



# News Notes

#1010 A weekly bulletin for residents of Auroville 18 January 2023



○ Fire, thou art born with thy lights, flaming out on us in thy effulgence; thou art born from the waters and around the stone, thou art born from the forests and born from the plants of the earth.  
Pure art thou in thy birth, O Master of man and his race

○ Divine Fire, thou art Aditi, the indivisible Mother to the giver of the sacrifice; thou art Bharati, voice of the offering, and thou growest by the word. Thou art Ila of a hundred winters wise to discern;  
O Master of the Treasure, thou art Saraswati who slays the python adversary

*Hymns of Gritsamada*

## Pondering



This mental being or this soul is the up-soaring Swan or the Falcon that breaks out from a hundred iron walls and wrests from the jealous guardians of felicity the wine of the Soma.

The soul of man is a world full of beings, a kingdom in which armies clash to help or hinder a supreme conquest, a house where the gods are our guests and which the demons strive to possess; the fullness of its energies and wideness of its being make a seat of sacrifice spread, arranged and purified for a celestial session.

*Hymns to the Mystic Fire by Sri Aurobindo*

# Contents

<b>PONDERING</b>	<b>1</b>
<b>HOUSE OF MOTHER'S AGENDA</b>	<b>5</b>
Chapter XXVII—The Gnostic Being The Life Divine by Sri Aurobindo	5
<b>TOWNHALL SPEAKS</b>	<b>6</b>
Framework for Selection of The Working Committee	6
Constitution of a Selection Process Committee	6
Functions of Selection Process Committee.	6
Membership criteria to serve in the Working Committee	6
Finalization of selection process document	6
From FAMC & Auroville Housing Service	6
Auroville Housing Policy 2023	7
1. Preamble	7
2. Definitions	7
3. General Principles	7
4. Usage Conditions	7
5. Temporary Absence from Auroville	7
6. Permanent Absence from Auroville	7
7. Allocation and Contribution	7
8. Revocation	8
9. Exchange	8
10. Funding	8
11. Appeals	8
From The Entry Service—ES # 214	8
<b>COMMUNITY NEWS</b>	<b>8</b>
<b>Awakening Spirit</b>	<b>8</b>
The OM Choir Continues	8
Savitri Bhavan January 2024	9
Exhibitions	9
Films	9
Full Moon Gathering	9
Dream Divine Series	9
Regular Activities	9
Savitri Satsang By Narad	9
Evolution Fast-Forward, Part 1: Vision and Work of Sri Aurobindo and The Mother	9
Amphitheatre—Matrimandir Meditation with Savitri	9
Bases of Yoga—The Mother's Talks: An Interactive Book Reading Circle	10
Brahmanaspati Kshetram	10
Mudra Chi	10
Luc Venet and The Never-dying Fire: A new biography of Sri Aurobindo	10
ShaktiKumbh 2024	10
Schedule—Shaktikumbh 2024	11
<b>Education</b>	<b>12</b>
Auroville Library	12
Weekly Timings	12
Story time At the Auroville Library!	12
Free Math Classes For Grade 9—12 (Cbse)	12
Discover Earthen Architecture	12
The Future Classroom: Integrating Generative AI in Learning	13

<b>Services</b>	<b>13</b>
News & Updates from the Eco Service	13
<b>Health Care</b>	<b>13</b>
Aurodent Dental Clinic	13
Santé Services	13
Working Hours	13
Tests and Sample collection	13
For emergencies	13
Appointment	13
Santé Services Schedule	13
Maatram at Arka	13
Visit of a Tibetan Doctor	14
<b>The Arts</b>	<b>14</b>
Exhibition Open Call	14
Inky Onky by Ongkie Tan	14
The Dance of Gods: Photo exhibition by Jatenipat Ketpradit Jkboy	14
Bharat Nivas Presents Solo Painting Exhibition The Spiritual Moments By Prabhat Kumar Routray	15
Art Exhibition Ceramics—V by Priya Sundaravalli	15
Ilion-Auroville Invites You	15
Sharing Circles on the beginning of the spiritual journey based on Jason's Quest	15
Do you know Ilion-Auroville?	15
Ilion-Auroville offer a new understanding of Greek mythology	15
Endless Game by Dominique Jacques	15
<b>Dance Activities</b>	<b>16</b>
Join Our Bollywood Dance Session	16
New Creation Dance Studio: Schedule	16
Auroville Tango Activities	16
Zumba with Preeti	16
Angam Tree	16
Workshop: LA Style Salsa Dance	16
Salsa Dance Class	16
Tango Dance Class	17
<b>Music and Art Activities</b>	<b>17</b>
Tanjore Art Classes	17
Creative Writing Sessions	17
Welcome to 'Open Studio'	17
Watercolor Class By Sathya	17
Life Drawing Session	17
Portrait	17
Bansuri (Flute) Group Classes With Michael	17
<b>Craft Activities</b>	<b>17</b>
Egai: Art of Giving.	17
Coconut Shell Craft Workshop	17
Incense Making Workshop	18

<b>Food Activities</b>	<b>18</b>
Egai: Art of Giving: Cooking Class	18
<b>Sports &amp; Martial Arts</b>	<b>18</b>
Kshetra Kalari, Aspiration	18
Bharat Nivas presents Kalaripayattu Class in Collaboration with Kalarigram	18
Tai Chi Hall	18
Kalpna Gym	18
Swimming Class	18
Auroville Aikido Schedule	19
Abhaya Martial Arts	19
<b>Nature Activities</b>	<b>19</b>
MahaKali Park	19
Conscious Nature Immersion at MahaKali Park	19
Sacred Drum Journey at Revelation Forest/Mahakali Park	19
Edible Weed Walks	19
Food Forest Tour	20
Walk Through Annapurna Farm	20
<b>Bioregion Activities</b>	<b>20</b>
Kuilai Creative Center Activities	20
Auroville Bamboo Centre January Program 2023	20
Bamboo Centre Campus Tour	20
Every Saturday Auroville Bamboo Tour with Special Bamboo Lunch	20
Training and workshop	20
One-Day, Make and Take Workshops	21
3 Hours Make and Take Workshops	21
Upcoming Workshops—January 2024	21
Bamboo Yurt Workshop	21
Bamboo Joineries Workshop	21
Mohanam Programme Soul of Soil January 2024	21
Auroville Northwest Experience	21
Tours	21
Make and Take Workshops	21
Classes and Therapies:	21
Auroville Bioregion Experience with Mohanam Team	22
Mohanam Sunday Brunch	22
Mohanam school of Art & Music activities	22
Thiruvannamalai Eco & Spiritual Services	22
Enlight Activities	22
Auroville One Day Tour	22
Bioregion Village Tour	22
Township Cycle Tour	22
Explorative Educational Experience	22
<b>Honorary Voluntary</b>	<b>22</b>
Gau Seva at Sadhana Forest	22
Auroville Film Festival	23
<b>Looking For</b>	<b>23</b>
Looking For A Private Tutor	23
<b>Work Opportunities</b>	<b>23</b>
Looking for a Full Time Cook	23
Full maintenance position offered!	23
Quiet Healing Center	
Looking For Experienced Massage Therapists	23
Expression of Interest: Call for applications of interested architects for taking up the work of 'Urban Haat'.	23

<b>International</b>	<b>23</b>
The Pavillon de France presents	23
Divine Anarchy and social organization in Auroville: An Exploration by Rémi Astruc	23
Korean Lunar: New Year Festival	24
<b>Foods, Goods and Services</b>	<b>24</b>
Reconnecting with your Inner Cycle	24
The Sprout Cafe	24
Annapurna Farm Baskets	24
German Bakery Opening Hours	24
Free store Opening Times	24
We Can Help To Fix All Your Broken Items	25
Auromode Tanto Open for Breakfast Buffet	25
Join Dropzy	25
Tech Elves Services	25
InterNet Connectivity Service Offered	25
Rapid Care Services	25
Pest Control	25
Auroville Printers	26
Surabhi Supplies	26
Latest News from Inside India Travel Shop	26
AuroCabs	26
Unity Transport Service	26
Vegan Lunch in Red Dot Cafe	26
Organic Quality Milk Available	26
Rupavathi Joy Activities	26
Bio-Region Temple Tour	26
South-Indian Cuisine Cooking Class	26
Thai Massage	26
Tailoring	26
<b>Taxi Share</b>	<b>26</b>
Chennai Airport, Saturday, 20 January, 7:45pm	26
<b>Poetry</b>	<b>27</b>
Auroville Our Hope	27
Matrimandir, the Privilege	27
Hope' is the Thing with Feathers...	27
The Child's Eyes	27
<b>Ideas</b>	<b>27</b>
How to Transplant a Tree	27
<b>Voices and Notes</b>	<b>27</b>
What Next?	27
Passive Meditation	28
The Original Admission Form	
To Be Submitted To The Mother—1970	29
<b>Languages</b>	<b>29</b>
News From Auroville Language Lab	29
Current Schedule of Classes	30
Tomatis	30
The Language Lab is open	30
Volunteering opportunities!	30
<b>Classes, Workshops &amp; Healing Arts</b>	<b>30</b>
Well Being Yoga Class With Wali	30
Scientific Meditation With Sound Healing	31
Mindfulness	31
For Stress Reduction (MBSR): One Week	
Mindfulness Intensive	31
Monthly Mindfulness Practice Session	31
Ignite Your Passion	31

Yoga Classes in Bharat Nivas _____	31
Family And Systemic Workshop _____	31
Body in Light, Life in Light _____	32
Energy Healing Workshop _____	32
Letting Go—Let it Be _____	32
Letting Love Speak: Activate Your Connection with the Divine Shakti Within _____	32
Auromode Yoga Space January 2024 Schedule _____	32
Vinyasa flow with Bala _____	32
Mobility with Karalakattai _____	32
Bollywood dance with Pranati _____	32
Tamil culture and temple visit _____	32
YTTC: _____	33
Auroville Yoga 200hr TTC schedule _____	33
Advanced 300 hr Yoga TTC, Auroville _____	33
Arka Wellness Center & Multipurpose Hall _____	33
Treatments _____	33
Classes _____	33
Traditional Mantra and Stotra Classes _____	33
Angam Tree Therapies _____	33
Sound Healing Therapy _____	33
Massage Therapy _____	33
Dance Movement Therapy _____	34
Traditional Massage Therapy Classes _____	34
Holistic: Healing and Awareness _____	34
Deep Sound Bath Tibetan Bowls _____	34
Pitanga Program January 2024 _____	34
Healing Space _____	34
Youth activities _____	34
Art Therapy class with Gala (with registration) _____	34
Drop-In Classes _____	34
Verité Programs January 2024 _____	35
Workshops (pre-registration required) _____	35
Therapies (by appointment only) _____	35
Yoga & Re-creation Programs _____	35
Vérité Workshops _____	36
Self-Awareness & Love with Ananda _____	36
Face & Eye Yoga: Face your Self with Mamta _____	36
Yoga Therapy for Back Pain with Bijou _____	36
Master Class—Mantra, Breathing & Asanas for Internal Organs with Andres _____	36
Quiet Healing Center _____	36
Holistic Hand & Foot Reflexology Training with Ananda _____	36
Watsu® & Meditation with Dariya _____	36
Watsu® for Babies with Dariya _____	36
Holistic Rebalancing Massage Training with Ananda _____	37
<b>Cinema _____</b>	<b>37</b>
Eco Film Club _____	37
Schedule of Events _____	37
Urban Mining—Gold in Our Trash _____	37
8 <sup>th</sup> Auroville Film Festival 22—28 January 2024 _____	37
Opening on 22 January, 5pm @ Town Hall Plaza _____	37
Film Screenings _____	37
Online Screening _____	37
Discussions with Filmmakers _____	37
Kino Kabaret _____	38
Music Events _____	38
Art Installations _____	38

Dinner _____	38
Parking _____	38
General Information _____	38
Auroville Film Festival presents w/Cinema Paradiso in the Town Hall garden Film program 22 to 28 January _____	38
AVFF 2024—Monday, 22 January _____	38
AVFF 2024—Tuesday, 23 January _____	38
AVFF 2024—Wednesday, 24 January _____	38
AVFF 2024—Thursday, 25 January _____	39
AVFF 2024—Friday 26th January _____	39
AVFF 2024—Saturday, 27 January _____	39
AVFF 2024—Sunday, 28 January _____	39
Auroville Film Festival presents w/Cinema Paradiso at the Multimedia Center (MMC) Auditorium Film program 22 to 28 January _____	40
Auroville Film Festival 2024 _____	40
AVFF 2024—Monday, 22 January _____	40
AVFF 2024—Tuesday, 23 January _____	40
AVFF 2024—Wednesday, 24 January _____	40
AVFF 2024—Thursday, 25 January _____	41
AVFF 2024—Friday 26 January _____	41
AVFF 2024—Saturday, 27 January _____	41
AVFF 2024—Sunday, 28 January _____	41
Aurofilm _____	41
<b>Accessible Auroville Public Bus _____</b>	<b>42</b>
<b>N&amp;N Guidelines _____</b>	<b>42</b>
<b>Emergency Services _____</b>	<b>42</b>



*Editors' Note*

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

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

The only excuse of late delivery is rain on Friday.

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

# House of Mother's Agenda



## Chapter XXVII—The Gnostic Being The Life Divine by Sri Aurobindo

*(continued from three weeks ago)*

As a consequence of the total change and reversal of consciousness establishing a new relation of spirit with mind and life and matter, and a new significance and perfection in the relation, there will be a reversal, a perfecting new significance also of the relations between the spirit and the body it inhabits. In our present way of living the soul expresses itself, as best it can or as badly as it must, through the mind and the vitality, or, more often, allows the mind and the vitality to act with its support: the body is the instrument of this action. But the body, even in obeying, limits and determines the mind's and the life's self-expression by the limited possibilities and acquired character of its own physical instrumentation; it has besides a law of its own action, a movement and will or force or urge of movement of its own subconscious or half-emerged conscious power of being which they can only partially — and even in that part more by an indirect than by a direct or, if direct, then more by a subconscious than a willed and conscious action — influence or alter. But in the gnostic way of being and living the will of the spirit must directly control and determine the movements and law of the body. For the law of the body arises from the subconscious or inconscient: but in the gnostic being the subconscious will have become conscious and subject to the supramental control, penetrated with its light and action; the basis of inconscience with its obscurity and ambiguity, its obstruction or tardy responses will have been transformed into a lower or supporting superconsciousness by the supramental emergence. Already even in the realised higher-mind being and in the intuitive and overmind being the body will have become sufficiently conscious to respond to the influence of the Idea and the Will-Force so that the action of mind on the physical parts, which is rudimentary, chaotic and mostly involuntary in us, will have developed a considerable potency: but in the supramental being it is the consciousness with the Real-Idea in it which will govern everything. This real-idea is a truth-perception which is self-effective; for it is the idea and will of the spirit in direct action and originates a movement of the substance of being which must inevitably effectuate itself in state and act of being. It is this dynamic irresistible spiritual realism of the Truth-consciousness in the highest degree of itself that will have here grown conscient and consciously competent in the evolved gnostic being: it will not act as now, veiled in an apparent inconscience and self-limited by law of mechanism, but as the sovereign Reality in self-effectuating action. It is this that will rule the existence with an entire knowledge and power and include in its rule the functioning and action of the body. The body will be turned by the power of the spiritual consciousness into a true and fit and perfectly responsive instrument of the Spirit.

This new relation of the spirit and the body assumes—and

makes possible—a free acceptance of the whole of material Nature in place of a rejection; the drawing back from her, the refusal of all identification or acceptance, which is the first normal necessity of the spiritual consciousness for its liberation, is no longer imperative. To cease to be identified with the body, to separate oneself from the body-consciousness, is a recognised and necessary step whether towards spiritual liberation or towards spiritual perfection and mastery over Nature. But, this redemption once effected, the descent of the spiritual light and force can invade and take up the body also and there can be a new liberated and sovereign acceptance of material Nature. That is possible, indeed, only if there is a changed communion of the Spirit with Matter, a control, a reversal of the present balance of interaction which allows physical Nature to veil the Spirit and affirm her own dominance. In the light of a larger knowledge Matter also can be seen to be the Brahman, a self-energy put forth by the Brahman, a form and substance of Brahman; aware of the secret consciousness within material substance, secure in this larger knowledge, the gnostic light and power can unite itself with Matter, so seen, and accept it as an instrument of a spiritual manifestation. A certain reverence, even, for Matter and a sacramental attitude in all dealings with it is possible. As in the Gita the act of the taking of food is spoken of as a material sacrament, a sacrifice, an offering of Brahman to Brahman by Brahman, so also the gnostic consciousness and sense can view all the operations of Spirit with Matter. The Spirit has made itself Matter in order to place itself there as an instrument for the well-being and joy, yogakṣema, of created beings, for a self-offering of universal physical utility and service. The gnostic being, using Matter but using it without material or vital attachment or desire, will feel that he is using the Spirit in this form of itself with its consent and sanction for its own purpose. There will be in him a certain respect for physical things, an awareness of the occult consciousness in them, of its dumb will of utility and service, a worship of the Divine, the Brahman in what he uses, a care for a perfect and faultless use of his divine material, for a true rhythm, ordered harmony, beauty in the life of Matter, in the utilisation of Matter.

*(to be continued next week)*

Chapter XXVII—The Gnostic Being  
The Life Divine by Sri Aurobindo

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

With love and gratitude,  
Gangalakshmi (HOMA)



# Townhall Speaks

## FRAMEWORK

### for Selection of The Working Committee

Auroville Foundation Notification  
Auroville, 12 January, 2024

**F.No.AF/1-4/2023.**—In exercise of the powers conferred by section 32 of the Auroville Foundation Act, 1988 (54 of 1988), the Governing Board, with the approval of the Central Government, hereby makes the following regulations, namely:

*These regulations may be called the Auroville Foundation (Framework for Selection of Working Committee) Regulations, 2024. They shall come into force on the date of their publication in the Official Gazette.*

### Constitution of a Selection Process Committee

1. The Governing Board, after a call for nominations from the Residents Assembly and from the nominations thus received, shall appoint a panel of five persons from amongst the residents, having expertise in the field of administration, as the 'Selection Process Committee' to ensure free and fair selection of Members to the Working Committee.

2. The Selection Process Committee may, by unanimous decision, regulate the procedure for transaction of its business.

3. The Auroville Foundation Secretariat shall provide secretarial assistance to the Selection Process Committee.

4. The Governing Board, after a call for nominations from the Residents Assembly, shall select members to replace those who either resign from their position or for any other reason cease to be members of the Selection Process Committee.

5. The Governing Board shall have the authority to review the continuation of a person in the Selection Process Committee in case of any complaint received against any member of such Committee.

6. The extant Working Committee shall be dissolved after the selection process for the Working Committee is completed.

### Functions of Selection Process Committee.

1. The functions of the Selection Process Committee is to
  - a. review the extant selection process or consider new amendment suggested by the Residents Assembly and propose for modifications, if required, and place it before the Residents Assembly for feedback;
  - b. ensure that the Mother's guidelines for organisers in Auroville which is the basis for the conduct expected of those who wish to serve in this administrative position
  - c. conduct the selection process in a free and fair manner.
2. The Selection Process Committee shall take into consideration the following points while reviewing the proposal of the selection process, namely:
  - a. that the proposed selection process ensures fairness, transparency, non-discrimination, inclusiveness, competence of members and adheres to the ideals of Auroville;
  - b. that the proposed selection process ensures to foster a climate in Auroville that strictly adheres to the principles and guidance of Auroville's organisation given by the Mother,
  - c. ensure a good representation of age, gender and different nationalities into the proposal;
  - d. ensure that there is an inbuilt mechanism of regular training to the members of the Working Committee.

### Membership criteria to serve in the Working Committee

The candidate who wishes to serve in the Working Committee shall fulfill the following criteria, namely:

- a. he shall be a resident and have been entered in the Register of Residents for a minimum period of five consecutive years;
- b. he shall comply with the laws of the land, the Act, rules, regulations, standing orders, statutes and orders as may be issued by the Competent Authority from time to time;
- c. he shall be available full-time as a member;
- d. he shall serve in the Working Committee for one term and he may reapply after a lapse of next one term.

### Finalization of selection process document

- a. The reviewed selection process prepared by the Selection Process Committee, shall be uploaded on the Auroville Foundation website for feedback from the Residents Assembly;
- b. The uploaded document shall include the proposed amendments of the selection process by the Selection Process Committee;
- c. The residents shall be allowed fourteen days from the date of uploading of document to submit their feedback;
- d. The Selection Process Committee shall consider the comments received from the residents and upload the same on the Auroville Foundation website, along with its response on the comments, not later than fourteen days after the final date of feedback from the Residents Assembly;
- e. The Selection Process Committee shall finalize the selection process method and submit to the Residents Assembly and the Governing Board;
- f. The duly approved document by the Governing Board shall be uploaded on the website of Auroville Foundation within a period of seven days after it is approved and it shall be immediately effective, unless a different date is specified therein.

**Dr. Jayanti S. Ravi, Secy.**

### FROM FAMC & AUROVILLE HOUSING SERVICE

We are pleased to share the new Auroville Housing Policy with the community. Enclosed, you will find the approved policy, endorsed by the Governing Board in consultation with FAMC.

- Simultaneously, we would like to take this opportunity to introduce our **Housing Helpline**, accessible via phone at +91 4132622658 and email at [housing@auroville.org.in](mailto:housing@auroville.org.in).

This centralized service serves as a one-stop solution center for **various needs, including:**

- Repair/maintenance requests
- House allocation waiting list
- Information on Empty Assets
- House Sitting—Availability and Requirements
- General grievances
- For your convenience, please take note of the **Housing Services operating hours:**
  - **Monday to Friday (Except Wednesday):** 10am—12pm and 2:30—4pm
  - **Saturday:** 10am—12pm
  - *Kindly note that we will not be available for walk-ins on Wednesdays after 2:30pm.*

Feel free to contact us through the provided phone number or email, or visit us in person for additional information and to share your valuable feedback or suggestions.

**Piero for  
FAMC and Housing Service Team**

## AUROVILLE HOUSING POLICY 2023

**At Auroville nothing belongs to anyone in particular.**

*All is collective property. To be utilized with my blessings for the welfare of all. The Mother*

### 1. Preamble

1. As per the words of The Mother and the Charter of Auroville, there is no private property in Auroville and all assets are collective property. Housing assets may be entrusted to residents for usage, but this in no way implies any form of personal ownership.

2. The purpose of this Housing Policy is to define systems and processes relating to the allocation, usage and maintenance of residential buildings in Auroville. This policy was approved by the Governing Board in its 65th meeting held on 12 December 2023.

### 2. Definitions

1. 'Admission Committee' means the committee as defined in the Auroville Foundation (Admission and termination of Persons in the register of residents) Regulations, 2020 and any amendments thereof.

2. 'Admitted Resident' shall mean a person whose application for admission to Auroville has been accepted by the Admission Committee for a probation period.

3. 'Auroville House User' means a person who have been given the (temporary) use of a residential building, or part thereof, in Auroville.

4. 'Auroville Resident' means a person whose name has been entered in the Register of Residents.

5. 'Funds and Assets Management Committee' (or 'FAMC') means the committee established by the Governing Board of the Auroville Foundation under section 16 of the Auroville Foundation Act, 1988 and rule 5(1)(b) of the Auroville Foundation Rules, 1997.

6. 'Housing Service' means the Auroville housing service established by the FAMC for the management of Auroville housing assets.

7. 'Register of Residents' means the register of residents maintained under section 18(2) of the Auroville Foundation Act.

### 3. General Principles

1. All buildings situated on Auroville land, are owned by the Auroville Foundation. The Auroville Foundation holds Auroville land and buildings in trust for the purpose of realizing the ideals of Auroville.

2. Therefore, an Auroville House User cannot in any way claim to be the private owner of any Auroville land or building, including the residential building in which the person resides for the time being.

### 4. Usage Conditions

1. All residential buildings and other immovable assets created on land owned or leased by Auroville Foundation are under the management and responsibility of the FAMC. In the case of residential buildings, the FAMC delegates parts of this responsibility to the Housing Service.

2. A person may reside in an Auroville residential building when the following conditions are fulfilled:

- The person is an Auroville Resident or an Admitted Resident who is awaiting to become an Auroville Resident (also known as 'Newcomer');
- The person lives in Auroville for at least nine months in a calendar year;
- The person works in Auroville for a recognized Auroville service, project or undertaking or is exempted from this condition on medical grounds.

3. Auroville House Users are expected to ensure proper use and maintenance of the residential building in which they reside. Maintenance and repair assistance may be sought from the Housing Service when needed. Basic

maintenance and repairs include, but are not limited to painting, plumbing, electricity, termite prevention treatment and roof leak repairs.

4. An Auroville House User who is not an Admitted Resident or Auroville Resident and who resides in an Auroville residential building as a relative or dependent of an Auroville Resident or otherwise, shall abide by the provisions of this policy.

5. An Auroville House User cannot be the user or allottee of more than one housing asset at a time.

6. Residential buildings shall be used only for residential use and cannot be converted into guest houses, home stays, offices or any other use.

7. Residential buildings cannot be used for any activities involving personal gain (e.g. renting or leasing of the residential building or parts thereof, use as an office for non-Auroville activities).

8. Conversion of usage of any building in Auroville needs approval of the FAMC.

### 5. Temporary Absence from Auroville

1. An Auroville House User who wishes to leave Auroville for a period longer than one month, due to which the house or apartment in which the House User stays will be unoccupied, must intimate the Housing Service so that a temporary house sitter can be accommodated during the absence of the Auroville resident.

2. A suitable house sitter will be identified by the Housing Service in consultation with the Auroville House User. An agreement outlining the temporary stay of the house sitter will be prepared by the Housing Service. This agreement will be signed by the Auroville House User, the house sitter and the Housing Service and will state the pertinent details of the residential building, the house-sitting duration and any special instructions relating to the use of the house or apartment.

3. House-sitting agreements will have a maximum duration of one year, with the possibility of being extended with the mutual agreement of the Auroville House User and the Housing Service.

4. The Housing Service shall ensure that house sitters are selected on the basis of the same criteria that apply to Auroville House Users as outlined in this policy.

### 6. Permanent Absence from Auroville

1. In case an Auroville House User leaves Auroville permanently, the house or apartment will be re-allocated by the Housing Service in accordance with the provisions of this policy.

2. An Admitted Resident is considered to have left Auroville permanently if his or her probation period has been terminated by the Admission Committee without the person having become an Auroville Resident.

3. An Auroville Resident is considered to have left Auroville permanently if his or her name has been removed from the Register of Residents.

### 7. Allocation and Contribution

1. Allocation of residential buildings will be done by the Housing Service on the basis of waiting lists for each of 4 categories of residential assets, Residence for Admitted residents (Newcomers), Residence for single person, Residence for Couple, Residence for Family

2. For each of the 4 categories FAMC will decide upon a contribution amount, reflecting the average value for used assets, and the building cost for new assets. This amount will be regulated on a yearly basis. Inheritance rights do not apply to Auroville properties since all properties are legally owned by Auroville Foundation and not by persons who are using these properties.

3. This contribution amount will apply for any new Aurovilian resident and admitted resident (newcomer). This contribution can be done either as a onetime contribution or as a monthly payment over 10 years.

4. Allocation can be given without contribution to an Auroville resident for recognized work for the community. This type of allocation has to be recommended by the Housing Service and approved by FAMC.

5. Inheritance rights do not apply to Auroville properties since all properties are legally owned by Auroville Foundation, and not by persons who are using these properties.

## 8. Revocation

1. The Housing Service may revoke or cancel the allocation of a residential building to an Auroville House User in the following cases:

- The Auroville House User violates any or all of the provisions of this policy;
- The Auroville House User no longer fulfills the conditions stated in clause 4.2 of this policy.

## 9. Exchange

1. An Auroville House User wishing to move to a different residential building in Auroville may inform Housing Service, which upon receipt of the change request will examine if a housing swap can be made with other residents who have made a similar request.

2. Housing Service will maintain a house exchange request register for this purpose, which is accessible online.

3. Housing Service will determine the modalities of exchanges, including the funding of repairs or renovations, if required.

## 10. Funding

1. Funds for maintenance, repair and changes of existing buildings will come from contributions from used assets.

2. Funds for the construction of new residential buildings will primarily come from loans. Funds to repay this loan will come from contribution from these new residential assets.

## 11. Appeals

1. In cases of complaints or grievances relating to the implementation of this policy by Housing Service, Auroville residents may get in touch with the FAMC.

2. The FAMC after consulting all concerned persons will take a final and binding decision on the issue.

*Piero for  
FAMC and Housing Service Team*

## FROM THE ENTRY SERVICE—ES # 214

**Dated: 18-01-2024**

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

### NEWCOMER ANNOUNCED:

- Anita KAMALI (Iranian) staying in Surrender (house sharing with Gundalf) and working at Marks Coffee



Anita

### NEWCOMER CONFIRMED:

- Kiran Kumar VENKATACHALAPATHY (Indian)
- Sandhiya BALA ANAND (Indian)

### AUROVILIAN ANNOUNCED:



Tanisha



Daniel



Ruben

- Tanisha MANN (Indian) staying in Kalabhum and working at transition School, Project Nursery (Youth Link) and Farm Group
- Daniel GRINGS (German) staying in Auromode apartments and working at Sanskrit Lab
- Ruben PORRU (Italian) staying in Douceur (Kavitha's) Hostel and working at Dehashakti, Saiier, Abhaya and Future School

### AUROVILIAN CONFIRMED:

- Sivarajan DEVARAJAN (Indian)

### RETURNING AUROVILIAN ANNOUNCED:

- Teresa MARTENS (German) staying in Alchemy (Angela's) and working at Wasteless



Teresa

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

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

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

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

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

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

### *The Entry Board:*

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

Dear Community, on the morning of Monday, 15 January 2024 the door of the Entry Service office was found with the lock changed. The Entry Service was not notified of this change and was not given any explanation.

At the moment we find ourselves unable to continue our work as usual as we can't access the office and the computers. We'll be unable to meet new applicants and conduct interviews. We will inform the community if/when there is a change of the situation.

*Best Wishes, The Entry Board*

# Community News

*Awakening Spirit*

## 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*

## SAVITRI BHAVAN January 2024



### 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 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

### 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**

## EVOLUTION FAST-FORWARD, PART 1

### Vision and Work of Sri Aurobindo and The Mother



Monday, 22 January 2024, 4pm @ Savitri Bhavan.

Duration: 23min.

*'A sun-vast Truth is dawning upon earth as the next step in earth's evolution...and the human crisis is a veiled drama of its manifestation... The central fact, the essential and cardinal significance of the evolution is not development and perfection of the outer and instrumental form but the development and increasing perfection of consciousness. ...It is inevitable because it is at once the intention of the inner spirit and the logic of nature's process.'*

With these words, Sri Aurobindo informs us about the evolutionary work on earth and the next step and its purpose. He calls this dawning greater consciousness Supermind or Supramental. In ancient India, Vedic rishis knew about the reality of the evolution of consciousness and the evolutionary journey of the soul through many births towards greater consciousness. The rishis explored cosmic consciousness and the sun-vast truth of the supermind.

However, ancient Indian's spiritual wisdom and its deep knowledge about natural sciences, medicine, and technology was lost over the millennia. Its spiritual life rejected the world of forms considering it an illusion or Maya. Evolutionary targets were missed and progressive possibilities for a better and more divine life upon earth. Thus, India lost its vitality which led to foreign invasions and the decline of India.

In the West, a different tendency developed: science focused on material reality and wealth and rejected the reality of the spirit. The conquest of the material world took place and nature has been increasingly exploited and destroyed.

To synthesize the achievements of the East and the West the relationship between consciousness and force has to be taken into account. Sri Aurobindo explored this on all levels of existence and wrote about it in considerable detail. He spoke of consciousness and force as inseparable. They are two aspects of the same reality. He coined the phrases 'conscious-force' or 'consciousness-force' or the Sanskrit expression 'Chit-Shakti'—the force that builds the world is a consciousness-force.

A film by Sopanam Auroville in 3D Motion Graphics by Hemant Shekhar and directed by Manoj Pavitrnan. Duration: 23min.

- The video also can be seen on YouTube:  
<https://www.youtube.com/watch?v=QpKxR5rCjyQ>

Submitted by Margrit

### AMPHITHEATRE—MATRIMANDIR

Every Thursday at Sunset (weather permitting)

5:30—6pm

#### Meditation with Savitri,

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

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

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

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

Surya and Amphitheatre Team



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



Every Saturday, 10—11am

'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—11am

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

## 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)

Location 

Thanks, Rajan



## MUDRA CHI

We have our classes

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

Everybody Welcome!

Anandi

## LUC VENET AND THE NEVER-DYING FIRE A new biography of Sri Aurobindo

Join us for a Zoom Talk with Luc!

- <https://us02web.zoom.us/join/register/tZUdOirgzMsGdw9rG-mZjK9udO4vEYprjrhx#/registration>
- **Saturday, January 27**  
11am New York, 8am California,  
5pm Paris, 9:30pm India



Join Luc Venet, Devdip Ganguli and Julian Lines on Zoom for a discussion about Luc's new biography of Sri Aurobindo, The Never-dying Fire.

Luc will be interviewed by Devdip Ganguli, of The Sri Aurobindo International Centre of Education. Devdip teaches courses on Sri Aurobindo and has been a guest lecturer around the world, including at the California Institute of Integral Studies in San Francisco. The event will be hosted by Julian Lines of AVI USA and Matagiri Sri Aurobindo Center

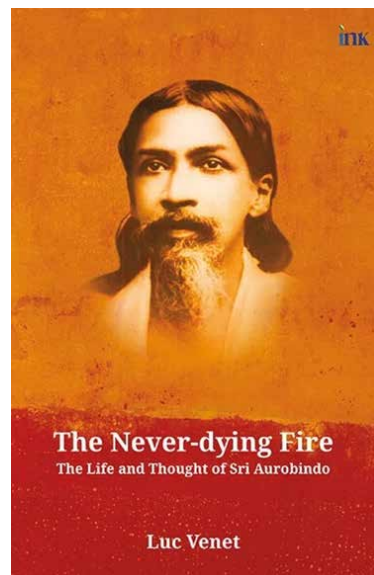
The talk will be recorded for registrants who cannot attend live. The recording will also be made public at a future date on our YouTube Channel, Auroville Live.

Please submit your questions to Luc in writing, through the form on our page. We look forward to the discussion!

## About Luc Venet

Luc Venet has devoted his life to the study of Sri Aurobindo. His new book builds on years of research on Sri Aurobindo's early years as well as his yogic realizations. We come to know Sri Aurobindo as a living, breathing soul through Luc's vibrant descriptions.

Luc spent several years in Pondicherry and Auroville where he immersed himself in Sri Aurobindo's works, after which he returned to Europe, while maintaining close ties with Sri Aurobindo's and Mother's disciples. He later lived in the US for almost two decades. Luc now resides in the south of France. We are thrilled to present his talk. *Submitted by Roy*



## SHAKTIKUMBH 2024

21—29 February, daily, 9am—12pm & 4—6pm  
@ Unity Pavilion

Come during the auspicious time of February 21 to February 29. Unity Pavilion, Auroville plays host to ShaktiKumbh 2024. ShaktiKumbh 2024 brings to you Swarna Sankhya, a unique 9 day spiritual and experiential immersion based on the philosophical significance of numbers in an integrated Indian context. To the intuitive seekers of Brahman, the numbers offer many opportunities to meditate upon and realize the hidden symbolism, and its archetypal power, its shakti. Inspired by the Five Dreams of Sri Aurobindo. To revitalize Bharata Shakti and support the Regenerative Renaissance of Mother India.



'Each nation is a Shakti or power of the evolving spirit in humanity and lives by the principle which it embodies. India is the Bharata Shakti, the living energy of a great spiritual conception, and fidelity to it is the very principle of her existence.'

*'The world waits for the rising of India to receive the divine flood in its fullness.'* Sri Aurobindo

This spiritual force is gathered and celebrated every four years with the Kumbh Mela. For social, religious and historical reasons, most traditions and lineages to date have been represented by male practitioners. It is envisioned to now build a gathering of female spiritual practitioners, across the subcontinent's many religious traditions who can uphold and revitalize the Feminine Principle within, together for regenerating, healing and leading our homes, our communities, our country, our world.

In the City of Tomorrow, Auroville, in its pristine, conscious, regenerative, aesthetic and uplifting ambience, we invite each one of you to experience the playfulness, energy, power, support of the Divine Feminine; through Her numeric precision and creative geometry that underlies, upholds and aligns everything. There will be yoga, meditation, dance, art, theater and so much more as we make a transformational journey of inner alchemy over 9 Days.

Long term followers of Sri Aurobindo and The Mother (Aurovilians, Ashramites, Society staff) are given ShaktiKumbh 2024 as an offering (free) only if they commit to attend all 9 days. It is a suggestion to donate / contribute to cover the cost of meals/ refreshments.

- Those who wish to know more or register please do write to: [shaktikumbhinfo@gmail.com](mailto:shaktikumbhinfo@gmail.com) or
- visit the website <https://www.shaktikumbh.org/register-for-shakti-kumbh-2024/>

**Dates:** For more details, please do visit the full site and **Daily Schedule:** Site is being updated regularly with program details. Please visit regularly for updates.

We look forward to receiving your interest at the earliest **before 30 January 2024** and welcoming you to the ShaktiKumbh 2024.

### Schedule—Shaktikumbh 2024

	Time	Venue	Speaker
21-Feb-24, Wednesday	8—9am	Unity Pavilion	Opening Ceremony. Chief Guest Jayanti Ravi TBC
	Theme—Morning Track, #1—Unity—Oneness		
	9—10am	Unity Pavilion	Uma Prajapati, Nilima Bhat & Jaya Berggreen-Clausen
	10—10:30am	TEA	
	10:30am—12pm	MatriMan-dir (TBC)	Uma, Nilima & Jaya
	12—1pm	Lunch	
	1—4:30pm	Ashram—Pondi	Mother’s Birthday Darshan
	Theme—Evening Track, #1—AdiParaShakti		
	6—7pm	Unity Pavilion	Dena Merriam
7—8pm	Unity Pavilion	Maa Gyaan Suveera	
22-Feb-24, Thursday	Theme—Morning Track, #2—Dvaita—Spirit & Matter		
	9—10am	Unity Pavilion	Gitanjali JB
	10—10:30am	TEA	
	10:30am—12pm	Unity Pavilion	Gitanjali JB
	12—1:30pm	Lunch	
	Theme—Evening Track, #2—ParaShakti—AparaShakti		
	4—6pm	Unity Pavilion	Maa Gyaan Suveera

23-Feb-24, Friday	Theme—Morning Track, #3—Trikaala—Past, Present, Future		
	9—10am	Unity Pavilion	Shradhalu Ranade
	10—10:30am	TEA	
	10:30am—12pm	Unity Pavilion	TBC
	12—1:30pm	Lunch	
	Theme—Evening Track, #3—Iccha-Jnana-Kriya Shakti		
	4—6pm	Unity Pavilion	Maa Gyaan Suveera
	7—9pm	Bharat Niwas Audi	Dancers
24-Feb-24, Saturday	Theme—Morning Track, #4—Chaturma—Four Powers of The Mother		
	9—10am	Unity Pavilion	Uma Prajapati & Priti Mandi
	10—10:30am	TEA	
	10:30am—12pm	Unity Pavilion	Uma & Priti
	12—1:30pm	Lunch	
	Theme—Evening Track, #4—Purusartha—Four Ashramas of a Woman’s Life		
	4—6pm	Unity Pavilion	Rahi Santhanam
25-Feb-24, Sunday	Theme—Morning Track, #5—Panchaswapnam—Five Dreams of Sri Aurobindo		
	9—10:15am	Unity Pavilion	Dr. Nilima Chitgopekar
	10:15—10:45am	TEA	
	10:45am—12pm	Unity Pavilion	Dr. Arati Sharma
	12—1:30pm	Lunch	
	Theme—Evening Track, #5—Panchakanya		
	4—6pm	Unity Pavilion	Sudha Seshayyam
26-Feb-24, Monday	Theme—Morning Track, #6—Sashtatara—Significance of the Six Pointed Star, Symbol of Sri Aurobindo		
	9—10am	Unity Pavilion	Beloo Mehra
	10—10:30am	TEA	
	10:30am—12pm	Unity Pavilion	Vivechana Saraf
	12—1:30pm	Lunch	
	Theme—Evening Track, #6—Krittika		
	4—6pm	Unity Pavilion	Dr. Gauri Mahulikar
	7—9pm	Bharat Niwas Audi	Dancers

27-Feb-24, Tuesday	Theme—Morning Track, #7—Saptavishwa—Seventh World to Survive and Thrive		
	9—10am	Unity Pavilion	Dr. Alok Pandey
	10—10:30am	TEA	
	10:30am—12pm	Unity Pavilion	Lopa Mukherjee
	12—1:30pm	Lunch	
	Kalavahana		
	1:30—2:30pm		Devipuram
	2:30—3:30pm		Devipuram
	Theme—Evening Track, #7—SaptaMatrika		
4—6pm	Unity Pavilion	Mukta Mudgal	
28-Feb-24, Wednesday	Theme—Morning Track, #8—Ashtaananta—Eternity & Nirvana		
	9—10am	Unity Pavilion	TBC—Join in AV birthday celebrations
	10—10:30am	TEA	
	10:30am—12pm	Unity Pavilion	Aditi Kaul
	12—1:30pm	Lunch	
	Kalavahana		
	1:30—2:30pm		Devipuram
	2:30—3:30pm		Devipuram
	Theme—Evening Track, #8—AshtaSakhi		
	4—6pm	Unity Pavilion	Sukhvinder Sircar
8pm—10pm	Unity Pavilion Garden	Dinner—Celebrating AV	
29-Feb-24, Thursday	Theme—Morning Track, #9—NavaAtmabodha—Realisation & Manifestation		
	9—10am	Unity Pavilion	TBC
	10—10:30am	TEA	
	10:30am—12pm	Unity Pavilion	Zia Nath
	12—1pm	Lunch	
	Theme—Evening Track, #9—NavaDurga		
	1—4pm	Unity Pavilion	Devipuram
	5:30—6:30pm	Ashram—Pondi	Samadhi Darshan
6:30—8:15pm	Closing Ceremony—Yogini Yatra via Raj Nivas to Ashram Playground TBC		

Arun for Unity Pavilion and  
the Shaktikumbh 2024 Organizing Team

## AUROVILLE LIBRARY

### Weekly Timings

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



**Story time** At the Auroville Library!

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

- **Contact:** 0413 2622894, [avlib@auroville.org.in](mailto:avlib@auroville.org.in)

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

## THE FUTURE CLASSROOM:

### Integrating Generative AI in Learning

Saturday, 20 January, 10—11am,  
@ Auroville Consulting Office in Kalpana.

GenAI User Group meeting on Saturday, 20 January from 10 to 11am, at the Auroville Consulting Office in Kalpana. Ground Floor meeting room.



Join Lucas from Last School as he unveils the dynamic role of Generative AI in reshaping education. In this talk, he'll explore how AI is revolutionizing teaching and learning, fostering creative thinking, and personalizing educational experiences for a more effective and engaging journey into knowledge.

- For more details and future announcements, join the meeting announcement WhatsApp group by clicking on this link: <https://chat.whatsapp.com/EMeiWHRjquBAT-dKPEkG4PI>

Vikram

## Services

### NEWS & UPDATES FROM THE ECO SERVICE

Dear Community Members, we are pleased to inform you that Auroville Eco Service now has a dedicated number for correspondence **7598911090** (calls, SMS, and WhatsApp).

Kindly update your directories and route all pickup requests, feedback, etc., to the new number only, preferably via WhatsApp.

- Voice calls and voice messages** will be attended to only during office hours, i.e., between 9:30am—1pm and 2:30—5:30pm.
- Please refrain** from using Kali Borg, Palani Kannan, B, Don, or Sumit's private numbers for pickups, etc.

Furthermore, we would like to inform the community that Mr. Palani Kannan is no longer serving at the Eco Service.

Sumit for Eco Service



## Health Care

### 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 Sutha

## SANTÉ SERVICES



*sante*

### Working Hours

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

### Tests and Sample collection

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

### For emergencies

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

### Appointment

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

### Santé Services Schedule

<b>Doctor consults with</b> Dr.Senthil: Monday to Friday	<b>Nursing Care:</b> Ezhil, Thilagam, Archana & Sandhya: Daily, No appointment necessary
<b>Ayurveda 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>

### 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

## VISIT OF A TIBETAN DOCTOR

Friday, 19 and Saturday, 20 January  
@ Pavilion Of Tibetan Culture

Dear All, this is to your information that the Tibetan Doctor and the team are visiting us on Friday, 19 and Saturday, 20 January.

- To get your appointment kindly call our office 0413 2622401 and message 8489067332 WA.

The consultation is Happening at the Pavilion Of Tibetan Culture International zone.

**Kalsang On behalf of**  
Pavilion Of Tibetan Culture International zone



*The Arts*

## EXHIBITION OPEN CALL

10 days left to submit your project!

Centre d'Art is pleased to accept submissions of cohesive art projects. All artists are welcome to submit their projects for an exhibition in the season 2024-2025.



If you are interested please send your submission before 31 January 2024 to [centredart@auroville.org.in](mailto:centredart@auroville.org.in) and write 'Exhibition Submission' as the subject of the email.

- The email should contain:
  - Contact details
  - A short biography of the artist
  - The title of the art project and its explanatory text
  - Images of some work in jpg or pdf (max 20 images) in low definition



The selection will be made in February and the decision will be communicated within a few weeks. Looking forward to receiving your application.

**Marco**



## INKY ONKY BY ONGKIE TAN

Opening on 26 Jan at 4:30pm  
From 26 Jan to 10 Feb 2024

Monday to Saturday, 10—12pm and 2—4:30pm

Inky Onky is an exhibition by Ongkie Tan, showcasing a series of drawings that one can see as a time travel over different facets and stages of his life. His ink drawings reflect his wild imagination around the themes of his muses and passions: family, nature, animals, spirituality and... hair cuts. Ongkie likes to travel light: a paper and a pen are enough to embody his creativity.

In his own words he describes himself as 'meticulous to the point of obsession over details that others don't see'; certainly a trait that has contributed to his art, as his fine drawings embody the detailed strokes of nature. Inspired by his early days in Indonesia, where tattoo art and life in the forest were his first source of inspiration, Ongkie's art represents the presence of light and shadow, good and bad, in each of us and in the world at large.



**Marco**

## 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,  
Ongoing till January 24

The mask dance, in Mongolia, this ritual is known as 'Khuree 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**

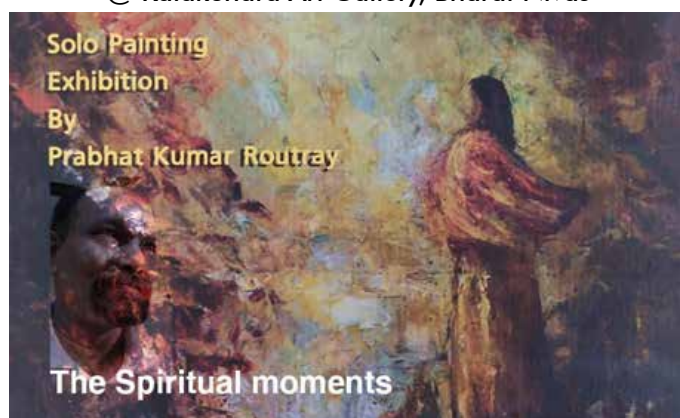


## BHARAT NIVAS PRESENTS

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

Till 21 January 2024.

@ Kalakendra Art Gallery, Bharat Nivas



Open From : 9am to 5pm

- Enquiry Contact: Krishna at 9787880211

Parking available outside the Bharat Nivas Main gate.

Regards, Vani, Monisha, BN Team

### ART EXHIBITION CERAMICS—V

by Priya Sundaravalli

Ongoing Till 30 January at Pitanga

Daily, except Sundays

8am—12:30pm & 2—5:30pm



Warm regards, Verena

### ILION-AUROVILLE INVITES YOU

#### Sharing Circles on the beginning of the spiritual journey based on Jason's Quest

'Break the molds of the past, but  
keep safe its gains and its spirit,  
or else thou hast no future.' Sri Aurobindo.

These sharing circles will be about the Quest of Jason and the Argonauts for the Golden Fleece, which represents the beginnings of the spiritual journey. How do the stages of this Quest resonate in us? What can we learn from it and implement in our life? We will support each other on our inner transformation through sharing personal challenges.

In order to attend these circles we ask every participant to respect two requirements:

- Be prepared by watching some episodes (about 15 min each) of the online course on Ilion YouTube channel (29) [Ilion-Auroville—YouTube](#) playlist Jason and the Argonauts—Quest for the Golden Fleece or by reading the script.



- Be committed to meet every three weeks from the end of February to the end of April or beginning of May.

These circles will be facilitated in small groups (12 persons maximum) on Saturdays from 2:30 to 4:30pm in English and in French. Contribution based.

If you wish to participate, please send an email: [ilion@auroville.org.in](mailto:ilion@auroville.org.in).

#### Do you know Ilion-Auroville?

Ilion team : Alexander, Cibi, Siva, Caroline, Claude, Gaspard, Rajesh, Hartmut (not on the picture)

Claude de Warren, has dedicated three decades to the study of Greek mythology. The Ilion-Auroville team has gathered around him to facilitate the sharing and dissemination of his discoveries. Through documentaries, publications, courses and conferences, Ilion-Auroville aims to:



- Promote a new approach to Greek mythology as the deep spiritual basis of Western culture
- Provide an access to the writings of Sri Aurobindo and the Mother through this mythology and the poem Ilion,
- Foster a shift in consciousness within individuals and societies.

We make the results of our research available free of charge through writings, films, podcasts, conferences and courses.

#### Ilion-Auroville offer a new understanding of Greek mythology

Following an innovative and perfectly coherent approach, we have become convinced that Greek myths have a hidden meaning. They describe human evolution from its beginnings to the distant future: we are the heroes and heroines. Their attributes and actions are our own. We carry within us the monsters and divinities that are both external and internal forces. In this mythology, heroes represent practices, qualities and skills, while heroines represent the goals and achievements towards which heroes strive through their adventures.

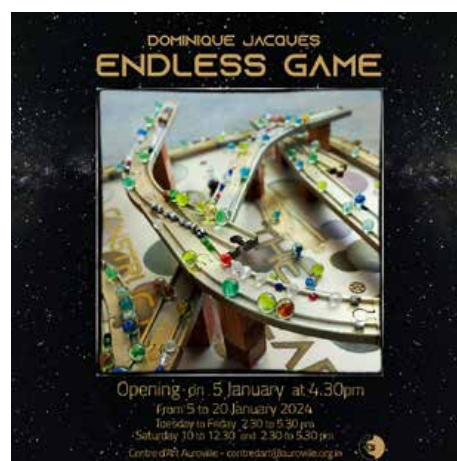
- [Interpretation Of Greek Mythology—Mythologie Grecque \(greekmyths-interpretation.com\)](#)
- [Ilion Auroville—Complementing Claudes \(ilion-auroville.com\)](#)

Rajesh for The Ilion-Auroville team

#### ENDLESS GAME

by Dominique Jacques

Ongoing till 20 January @ Centre d'Art Citadines



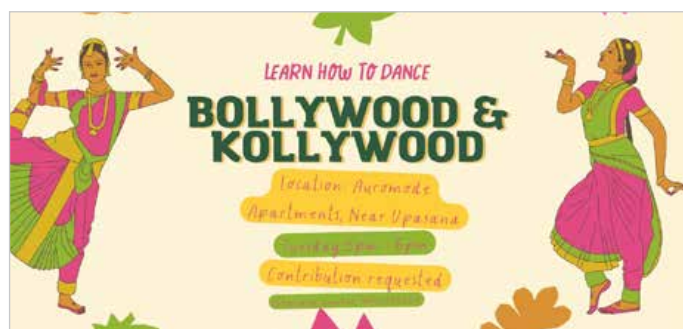
- Tuesday to Friday, 2:30—5:30pm
- Saturday, 10am—12:30pm, 2:30—5:30pm

Submitted by Marco

## Dance Activities

### JOIN OUR BOLLYWOOD DANCE SESSION

@ Auromode! Every Tuesday, 5—6pm



Auromode Apartments, Near Upassana and CSR

For more information and to reserve your spot, contact:

- [balaganesh.siva@gmail.com](mailto:balaganesh.siva@gmail.com), +919446762034 WA only
- Don't miss out on the chance to add some Bollywood and Kollywood flair to your dance repertoire. See you on the dance floor! Contribution Requested. **Balaganesh SIVA**

### NEW CREATION DANCE STUDIO: SCHEDULE

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

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

Submitted by Savitri

### AUROVILLE TANGO ACTIVITIES

@ Harmony Hall,



Bharat Nivas

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

+91 9821166082, [tango@auroville.org.in](mailto:tango@auroville.org.in)

Submitted by Aurevan

### ZUMBA WITH PREETI

Zumba classes are happening



@ New Creation Studio, every Monday, 6pm

For regular classes DM: 8281746763

Submitted by Vega



### 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



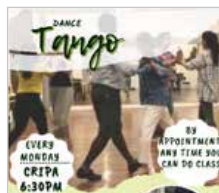
## TANGO DANCE CLASS

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

### TANJORE ART CLASSES

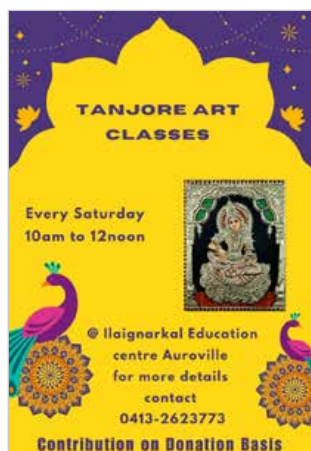
Every Saturday, 10am—12noon

@ Ilaigarkal Education center

Tanjore Paintings Hold Cultural And Religious Significance, originating In Tamil Nadu, India. They Depict Hindu Deities And Mythology With Vibrant Colors and Intricate Details. The Use Of Gold Leaf Adds Opulence, Reflecting the Region's Artistic Heritage. These Paintings Serve Representations Of South Indian Art, Preserving Traditional Techniques and Contributing to The Rich Tapestry Of India's Cultural History

- For more details contact 0413-2623773

- Contribution on Donation Basis



Ayyanar

### CREATIVE WRITING SESSIONS

Hello everyone, this is to inform you I resumed the creative writing sessions. I spent a lot of time increasing my knowledge on the subject in the last few years and now I'm ready to come back to those of you who want to develop their creative writing skills.

If you want to know what I do, please check my new brand YouTube channel I Just Wanna Write at <https://www.youtube.com/@IJustWannaWrite-ht9ql/videos>

I'm using it to promote my cultural activity, following the path of never ending education.

Also I am publishing the results of some of the writing practices I do on YT in my blog <https://ijustwannawrite.com>

If you want to explore the infinite potential of writing with me, please contact me at [ijustwannawrite.email@gmail.com](mailto:ijustwannawrite.email@gmail.com) to get info and book a session. Individual or collective.

- Free contribution from Aurovilians, Newcomers and Volunteers.
- The sessions will take place at the European Pavilion every Wednesday from 9 to 10:30am. If the timing is not suited to you, we can find another solution.

Please notice these are not meant to be classes but sessions, meaning that you are not compelled to follow a regular class.

I'm also available to give sessions in the schools.

Francesca



## WELCOME TO 'OPEN STUDIO'

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

- The studio is open from 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

## 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

## Craft Activities



## Coconut Shell Craft Workshop



### For more information:

WA: +91 9791896488 /0413-2963034

Day: Every Saturday

Time: 2 pm to 4:30 pm

Venue: Egai, Isaiambalam road, Auroville



One Day Prior Booking Required  
[www.egai.co.in](http://www.egai.co.in)


## Incense Making Workshop



# Incense Making Workshop



One Day Prior Booking Required  
[www.egai.co.in](http://www.egai.co.in)



**For more information:**  
**WA:** +91 9791896488 / 0413-2963034  
**Day:** Wednesday to Saturday  
**Time:** 3 pm to 4:15 pm  
**Venue:** Egai, Isaiambalam road, Auroville

Submitted by Arun

## *Food Activities*

### EGAI: ART OF GIVING

#### Cooking Class



### Cooking Class

Egai is giving you an experience to explore village cooking methods of the ethnic coconut based cuisine cooked in traditional ecofriendly vessels.

1 day pre-booking need to be done  
 Every Saturday: Morning & Afternoon

**Contact Details:**

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

**Phone:** 9629297514 / 9791896488

**www.egai.co.in**



## *Sports & Martial Arts*

### KSHETRA KALARI, ASPIRATION

@ Aspiration Sport Ground

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



*Where Body Becomes Eyes,  
 Maneesh For Kalari Team*

### BHARAT NIVAS PRESENTS

#### Kalaripayattu Class

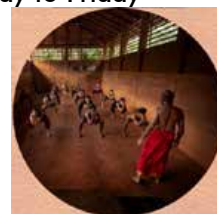
**in Collaboration with Kalarigram**

Bhumika Hall, 6—7am, Monday to Friday

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

Parking available outside the Bharat Nivas main gate

Regards, Vani, BN Team



### TAI CHI HALL

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

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



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

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

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

Warmly, Krishna

### KALPANA GYM

Kalpana Gym is open

- 7—9am & 5—8pm
- Monday To Saturday

All Are Welcome!



Satyakam

### SWIMMING CLASS

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

Mani



## AUROVILLE AIKIDO SCHEDULE

Auroville Aikido at AV Budokan (Dehashakti) is happy to share again their Adults regular schedule for Beginners and others (with N. Murugan and Surya) for interested people to join this beautiful and complete practice in the form of a Japanese martial art:



- Every Tuesday, Thursday, Saturday early morning from 6—7:30am and
- Wednesday 5:15—6:30pm.

For children classes (with Surya, Philippe G. and Cristo) and other info, please contact us:

- [budokan@auroville.org.in](mailto:budokan@auroville.org.in), 8300189062 Surya, 9952812843 Murugan/WA, 8300643963 Philippe/WA.

Reasonable contributions required.

Surya

## 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, Monica—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/>

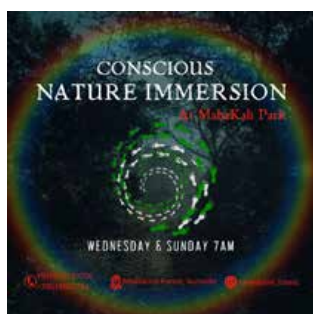
Giacomo

## Nature Activities

### MAHAKALI PARK

#### Conscious Nature Immersion at MahaKali Park

MahaKali Park is one of the 4 parks of Auroville, which is developed as a place for holistic awareness and self-development through nature. Every Wednesday and Sunday, we guide you into an educational and meditative walk in the forest. The historical experience of green spaces in the specific context of Auroville have led to a unique understanding of holistic ecology. Providing a space for a direct connection with the organic 'web of life' brings, in turn, insights for our self-study and yoga of work.



Free. Contributions accepted for the management of the site. / Be adequately clad to prevent mosquito bites. You may also carry mosquito repellents. / Venue: Meeting point at Révelation's main gate 5/10 min before the time of the session (Search for 'Revelation Forest' on Google Maps) / Contact: +919500183706 (Arun). Better to confirm your venue by one WA message, especially if it rains. / We also custom programs, training and healing sessions on prior demands. Please note that the park is not yet accessible without our supervision, thank you for your understanding!

## Sacred Drum Journey at Revelation Forest/Mahakali Park

- 20 January, 3:30—4:30pm, Duration 1 hr

### About the Drum Journey—Sacred Drum Journey Experience:

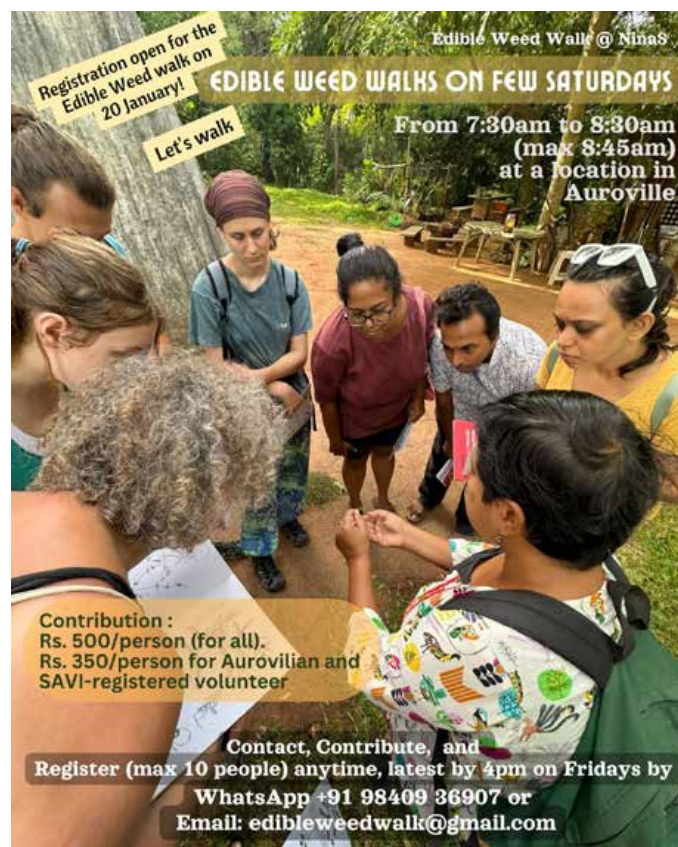
- Altered states of consciousness, Deep Aura cleansing, Spiritual healing, Connect with your spirit guides and spirit animals
- **Facilitator—Kundhavi Devi** Kundhavi is a clairvoyant energy healer, crystal healer and Access Consciousness healing practitioner who lives in Auroville, Tamilnadu. She has received intense training in the Shamanic field with a Shaman from Northern Canada.



- **Clothing**—Loose fitting, fully covered to prevent mosquito bites
- **Contributions** are welcome and encouraged. Pay by cash or Gpay at +91 93600 43538
- **Registration** preferred. Walk-ins are also welcome.
- Please register through WhatsApp on Kundhavi Devi +91 93600 43538

Arun

## EDIBLE WEED WALKS



It's that time of the year again. Here's the announcement for 12 guided weekly Edible Weed Walks; only a few are left. 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.

- **Dates for the upcoming walks** are 20, 27 January, 18 February, and 2, 9, 16, 24, and 30 March 2024.
- Pre-registration and a contribution are required.
- **RSVP:** +91 98409 36907 WA Only or [edibleweedwalk@gmail.com](mailto:edibleweedwalk@gmail.com) to register

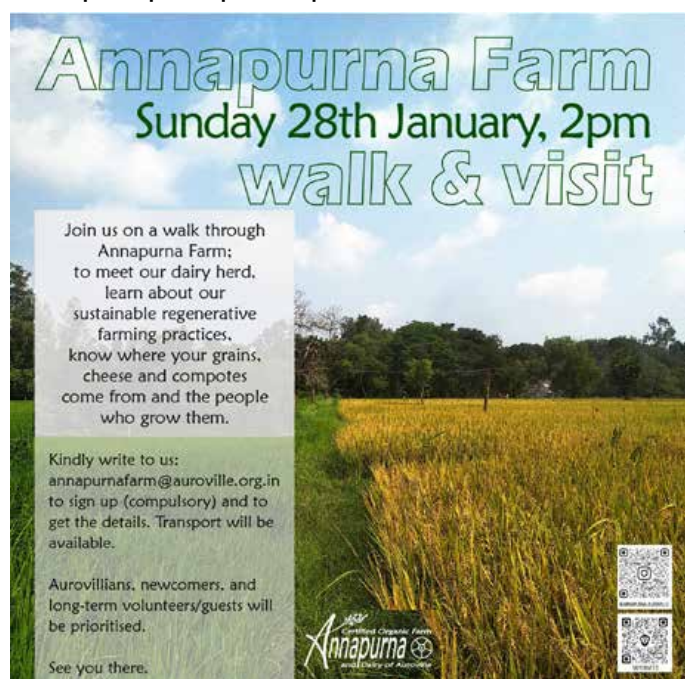
Nina



### WALK THROUGH ANNAPURNA FARM

28 January, Sunday, 2:30—4:45pm

Transport: pick up & drop available from Solar Kitchen



Join us on a walk through Annapurna Farm; to meet our dairy herd, learn about our sustainable regenerative farming practices, know where your grains, cheese and compotes come from and the people who grow them.

- Please RSVP (compulsory) at [annapurnafarm@auroville.org.in](mailto:annapurnafarm@auroville.org.in); limited seats are available.

Aurovillians, newcomers, and long-term volunteers/guests will be prioritized. See you there.

Madhuri for Annapurna

### Bioregion Activities

#### KUILAI CREATIVE CENTER ACTIVITIES



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

Selva from KCC

### AUROVILLE BAMBOO CENTRE

January Program 2023



#### Bamboo Centre Campus Tour

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

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



#### Every Saturday Auroville Bamboo Tour with Special Bamboo Lunch

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

#### Training and workshop

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

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

- Daily Make and Take Hands On Workshop Experiences

## One-Day, Make and Take Workshops



BICYCLE

FURNITURE

LAMP SHADE

GIRAFFE

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

## 3 Hours Make and Take Workshops



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

## Upcoming Workshops—January 2024

### Bamboo 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, aashram visits, healing sessions, trekking and camping packages, group outings and awakening / spiritual tours and Thiruvannamalai volunteering activities. You can book the complete tour (cab, stay, local visit to spiritual places) by the Mohanam youth to Thiruvannamalai.

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

## ENLIGHT ACTIVITIES

### Auroville One Day Tour

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

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

One Day prior booking needed



### Bioregion Village Tour

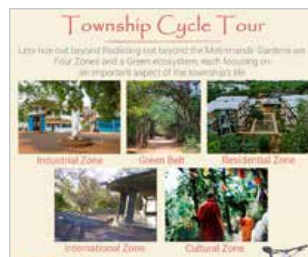
Take a break from your city life and dig deep into the heart of rural villages around Auroville where a land of peacefulness, farming and ancient customs still exists.

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



### Township Cycle Tour

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



### Explorative Educational Experience

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

- Contact one day prior booking

Enlight, Light of Auroville,

+91 91594 68946, +91 82700 71581,

[enlight@auroville.org.in](mailto:enlight@auroville.org.in), Arun, Anand & Balaji



## 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, 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

### Looking For

#### Looking For A Private Tutor

Dear community, we're looking for a private tutor for our 7 years old. French or English. Contact Rotem 8056888715



Rotem

### Work Opportunities

#### LOOKING FOR A FULL TIME COOK



Aurelec Restaurant is looking for a full time Cook who is familiar with cooking South Indian, North Indian and Western food including preparation of salads and juices.

Interested may contact Mr. Siva of Aurelec in person or by phone to 2622293/ 2622294 or email your resume to [adps@auroville.org.in](mailto:adps@auroville.org.in)

Siva For ADPS Trust

#### FULL MAINTENANCE POSITION OFFERED!

Are you an Aurovilian or a Newcomer with a deep love for animals? Join our team at the Auroville Dog Shelter! We're seeking a compassionate individual to take on the responsibility of caring for nearly 300 dogs. This full-time role requires a commitment of five days a week from 9 to 17. Alternatively it's possible to split a maintenance between two people.

This isn't just a job; it's the real yoga of work. Understanding its demands, we offer a one-month voluntary trial period before a one-year commitment. With exciting plans for a new shelter on the horizon, become part of our vision to become the best shelter in the entire area, providing effective care and help for every animal in need.

- To start this rewarding journey, contact Arthur at +918122225266 WA.



**AUROVILLE**  
**DOG SHELTER**

Arthur  
for Auroville Dog Shelter

## QUIET HEALING CENTER



### Looking for experienced massage therapists

We are looking for experienced massage therapists (Aurovilians, Newcomers and Volunteers) who feel inspired to work in Quiet's dynamic and beautiful environment. If interested, please send an email with background details (age, gender, qualifications, work experience, etc.) to [quiet@auroville.org.in](mailto:quiet@auroville.org.in) after which we'll invite you for an interview.

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

Mobile & WA: +91 9488084966, Guido

### EXPRESSION OF INTEREST

#### Call for applications of interested architects for taking up the work of 'Urban Haat'.

Applications can be submitted in person to Ms. Monisha, at Bharat Nivas—Bhumika office, or by email to [bharatnivas@auroville.org.in](mailto:bharatnivas@auroville.org.in).

The deadline for expression of interest is 17 January, 2024.

- Details are available at: <https://www.myscheme.gov.in/schemes/nhdp-iandts-uh>

Janmejaya, Bianca, Kamala,  
Bharat Nivas Trustees

### International

#### THE PAVILLON DE FRANCE PRESENTS

A series of three conferences to think about the relationship between spiritual and social life, a question which is at the heart of the Auroville experience. This will be explored through the lens of French academics who work in French research or teaching establishments, and who are regularly staying in Auroville or Pondicherry. They will be offered in French and/or in English. First conference, followed by discussion:

#### Divine Anarchy and social organization in Auroville: An Exploration by Rémi Astruc

Sunday, 21 December, 4pm @ Pavillon de France

In French (we will offer it again in English at a later date)

Divine Anarchy is what Mother said she wanted for Auroville. But people surely wouldn't understand, she added... Even if it's a fairly misleading formula, can we try to understand a little better what she meant? What kind of 'anarchy' did she associate with Auroville? What does it have in common with the word anarchy as understood in political philosophy? Finally, how can the 55 years collective experience in the city of Dawn inform us on these points?



Rémi Astruc is a French researcher—Paris-Cergy University, UMR Héritages CY/CNRS/Ministry of Culture—who has carried out research on different aspects of Auroville. Last year, during a conference at the French Pavilion, He had shared his research on the aesthetics and beauty of the city ('Eco-poetics of Concrete Human Unity', 2022).

Vivekan

**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

*Foods, Goods and Services*

**RECONNECTING  
with your Inner Cycle**  
25 January, Thursday, 4—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:** [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  
from 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.

- 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

**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 Kattidakkalai 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

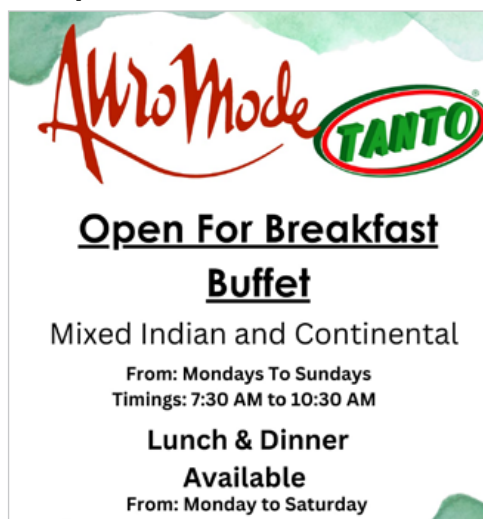


- Dhandapani, Executive at 0413 2622295,
- Mobile 9443090082/8098193820
- or via email to [newwaves@auroville.org.in](mailto:newwaves@auroville.org.in)

Priya

## AUROMODE TANTO

Open for Breakfast Buffet



## JOIN DROPZY

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)

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.

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



## 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:
  - [surabisupplies@auroville.org.in](mailto:surabisupplies@auroville.org.in)
  - +91 9843846458 WA/Call

**lyyappan**

## LATEST NEWS

### from Inside India Travel Shop

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



- **Lufthansa** cheaper fare is available from Chennai to London, Paris, Venice, Rome, Milan, Zurich, Madrid.
- **Emirates** offers fare from Chennai to Paris, Lyon, Milan, Munich.
- **Etihad** airways special fare is available from Chennai to Frankfurt, Paris.
- **Gulf** airways special fare from Chennai to Milan.
- **Qatar** airways offers are available from Chennai to Frankfurt, London.

Here is the full list of destinations **Indians can visit without getting a visa** before travel:

Angola, Barbados, Bhutan, Bolivia, British Virgin Islands, Burundi, Cambodia, Cape Verde Islands, Comoro Islands, Cook Islands, Djibouti, Dominica, El Salvador, Ethiopia, Fiji, Gabon, Grenada, Guinea-Bissau, Haiti, Indonesia, Iran, Jamaica, Jordan, Kazakhstan, Kenya, Kiribati, Laos, Macao (SAR China), Madagascar, Malaysia, Maldives, Marshall Islands, Mauritania, Mauritius, Micronesia, Montserrat, Mozambique, Myanmar, Nepal, Niue, Oman, Palau Islands, Qatar, Rwanda, Samoa, Senegal, Seychelles, Sierra Leone, Somalia, Sri Lanka, Saint Kitts and Nevis, St Lucia, St Vincent and the Grenadines, Tanzania, Thailand, Timor-Leste, Togo, Trinidad and Tobago, Tunisia, Tuvalu, Vanuatu, Zimbabwe

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

**Joster**



- [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**



## VEGAN LUNCH IN RED DOT CAFE

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

Sign-up lunch scheme.

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

## ORGANIC QUALITY Milk Available

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

- For reservations contact 9585180393

**Erumalai (Evergreen)**



## RUPAVATHI JOY ACTIVITIES

### Bio-Region Temple Tour

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

### South-Indian Cuisine Cooking Class

- **Monday—Saturday, 10am and 5pm @ Creativity.**
- Please book sessions in advance.

### Thai Massage

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

### Tailoring

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

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

**Rupavathi Joy**

## Taxi Share

### 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/ Solar Kitchen at 7:45pm (19:45).



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

**Thanks Sunny**

## Poetry

## AUROVILLE OUR HOPE

It is evening and the night is calm.  
 I wait in stillness till the sun returns  
 Silently chanting a prayer, perhaps a psalm  
 To One who lit in me the blaze that burns.  
 We in Auroville desire peace  
 That all in harmony may grow divine  
 Abolish ego and all rancour cease  
 Knowing Truth and Love the inner sign  
 Set before us as the highest goal  
 Of humankind aspiring to ascend.  
 But now as anger flares we hear the toll  
 Of a mighty bell signaling the end  
 Of this evolutionary trial  
 As our heads are buried in unconscious sand  
 Of judgements in the ignorance awhile  
 Acceding off to an ego-filled demand  
 To lead us erringly into the blind  
 Decisions that our blatant errors take  
 When foisted on us by the paltry mind  
 When will Auroville to harmony awake?

Narad

## MATRIMANDIR, THE PRIVILEGE

The privilege of building you  
 of feeling you growing in my hands  
 of smiling in the wind

As i climbing  
 listening to the silence  
 resounding in the soul

A privilege ,yes  
 to be at last  
 from thy center  
 Someone.

Anandi .ayun

## HOPE' IS THE THING WITH FEATHERS...

Hope' is the thing with feathers –  
 That perches in the soul –  
 And sings the tune without the words –  
 And never stops—at all –  
 And sweetest—in the Gale—is heard –  
 And sore must be the storm –  
 That could abash the little Bird  
 That kept so many warm –  
 I've heard it in the chilliest land –  
 And on the strangest Sea –  
 Yet—never—in Extremity,  
 It asked a crumb—of me.  
 Emily Dickinson

## THE CHILD'S EYES

The child's eyes  
 Pure and bright  
 Pull my sight  
 From the adult world  
 Steeped in right or might.  
 With joyful Gratitude, Anandi Z.

## Ideas

## HOW TO TRANSPLANT A TREE

I am a Newcomer. Started taking interest in Auroville's affairs. I suggest underneath a link in which is a video on how to Transplant trees from one place to another.

- <https://youtube.com/shorts/5JQ4TLADSpE?si=wpcO6YsNli5B5e9y>



Gijubhai Dave, +91 94290635381

## Voices and Notes

## WHAT NEXT?

The usual Western notion of existence

Is 'cogito, ergo sum',

'I think, therefore I am'.

An insufficient perception.

The inherent Eastern realisation

Is 'I am, therefore I think'.

'I am' = Aham = Existence = Sat = Being.

The 'thinking' is only an aspect of the mental consciousness or mind.

There are many types of consciousnesses in the Lila, this Divine Play of the One.

'Satchitananda' best represents the Supreme One:

'Existence—Consciousness—Force—Bliss'.

'Consciousness—Force' as in 'Chit-Shakti'.

The Eternal and the Infinite,

Purusha and Prakriti,

Inseparably separable,

The Paradox Divine.

Here's the Avatar Sri Aurobindo for divine illumination:

- <https://incarnateword.in/cwsa/28/sachchidananda-existence-consciousness-force-and-bliss>

Excellent on that website the Search function.

So the answer to the question, 'Is consciousness an illusion?' It depends on what consciousness is asking and perceiving its manifestation. This gross phenomena, this manifestation is like an illusion.

It is like a lightning or a bubble,

Fleeting, impermanent,

Coming in and out of existence every fraction of a moment.

But every unfoldment is Real, Existent, Conscious, Because the One Source is Real, Existent, Blissfully Conscious:

Satchitananda

And You are That

Tat Tvam Asi

Only at the evolving moment

Homo sapiens the limited,

The species mind-born,

The mental-animal,

The human being,

An expression, a manifestation

Of the false-separative consciousness

That is Mind.

The Game is still on...

Always on...

This Divine Play,

The Lila of the One

And Its infinite transformations

Unfolds on

Towards the Divine Manifestation:

The next apex species,

Expression of the Truth-Unity Consciousness:

The Supramental being.

Beyond Mind.

On this Earth coming soon

A Life Divine.

*Zech, 2024.01.13*

## PASSIVE MEDITATION

I was traveling in Central America with a friend, and we reached San Cristobal De Las Casas. A cute Mexican village with characteristics of the typical Spanish colonial towns of Central America, but also maintaining elements of the previous civilizations. The village is surrounded by hills in the shape of pyramids. In fact they were pyramids once, and now they are hidden under the green. From the terrace of my guest house, those hills looked like spaceships, especially on cloudy misty days.

While walking downtown one day, I found myself at the bottom of one of the hills. I noticed a large staircase made in stone right in the middle of the hill. I reached the top panting, to find a Spanish church. Probably those churches were placed on the hills to mark the territory by the Spanish. After all, old European towns have the church placed around the center of the town/village, at the plaza.

At the guest house I met Ireneusz. He was often on the terrace, sitting on a stool and armed with brush and paper. An artist from Poland, living in the USA, and now quietly enjoying a relaxing holiday while creating new works for his collection. He was capturing the roofs of the village. Terracotta tiled roofs, metal roofs held down by stones, white flat roofs holding water tanks, the hills in the distance looking like spaceships, and the open blue sky.



In the afternoons, when the sun was too strong to do anything, while most people were napping, Ireneusz and I were playing drums on the roof of the guest house. He had a pair of bongos, and I had a batan which I had just bought in Cuba. After drumming we would share a papaya and talk about philosophy. Then he would wash his hands and get back into painting, and I would go back into doing nothing in particular.

One day, while he was taking a break from painting, he told me: 'Playing drums with you gives me so much joy, and I'm always learning something new. I want to give you something in return. Take a brush, I'll teach you the art of watercolor through geometry and meditation'. He handed me a sheet of paper, and guided me through the first most basic and most important geometric exercise: the lines.

Every day he taught me a new exercise, each time more advanced.

One day he told me:

'These exercises will help you develop good control over the brush and the use of colors.'

Then he paused a little bit and added:

'These exercises, even only the exercise of the lines, can help you in times of unclarity, when you feel imbalanced. Painting can be a powerful visual meditation to center your

mind. Every moment of distraction shows on the paper, but when you stay mindful, your work comes out beautifully.

Then he added:

'Also if you have in your living room a good painting, done mindfully and with a sincere heart; your mindset will get affected. By seeing that piece of art regularly, noticing it sometimes, or even while totally distracted; you start generating a certain positive energy and harmony in your mind. This is what I call 'passive meditation'. 'The same is true for the architecture and geometry of our towns.

The architecture of each building imposes a certain feeling on us. Architecture also expresses a certain musicality. For example, columns and arches set in a regular distance contain a rhythm. And also curves and lines in a building play a kind of silent music.

Also the hidden geometry in the designs of parks, or the paths and streets of a city are another form of harmonious geometry which we don't usually notice, but it is present and it affects us a lot.

Environments developed with harmonious architecture affect their residents positively. This is why we love spending time in specific places'.

He also spoke about the energetic difference between modern towns developing along the main road, and old towns that used to develop around a center. The center of course was usually a square/plaza, a common space to gather, often including a park, and this center was in some ways the living room of the town. In contrast, modern towns only offer shopping malls and eateries for people to gather. That's because modern cities develop under the frantic impulse of commerce, and without consciousness. Whilst old cities were planned to give its residents a sense of beauty and communal belonging.

Several years later I moved to Auroville, an international township in the making. There is a plan in place for the city which includes the Matrimandir, the lines of force, the crown road and the general shape of a galaxy.

The Matrimandir, although not completed yet, has already a powerful architecture and geometry. Everything, from the moment you enter the gate, is about beauty and order. One can't help but feel as one with the universe when walking around the gardens or sitting peacefully. Matrimandir makes you feel small and yet part of something immense, and just a simple walk around the garden centers you.

Today, looking at the design plan of the city, I realize that the crown road and the lines of force and the whole galaxy are meant to be the continuation of that powerful geometry of the Matrimandir.

Roger Anger was in fact a city planner more than an architect. And I think he intended to expand that powerful geometry throughout the living spaces of the city.

Walking in the Matrimandir garden has undoubtedly a beneficial effect on us. But Matrimandir at the moment is separated from the rest of the city. Its powerful geometry stops at the edge of the garden.

If Ireneusz was right about the 'passive meditation', then when the crown road and the lines of force will be completed, the residents will experience a daily 'passive meditation'.

While going to work, to school, to the SolarKitchen, to the market or to meet someone, or just going for a walk; while using these roads on foot, by cycle, by scooter or by car; everyday, several times a day; we will be affected positively and brought in unison with each other. Perhaps at some point we might even be able to make a positive shift as a collective.

This might sound like a fairy tale to some people, yet we know that geometry and architecture have always been the foundations of every civilization.

Auroville of course allows freedom of thought and expression, and nobody is urged to understand the importance of building a city consciously, and the meaning of the galaxy design, but I think the minimum we can do as Aurovilians is to let the master plan flourish peacefully.

*Gino*

## THE ORIGINAL ADMISSION FORM

### To Be Submitted To The Mother—1970

I bring once more to the general attention the admission form to be submitted to the Mother for acceptance, along with complementary instructions she signed too. I have an original copy of that form; others are kept at the Auroville Archive.

Mother's town and her guidelines are indissolubly linked; besides being her architect, Roger Anger had the task to draft major policies that the Mother would integrate and sign. The excerpts below are part of the trove that Roger passed me in the eighties, as a researcher c/o the Centre of Human Unity instituted by Kireet Joshi. We believed that we would make it, flying in the sky was our normal way to be.

At page 1 of the Admission Form is the text 'To be a true Aurovilian': the psychic awakening. On page 2 eight points unfold:

#### Admission To Auroville

1. The first condition for living in Auroville is 'to be convinced of the essential unity of mankind and the will to collaborate in the material realisation of that unity.'

2. The admission to Auroville is subject to Mother's approval.

3. Once approved, in the beginning the individual is taken for a probationary period of one year, which may be lengthened or shortened, during which he can see for himself how far he fits into the Auroville life. During this period he is expected to meet his own expenses, but in certain cases Auroville bears the expenses. The amount needed per month will be roughly Rs. 200/- to Rs. 300/- per person.

4. One is expected to work for Auroville at least 5 hours a day, including Sundays. The nature of work and other details are decided individually for each case.

5. When Auroville meets the individual's needs and requirements, one is expected to offer to Auroville all that he has and can in respect of material possessions.

6. 'Drugs' are prohibited in Auroville.

7. Climatic conditions: Tropical near the sea.

8. It should be remembered that in all matters the final decision rests with The Mother.'

This prompts several considerations. One is that the Mother did not introduce newcomers' fees; in 1985, when I left the Sri Aurobindo Ashram for Auroville, this still applied. This was essential to allow young, committed idealists to join; in the Galaxy plan, which the Mother submitted to the Ford Foundation on 13.3.1969, one third of the inhabitants was foreseen to be below 20.

Another essential tenet is point n. 5, highlighting that people would be taken in charge only if they had no alternative means of subsistence: 'When Auroville meets the individual's needs and requirements, one is expected to offer to Auroville all that he has and can in respect of material possessions': pensions, bank accounts, properties, outer incomes would be surrendered. As Satprem did: he offered his pension to the Mother, and she graciously provided for his needs. According to that form, people maintained themselves the first year; but if not even this they could afford, yet worked proficiently for the community, they were taken in charge immediately. At par with those already accepted, they were granted a basic accommodation and the Auroville Prosperity, in kind, similar to that in vigour at the Sri Aurobindo Ashram. Along with the meals, the Auroville Prosperity provided the simple items necessary to one's day-to-day life and some pocket money.

The applicants had to sign the admission form and submit it to the Mother, who would decide. Additional guidelines, also approved by her, completed the picture. In 1986



Roger gave me a copy of a major document, along with his first report on the town (7.9.1965); these were the first two documents I received from him, and which I translated from the French: the initiatory journey had begun.

That document concludes so:

#### Resident Of Auroville Status

After the probationary period Auroville will support to the extent of its means all the people accepted by the Mother, and for whom an individual caution-money will be given.

Needless to say, from that date onward the duties of the selected people must conform to the agreement with Auroville, freely accepted by them. These agreements are sufficiently specified in all the definitions, all the teachings and goals pointed out by Mother, so as to be known by everyone and put into practice. No rule, law or constraint is necessary at Auroville, if the members of the community agree to replace these outdated methods by an active sincerity.

#### Status Of Auroville Citizen

The Mother Herself will decide when a member of the community will become an Aurovilian—which implies that he has acquired the Auroville consciousness.

So far, there are no Aurovilians.'

Today, as during Mother's years, this is the pledge we should sign and live: loyalty to the Mother is all we need.

Paulette

## Languages

### NEWS

#### From Auroville Language Lab



Please remember to put your mobile phones on flight mode and switch off all wireless and Bluetooth devices before you enter the Lab. We are a wireless-free space!

If there is a language you would like to learn, and it's not on our list, please send us a query!

Starting from 1 February 2024, at the Language Lab we will extend our opening hours:

- From Monday to Friday we will be open until 7pm.

Between 5 & 7pm, all are welcome to use our Mediatheque which is a self-learning space for language learning, and our cable internet connections with your own laptop.

We will arrange guided studies in multiple languages. Our regular day-time students can take advantage of sessions with native language speakers for conversation practice. This is to revive an old idea of 'language exchange' and 'sharing languages'. There will be a special listening cabin for precise exercises.

This will be free of cost to everyone: Aurovilians, Newcomers, Volunteers, Guests and people from around the Auroville area.

Do let us know if you would like to be part of this by sending an email to [info@aurovillelanguagelab.org](mailto:info@aurovillelanguagelab.org) or a whatsapp message to +91 98430 30355.

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

- **Amazon India:** <https://amzn.eu/d/e4jhPpI>

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

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

### Current Schedule of Classes

Language	Level	Time	Day(s) of Classes
English	Pre-Intermediate & Intermediate	11:00am—12pm	Tuesday & Thursday
	Conversation February 2024	4—5pm	Tuesday & Thursday
French	Beginner To start 10 February 2024	2:30—4:30pm	Saturday
	Conversation 1 To start 10 February 2024	10:30am—12noon	
	Conversation 2 To start 5 February 2024	2:30—3:30pm	Monday & Thursday
Tamil	Spoken Beginner To start 23 January 2024	9:30—10:30am	Tuesday & Friday
Sanskrit	Beginner To start January 2024	TBA	TBA
Hindi	Beginner January 2024	10:30—11:30am	Monday & Wednesday
German	A1.1 Beginner February 2024	9:30—11am	Monday & Wednesday
	German Conversation February 2024	4—5pm	Tuesday & Thursday
Spanish	Beginner To start 22 January 2024	2:30—3:30pm	Monday & Wednesday
	Intermediate	2:30—4pm	Tuesday
Japanese	Beginner To start March 2024	TBA	TBA
Italian	Beginner TBA	TBA	TBA
	Intermediate Started 14 December 2023	3—4pm 2:30—3:30pm	Monday Thursday
Persian	Beginner To start January	TBA	TBA

### To join or enquire

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

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

### Tomatis

There are spaces available for both language & therapeutic programmes!

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

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

- <https://www.aurovillelanguagelab.org/tomatis-method.php>
- <https://www.aurovillelanguagelab.org/tomatis-kids.php>
- <https://www.youtube.com/watch?v=wnpXprTl3m0>
- <https://www.youtube.com/channel/UCeTIG0y-sBMlyy-wZNdZcAng/videos>
- <https://www.listenwell.com/>

### The Language Lab is open

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

### Volunteering opportunities!



Do You wish to enhance your Auroville experience? Volunteering at the Language Lab can be profoundly enriching. We are currently looking for volunteers to fill the following positions:

- Language Teachers, Fundraiser
- Event Coordinator, IT Assistant
- Executive Assistant
- Tomatis Children's Assistant
- Tomatis Research Assistant

Contact or visit us to find out more and ... get started!

Enzo, for Language Lab Team

### Classes, Workshops & Healing Arts

#### WELL BEING YOGA CLASS WITH WALI

Sunday, 21 January, 9:30—11am

Friday, 26 January, 4:30—6pm

@ Anitya, Center Field,

### WELL-BEING - YOGA CLASS WITH WALI

SUNDAY JAN 21 - 9:30 TO 11 AM  
FRIDAY JAN 26 - 4:30 TO 6PM

### STRAIGHTEN YOUR SPINE, BALANCE YOUR MIND & EMOTIONS



Wali, yoga teacher, is offering 2 classes in Anitya. With Asanas, Pranayamas & Yoga Nidra, you will come out more relaxed, refreshed and energized! For all levels. Donation based. Contact Wali for info: 7042565206

Anitya is a community project registered under LEAD, Auroville. Location: Center Field, follow the ANITYA signs after Center gh

#### Straighten Your Spine, Balance Your Mind & Emotions

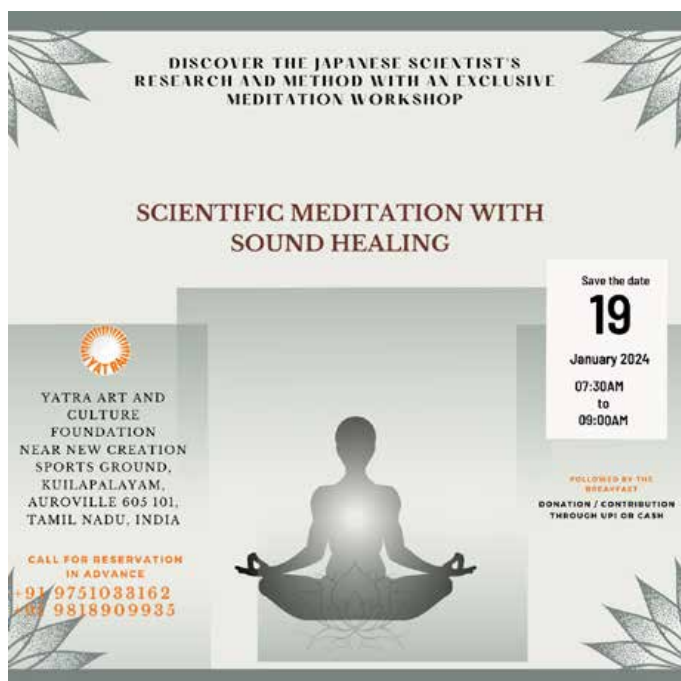
Wali, yoga teacher, is offering 2 classes in Anitya. With Asanas, Pranayamas & Yoga Nidra, you will come out more relaxed, refreshed and energized!

- For all levels.
- Donation suggested.
- Contact Wali for info: 7042565206
- Location: Center Field, follow the ANITYA signs after Center Guest House

Mathilde

## SCIENTIFIC MEDITATION WITH SOUND HEALING

19 January, 7:30—9am @ Yatra



Yatra Foundation is announcing an exclusive workshop with Mradul.

**Mradul Jain** is a Nerotherapist specializing in the Japanese healing method for addressing mental health concerns such as depression, anxiety, emotional blockages, trauma, PTSD, and more. His approach integrates scientific meditation techniques and draws upon ancient Indian Vedic sciences, incorporating sound frequencies meticulously researched and composed by a Japanese scientist.

One and half hour Workshop you will learn Brain Gym to enhance your concentration and focus power along with the Scientific Meditation through unique sound therapy.

Breakfast will be served after the workshop.

- Contribution required.

0413 2623071, +91 9751033162

Yatra Srinivassan

## MINDFULNESS



### For Stress Reduction (MBSR): One Week Mindfulness Intensive

- 5—11 February

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.

### Course timings

- 7:30—9:45am, Monday, 5—Saturday, 10 February (daily)
- and 8:30am—12:30pm, Sunday, 11 February.

The course will be held in-person at Maloka, Anitya community).

- **Places are limited**, so registration is required. Contact Helen on 7094753054 WA for details.

### Monthly Mindfulness Practice Session

- 28 January, 9:30am—12:15pm

This half-day retreat provides a chance for you to drop-in to yourself, to unplug from the stresses of everyday life, and shift from doing into being. The focus of this session will be on 'beginners' mind' which is one of the foundational attitudes of mindfulness. Participants will be guided through a series of practices (in either seated or lying position) along with some gentle movement practices.

- All are welcome (no prior experience needed), but it is in-person so places are limited. Contact Helen on 7094753054 WA for details.

*Helen*

### IGNITE YOUR PASSION

Friday, 26 January, 6:30pm @ Vikram's in Aurelec



Spark your soul and dance to Fire! Heat up at our Vedic Astrology and Dance workshop—connect with the element that fuels your energy! Bring your Vedic Astrology chart and let's set the dance floor ablaze with your spirit!

- **RSVP:** Vikram +91 9843948288; Maria Luisa +32 478982495

*Regards, Vikram*

### 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*



### FAMILY AND SYSTEMIC WORKSHOP

@ Creativity Hall Of Light

Saturday, 20 January, 9am—6pm

Contact 9751110486, Moghan

## BODY IN LIGHT, LIFE IN LIGHT

### Energy Healing Workshop

2, 3, 4 February, 9am—5pm  
@ Bhumika Hall, Bharat Nivas

In this 3-day workshop we explore with joy the 3 paths to ascension:

- Healing old pains, patterns and programming
- Aligning to your Divine Essence
- Tuning into mystical moments of realization by stepping into the frequency of the four powers of the Divine Mother: Wisdom, Harmony, Strength & Creation
- Dive into powerful techniques for self-healing
- Explore Fundamentals, Principles and Universal Laws of energy healing



#### Facilitator:

Sandhya, Energy Healer & Teacher since 25 years.

#### Register now:

[contact@auroville-jiva.com](mailto:contact@auroville-jiva.com), or +91 94436 19403 WA.

Sandhya

## LETTING GO—LET IT BE

Intensive Workshop with Vega and Stefan

@ Cripa, 4—8 February, 9am—1pm

Letting go, letting be, letting come.

A journey with and through our emotions.

Embark on a transformative self-exploration workshop, delving into emotions and distinguishing current from past baggage. Through powerful exercises like breathing, movement, inner parts work and others, participants will experience a mix of intensities, fostering heightened self-awareness for conscious, authentic choices over impulsive reactions to fleeting emotions.



- Inquiry: [dancingtree.smile@gmail.com](mailto:dancingtree.smile@gmail.com)
- Registration form: [Letting go, Letting be, Letting come—Google Forms](#)

Warmly, Vega

## LETTING LOVE SPEAK:

Activate Your Connection  
with the Divine Shakti Within

21 January, 9am—5pm in Auroville

Does your heart long to anchor itself in the universal Love of the Great Mother? In this workshop, we use writing, art and movement as gateways into the Heart, to connect with the four aspects in which the Shakti makes herself known within us: Wisdom, Strength, Harmony and Creation. Discover your personal gateways into Love's infinite field. Shift from fear into the frequency of Love.



- Location: Bhumika Hall, Auroville.
- Facilitators: Sandhya & Niharika.
- Register now: [contact@auroville-jiva.com](mailto:contact@auroville-jiva.com), or +91 9443619403 WA.

Warmly, Niharika

## 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
Sunday, January 14 & January 28	10am—1pm	Tamil culture tour & temple visit
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, 5:30—7pm
- Every Sunday, 5:30—7pm

### Mobility with Karalakattai

#### • Monday to Friday, 11am—12pm

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.



### 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.

### Tamil culture and temple visit

#### • Sunday, 28 January, 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.

## YTTC:

**Auroville Yoga 200 hr TTC schedule**

Timing – 6 30 am to 9 30 am – 3 30 pm to 7 00 pm

Daily Hatha & Vinyasa flow yoga sessions along with Pranayama, Meditation, Kriyas.

Yoga Philosophy of Patanjali and other texts.

Sequencing skills, subtle anatomy, mantra chanting

Not just Asanas, but a complete lifestyle experience in the International town of Auroville.

Discover the joy of a disciplined, sustainable & injury free self practise and gain tools to teach others.

Introduction to Kalaripayatu, Animal flow

Sound healing, Karma Yoga and more.

Internationally recognised Yoga Alliance, USA accredited Certification

**200 hours–22 days– February 1 to 22, 2024**

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

**Advanced 300 hr Yoga TTC, Auroville**

Timing – 6 30 am to 9 30 am – 3 30 pm to 7 00 pm

Advanced Hatha & Vinyasa flow yoga sessions along with Pranayama, Meditation, Kriyas.

Yoga Philosophy of Patanjali and other texts.

Sequencing skills, subtle anatomy, mantra chanting

Not just Asanas, but a complete lifestyle experience in the International town of Auroville.

Discover the joy of a disciplined, sustainable & injury free self practise and gain tools to teach others.

Introduction to Kalaripayatu, Animal flow

Sound healing, Karma Yoga and more.

Internationally recognised Yoga Alliance, USA accredited Certification

**300 hours–29 days– March 1 to 29, 2024**

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

[balaganesh.siva@gmail.com](mailto:balaganesh.siva@gmail.com), WA +91 98926 99804, 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, Bare-foot body massage	Silvana	Monday to Saturday by Appointment 9047654157
In Nutrition, Diet, Weight Loss and Weight Management, Psychosomatic	Nadia (English & French)	Monday and Wednesday afternoon by Appointment: 948 90 35 457
Kahuna, lomilomi Heartwork, hot stone Ili'ili.	Sang	Monday to Sunday 8807132468, +4591118176 WA
Psychospiritual 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	Monday: 3—4:30pm, Tuesday: 5—6:30pm For regular classes By Appointment: 9047722740
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.

## TRADITIONAL MANTRA AND STOTRA CLASSES

@ Serendipity Community with Sonia Novaes

**Traditional Mantras & Stotras**

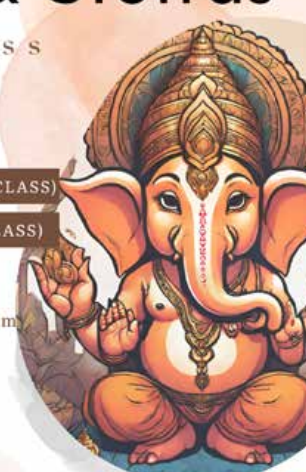
chanting class

@ Serendipity Community  
With Sonia Novaes

THURSDAY | 9 AM (DROP-IN CLASS)

FRIDAY | 5 PM (REGULAR CLASS)

info:  
[serendipityauroville@gmail.com](mailto:serendipityauroville@gmail.com)  
+91 8940288090



Thursday, 9am, Drop-In Class

Friday, 5pm, Regular Class

info: [serendipityauroville@gmail.com](mailto:serendipityauroville@gmail.com), +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.

Sincerely, Sonia



## 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 acupuncture 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*



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

+919489805493 WA, [www.auroville-holistic.com](http://www.auroville-holistic.com)

For kinesio only: +33686928426 WA

Ashtanga Yoga With Christine P No drop in	Every days @7:45am 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. *Christine*

## DEEP SOUND BATH TIBETAN BOWLS

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

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

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



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

*Sathyayuga,*  
+917639761930 WA

## PITANGA PROGRAM JANUARY 2024



## Healing Space

- By appointment, 262403, 9443902403
  - Acupuncture by Heidi (not on 26 January—27 February.)
  - Bio-Resonance (with Bi-Com machine) by Afsaneh
  - Chiropractic by Afsaneh
  - Thai Massage by Juan



*Brownea grandiceps,  
Divine love governing  
the world*

## Youth activities

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

- Teen Yoga, with Lisbeth  
Mondays, Wednesdays, 4—5:15pm

New Auroville school students, 5<sup>th</sup> grade onwards can join (sign up with Pitanga reception with your details & contact no.)

- Yoga for children, 5—8 yrs., with Gala  
Saturdays, 9am—10am
- Yoga for children, 7—9 yrs., with Gala  
Saturdays, 10am—11am
- Energy games for children, 9 yrs. +, with Gala  
Saturdays, 11am—12pm

## Art Therapy class with Gala (with registration)

- Thursday 11, Friday, 12 January no classes.
- Thursdays, 3—5pm, for adults
- Fridays, 3—5pm, for families (children 5 years and older)

## Drop-In Classes

	Class & teacher	Class level
<b>Mondays</b>		
7:30—9am	Asanas with Rachel	All levels
8:30—10am	Yoga Therapy with Gala	All levels
4—5pm	Deep presence—Inner Exploration, with Mike.	All levels
<b>Tuesdays</b>		
9—10:30am	Iyengar Yoga, Spine class, with Chloé	All levels,
4:45—5:30pm	Odissi Dance with Rekha	Beginners
<b>Wednesdays</b>		
7:30—9am	Asanas with Rachel	All levels
8:30—10am	Yoga Therapy with Gala	All levels
<b>Thursdays</b>		
4:30—5:30pm	Aviva Exercise with Suriya-gandhi	For women only
4:30—6pm	Vocal Sound Healing with Lola, Restart on 11 January	All levels

Fridays		
6:45—8am	Pranayama with François & Namrita	For former 'The Art of Living' course participants
7:30—9am	Asanas with Rachel	All levels
8:30—10am	Yoga Therapy with Gala	All levels
3—4pm	Weekly Readings of Savitri with Patricia	All are welcome to join
4:30—5:30pm	Weekly Readings of The Life Divine with Balvinder	All are welcome to join.
5:15—6:15pm	Feldenkrais class with Shari restarting on 12 January	All levels
5:15—6:15pm	For Giving Love Transmuting heavy emotions, with Marie-Claire	All are welcome!
Saturdays		
11am—12:15pm	ATB explorations with Teresa	All are welcome to join
4:30—5:30pm	Bodymusic with Anandi Z.	All are welcome to join

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)



## Workshops (pre-registration required)

Day & Date	Workshops (pre-registration required)	Timings	Pre-senters
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

## 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

## Yoga & Re-creation Programs

Days	Drop-in Classes	Timings	Presenters
Mondays	Gentle Hatha Yoga (no class January 1)	7:30—8:30am	Claire
	Pranayama & Meditation (no class January 29)	9:15—10:15am	Radhika
	Hips Opening Immersion	10:45—11:45am	Abharana
	Yin Yoga Nidra (no class January 1)	3:30—4:30pm	Bijou
	Deep Sound Bath	5—6pm	Satyayuga
	Hatha Vinyasa Yoga (no class January 1)	5—6pm	Andres
Tuesdays	Sivananda Yoga (no class January 16)	7:30—8:30am	Mani
	Yoga Asana: Deep Stretch & Relaxation (no class January 30)	9:15—10:15am	Radha
	Face & Eye Yoga	3:30—4:30pm	Mamta
	Vinyasa Flow (no class January 23)	5—6pm	Rebeca
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

Savitri, Programs Coordinator,  
Verité Programming

## VÉRITÉ WORKSHOPS

Pre-registration required

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



### Self-Awareness & Love with Ananda

- Friday, Saturday & Sunday, 19, 20 & 21 January  
9:15am—4:45pm

*Love and Awareness are two wings of the bird to fly in the open sky of life.*

Simple, practical daily life tools for clarity, flow, health, happiness, peace, & conscious relating.

- Experiential Inner journey retreat for Self discovery & Healing with Awareness Exercises, Meditations, Psychology & Inner Science
- Deepen Body connection, Mind observation, Emotion Exploration & Energy tuning
- Explore needs, assumptions, beliefs, projections & triggers
- Rejuvenate Inner Child, Enhance flow, Enrich presence and Reaction to Response
- Express what is unexpressed, change what is changeable, accept what is not changeable, transform, transcend & evolve with loving awareness
- Simple and practical tools to integrate in daily life for clarity, flow, health, happiness, peace, conscious relating & growth

### Face & Eye Yoga: Face your Self with Mamta

- Saturday, January 20, 2—4:45pm

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

### Yoga Therapy for Back Pain with Bijou

- Friday, January 26, 9:15am—12pm

Stretches, holds and strengthening asanas for the back with crucial attention to right posture, breath, and individual attention to body type to rejuvenate the muscles and alignment of the back muscles and spine. Helps relieve back pains and condition the back against future injuries.

### Master Class—Mantra, Breathing & Asanas for Internal Organs with Andres

- Saturday, January 27, 9:15am—12pm  
theory booklet included

A workshop to help you understand the relationship between emotions and organs, and the effect of asanas on our internal organs through specific breathing techniques, asanas and mantras that bring equanimity to your emotions and well-being to your internal organs.

*Kathir, for Vérité Programming*

## QUIET HEALING CENTER



### Holistic Hand & Foot Reflexology Training with Ananda

- Wednesday 24—Sunday 28 January 2024  
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, learn an effective art & science of healing and work professionally with Holistic Reflexology, share love and healing touch with family and friends, or is already into healing and aims to make the work more effective and effortless.

- No previous experience required.  
Certificate upon completion of the course.

### Watsu® & Meditation with Dariya

- Thursday, 25 & Friday, 26 January 2024  
9am—6pm, 15 hours

Meditation is an important tool to listen, accept and know ourselves, and to become more intuitive towards 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 the 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® for Babies with Dariya

- Tuesday, 1 February, 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.

## Holistic Rebalancing Massage Training with Ananda

- Friday, 2—Sunday, 11 February 2024  
9:30am—6pm, 50 hours

This 10-day training offers an intense, effective and powerful rebalancing tool for body-mind-energy through massage and healing touch.

During **Module 1**, you'll learn techniques from joint release, deep tissue massage, myofascial & cranio-sacral therapy work, Tibetan pulsing, Reflexology, vital Varma points, breath work, and tools for body awareness, in addition to the anatomy of the physical & energy bodies and the five ways of touch to balance the five elements: water, fire, air, earth, and space. You'll also learn how to prepare yourself through yoga practices & meditation and offer effective, deep and professional healing sessions by applying a unique combination of tools with the right intelligence and intuition.

**Module 2** builds upon the foundation of Module 1, which focused on developing expertise with spine, sacrum and neck, and teaches how to work on the front of the body with sensitivity and care: chest, belly, pelvis, and specific vital internal organs. You'll also learn how to support the body for pregnant woman and physically challenged, get acquainted with more Tibetan pulsing circuits and Varma points to open and heal the energetic & nervous system, with reading various body types according to Ayurveda and choosing the flow of a session and techniques accordingly, thereby offering a nurturing space for deep healing and inner transformation.

This training is for anyone, who wants to heal oneself, learn an effective art & science of healing and work professionally with Holistic Rebalancing massage, share love and healing touch with family and friends, or is already into healing and aims to make the work more effective and effortless.

- No previous experience required. Certificate upon completion of the course.

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

Mobile & WA: +91 9488084966, Guido

*Cinema*

## 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, 26 January

#### Urban Mining—Gold in our trash

47 mins / English / 2015 / Directed by Frank Wiering

A ton of broken mobile phones, computers or other electronic waste contains sixty times the amount of gold a ton of gold ore has. Moreover, it is easier to get at. It is estimated that 30 to 40 percent of total world demand for rare metals can be covered by urban mining and this is only the beginning. **Shek**

## 8TH AUROVILLE FILM FESTIVAL

22—28 January 2024

A Reflective Gathering in Challenging Times

Opening on 22 January, 5pm

@ Town Hall Plaza

A project of Multimedia Centre/Cinema Paradiso, The Auroville Film Festival 2024 stands as a contemplative and reflective gathering, and this gathering, which we call a 'festival' in the broadest sense, is an opportunity to pause and look within, to question and understand. It's a platform to explore what human unity truly means amidst global unrest and violence. It's a time to affirm the ideals of Auroville and to actively engage in dialogues that challenge and inspire.



### Film Screenings

This year 22 films by Aurovilians, one film about Auroville, one film by a student of Auroville, and 15 films that tackle themes related to human unity will be screened. The films will be showing outdoors in front of the Town Hall and indoors at Cinema Paradiso from 19:30 daily. In case of rain, the outdoor screenings will move to SAIER Conference Room. The winning films will be re-screened on Sunday, 28<sup>th</sup>.

The full screening schedule is available in this issue of the News and Notes. It is also available on <https://filmfestival.auroville.org/2024-schedule/>

### Online Screening

All of the Auroville category films and most of the human unity category films are available to be watched for free between 22 and 28 January on Entertainment Oxygen at <https://app.entertainmentoxygen.com/festivals/auroville-filmfestival>

How to use the platform:

1. Go to <https://app.entertainmentoxygen.com/festivals/aurovillefilmfestival>
2. Click 'Sign up/in' on top right, enter email, follow instructions for verification and return to <https://app.entertainmentoxygen.com/festivals/aurovillefilmfestival>
3. Click 'Buy Tickets' and choose 'All Access Pass—Free'
4. All films will only be available to watch from January 22—28, 2024

### Discussions with Filmmakers

We invite the audience to engage with films, not just as spectators, but as participants in a larger discourse about human unity. For this reason, the festival includes discussions with filmmakers about how cinema can reflect on the time of global challenges. We will meet the day after each screening, to reflect, discuss, analyze, inspire and empower ourselves.

- The discussions are scheduled for 23—26 January from 17:00—18:00 IST, and 27—28 January from 15:30—16:30 IST @ Cinema Paradiso.

<https://filmfestival.auroville.org/2024-discussions/>

## Kino Kabaret

Film aficionados will have the opportunity to make their own film statement during the Kino Kabaret which will

- start on Thursday, 25<sup>th</sup> at 4pm at Café Le Morgan and
- end on Saturday, 27<sup>th</sup> with the screening of the newly made films at 4:30pm at Cinema Paradiso.

To register for the Kino Kabaret: [kinoauroville@gmail.com](mailto:kinoauroville@gmail.com)

- <https://filmfestival.auroville.org/kino-kabaret-avff-2024/>

## Music Events

The Auroville musicians have always supported the Auroville Film Festival, creating the vibrant ambiance that our audiences love.

- We will have daily music concerts from 6—7:15pm.

Participating bands are Aurocats, AV Trio, Beginnings, Deep Dawn, Dog Days, Jazztified, Noizegate, Sound Mirage and Ronny's Band

## Art Installations

The festival venue is proud to showcase the work of Auroville artists. The selection is curated by It Matters.

## Dinner

Dinner will be available everyday with pre-booking only. Coupons may be purchased from Thursday, 18<sup>th</sup> at the Town Hall reception between 9am and 5pm. Booking can also be done by emailing [laxmanan@auroville.org.in](mailto:laxmanan@auroville.org.in)

## Parking

Visitors are welcome and are requested to park at the Visitors Centre parking and use local transport options to come to the venue.

## General Information

- Website: <http://filmfestival.auroville.org>
- Catalog: <https://filmfestival.auroville.org/2024-film-catalog/>
- Schedule: <https://filmfestival.auroville.org/2024-schedule/>
- Facebook: <https://www.facebook.com/AurovilleFilmFestival>
- Instagram: <https://www.instagram.com/aurovillefilmfestival>
- Email: [aurovillefilmfestival@auroville.org.in](mailto:aurovillefilmfestival@auroville.org.in)
- To register with the Kino Kabaret: [kinoauroville@gmail.com](mailto:kinoauroville@gmail.com)
- To book dinner: [laxmanan@auroville.org.in](mailto:laxmanan@auroville.org.in) Yunsung



## AUROVILLE 20th FILM FESTIVAL PRESENTS w/Cinema Paradiso in the Town Hall garden Film program 22 to 28 January



### AVFF 2024—Monday, 22 January

- 7:30pm—Two Minutes To Midnight

Germany-Netherlands, 2021, Dir. Yael Bartana, Fiction, 47 minutes, English w/ English subtitles  
'What if women ruled the world?' Yael Bartana explores this query in her performative piece 'Two Minutes to Midnight'. In this scenario, an all-women government of a fictitious country confronts an imminent nuclear threat from a foreign nation, providing a thought-provoking perspective on an alternate reality.

- 8:17pm—The Great Indian Kitchen

India, 2021, Dir. Jeo Baby, Feature, 101 minutes, Malayalam w/ English subtitles

Following her marriage, a woman endeavors to conform to society's conventional expectations for married women. However, she gradually realizes that this prescribed life is not the one she desires.

### AVFF 2024—Tuesday, 23 January

- 7:30pm—Endangered Craft Mela Auroville 2023

Auroville, 2023, Dir. Nefertiti Chakrabarti, Short, 2 minutes, English

The Endangered Craft Mela convenes local craftspeople and children from Auroville's bio-region schools, fostering creativity and cultural reconnection. This gathering encourages hands-on ingenuity, enabling children to engage with local cultural traditions.

- 7:32pm—Sri Aurobindo & The Earth's Future—PART I: From Darkness to Light

India, 2023, Dir. Olivier Barot, Documentary, 144 minutes, English w/ English subtitles

This movie chronicles the extraordinary life of Sri Aurobindo, from his birth in 1872 until he arrived in Pondicherry in 1910. It encompasses his upbringing in Calcutta, Darjeeling, and England, his years in Baroda upon returning to India in 1893, his role as a clandestine revolutionary figure, and his full commitment to India's freedom struggle post the Bengal partition in 1905. Sri Aurobindo, an advocate for complete independence from British rule, was labeled 'the most dangerous man' in the British Empire by Lord Minto, the Viceroy of India.

### AVFF 2024—Wednesday, 24 January

- 7:30pm—Meat the Vegan

Auroville, 2023, Dir. Mélusine Schellenberger, Documentary, 34 minutes, English w/ English subtitles

The film is about Veganism and explores the differences in everyone's eating preferences. The story is told through an exchange between a couple of friends meeting after a long time by means of sharing interviews conducted by a Vegan Aurovilian through her journey of adopting Veganism.

- 8:04PM—A Maattram (A Change)

India, 2023, Dir. Yatra Srinivassan, Docu-Drama, 23 minutes, Tamil w/ English subtitles

A MAATTRAM (A Change) intricately weaves the lives of five individuals, illustrating their unintentional transformations over the course of a single day.

- 8:27pm—Bangla Surf Girls

India, 2021, Dir. Elizabeth D. Costa, Documentary, 86 minutes, Bengali w/ English subtitles

'Bangla Surf Girls' offers an immersive portrayal of young girls from a Bangladesh slum who find solace by joining a local surf club, seeking liberation from their challenging lives. The documentary highlights their journey, struggles, and unwavering determination, culminating in their participation in an international competition in India, showcasing the resilience of community amid the confines of poverty.

## AVFF 2024—Thursday, 25 January

### • 7:30pm—The Path of the 12 Petals: Shanta, an Initiatic Journey

Auroville, 2023, Dir. Michèle Decoust, Documentary, 38 minutes, English

'The Path of the 12 Petals: Shanta, an Initiatic Journey' portrays Chantal Gowa's (Shanta) inner calling that led her to Auroville in 1991, originally planned for a brief visit. Encountering Roger Anger, her paintings caught his attention, leading to her collaboration with him at the Matrimandir and the realization of the Petals. Shanta's mission in creating the twelve Petals spanned thirteen years, unveiling itself as a powerful tool for evolution and transformation. Three decades later, Shanta shares this compelling story.

### • 8:08pm—Galaxy & Ganesha

Auroville, 2023, Dir. Birgitta Volz, Short, 5 minutes, English 'Galaxy & Ganesha' serves as a compelling plea for peace and human unity within the Auroville community. Through Birgitta's evocative imagery, the film showcases the possibility of paradox by crafting the Galaxy from a tree's bark. These powerful visuals provide evidence that nature is alive and willing to collaborate with humanity, urging us to acknowledge and safeguard the planet.

### • 8:13pm—Aware: Glimpses of Consciousness

Germany, 2021, Dir. Eric Black & Frauke Sandig, Documentary, 102 minutes, English-Nepali-Spanish w/ English subtitles (for Nepali and Spanish) Auroville, 2023, Dir. Mélusine Schellenberger, Documentary, 34

'Aware: Glimpses of Consciousness' transcends its scientific origins, evolving into a contemplative and visually stunning exploration of consciousness. This cinematic meditation navigates the interconnectedness of nature, unveiling its grandeur from microorganisms to the cosmos. Through captivating imagery, it invites audiences to embrace the mystery of life, challenging existing beliefs and embarking on a profound introspective journey, urging the awareness of one's own consciousness.

## AVFF 2024—Friday 26th January

### • 7:30pm—The Miniaturist Of Junagadh

India, 2022, Dir. Kaushal Oza, Drama, 40 minutes, Hindi w/ English subtitles

In 1947, the consequences of Partition led Husyn Naqqash, an elderly artist, to sell his ancestral home in Western India and move to Karachi, Pakistan. Kishorilal, the buyer, discovers Husyn's esteemed reputation as a miniature painter and a valuable collection within the house. Intent on acquiring the collection, Kishorilal uncovers a secret surrounding it, withheld not only from him but also from Husyn. Introduction by director, Kaushal Oza before the start of the film.

### • 8:10pm—Do Not Feed the Pigeons

UK, 2021, Dir. Antonin Niclass, Stop-Motion Animation, 9 minutes

Set in a desolate coach station during the late hours, 'Do Not Feed the Pigeons' portrays a group of weary and isolated travelers awaiting the final coach. Amidst the cold and somber atmosphere, the resident pigeons facilitate a magical connection among these individuals, crafting a fleeting yet beautiful moment of connection and warmth.

### • 8:19pm—The Galaxy Project

Auroville, 2023, Dir. Song-Wan Park, Short, 11 minutes, English The first part of Birgitta's Galaxy Project is an artistic feast of colors and sound projecting us into the universe. It is amazing to see the birth of Birgitta's bark print images, their artistic completion, and their digital evolution into a fusion with the cosmic soundtrack by Caroline Cohen. It is followed by a fascinating explanation of how those magical bark prints manifest. Birgitta's fractal deity images are quite unbelievable and suggest that nature is animated and willing to cooperate with us.

### • 8:30pm—Manikbabur Megh (The Cloud and the Man)

India, 2021, Dir. Abhinandan Banerjee, Fiction, 96 minutes, Bengali w/ English subtitles

Shot in artful black and white, 'The Cloud and the Man' (Manikbabur Megh) embarks on a surreal and philosophical journey, delving into the life of a recently bereaved middle-aged man. Unfolding unexpectedly, the film navigates his intricate yet profoundly meaningful relationship with a cloud, weaving a tale of introspection and profound connection.

## AVFF 2024—Saturday, 27 January

### • 7:30pm—The Blue Marble

India, 2023, Dir. Jeremy Carroll, Short, 4 minutes, English 'The Blue Marble' encapsulates the journey of a determined girl aspiring to ignite change by disseminating cutting-edge scientific insights on microplastic pollution. Her pursuit encounters challenges, yet culminates in the revelation of education's transformative potency. Crafted expressly for the Sea Change Education Programme, an initiative by WasteLess in Auroville, partially funded by the National Geographic Society, this film resonates with a message of empowerment and environmental awareness.

### • 7:34pm—Apnea

Italy, 2023, Dir. Stefano Poggioni, Claudia Cataldi, Elena Poggioni, Documentary, 64 minutes, Italian w/ English subtitles

'Apnea' intricately weaves together the voices of 14 migrants embarking on a perilous journey: departing their homelands, traversing Libya, and finally arriving in Italy after a harrowing crossing of the Mediterranean Sea. Their collective narratives coalesce into a singular tale, representing the multitudes of stories submerged beneath the waves, echoing the struggles and hopes of countless others.

### • 8:38pm—The Story of Microplastic

India, 2022, Dir. Jonak Chakrabarti, Short, 3 min, English 'The Story of Microplastic' is an educational exploration detailing the genesis of microplastics originating from plastic waste. Through concise narration, this film sheds light on the process of microplastic formation, elucidating the journey from discarded plastic to minute particles.

### • 8:41pm—Turning Waste into Money in the Himalayas

India, 2023, Dir. Serena Aurora, Documentary, 8 min, English 'Turning Waste into Money in the Himalayas' presents an insightful journey alongside Rohit Joshi, exploring the transformative perspective on waste as a valuable resource. Amidst Himalayan population growth and increased tourism, the film highlights the escalating waste issue and introduces sustainable waste management solutions essential for the region. By showcasing these replicable solutions promoting recycling and profitability, the documentary advocates for a shift from a culture of disposable to one that emphasizes reuse and repair for a sustainable future.

### • 8:50pm—The Cycles of the Mind

India, 2023, Dir. Alexander Pereverzev, Documentary, 65 min, English w/ English subtitles

'The Cycles of the Mind' delves into the intricate interplay between cosmic forces and the evolution of human civilization. Unveiling distinct patterns in historical development, the film examines humanity's cyclical journey, determined by the dominance of separating or unifying forces at various epochs. This captivating exploration of history offers insights into our immediate future, offering thought-provoking perspectives on the direction of civilizations.

## AVFF 2024—Sunday, 28 January

7:30pm—Winning Films

Submitted by Yunsung



## Auroville Film Festival 2024

Cinema Paradiso is proud to organize the 8th edition of the Auroville Film Festival. This year we will screen films in two venues (CP and Outdoors) between 7:30pm and 10pm daily.

There will be daily discussions with international filmmakers participating in Zoom; a Kino Kabaret; the much-touted Auroville Food Festival; and music performances every evening between 6pm and 7:30pm. All are welcome. Cinema Paradiso regular guidelines apply.

### AVFF 2024—Monday, 22 January

#### • 7:30PM—All That Breathes

India, 2022, Dir. Shaunak Sen, Documentary, 94 min, Hindi w/ English subtitles

In New Delhi, 'All That Breathes' trails brothers Nadeem and Saud, fervently safeguarding the dwindling black kite amidst urban tumult, running an impromptu bird sanctuary. Director Shaunak Sen weaves a gripping narrative of the kites' resurgence, highlighting the brothers' unwavering commitment amidst environmental hazards and societal unrest. The documentary intricately portrays an enchanting story of interspecies harmony, illustrating the heartfelt connection between the brothers and the magnificent birds they nurture. It offers a compelling exploration of coexistence within an ever-evolving urban landscape.

#### • 9:04PM—Sea Change

India, 2023, Dir. Nefertiti Chakrabarti, Short, 3 min, English The 'Sea Change' program serves as an educational initiative delving into the most recent scientific discoveries regarding marine plastic pollution. Through interactive learning materials, including games, experiments, and stories, this program aims to empower children to become proactive change-makers in preserving the health of our oceans.

#### • 9:07PM—Adithalam (Basic Education)

India, 2023, Dir. Yatra Srinivassan, 37 min, Tamil w/ English subtitle

The film 'ADITHALAM (Basic Education)' sheds light on the crucial significance of foundational education for children. It follows Saraswathi, a 6th-grade student grappling with difficulties in reading and writing in both Tamil and English. Subjected to humiliation by the headmaster, she struggles with basic literacy until Sumathi, the science teacher, intervenes. Through Sumathi's guidance, Saraswathi gains confidence, ultimately becoming the top achiever in her school.

### AVFF 2024—Tuesday, 23 January

#### • 7:30PM—Dagh Dagh Ujala (This Stained Dawn)

Pakistan, 2021, Dir. Anam Abbas, 90 min, Urdu w/ English subtitles

'This Stained Dawn' chronicles the preparation of Pakistan's multi-city Aurat March (Women's March), showcasing the emergence of a feminist movement within the nation's urban landscapes. Through the perspective of the march's organizers, the documentary unfolds the narrative of this assertive movement for gender equality.

#### • 9:00pm—Auroville Exchange: Two Filmmakers. Two Perspectives. One Goal.

India, 2023, Dir. Serena Aurora, Documentary, 15 minutes, English

An exchange program initiated by Auroville in 2021 brought together Lobsang, an environmentalist and filmmaker from Zaskar Valley in Ladakh, and Serena Aurora, a documentary filmmaker from Auroville. This endeavor aimed to bridge diverse communities, cultures, and individuals with Aurovillians, fostering understanding and nurturing human unity. Serving as a glimpse into Auroville's culture for outsiders, it also provided Aurovillians with a chance to learn from unique communities, enriching their global community. Director Serena Aurora unfolds this initial step towards realizing human unity through shared experiences and growth.

#### • 9:15pm—Siege in the Air

India, 2022, Dir. Muntaha Amin, Documentary, 30 min, Kashmiri w/ English subtitles

'Siege in the Air' explores the lives of women in Indian Administered Kashmir, shedding light on the persistent uncertainty and ongoing lockdowns. Specifically, it focuses on the aftermath of the 2019 communication blockade following the abrogation of Article 370. Through the narratives of these women, the documentary paints a poignant picture of life amidst such circumstances.

### AVFF 2024—Wednesday, 24 January

#### • 7:30pm—In the Light of Sri Aurobindo—Plays and Savitri in Auroville

Auroville, 2023, Dir. Madhusudan Agrawal, Documentary, 31 minutes, English w/ English subtitles

This film documents the spiritual quest of individuals to comprehend and embody Sri Aurobindo's teachings through artistic expressions, particularly theater. Spanning the last two decades, it traces the evolution of these plays while delving into the inner metamorphosis experienced by those involved. Director Madhusudan aims to encapsulate both the external creative process and the internal transformations, hoping to inspire others to explore the profound teachings of Sri Aurobindo through these unique artistic endeavors.'

#### • 8:01pm—Fallin'

India, 2021, Dir. Valentina Beatriz, Short, 5 minutes, English Fallin' depicts the entwined emotions of attraction and repulsion within two dancers, symbolizing the complexities of addictive attachment and codependency akin to the contemporary notion of falling in love.

#### • 8:06pm—Thirai Virutham (Curtain Poesy)

India, 2022, Dir. Sugumar Shanmugam, genre, 56 minutes, Tamil w/ English subtitles

The film explores Therukkoothu, a vibrant folk performing art prevalent in Southern India, particularly North Tamil Nadu. Sugumar Shanmugam, a research scholar hailing from a Therukkoothu family background, juxtaposes Western Acting Theories with Acting Strategies in Therukkoothu, drawing from his personal experiences and explorations.

• 9:02pm—The Clean Up

Auroville, 2023, Dir. Rupam Mishra and Pinar Ekinci, Short, 9 minutes

Is the clean-up of the mind the prerequisite for the clean-up of the room, or is it vice versa? It's all about moving towards the guiding light of the divine

• 9:11PM—Crater

India, 2023, Dir. Earthling Koushalya, Experimental, 34 min A performer caught in a vicious loop of a stereotype cast in the so-called real-world, comforts himself with the solace he receives from another caring soul in and out of reality, memories and imagination.

**AVFF 2024—Thursday, 25 January**

• 7:30pm—Solidarity Crime

Switzerland-Spain-Argentina-Italy-France-Morocco, 2022, Dir. Nicolás Braguinsky Cascini, Juan Pablo Aris Escarcena, Documentary, 55 minutes, Spanish-Italian-French-Arabic w/ English subtitles

'Solidarity Crime' reveals the punitive measures faced by civilians across Europe for providing humanitarian aid at the continent's borders. Filmed across five countries in fourteen cities, this documentary highlights the experiences of individuals dedicated to aiding refugees, shedding light on the criminalization of humanitarianism and its impact on democratic values within the EU.

• 8:25pm—Sędziowie pod presją (Judges Under Pressure)

Poland, 2022, Dir. Kacper Lisowski, Documentary, 86 minutes, Polish w/English subtitles

'They were trained to communicate solely through their rulings, maintain distance, and participate in public life with reserve. However, professional ethics demanded their resolute defense of judicial independence.' Kacper Lisowski and Iwona Harris illuminate Polish judges who upheld ethical standards amid challenges to free courts. Figures like Igor Tuleya, Waldemar Zurek, and Dorota Zabłudowska emerged as judge-citizens defending independent courts, alongside prosecutors, lawyers, and civil society.

**AVFF 2024—Friday 26 January**

• 7:30pm—Iniyan

India, 2022, Dir. Yatra Srinivassan, Fiction, 38 minutes, Tamil w/ English subtitles

'Iniyan' is inspired by a legend penned by Aurovilian Ruud Lohman. The film narrates the tale of an elderly Tamil man tracing his ancestry to Lemuria, an ancient island civilization submerged beneath the Indian Ocean millennia ago. Iniyan shares with Ruud secrets from the past, foreseeing their connection to the future of humanity.

• 8:08pm—Persona [no] Humana ([Non]-Human Person)

Spain-Argentina, 2022, Dir. Alejandro Cuéllar, Rafa G. Sánchez, Documentary, 109 minutes, Spanish w/ English subtitles

Sandra and Cecilia, two great apes enduring dire conditions in Argentine zoos, become central figures in a legal battle spearheaded by NGO Proyecto Gran Simio and a team of Argentine lawyers. The objective: to secure recognition of three fundamental rights for these apes — life, liberty, and freedom from torture. Opposing them are zoo managers linked to animal trafficking, motivated by economic interests. Candela, a photojournalist, investigates to showcase the scientific and evolutionary similarities between humans and the apes.

**AVFF 2024—Saturday, 27 January**

• 4:30pm—Kino Kabaret Films Screening (90 minutes)

• 7:30pm—The Bottle's Journey

India, 2022, Dir. Jonak Chakrabarti, Short, 4 minutes An educational film showcasing the trajectory of plastic waste from inland water bodies to the ocean.

• 7:34pm—Kolam

India, 2023, Dir. Saumya Srivastava, Experimental, 28 minutes

Kolam is an experimental art film directed by Saumya Srivastava. This film reveals the hidden pearls of Auroville, an international township which aspires to embody human unity. Prepare to be captivated by a contemplative journey, as Kolam aims to capture the quintessence of Auroville. Immerse yourself in the beauty of Auroville as you are guided to unexpected places through a captivating non-verbal narrative.

• 8:02pm—When Goupi Met the Mother Mirra Alfassa (founder of Auroville) and Found Home

India, 2023, Dir. Serena Aurora, English, Short, 7 minutes, English

In this video, Goupi tells his story about how he met the Mother in the early 1960s. Mirra Alfassa, who founded Auroville in her later years, was a spiritual guru, recognized by Sri Aurobindo as the Mother and became the mother of Auroville. As a young Parisian, Goupi was in search of spirituality and yoga, which led him to the Mother's son in Paris and then ultimately to Mother in Auroville. In 1966, he came for a two-month visit to Sri Aurobindo's Ashram, and then to Auroville, and never left. He had found his spiritual home.

• 8:09—Island Reverie

India, 2023, Dir. Nefertiti Chakrabarti, genre, 6 minutes, English

After several years, a young man returns to the very islands that shaped him, only to realize that a part of him never left.

• 8:15—Jhini Bini Chadariya (The Brittle Thread)

India, 2021, Dir. Ritesh Sharma, Documentary, 97 minutes, Hindi-Bhojpuri-Hebrew-English w/ English subtitles,

The ancient city of Varanasi, India, serves as home to Rani, an orchestra dancer, and Shahdab, a traditional Muslim saree weaver. Rani, a strong-willed mother to her deaf daughter, and Shahdab, a shy weaver, encounter a new world through an Israeli backpacker, Adah. Rani's complex relationship with her father, Baba, and Shahdab's unlikely friendship with the traveler, pave the way for self-discovery in cultural and political identity.

**AVFF 2024—Sunday, 28 January**

• 7:30—Winning Films

*Submitted by Yunsung*



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

- **Reminder:** Friday, 19 January, 'Home' by: Franka Potente, Germany, France, Netherlands, 2020
- Aurofilm will **not have a film show** on Friday, 26 January, enjoy the AV Film Festival 2024; Rendez-vous the week after!

*Aurofilm team, Surya*

## 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