benefit from the funds proposed to be raised.
4. The inclusion of a road map for environmental, social and financial sustainability in project proposals is recommended.

#### 3. Reporting

1. Donors and grantors will need to be given regular updates on the utilisation and impact of their contributions.
2. Auroville units, activities and projects that make use of donated funds should have a robust donor relationship program in place to ensure that donors and grantors are regularly informed about project progress.

#### 4. Transparency

1. A high degree of trustworthiness and transparency shall be maintained in project operations, including financial management, governance, and impact reporting.
2. Donors, grantors and other contributors must be able to see evidence of their contributions making the impact as envisaged in the project proposals.
3. Auroville units, activities and projects should be equipped to provide transparent and reliable accounts of the expenditure incurred with the contributions received.
4. Upon completion of a project, a comprehensive completion report with details of project implementation and impact shall be prepared.

#### 5. Administrative costs

1. Administrative costs shall be kept as low as possible while ensuring that project accounting, monitoring and reporting are undertaken correctly.
2. In the case of certain grants and donations a maximum percentage of total project cost which is permitted as administration and other overhead costs may be provided for in the donation or grant agreement / letter or may be determined by statutory provisions. Such caps on administrative and overhead costs shall be strictly complied with.

## 6. Utilisation

1. When fundraising is done for a specific project or project component, funds received shall be used only for such project or component.

2. When unspecified donations are received, utilisation thereof shall be in accordance with Auroville budgets and priorities as may be set by the Funds and Assets Management Committee (FAMC) from time to time.

3. Donations and grants received shall be utilised in full for the Auroville projects for which the donations and grants have been raised and there shall be no retention of any part of the funds received by any of the Auroville entities through which such funds are channelled for administrative, accounting or other purposes.

## 7. Accounting and Audits

1. All Auroville donations and grants shall be received only through the official channels of Auroville Foundation.

2. Assets created with donations and grants shall be accounted for as Auroville Foundation assets in the relevant books of account of the concerned unit, activity or project.

3. No donations or contributions shall be received by Auroville Foundation or its units, activities and projects for the benefit of an individual.

4. Financial accounting and audits of projects funded with donations and grants shall be undertaken as per guidelines and manuals as issued by the FAMC from time to time.

5. If a donation or grant agreement or proposal provides for a project audit, such audit shall be conducted in addition to regular internal and statutory audits.

## 8. Income Tax relief

1. Auroville Foundation is authorised to issue donation receipts with income tax relief to donors who are taxable in India under sections 80G, 35(1)(ii) and 35(1)(iii) of the Income Tax Act.

2. The applicability of each type of income tax relief will depend on the nature of the project for which funds are being raised.

## 9. Fundraising and expenditure process

1. For each project, program or activity for which donations, grants or contributions are sought, the process fundraising and project implementation trajectory will include, but may not be limited to the following steps:

a. Check the eligibility of the project proposal in the context of Auroville, its objectives and values;

b. Evaluate the project proposal in terms of costs and sustainability;

c. Determine under which section of the Income Tax Act, tax relief can be offered to the prospective donor(s) (80G, 35(1)(ii), 35(1)(iii)) for donations from within India and / or whether the project qualifies as a CSR project with reference to Schedule VII of the Companies Act 2013;

d. Approve the fundraising documentation and the prospective donor / contributor target group;

e. Raise the funds;

f. In the case of foreign contributions, ensure receipt of funds through the dedicated State Bank of India bank account to be used for this purpose;

g. Receive the funds and issue the donation / contribution receipt with tax relief where applicable;

h. Allocate / disburse as already determined earlier in the process;

i. Undertake the project and monitor progress;

j. Send periodic progress reports to the donor / contributor;

k. Prepare the completion report;

l. Undertake a project audit, where applicable;

m. Do a project completion review (actual vs. plan review; lessons learned etc.; feedback from donor/ contributor etc.)

## 10. Miscellaneous

1. FAMC may establish committees, subgroups or service units to implement or monitor implementation of these guidelines or parts thereof.

2. The FAMC will send periodical donation and grant summary reports to the committee which was formed by the Governing Board for the monitoring of donation channeling processes in its' 65th meeting held on 12th December 2023.

3. These guidelines may be updated or amended by the FAMC from time to time under intimation to the Governing Board.

## Donation Channeling Group

### Project Registration Form (PRF)

(format from online form)

If you are a registered unit or activity in Auroville that wants to raise donation funds from India or abroad, registration with the Donation Channeling Group of the FAMC is mandatory. Unity Fund will continue to process donations for entities not yet registered using this form until 31st March Sept, 2024. After this period, donations can be accepted only by/for registered projects/entities .

**Email: This form is automatically collecting emails from all respondents.**

1. Name of the registered Auroville unit, project or other entity

2. How will the donation be used?

If donations are proposed to be raised for a specific activity or project of the entity, please mention this in the 'Other' option. Otherwise select 'General operations of the Auroville entity'

◦ General operations of the Auroville entity

◦ Other

◦ Add Option

3. How does the project for which donations are sought to be raised align with the vision of Auroville?

4. What is the total amount proposed to be raised?

5. Have you read the guidelines for fundraising?

FAMC has published the guidelines for fundraising. Please read it before submitting the registration form. Yes

6. Have you ticked the checklist? Yes.

7. Contact Name

If we have questions regarding your submission, we will reach out to the person mentioned here.

8. Are the project holders registered in ROR?

9. Contact Phone

### Checklist for fundraising proposals

S. No.	Description
1	Confirmation that the project / proposal (a) Aligns with the ideals of Auroville; (b) Benefits and supports the development of Auroville.
2	Does the project / proposal promote environmental, social and financial sustainability?
3	Does the project / proposal have clear tangible outcomes?
4	Confirmation that land use, if any, will be in accordance with the Auroville Master Plan and ATDC (Auroville Town Development Council)-approved plans.
5	Confirmation that there will be adherence to transparency in project operations, accounting and reporting.
6	Confirmation that the project / proposal will not engage in or support any unethical or illegal activity.



7	Confirmation that there will be clear communication with (prospective) donors about the purpose(s) of the project / proposal and the related fundraising.
8	Confirmation that donors will receive the required donation acknowledgement communications and donation receipts issued by Auroville Foundation in a timely manner.
9	Confirmations as follows: (a) Donations or contributions will be received only through the Auroville Foundation donation and contribution channels. (b) Foreign donations will be routed only through the designated Auroville Foundation bank account for foreign donations and donors will be informed accordingly; (c) The donation will be used only for the stated purpose; (d) Separate accounts (or sub-accounts) will be maintained for the project / donations; (e) Administration and overhead expenses will be kept as low as possible and will in any case not exceed statutory limits as applicable; (f) Assets created with the donations will be recorded in the accounts as Auroville Foundation Assets; (g) Financial accounting and audits will be undertaken as per guidelines issued by FAMC from time-to-time; (h) If the donation or grant agreement provides for a project audit, such audit will be conducted;
10	Confirmations as follows: (a) Donors will receive periodical project progress reports; (b) The Donation Channelling Group will receive quarterly project reports with financial statements. (c) Completion and impact report will be given to the donors and DCG on completion of the project

### Donor Information Form (DIF)

Donors									
Your Project / Entity Name:									
Your Donors Details:									
(except for large known donors like AVIs, Quaker, Espor, Matagiri, FWE, Quilt, Stichting, I.Compressors, Knieps, Kriti & Ramco)									
Donor's Name	Email	Phone	Country	State	Postal code	Address	Tax ID Type	Tax ID No.	Remarks

### Funds Release Form (FRF)

1. Date:
2. Project name:
3. DCG registration number:
4. Name(s) of project holder(s):
5. Total project budget:
6. Proposed funding from donations:
7. Proposed funding from other sources:
8. Total of donation amounts received as on date:
9. Total of donation amounts disbursed to the project as on date:

10. Donation amount spent as on date:
11. Donation disbursement requested:
12. Project status report prepared and sent to DCG and donor?
13. Is the project execution on schedule?
14. Any other information which is relevant for the disbursement of donation funds to the project:

Name(s) of project holder(s):

Signature(s) of project holder(s):

Date:

**Naren & Sandeep,**  
Donation Channelling Group

## Community News

### New Born

#### NEW BORN

Dear friends, We are happy to inform our community that we are blessed with a baby boy.

With love,  
**Suresh and Aarthi**  
From Humanscapes



### Passing On

#### TATIANA TOLOCHKOVA



The Pitanga team, our facilitators and practitioners are mourning the loss of our much loved Iyengar Yoga teacher, Tatiana Tolochkova.

Tatiana left her body in the early hours of the New Year at the age of 54.

Tatiana taught at Pitanga since 2007 and guided countless practitioners of all levels with such dedication and skill. As

an executive of Pitanga she was in charge to oversee the development of professional Yoga practice in Pitanga. She will be greatly missed by all of us. Thank you, dear Tatiana, for enriching our life! We send our deepest condolences and love to Daniel and Andrey.

Warm regards, Verena

It is with heavy hearts that we share the news of Tatiana's passing. She was the cherished yoga teacher at Pitanga. Tatiana left her body at Jipmer in the early hours of the New Year at the age of 54.

Throughout her last weeks, Tatiana was closely accompanied by the unwavering support of her husband, Daniel, and son, Andrey.

In this challenging time, our love and strength are extended to Daniel and Andrey. Your support for them is deeply appreciated.

Sincerely, the Farewell Team  
Submitted by Lisa





## TATIANA:

### Perfection, Purnayoga. And There Is No Death.

Tatiana had returned to Auroville, teaching again for a while; could I suspect that she would die of cancer, in PIMS, choosing exactly New Year's night?

Like my previous Iyengar teacher, Nolly, Tatiana too was a master; when Nolly quit it took me years to accept someone else. I met a few others giving classes, but for them, Iyengar was something external, not an inner discipline. Whereas for both, Nolly and Tatiana, the body was a vehicle to achieve perfection, the same perfection down to the most minute detail Sri Aurobindo and the Mother expect from their sadhaks. A master can make you do things seemingly impossible, this is the beauty: there are no limits. Once with Nolly, entering an abstruse posture (on top, wrong), I passed into samadhi, in front of all. When I resumed consciousness I felt so embarrassed that it took me one year to return to her classes.

I went to see Tatiana. Even in death, she is a master. Fully in control. She leaves behind a husband and a son, the loss is terrible; but in that glass case I did not see the woman, I saw the master. She was dressed in a black overall and a T-shirt with the logo; her body was fully stretched, in a perfect ultimate posture. What struck me the most was the incredible arch of her feet, the feet of a ballet dancer performing even in death. She was a ballet dancer before becoming an Iyengar teacher, T. confirmed. Then I saw my mother, a sacred dancer and a choreographer enacting sacred mysteries in arenas with 400 dancers... died of cancer at 44, seemingly alive... What mystery did these two women, achieving bodily perfection and dying, without looking dead despite the cancer killing them, live?



Integral Yoga is perfection, Purnayoga. Maybe it is impossible for humans, at the stage we are, to achieve perfection. Death ensues. But perfection is the ultimate goal and there is nothing in between, whatever the cost. Tatiana, like my mother, pursued her path in full; no matter how short their life has been, it was well spent, living the utmost. Hatha yoga for one, sacred dance for the other, this was their mission and reason to be. They never gave up, never compromised. Perfection is the ageless and the eternal.

Each of us has a Path. What counts is perfection, Purnayoga: this was my last class with Tatiana. And there is no death.

*Isadora Duncan, who was the teacher of my mother's teacher, she was instantly killed by the tightening of the scarf around her neck, when she fell to the stone pavement from an open automobile. She was 49.*

On her deathbed, Tatiana too danced, and sacrificed, to Perfection.

Paulette

## GIORGIO LUCIANI



Giorgio visited Auroville the first time in 1988 for a few months and returned in 1991. In 1995, he and his wife Diana moved to Auroville and soon after that their daughter Divya was born. Sri Aurobindo and The Mother were a central

inspiration in his life. He felt all answers to life's questions were given by them, and he kept their books on his bedside table. He believed in the transformation of the human being.

Friends remember him fondly as a cheerful person with a positive outlook who had a strong life energy, was never spiteful and always forgiving of others' mistakes or flaws. He was an active sportsman, who played tennis and football and was fond of cycling. With his generous and caring nature,

he researched and implemented practical everyday solutions wherever needed, high over the years was much appreciated.

Giorgio had worked in Italy in a company that built private pools for the affluent, so it was natural to continue working in this business in Auroville. He started EcoTeco Pools, an Auroville unit that designs and builds pools and supplies its components. Over the years the main activity became to supply pool components for water purification and international standard pool products. Eco-friendliness was an ongoing concern for Giorgio. However, Giorgio considered that EcoTeco engaged only one aspect of his personality: he never saw himself as a businessman, an administrator, or the fact that what he does was part of the 'global system' as he called it. He loved 'to work with my hands—not really in an artistic sense, but in the sense of materializing something to perfection.'

In an interview with Auroville Today he expressed the wish to be more involved with other community members than solely running the unit. 'We all seem to be isolated in our little cells. But the people around you are important. If you have a problem, you should be able to go and meet your neighbor, whoever it is, and talk about it and vice-versa.' He dreamed of more communities having a place to gather, interact, and eat together.

Giorgio had a deep love for travel, especially the mountains and ocean with not much civilization

called him. He was known to be off at times for a spontaneous adventure. With friends he dreamed of sailing around the world,—may he now sail in Her Light.

Our deepest condolences go out to Diana and Divya, and to his family in Italy and friends all over the world.

Lisa

## Auroville Matters

### REVIEW AND NEW YEAR'S MESSAGE from the Chairman of the Board of Auroville International

At the end of my quadrennium as Chairman of the Board of Auroville International, in which I give thanks to Mother for having had the honor of serving Her to the best of my ability, let me offer you this final review, written in a personal way, as a New Year's message.

I won't hide from you that it hasn't been a leisurely cruise down a long, calm river—but rather a journey marked by storms and turmoil. Just after our Annual General Meeting in February 2020 in Auroville, the Covid global crisis erupted. Auroville found itself confined in the most rigorous way, and in great economic precariousness. My wife Andrée and I had to extend our stay by a month, with air traffic at a complete standstill, before finally being repatriated by the Canadian government at the end of April. With my colleagues on the AVI Board, we reacted to the emergency by mobilizing throughout 2020, at frequent meetings—monthly, and sometimes weekly—of two hours or more by videoconference, which enabled us to launch vigorous fund-raising campaigns among members of the various AVI Centers and liaisons, in order to help Auroville's services and units in difficulty.

Then, as the pandemic gradually subsided, it was at the end of 2021 that a major internal crisis exploded in Auroville, opposing and polarizing Aurovilians as rarely, in a radical and often violent manner. As part of the AVI Board, we continued our active mobilization to support the Aurovilians and make representations to the ruling authorities, questioning what we saw as a threat to the Aurovilians' legal and economic security, as well as to their freedom of expression and action. For the most part, these letters went unanswered, even though they brought comfort to a large number of Aurovilians. It hasn't been so simple within our cenacle, and there have often been energetic discussions which have enabled us to harmonize our points of view which, as it is natural in a group of fifteen or so people,

can be diverse and even divergent. I would like to take this opportunity to thank all the members of the Board, who have shown complete dedication and total involvement, Friederike—a real pillar of our association, who has stood out over the years in an almost heroic way—and Isa from Germany, Maggie and Mary from the USA, Évelyne and Mandakini from France, Josee from the Netherlands, Jean-François from Belgium, Alfonso from Spain, Juergen from Ireland, John from the UK, as well as the Aurovilians Vani and Martin who also take part in our meetings. However, even if our decisions are taken collegially, the fact remains that it is the President or Chairman who is accountable and responsible for the directions and decisions taken, as in any other decent organization or association.

What more can we do in the present circumstances? Our scope for action at Auroville International is naturally limited. Mother has made it very clear: it's only the Aurovilians—those who have committed themselves to staying permanently in Auroville—who can decide on the course of the town's development. The key to solving the problems facing Auroville lies with them alone, individually and collectively. On the other hand, at AVI we consider ourselves to be Aurovilians at heart. Some are former Aurovilians, some former ashramites or members of Sri Aurobindo Centres, and all are entirely dedicated to the ideals and development of Auroville, while actively feeling solidarity with all Aurovilians. We therefore feel justified in putting forward our point of view and making certain remarks. We have also taken care in our communications to maintain official neutrality and to express our respect and recognition of the role played by the Indian authorities. Indeed, in what other country in the world could this unique experience of an international city dedicated to Human Unity have developed in such a way for over 50 years? We must keep faith with the Indian administration, which has shown understanding, generosity and great open-mindedness in the past.

Our actions must also take account of the global context. We are living in an era of great disruptions and grave perils. We are facing a planetary adjustment, which is difficult for everyone in general. We must not let ourselves be discouraged, but rather put our trust in Mother, whose active presence we feel in Auroville in a more tangible and concentrated way than in any other part of the world. Some people would like to become over-active and react on a case-by-case basis to all the news we receive from Auroville. I feel that this is not our role, and that it becomes redundant, tedious and ultimately unproductive. We also get this bizarre idea that, since things aren't going the way we want, we should stop all fund-raising and financing for Auroville. This is defeatist talk, verging on the suicidal. In fact, donations have not fallen off recently—quite the contrary. As Chairman of AVI-Canada, I've noticed that donations, particularly for the purchase of land, have increased significantly over the past two years. Credit for this must go to the dynamism of the Acres for Auroville (A4A) team, who have been doing a remarkable job of awareness-raising and follow-up for several years. In my opinion, we must not interrupt this movement, and if we do, it will be very difficult to restart it when conditions become more favorable—and they inevitably will, because everything is always in perpetual motion on this globe. Let's keep the faith and cultivate patience.

Instead, it's time to light up the stars again, not to be overcome by discouragement and gloom, but to give thanks to the Divine Mother for all Her graces and blessings. This is a time for the Unexpected. Let us be alert, and remember that we are invited to a Great Adventure.

And to close this message, let's take inspiration from this wonderful prayer written by Mother and delivered by her following her recorded reading of The Hour of God from Sri Aurobindo, in order to align our thoughts and actions:

**(A prayer for those who wish to serve the Divine)**

Glory to Thee, O Lord, who triumphest over every obstacle.  
Grant that nothing in us shall be an obstacle in Thy work.  
Grant that nothing may retard Thy manifestation.  
Grant that Thy will may be done in all things and at every moment.

We stand here before Thee that Thy will may be fulfilled in us, in every element, in every activity of our being, from our supreme heights to the smallest cells of the body.

Grant that we may be faithful to Thee utterly and for ever.

We would be completely under Thy influence to the exclusion of every other.

Grant that we may never forget to own towards Thee a deep, an intense gratitude.

Grant that we may never squander any of the marvellous things that are Thy gifts to us at every instant.

Grant that everything in us may collaborate in Thy work and all be ready for Thy realisation.

Glory to Thee, O Lord, Supreme Master of all realisation.

Give us a faith active and ardent, absolute and unshakable in Thy VICTORY.

*(The Mother, Prayers and Meditations 23.10.37)*

**Happy New Year 2024!**

**Pragna (Christian Feuillette)**

## Acres for Auroville

### THE LAND FUNDRAISERS'S Annual New Year's Card For 2024

The New Year 2024 is upon us! In our 2024 New Year card, we have tried to capture some of the spirit of Auroville with two photographs of its pioneering days—a reminder of how far the international township has come, and all the work and commitment that has accomplished such miracles. The card is available for free at Town Hall, Unity Pavilion, and many sites around Auroville.

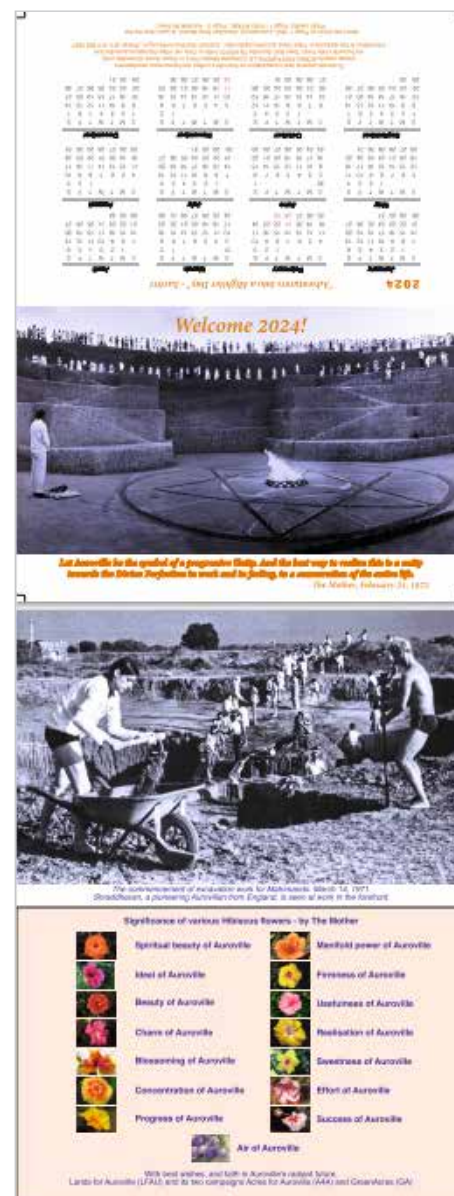


Photo credits:  
Page 1,  
Indra Poddar;  
Page 2,  
Auroville Archives

**In solidarity,  
LFAU and its two campaigns,  
Acres for Auroville and GreenAcres**



## Awakening Spirit

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

### MEDITATIONS ON SAVITRI, BOOK 1

#### The Book Of Beginnings, Canto 2: The Issue

*Savitri*  
B H A V A N

**Monday, 8 January 2024, 4pm at Savitri Bhavan**

**Duration: 26min.**

Shraddhavan wrote the following in her summary of Canto Two, *The Issue* in Invocation #50:

'As she awakens, Savitri's whole life passes before her mind's eye: her childhood, her youth, her fateful meeting with Satyavan, the last twelve months of love lived with him in the shadow of Death. One year ago, she was forewarned of the coming of this fateful day. She has not shared this knowledge with Satyavan or his family. Those around her know nothing of the inner burden that she is bearing. She, a divine being, has taken a human birth in order to save humanity from the grip of Ignorance and Death. With her she has brought her native heavenly Bliss, but here on earth she has to face what all human beings face: pain and grief and the death of their loved ones. But as the fateful day dawns Savitri calls on her inner strength to transform her grief and pain into a powerful weapon which she will use to change earth-destiny. She knows that the destiny of the body can be changed by the will of the Soul. As an incarnation of the Supreme Divine Mother, she is able to transform the existing world-order and claim the victory of Light over Darkness, of Life and Love over Death.'

A prayer, a master act, a king idea / Can link man's strength to a transcendent Force. (p.20)

All passages from Savitri read by the Mother are subtitled.

A deeply meditative film with Huta's paintings illustrating the passages from Savitri read by The Mother and accompanied by her own organ music which is capable of connecting us to the Divine Presence within and taking us towards spiritual living truth and the new Supramental Consciousness.

In the beginning there is also a short video of Huta speaking about her work with the Mother. Duration: 5min. To open oneself to Sri Aurobindo's great poem Savitri, Savitri Bhavan offers several possibilities:

All *Meditations on Savitri* films can be seen at the Savitri Bhavan website:

- <https://savitribhavan.org/meditations-on-savitri-video/>

The permanent exhibition *Meditations on Savitri* presents the Savitri paintings by Huta.

And colorful printed versions of *Meditations on Savitri* are available for sale at Savitri Bhavan.

*Submitted by Margrit*

### THE OM CHOIR CONTINUES

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



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*



## AMPHITHEATRE—MATRIMANDIR

Every Thursday at Sunset (weather permitting)

5:30—6pm

### Meditation with Savitri,

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

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

- **Reminder to all:** the Park of Unity is a place for silence, meditation and inner work, and is to be used only as such. We request everyone: please do not use cameras, l-pads, cell phones, etc. No Photos.

- Dear Guests, please carry your Guest Card with you
- Access only for the Amphitheatre from 5:15pm and for the meditation time.



Surya  
and Amphitheatre Team

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



Every Saturday, 10—11 am

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

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

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

Venue: Garden Room, Savitri Bhavan

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

Dhanalakshmi for Savitri Bhavan Team

## STUDY CIRCLE



**BHARAT NIVAS**  
PAVILION OF INDIA: AUROVILLE

### on The Synthesis of Yoga—Sri Aurobindo

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

Sri Aurobindo Centre, Resource Library

Tuesdays, 4:30—5:30pm

- An exploration, led by Deepti Tewari

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

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

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

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

Regards, Vani, BN Cultural Team  
0413 2622253



## BRAHMANASPATI KSHETRAM

Calendar of regular events of January 2024



**BRAHMANASPATI KSHETRAM**  
The Mother Sri Aurobindo Centre

*Happy New Year*

Calendar of regular events of January 2024

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

Every Thursday 6:00 - 6:30pm  
Meditation

11th & 25th, Thursday 6:30 - 7:30pm, reading  
"The Mother's Questions & Answers- Vol-7"  
in English

25th, Thursday at 6:30pm full moon, reciting  
Sri Aurobindo's Gayatri Mantra for 30min

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

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



Thanks, Rajan

## MUDRA CHI



From January 2024 we will have our classes

- on Tuesdays at 4:30pm  
@ Savitri Bhavan
- Facilitator Anandi Ayun

Everybody Welcome!

Anandi

## 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

## 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

### 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

## DISCOVER EARTHEN ARCHITECTURE

**Ferrocement Training Course**  
22nd -25th January

**CSEB Intensive Training Course**  
29th Jan-3rd Feb

**AVD Intensive Training Course**  
5th- 10th Feb

**JOIN THE CLAN!**

Embark on this thrilling adventure with us and explore the untapped potential of Earth through interactive workshops! Limited seats are available on a first-come, first-served basis.

**Register now & Join the Clan!**

- Contact:** +91 8508181074  
0413 2623330/ 2623064
- Registrations are open:**  
<https://registration.earth-auroville.com/>

Regards, T. Ayyappan, Co-Director  
Technician, Researcher and Trainer

## Health Care

## SANTÉ SERVICES



*Santé*

## Working Hours

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

## Tests and Sample collection

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

## For emergencies

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

## Appointment

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

## Santé Services Schedule

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

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

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

## 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*

## MAATRAM AT ARKA

All sessions and activities of Maatram that were occurring at Mitra hostel 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*

## *Animal Care*

### Cute, Attractive Puppy with Curled Tail

This cute, attractive little girl with a curled tail was abandoned and is now looking for a good permanent home. She is 2–3 months old, looks like a mixed breed—maybe ½ pug and looks like she will end up as a small dog



She is happy, playful, and bold. Loves exploring new areas. She never complains. She is very quick to adapt and fairly independent. She loves the company of people and other animals. A great companion animal, she loves the garden and running around but may do well even in an apartment as she is a small dog. She is largely toilet trained and has been dewormed

Please contact Nandita.

- +91 9488483286 WA or [nandita@sharan-india.org](mailto:nandita@sharan-india.org)

*Nandita*

## ANIMAL CARE WORK Full maintenance

We are expanding our team and are happy to be able to offer an exciting job position as a full-time animal caretaker at the Auroville Dog Shelter.



We are looking for an Aurovillian or Newcomer who has what it takes to work in this job position which comes with the responsibility for almost 300 dogs. You have to be committed to working 5 days a week from 9am to 5pm at the shelter, providing animal care, coordinating and organizing work as a dedicated team member. It is the real yoga of work and hard, and we understand that not everyone can do it, that's why this position comes with a one-month trial period before a one-year commitment. In the last year, we made enormous progress, now with the perspective of hopefully building an entirely new shelter soon, we are happy to welcome a new team member who shares our vision of becoming the best shelter in the entire area, providing effective care and help for everyone in need.

- Join our vision and Coco +33672046070 or Arthur at +918122225266

*Auroville Dog Shelter, Arthur*

## *For Your Information*

### 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 (Idul 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

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



## The Arts

### THE DANCE OF GODS

**Photo exhibition by Jatenipat Ketpradit Jkboy**

**Tsam, The Dance Of Gods**

**The Khuree Tsam, Mongolia**

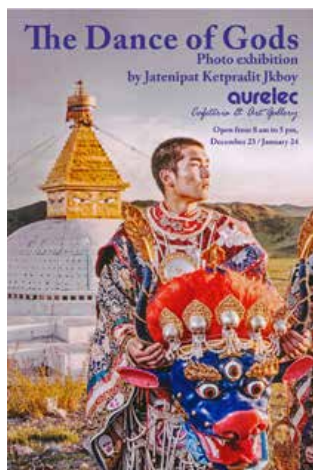
**Aurelec Cafeteria & art Gallery, 8am - 5pm,**

**December 23 - January 24**

The mask dance, in Mongolia, this ritual is known as 'Khu-ree Tsam' and dates back to the 8<sup>th</sup> century.

It holds great significance in Tibetan Buddhism and is considered one of the most important rituals. The Tsam dance is an art form that combines dance, music, and elaborate costumes, while also being deeply rooted in Buddhist philosophy.

Following the invasion of Soviet communism, Buddhism in Mongolia was perceived as a threat, leading to the destruction of many temples, including those that hosted the Tsam ritual. Today, only a few temples remain where this tradition is still upheld.



*Submitted by Jana, Prisma*

### HALLUCINATIONS OF AN ARTIFACT

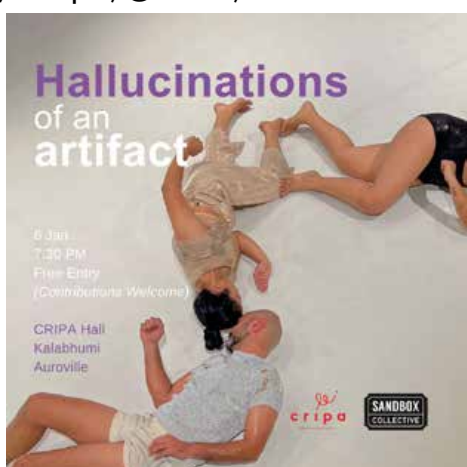
**6 January, 7:30pm, @ CRIPA, Kalabhum**

The Sandbox Collective is happy to offer Hallucinations of an Artifact by choreographer Mandeep Singh Raikhy.

How does an ancient artifact think, move and respond to our current times? Hallucinations of an Artifact brings the Dancing Girl figurine from the Indus Valley civilization (c. 2300-1750 BCE) to life through dance and artificial intelligence. It pushes back at the multiple assertions that have been made on behalf of the figurine over the years. Can the Dancing Girl live, perspire, evolve and transform through dancing bodies?

**Entrance is free.  
Contributions are welcome!**

*Love, Jill*



## BHARAT NIVAS PRESENTS



**BHARAT NIVAS**  
भारत निवास  
The Pavilion of India, Auroville



**Bharat Nivas presents**

**Geet Sangeeta and Nrutya Dhara**

## Auroville Margashir Festival 2024

In collaboration with Bhartiya Vidya Bhavan and Kartik Fine Arts  
Supported by Ministry of Culture, Government of India

Venue : Sri Aurobindo Auditorium, Bharat Nivas, Auroville

**07th Jan - Sunday**

**5:00 pm** Nadaswaram - Sri S.R.G.S. Mohandas

**6:30 pm** Kathak - Ms. Manasvini Sharma

**7:30 pm** Hindustani Vocal - Smt. Monali Bala

**08th Jan - Monday**

**6:00 pm** Odissi - Smt. Kaberi Sen

**7:30 pm** Sitar - Sri Anjan Saha

Tabla - Sri Chandrajith Durairaj

**09th Jan - Tuesday**

**5:30 pm** Vocal / Instrument - Sri Ragavan Manian

**7:00 pm** Kuchupudi - Smt. Sailaja

**10th Jan - Wednesday**

**5:30 pm** Violin Duo - Smt. Lalitha & Smt. Nandhini

**7:00 pm** Carnatic / Hindustani Vocal - Sri Sriram Parasuram

**11th Jan - Thursday**

**5:30 pm** Mohiniattam - Smt. Shruthishobya

**7:00 pm** Carnatic Vocal - Ms S.J. Jananiy

**12th Jan - Friday**

**5:30 pm** Flute - Sri J.A. Jayant

**7:00 pm** Bhajan Sandhya - Dr. O.S. Arun

**13th Jan - Saturday**

**5:30 pm** Violin Duo - Sri Ganesh & Sri Kumaresh

**7:00 pm** Mohiniattam - Dr. Sunanda Nair

Scan for Location



Tickets will be Available in  
**bookmyshow**

Enquiry Contact: Krishna at +91 97878 80211

Parking available outside at the Bharat Nivas Main Gate



**Regards, Monisha, BN Team**





## URMILA

6 January, 6pm and 9pm,  
and 7 January, at 5pm and 8pm @ Prithvi Theatre!

Greetings from Adishakti!  
Come soak up the magic of  
Adishakti's Urmila at Prithvi  
Theatre! Join us on January  
6<sup>th</sup> at 6pm and 9pm, and  
January 7<sup>th</sup> at 5pm and 8pm.  
It's not just a play; it's an expe-  
rience meant to be shared with  
friends like you. Your laugh-  
ter, applause, and energy will  
make it even more special.  
Can't wait to see you there!

Urmila is

- Written and Directed by Nimmy Raphel
- Artists are MeedhuMiriyam, Sooraj S, and Anil Iyer
- Music composed and played by Vinay Kumar
- Light designed by Vinay Kumar
- Lights played by Subodh Subrahmanya
- Program Managed by aPurpleHeart
- Costumes by Manju Bargavi & Nimmy Raphel
- Set Designed by Harini Raj, Sowjanya Kulandran & Nimmy Raphel

A little about Urmila:

'Urmila' is a thought-provoking play that delves into the complex ethical and gender-related issues that have been woven into the fabric of society throughout history. Set in the ancient land of Ayodhya, the play centers on the character of Urmila from the Ramayana, a woman whose life is dramatically altered by a seemingly innocuous command from her husband, Lakshmana: 'Sleep, my sleep.' This deceptively simple directive raises profound questions about autonomy, consent, and the price individuals, especially women, have paid for their obedience throughout time.

Here's the BookMyShow link to tickets

- <https://in.bookmyshow.com/mumbai/plays/adishakti-theatres-urmila/ET00380146>

Bring your friends, family and bring yourselves.  
Hope to see you there.

Warm regards, Nimmy Raphel

## BHARAT NIVAS PRESENTS

### Verses of Poet-Sage Kabir

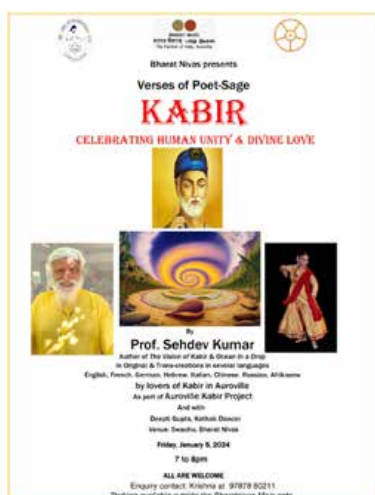
Friday, 5 January,  
7—8pm @ Swachu,  
Bharat Nivas

Prof. Sehdev Kumar,  
Author of The Vision of  
Kabir & Ocean in a Drop  
In Original & Trans-  
creation in several lan-  
guages: English, French,  
German, Hebrew, Ital-  
ian, 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

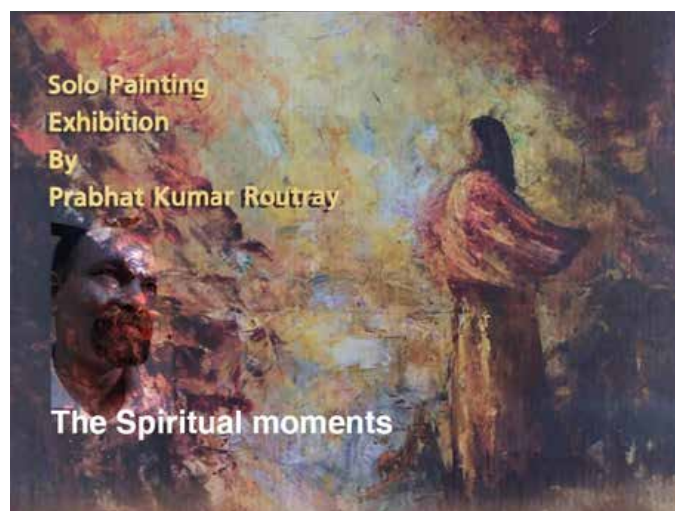
Parking available outside the Bharat Nivas Main gate.



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

Till 21 January 2024.

@ Kalakendra Art Gallery, Bharat Nivas



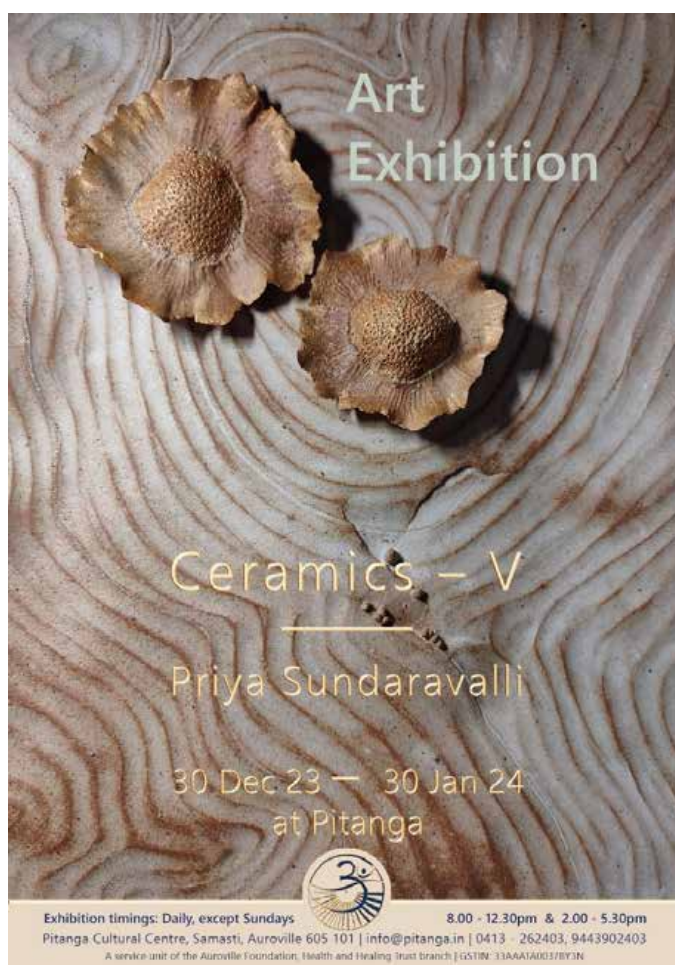
Open From : 9am to 5 pm

- Enquiry Contact: Krishna at 9787880211

Parking available outside the Bharat Nivas Main gate.

Regards,  
Vani, Monisha, BN Team

## ART EXHIBITION CERAMICS—V



Priya Sundaravalli

Ongoing Till 30 January at Pitanga

Daily, except Sundays

8am—12:30pm & 2—5:30pm

Warm regards, Verena

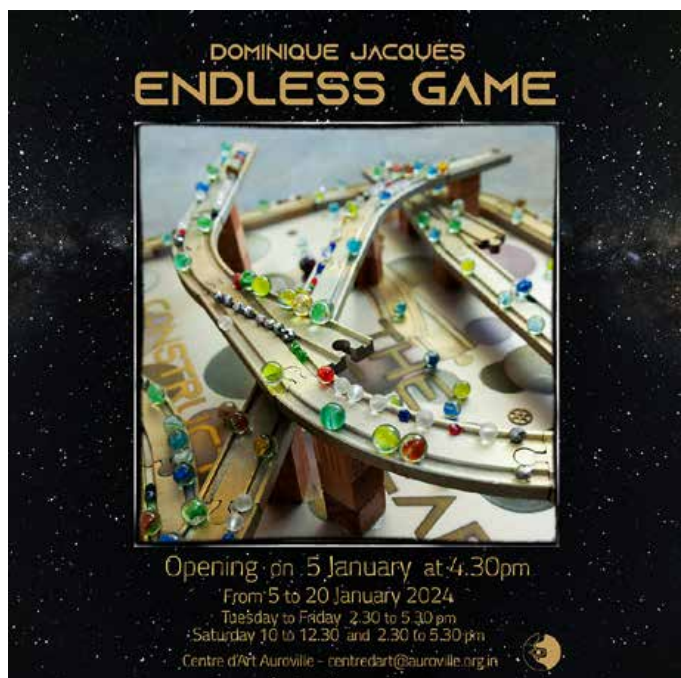


## ENDLESS GAME

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



Submitted by Marco

## Festivals

### EARTHBOUND FESTIVAL ALLIANCE FRANCAISE

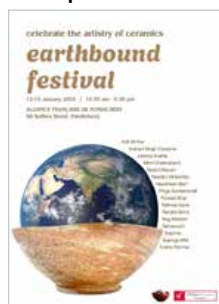
Celebrate the Artistry of Ceramics

12—14 January, 10:30am—6:30pm

Alliance Française De Pondichéry

58 Suffren Street, Pondicherry

Adi Writer, Indirani Singh Cassime,  
Julietta Kuehle, Mimi Chakrabarti,  
Nalini Dharan, Nandini Hirianniah,  
Nausheen Bari, Puneet Brar,  
Rakhee Kane,  
Ranjita Bora, Ray Meeker,  
Saraswati, Sabrina,  
Supriya MM, Tosha Parmar



### Artist Demonstration By Saraswati

- 4—5pm, 13 January

Saraswati will demonstrate her unique style and talk about her journey as an artist.



### Workshops for children

- 12—14 January 2024
- 11am—12pm & 3—4pm

Try your hands on clay!



## Golden Bridges

- 13 January 2024, 6:30pm



### Golden Bridge Pottery, Pondicherry

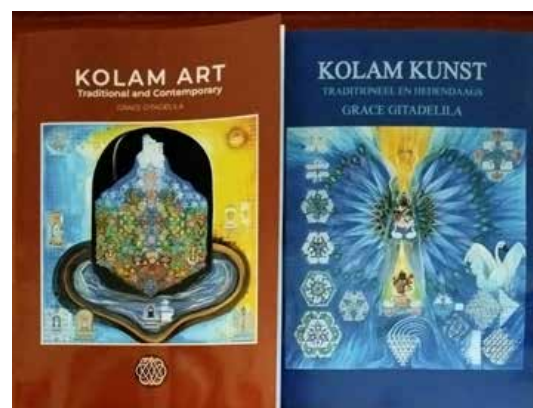
A melting pot of ceramics, a film by Adi Writer presented at the Earthbound Festival

Greetings, Julietta

## Books

### KOLAM ART BOOK LAUNCH

Auroville Library, Friday, 12 January, 5 - 6pm



Welcome to Drawing & Hearing Kolam narrative with Grace Gitadelila

Submitted by Grace

## Dance Activities

### JOIN OUR BOLLYWOOD DANCE SESSION

@ Auromode! Every Tuesday, 5—6pm



Auromode Apartments, Near Upasana 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 appointment: 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

## 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 12:30 to 4:30pm, Monday to Friday. If you plan to attend at other times, please inform in advance. Contact Abi at +919042058981.

### Watercolor Class By Sathya

- Every Thursday 4—6pm.

### Life Drawing Session

- Every Saturday 2—4pm.

### Portrait

- Live portrait in sketch and watercolor painting in 40min of your sit, by Sathya.



CREEVA Studio, +91 9486145072 WA, 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

## WRITING FROM WITHIN

An exploration of our Inner Worlds through inspiring writing techniques. For a session (individual or collective ; contact Francesca at: [ijustwannawrite.email@gmail.com](mailto:ijustwannawrite.email@gmail.com).

The sessions will take place in the European Pavillion Follow me on my new Youtube Channel I Just Wanna Write

## Creative Writing Sessions are back

Dear Aurovilians and Newcomers, after a few years I am finally available again to do creative writing sessions with you. The path of Never Ending Education can be fun when coming from within. If you want to explore the writing world with me, if you are planning to write an autobiographical book or a fictional one and need some help to reignite the flame of Inspiration, if you want to delve into the deep world of archetypes or other, you can book an individual or group session by writing me at

- [avgatedreams@gmail.com](mailto:avgatedreams@gmail.com).

I'm also available for Auroville's schools.

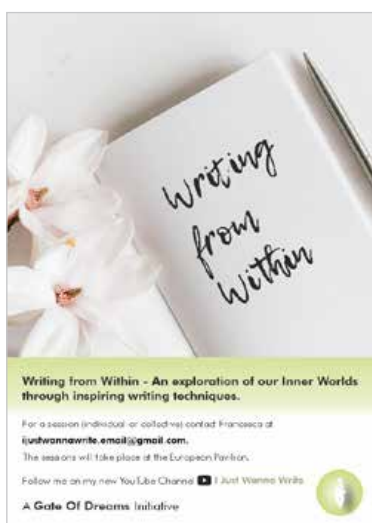
If you first want to get an idea of what I do, you can visit the site dedicated only to Aurovilians and Newcomers at [gatedreams.com](http://gatedreams.com) and sign up for the 'I Just Wanna Write' section. Or you can visit the brand new YouTube channel I Just Wanna Write, where I undertake a writing challenge that will run throughout 2024.

- For you, dear Aurovilians and Newcomers, the session is for free.

Dear Guest, don't worry I haven't forgotten you! If you want to have a session with me, please write to me at [ijustwannawrite.email@gmail.com](mailto:ijustwannawrite.email@gmail.com).

A Gate Of Dreams Initiative

Happy New Writing Year, Francesca



## PHOTO CIRCLE MEETS AGAIN

Friday, 12 January, 5pm

@ Centre d'Art Multimedia Room, Citadines

The Photocircle brings together Auroville's photographers.

We share our own work, we show the work of global photographers we admire, discuss the history of photography, and share techniques.

Anyone can bring and screen a small selection of images.

Everybody's welcome

Submitted by Marco



## Sports & Martial Arts

### SPIRIT OF SPORTS @ DEHASHAKTI

5 and 6 January

Join Us in the Celebration of Unity and Sportsmanship! Dear Community, Greetings! A very Happy New year and wishing each one of you good health and joyous spirits.

It is our pleasure to have your warm and encouraging presence, being together at the 'Spirit of Sports' event hosted by Dehashakti on 5 and 6 January 2024.



The detailed schedule is given below.

- **Spirit Of Sport 2024-Dehashakti**
  - **Morning Session:**  
Friday, 5 January, Kindergarten to 4<sup>th</sup> Graders  
8:30—9am Opening Ceremony
  - **Competition Schedule**

Duration (Rotate)	Group 1 (Sincerity) 9:15—9:55	Group 2 (Courage) 10—10:40	Group 3 (Progress) 10.45—11:25	Group 4 (Humility) 11:30—12:10
40 Min (5 Min-Transition Time)	Gymnastics Yoga	Rock Climbing Cooperative Games	Athletics Race & Jumps Relay Race	Fun Games Kho-Kho & Flag Game Tug Of War

- **Afternoon Session: Friday, 5 January, 5—7 Graders**
- **Competition Schedule**

Duration (Rotate)	Group 1 (Sincerity) 3—3:30	Group 2 (Courage) 3:35—4:05	Group 3 (Progress) 4:10—4:40	Group 4 (Humility) 4:45—5:15
30 Min (5 Min-Transition Time)	Competitive Games Volleyball Basketball	Rock Climbing Cooperative Games	Athletics Race & Jumps Relay Race	Competitive Games Football Frisbee

- **5:30—6pm, Demo: Judo & Frisbee**
- **Morning Session: Saturday, 6 January, 8 Graders and above, Teachers & Volunteers**
- **Competition Schedule**

Duration (Rotate)	Group 1 (Sincerity) 3:00—3:30	Group 2 (Courage) 3:35—4:05	Group 3 (Progress) 4:10—4:40	Group 4 (Humility) 4:45—5:15
30 Min (5 Min-Transition Time)	Competitive Games Volleyball Basketball	Rock Climbing Cooperative Games	Athletics Race & Jumps Relay Race	Competitive Games Football Frisbee

With Gratitude, Nilima, Dehashakti 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!

till 9 January



From till 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

## 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 apointment, 9042009200, Maneesh

Where Body Becomes Eyes, Maneesh For Kalari Team



## ULTIMATE FRISBEE

### Auroville Women's Team

@ Gaia field

- **Regular Sessions**  
Every Wednesday & Saturday,  
4:15—6:15pm

Hope to see you on field!

No prior experience needed, just some enthusiasm & water



Smiti for Av Ultimate Women's Team

## 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 Aleysha—MMA assistants)
- **MMA for adults:** Wednesday, 5:30pm in Dehashakti (Giacomo—International Instructor)
- **K1 for adults:** Friday, 5:30pm in Dehashakti: (Ruben—Kickboxing coach)

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

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

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

Giacomo



## Nature Activities

### FOOD FOREST TOUR



Sarah

### WEEKLY EDIBLE WEED WALK



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

## CO-CREATING WITH THE SPIRIT OF NATURE

Wednesdays afternoons, 2:30—4:30pm

Are you interested in deepening your communication with Nature and co-created in its Spirit?

Drawing, painting, dancing, video, poetry, whatever field you are called for.

Bring your own materials or use what nature is offering

- Register:  
+91 7598892065 WA



Bel

## 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.

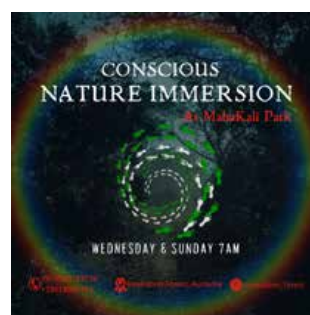
The historical experience of green spaces in the specific context of Auroville have led to a unique understanding of holistic ecology. Providing a space for a direct connection with the organic 'web of life' brings, in turn, insights for our self-study and yoga of work.

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. 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 Matildes recipes while Learning the basics of fermentation techniques.

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

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



## 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
Physcial Fit-ness	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

## 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



## Thiruvannamalai Eco & Spiritual Services

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

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

For More Information contact:

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

or call +91 8300949081, Guru, 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

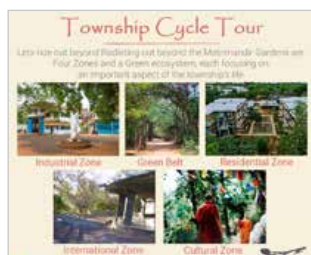
Take a break from your city life and dig deep into the heart of rural villages around Auroville where a land of peacefulness, farming and ancient customs still exists.

- 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

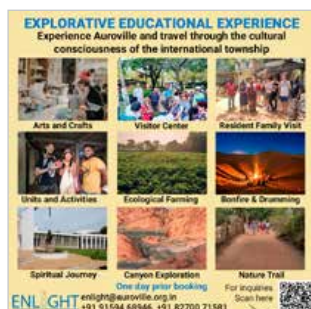
- Contact one day prior booking

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



## International

### KOREAN LUNAR NEW YEAR FESTIVAL

20 January, Saturday @ Kalabhumi



- 2—5:30pm

Hanbok fashion show, Trying on traditional Korean dress, Korean tea ceremony, Han-geul calligraphy and Korean food.

- 5—5:30pm

Hanbok Fashion show

- The Korean Pavilion team is looking for:

Volunteers to model at the fashion show. If you're interested, please let us know.

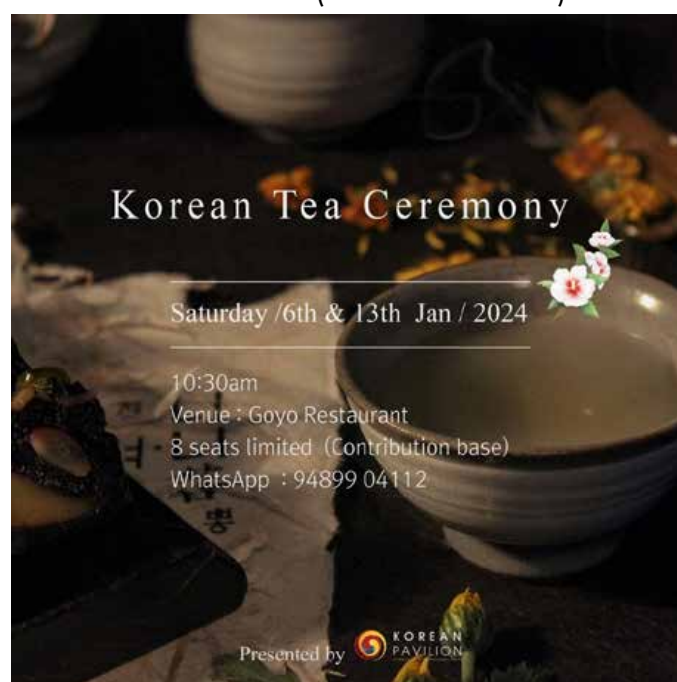
Send a full-length photo and your size: Jin, 9487192023 WA

Thanks, Seulki

### KOREAN TEA CEREMONY

6 & 13 January, 10:30 am @ Goyo Restaurant

8 seats limited (Contribution based)

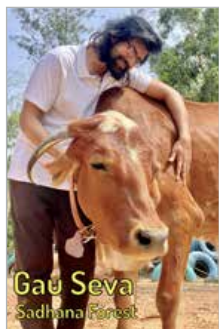


Korean Pavilion Team hosts Korean tea ceremony by Han-deul and Bada. If you're interested please book ahead 9489904112 WA

Seulki

## Honorary Voluntary

### 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 2024  
8TH FILM FESTIVAL**

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

### Mac Mini In Full Working Condition Available

Mac Mini (Mid 2011): Processor 2.3Ghz Intel core i5,. Memory: 8GB 1333 Mhz DDR3, Graphics: Intel HD Graphics 3000 512 MB, Serial Number: C07G-MD75DJD0, Storage: 500GB HDD

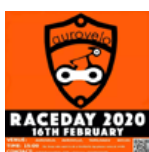


The reason that we want to sell it is because it does not support new software. It is good for someone who wants to do offline work—Word, Excel or even watch movies and also some browsing.

• If you are interested please contact +91 9488483286  
*Nandita*

## Foods, Goods and Services

### AUROVELO



Greetings from Aurovelo! We have been storing some of our customers' bicycles for the past five years. If your bicycle is here, please come and pick it up.

Thank you again for choosing Team Aurovelo bicycles!

• For any further queries, please feel free to contact us on +919488818063 WA.

*Satch for Aurovelo,  
Bicycle store, Reve, Auroville,  
[www.aurovelo.com](http://www.aurovelo.com)*

## RECONNECTING WITH YOUR INNER CYCLE

11 January, Thursday, 4 to 7pm

@ Our office in Auroshilpam (Google map us!)

Understanding the world of menstruation as a gateway to connect more deeply with your body, your inner power, and to healing the Earth:

Eco Femme invites you to explore

- Women as cyclical beings
- The empowering world of menstruation
- Learn menstrual cycle tracking to nurture the power of the womb
- Embodied practices to connect with and learn from your body's wisdom (including belly dance steps)
- Eco-Sisterhood through sharing authentically.

Cost: On contribution basis, contact us to know more

Prior registration required:

- Please email us at [info@ecofemme.org](mailto:info@ecofemme.org) or
- message us at 9487179556 to register/ ask questions

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

*Mila for the Eco Femme team*



## 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.

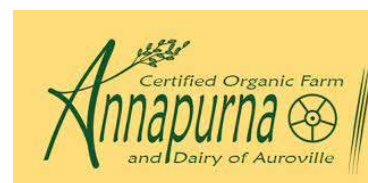
• You can join our WhatsApp group to get our menu of the day by scanning the QR code.

*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, Kulapalayam.



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

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

## FREE STORE OPENING TIMES

Morning hours:

- **Monday to Saturday:** 8:30am—1pm

Afternoon hours:

- **Tuesday and Thursday:** 2:30—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

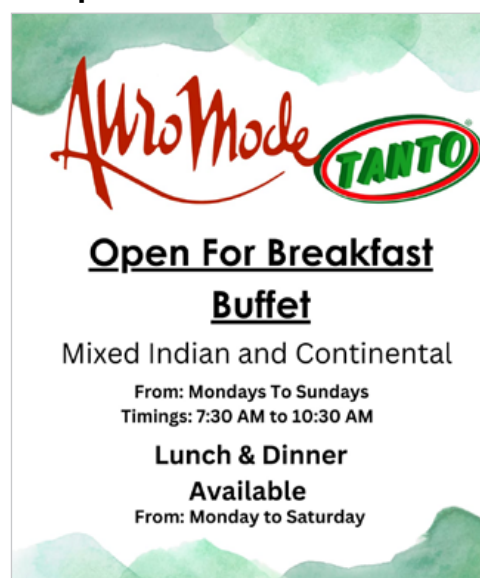
**New Waves**, a unit registered under Kattidakalai Trust located in Aurelec Premises, Prayogashala, Auroville is offering the services of PCB Assembly, SMD soldering, desoldering and minor repair of appliances. The unit can also undertake sub-contract of your production work on job work basis. If you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

## AUROMODE TANTO Open for Breakfast Buffet



## 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**

## INTERNET CONNECTIVITY SERVICE OFFERED

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



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

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

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

- Ramakrishnan, 9943919899,
- [ramkrishna@auroville.org.in](mailto:ramkrishna@auroville.org.in)

**Ramakrishnan**

## RAPID CARE SERVICES

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



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

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

Kindly avail this offer by taking a look at all the work that we offer. Please reach out to us for any enquiries that need our assistance to fix your home or any infrastructure. Look forward to your continued use of our services in the future.

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

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

**Email:**

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

*Best regards, Balaji & Arun for Rapid Care*

## PEST CONTROL

**We Control All kinds of Pests Treatments on Warranty**

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

Get rid of them once and for all!

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

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

**Ramakrishnan**



## A KIND REQUEST & REMINDER

### From Auroville Printers

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

- **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**



- [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**

## 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 any-time via cell phone or by +91 9894598686, and by mail [travelshop@inside-india.com](mailto:travelshop@inside-india.com)



- **Oman airways** has competitive fares from Chennai to Istanbul and Milan.

- **Emirates** has special fares from Chennai to Paris, Lyon, Milan and Munich.

- **Etihad airways** special fares are available from Chennai to Rome, Paris, Geneva, Madrid and Barcelona.

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

**Thanks, Joster**





## VEGAN LUNCH IN RED DOT CAFE

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

Café Red Dot  
The Conscious Café

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

### Chennai Airport, Saturday, 20 January, 7:45pm

To stay ECO friendly, I am very willing to share a taxi from Auroville to Chennai airport on Saturday, 20 January. Departure from Auroville Town hall at 7:45pm (19:45).

- Please contact: +34685673777  
WA or  
+917289907792 only SMS.



Thanks Sunny

## Poetry

### CRUCIBLE OF AUROVILLE

We live in the crucible of Auroville

Where all who join must face transforming fire,  
Yet all is beautiful here, the heart to fill  
But those of sincerity must clear the mire

Of habits and recurring preferences.

There is no elite but there are darkness' powers  
Intent on rule whose gross injustices  
Upon the masses seeking peace lowers

The consciousness of collective harmony,

But looking carefully we understand

This township represents humanity

And the transforming action Mother planned

Must come in time to those who've heard the call.

One thing is certain, Auroville will not fall.

Narad

## FOG

The fog comes  
on little cat feet.

It sits looking  
over harbor and city  
on silent haunches  
and then moves on.

Carl Sandburg

## I LOOK INTO YOUR EYES

I look into your eyes  
In a photo.

Finally, here is something  
Unblinkingly ever-lasting.

With joyful Gratitude, Anandi Z.

## Voices and Notes

### WHY AM I HERE?

'The fact of being born with a psychic being and upon earth which is a spiritual symbol proves that we have each one of us a great responsibility, doesn't it?

'Surely. One has a big responsibility, it is to fulfill a special mission that one is born upon earth. Only, naturally, the psychic being must have reached a certain degree of development; otherwise it could be said that it is the whole earth which has the responsibility. The more conscious and individualized one becomes, the more should one have the sense of responsibility. But this is what happens at a given moment; one begins to think that one is here not without reason, without purpose. One realises suddenly that one is here because there is something to be done and this something is not anything egoistic. This seems to me the most logical way of entering upon the path—all of a sudden to realize, 'Since I am here, it means that I have a mission to fulfill. Since I have been endowed with a consciousness, it is that I have something to do with that consciousness—what is it?'

Generally, it seems to me that this is the first question one should put to oneself: 'Why am I here?'

I have seen this in children, even in children of five or six: 'Why am I here, why do I live?' And then to search, with whatever consciousness is available, with a very little bit of consciousness: why am I here, for what reason?

This seems to me the normal starting-point.'

The Mother

- <https://incarnateword.in/cwm/04/24-march-1951>

Zech, 2023.12.26

## Classes, Workshops & Healing Arts

### 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



## INTRO AWARENESS THROUGH THE BODY

Saturday, 13 January,

**Intro Awareness Through the Body**



with Suryamayi & Vega

**All are welcome!**

**Saturday, January 13th, 9.15am - 12.15pm**

advance registration required:  
suryamayi@auroville.org.in

9:15am—12:15pm

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

Submitted by Vega

## LETTING LOVE LEAD: FLOW GAMES

Friday, 12 January, 4—7pm, in Auroville or

Sunday, 14 January, 4—7:15 pm, Online



FRI Jan 12, 4-7pm, in Auroville or  
SUN Jan 14, 4-7:15pm, Online

Host: Sandhya  
Host: Niharika

**LETTING LOVE LEAD**

Do you want to shift into the frequency of love? Is there a challenging situation in your life that you want to see through the transformative lens of love, rather than fear? The Flow Game lends itself to a heart-infused process, through which we can transform stuckness. Bring a challenge that's alive in your heart. Discover your way to greater flow.

- Facilitators: Sandhya & Niharika
- Only 6 spots.
- Register now: [contact@auroville-jiva.com](mailto:contact@auroville-jiva.com), or +91 9833384580 WA.

Warmly,  
Niharika Sanyal

## 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

## 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

- 23—29 February



Discover Auroville and deepen your yoga practice with 2 Aurovilians 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

## 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 (TOS)	Monday to Saturday by Appointment 9047654157
In Nutrition, Diet, Weight Loss and Weight Management, Psychosomatic.	Nadia (English & French)	Monday and Wednesday afternoon by Appointment: 9489035457
Kahuna, lomilomi Heartwork, hot stone Ili'Ili.	Sang	Monday to Sunday 8807132468 +4591118176 WA
Psychospiritual Intro-spective 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>
Chinese Fire Cupping and Moxibustion Therapy	Chun: 8098900708	Monday to Saturday by Appointment

## Classes

Classes	Teacher	when
Acro Yoga	Damien, by Appointment: 9047722740	Monday: 3pm—4:30pm, Tuesday: 5—6:30pm For regular classes
Pilates	Teresa	Tuesday & Thursday 7:30—8:30am. Friday: 5:30—6:30pm by Appointment: 7867998952
Iyengar yoga	Olesya	Wednesday, Saturday, 6:30—8am. Monday, Thursday, Saturday, 5—6:30pm. Or by Appointment: 9159052743

Ramana, Arka,  
0413 2623799.

## 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

## 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

## DEEP SOUND BATH TIBETAN BOWLS

Hall of Light Creativity community

Every Friday, 5—6:30pm

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

## PITANGA



Happy New Year!

Program January 2024

### Classes—Registration required

- Iyengar Yoga with Chloé
  - Tuesdays, 9am—10:30am, Spine class, All levels, Chloé
- Art Therapy class with Gala
  - Thursdays, 3—5pm, for adults
  - Fridays, 3—5pm, for families (children 5 years and older)

### Healing Space

- By appointment, 262403, 9443902403
  - Acupuncture by Heidi
  - Bio-Resonance (with Bi-Com machine) by Afsaneh
  - Chiropractic by Afsaneh
  - Thai Massage by Juan

### Youth activities

Restarting in January 2024

These are ongoing educational programs and not intended for drop-in students. If a child is interested, parents need to talk to the teacher before bringing the child.

- Teen Yoga, restart on 8 January with Lisbeth
  - Mondays, Wednesdays, 4—5:15pm
  - New Auroville school students, 5 grade onwards can join. Sign up with Pitanga reception with your details & contact no.
- Yoga for children, 5—8 yrs., with Gala
  - Saturdays, 9—10am
- Yoga for children, 7—9 yrs., with Gala
  - Saturdays, 10—11am
- Energy games for children, 9 yrs. +, with Gala
  - Saturdays, 11am—12pm



## Drop-In Classes

	Class & teacher	Class level
<b>Mondays</b>		
7:30—9am	<b>Asanas</b> with Rachel	All levels
8:30—10am	<b>Yoga Therapy</b> with Gala	All levels
4—5pm	<b>Deep presence</b> —Inner Exploration, with Mike	All levels
<b>Tuesdays</b>		
4:45—5:30pm	<b>Odissi Dance</b> with Rekha	Beginners
<b>Wednesdays</b>		
7:30—9am	<b>Asanas</b> with Rachel	All levels
8:30—10am	<b>Yoga Therapy</b> with Gala	All levels
<b>Thursdays</b>		
4:30—5:30pm	<b>Aviva Exercise</b> with Suriyagandhi	For women only
4:30—6pm	<b>Vocal Sound Healing</b> with Lola (Not on 4 January)	All levels
<b>Fridays</b>		
6:45—8am	<b>Pranayama</b> with François & Namrita	For former 'The Art of Living' course participants
7:30—9am	<b>Asanas</b> with Rachel	All levels
8:30—10am	<b>Yoga Therapy</b> with Gala	All levels
9—10am	<b>Lola's ATB special for seniors</b> with Lola	Seniors
3—4pm	<b>Weekly Readings of the Life Savitri</b> with Patricia	All are welcome to join
4:30—5:30pm	<b>Weekly Readings of the Life Divine</b> with Balvinder	All are welcome to join.
5:15—6:15pm	<b>Feldenkrais class</b> with Shari restarting on 12 January	All levels
5:15—6:15pm	<b>For Giving Love Transmuting heavy emotions</b> , with Marie-Claire	All are Welcome.
<b>Saturdays</b>		
11am—12:15pm	<b>ATB explorations</b> with Isora, Rosario and Teresa	All are welcome
4:30—5:30pm	<b>Bodymusic</b> with Anandi Z	All are welcome

## New Activities

### 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.



## 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

- 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.

## ATB explorations

Awareness through the body

- Every Saturday, 11am—12:15pm

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)



### 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
Tuesdays	Hatha Vinyasa Yoga (no class January 1)	5—6pm	Andres
	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
Wednesdays	Movement & Yoga Nidra	5—6pm	Abharana
	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
Thursdays	Hatha Vinyasa Yoga	5—6pm	Andres
	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
Fridays	Somatic Exploration	5—6pm	Seza
	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
Saturdays	Regeneration Circle: Voices of Wholeness	7:30—8:30pm	Nadim
	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

### 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

Savitri, Programs Coordinator,  
Verité Programming

### VERITÉ WORKSHOPS

Pre-registration required

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



### 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

### • 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.quiethhealingcenter.info/](http://www.quiethhealingcenter.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

*Cinema*

## AUROVILLE FILM INSTITUTE

### Screenings Of Award-Winning Documentary Films



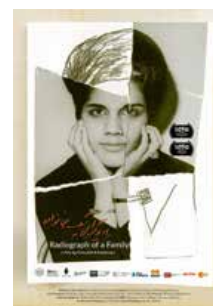
The Auroville Film Institute and Taskovski #DocsConnect Training invites you to the screenings of award-winning documentary films. Due to limited space, please register in advance by confirming your attendance via +91 9769976898 WA.

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

#### • 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

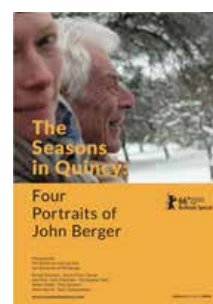
After living for 20 years in Berlin, Olga Delane returns to her family in Siberia. Members of her family and the village community comment on her modern, single life in the city, and tell her about their own none-too-happy marriages. At times amusing and moving, the elegantly filmed scenes paint a picture 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.



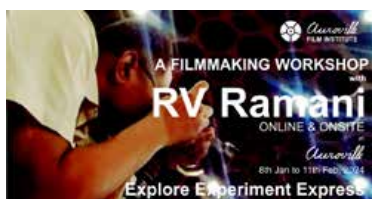
Rutik Katara, Co-ordinator, Auroville Film Institute



### 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



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



### At Multi Media Centre Auditorium, Town Hall

- **Reminder:** Friday, 5 January **The Old Oak** By Ken Loach, UK, 2023
- and Friday, 12 January, 8pm  
**Turn Your Body To The Sun**

**Director:** Aliona van der Horst, Netherlands, 2021

**With:** Sana Valiulina

**Synopsis:** A documentary which tell the incredible life story of a Tatar Soviet soldier who was captured by the Germans Nazis during WWII. Today, his daughter Sana is tracing the path of her silent father, tries to understand what made him the man she knew as a child, through his diaries, various personal and public archives and registries. As she accompanies the daughter in her journey, the filmmaker excavates film archives, to find traces of those millions of Soviet soldiers who were caught in the fire of dictators fighting, who were there but were easily left out of the narrative of the global war. As she 're-appropriates' the archival footage through mixed techniques of double pass, zoom-in and colorization, the filmmaker searches for the soul of the image, for those small and subtle remnants of that massive human tragedy...

*Original Russian version with English Subtitles,  
Duration: 1h33'*

### Documentary Film

#### About The Auroville Singing Festival

Dear community, We are happy to share with you our recent documentary film, about the Auroville Singing Festival 2023, held at CRIPA on 14 and 15 October.

The film includes interviews of the organizers and some of the participants. It also shows several images of the performances, especially at the end along with the credits!

#### • Documentary: Auroville Singing Festival 2023

You can also find the individual participants' sequences in the same Aurofilm channel in our Playlists - click the below links:

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

We hope you enjoy!

Surya for the Aurofilm Team

### 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, 12 January Running for Good

2018 / 1 hr 14 mins / Keegan Kuhn

An incredible documentary following the vegan runner and ultra athlete, Fiona Oakes. Despite being told she might never walk again as a child, Fiona went on to smash multiple world records, including the fastest women to run a marathon on every continent.

Shek





**CINEMA PARADISO**  
**Multimedia Center (MMC) Auditorium**  
**Film Program**  
**08 January 2024 to 14 January 2024**

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

**Indian—Monday 8 January, 8pm**  
**OH MANAPENNE (Oh Dear Bride!)**

India, 2021, Dir. Kaarthikk Sundar w/Harish Kalyan, Abishek Kumar, Anish Kuruvilla, and others, Comedy-Romance, 140mins, Tamil w/ English subtitles, Rated:

In this remake of 2016 Telugu film Pelli Choopulu, Karthik, a reluctant engineering graduate is lethargic and uninspired by life as his real passion lies in cooking. His family however is not supportive of this passion. Quite accidentally he meets Shruti, an energetic, driven personality who wants to go to Australia for further studies. Her father wanted a son and is not supportive of his daughter. Accidentally stuck in a room Karthik and Shruti exchanges stories about their lives, and it turned out Shruti and her ex were interested in running a food truck but did not work out. Events lead Shruti and Karthik to reignite the idea of running a food truck. The question remains, whether their respective family agree? A well-made film of the genre.

**Potpourri—Tuesday 9 January, 8pm**  
**LES CHORISTES (The Chorus)**

France, 2004, Dir. Christophe Barratier w/ Gérard Jugnot, François Berléand, Jean-Baptiste Maunier, and others, Drama-Music, French w/ English subtitles, Rated: PG-13

Pierre, a successful orchestra conductor, returns home when his mother dies. He stumbles upon an old diary and recollects the childhood school memories. The school was meant for troubled boys. The corporal attitude of the teachers changed when a music teacher Clement Mathieu joined. The teacher and music both had transformative effects.

**Interesting—Wednesday 10 January, 8pm**  
**FIVE BROKEN CAMERAS**

Israel, 2011, Emad Burnat & Guy Davidi, Documentary-War, 94mins, Hebrew-Arabic w/English subtitles, Rated: NR (PG-13)

The film shows the Israeli occupation through the eye of a small village and its people from 2005 to 2010. Critics say that it is a very honest film about the struggle the Palestinians live through in their daily lives.

**Selection—Thursday 11 January, 8pm**  
**THE BOY IN THE STRIPED PAJAMAS**

UK-USA, 2008, Writer-Dir. Mark Herman w/ Asa Butterfield, David Thewlis, Rupert Friend, and others, Drama-War, 94mins, English w/ English subtitles, Rated: PG-13

Bruno an eight-year-old boy from Berlin, Germany is moved with his mother, elder sister, SS Commander father to a countryside in Europe where his father powers over a concentration camp for Jews. Bruno went 'exploring' one day and befriended a child his age named Shmuel. Shmuel was a Jew. The boy became good friends until Bruno was scheduled to move to a new location.

**International—Saturday, 13 January, 8pm**  
**THE HOLDOVERS**

USA, 2023, Dir. Alexander Payne w/ Paul Giamatti, Da'Vine Joy Randolph, Dominic Sessa, and others, Comedy-Drama, English w/ English subtitles, Rated: R

Nobody likes teacher Paul Hunham—not his colleagues or students. With no family or invite, Paul remained at school during Christmas holiday in 1970 supervising students who were yet to go home. Finally he was left with the 15yrs old troublemaker Angus, and the African American head cook Mary also stayed back. These three very different shipwrecked people form an unlikely family sharing comic misadventures during two very snowy weeks. The real journey is how they help one another understand that they can go beyond their past and choose their own futures.

**Children's Matinee—Sunday, 14 January, 4pm**  
**MARCEL THE SHELL WITH SHOES ON**

USA, Writer-Dir. Dean Fleischer Camp w/Jenny Slate, Dean Fleischer Camp, Isabella Rossellini, and others, Animation-Drama, 90mins, English w/English subtitles, Rated: PG

Marcel is an adorable, 1'-tall shell who ekes out a colorful existence with his grandma, and their pet lint, Alan. Once part of a sprawling community of shells, they now live alone as the sole survivors of a mysterious tragedy. When a documentary filmmaker discovers them, and posts a short film online, it brings Marcel millions of passionate fans, as well as unprecedented dangers and a new hope of finding his long-lost family.

**French Classics @ Ciné-Club:**

**Ciné-Club Sunday 14 January, 8pm**  
**JEANNE LA PUCELLE 1: LES BATAILLES**  
**(Joan the Maid 1—Battles)**

France, 1994, Dir. Jaques Rivette, w/ Sandrine Bonnaire, Jean-Marie Richier and others, Biography -History, 160 mins, French w/ English subtitles, Rated:PG.

A part of Joan of Arc's life. At the beginning, Jeanne has already left Domremy, she is trying to convince a captain to escort her to the Dauphin. It ends during Jeanne's first battle, at Orleans. Meanwhile, Jeanne is depicted more as a warrior than a saint, with only her faith for strength.

**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 Marco for  
 MMC/CP Group Account #105106



## Accessible Auroville Public Bus

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



### Auroville TO PONDICHERRY

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



### Pondicherry TO AUROVILLE

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

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

## N&N Guidelines



### Hard deadline for submissions

**TUESDAY 3pm**

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

#### How to submit material:

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

#### Disclaimer:

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

Roy & Agnijata, News & Notes,  
Media Centre, Town Hall,  
[NewsAndNotes@auroville.org.in](mailto:NewsAndNotes@auroville.org.in), 0413 2622133

## Emergency Services

**Ambulance (24/7):** Auroville—9442224680

- PIMS—0413 2656271

#### Security (24/7):

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

**Health: Health Center—0413 2622123**

- Santé—0413 2622803
- Farewell—8903836246

#### Mental health 24/7 support:

- Vandrevalla Foundation +91 9999666555

**India Emergency Response Service (24/7):**

- 108