



# News Notes

#1011 A weekly bulletin for residents of Auroville 25 January 2024



Photo by Kripa

*They who dwell in the ignorance, within it, wise in their own wit and deeming themselves very learned, men bewildered are they who wander about round and round circling like blind men led by the blind. Katha Upanishad*

*Tell me of That which thou seest elsewhere than in virtue and elsewhere than in unrighteousness, elsewhere than in the created and the uncreated, elsewhere than in that which has been and that which shall be. Katha Upanishad*

*This secret Self in all beings is not apparent, but it is seen by means of the supreme reason, the subtle, by those who have the subtle vision. Katha Upanishad*

## Pondering



The subconscious and the superconscious are two different formulations of the same All. The master-word of the subconscious is Life, the master-word of the superconscious is Light. In the subconscious knowledge or consciousness is involved in action, for action is the essence of Life. In the superconscious action re-enters into Light and no longer contains involved knowledge but is itself contained in a supreme consciousness. Intuitional knowledge is that which is common between them and the foundation of intuitional knowledge is conscious or effective identity between that which knows and that which is known; it is that state of common self-existence in which the knower and the known are one through knowledge.

*The Methods of Vedantic Knowledge The Life Divine by Sri Aurobindo*

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### *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)

### *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:**

- Vandrevala Foundation +91 9999666555

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

- 108



# House of Mother's Agenda



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

*(continued from last week)*

As a result of this new relation between the Spirit and the body, the gnostic evolution will effectuate the spiritualisation, perfection and fulfillment of the physical being; it will do for the body as for the mind and life. Apart from the obscurity, frailties and limitations, which this change will overcome, the body-consciousness is a patient servant and can be in its large reserve of possibilities a potent instrument of the individual life, and it asks for little on its own account: what it craves for is duration, health, strength, physical perfection, bodily happiness, liberation from suffering, ease. These demands are not in themselves unacceptable, mean or illegitimate, for they render into the terms of Matter the perfection of form and substance, the power and delight which should be the natural outflowing, the expressive manifestation of the Spirit. When the gnostic Force can act in the body, these things can be established; for their opposites come from a pressure of external forces on the physical mind, on the nervous and material life, on the body-organism, from an ignorance that does not know how to meet these forces or is not able to meet them rightly or with power, and from some obscurity, pervading the stuff of the physical consciousness and distorting its responses, that reacts to them in a wrong way. A supramental self-acting self-effectuating awareness and knowledge, replacing this ignorance, will librate and restore the obscured and spoiled intuitive instincts in the body and enlighten and supplement them with a greater conscious action. This change would institute and maintain a right physical perception of things, a right relation and right reaction to objects and energies, a right rhythm of mind, nerve and organism. It would bring into the body a higher spiritual power and a greater life-force unified with the universal life-force and able to draw on it, a luminous harmony with material Nature and the vast and calm touch of the eternal repose which can give to it its diviner strength and ease. Above all, — for this is the most needed and fundamental change, — it will flood the whole being with a supreme energy of Consciousness-Force which would meet, assimilate or harmonise with itself all the forces of existence that surround and press upon the body.

It is the incompleteness and weakness of the Consciousness-Force manifested in the mental, vital and physical being, its inability to receive or refuse at will, or, receiving, to assimilate or harmonise the contacts of the universal Energy cast upon it, that is the cause of pain and suffering. In the material realm Nature starts with an entire insensibility, and it is a notable fact that either a comparative insensibility or a deficient sensibility or, more often, a greater endurance and hardness to suffering is found in the beginnings

of life, in the animal, in primitive or less developed man; as the human being grows in evolution, he grows in sensibility and suffers more keenly in mind and life and body. For the growth in consciousness is not sufficiently supported by a growth in force; the body becomes more subtle, more finely capable, but less solidly efficient in its external energy: man has to call in his will, his mental power to dynamise, correct and control his nervous being, force it to the strenuous tasks he demands from his instruments, steel it against suffering and disaster. In the spiritual ascent this power of the consciousness and its will over the instruments, the control of spirit and inner mind over the outer mentality and the nervous being and the body, increases immensely; a tranquil and wide equality of the spirit to all shocks and contacts comes in and becomes the habitual poise, and this can pass from the mind to the vital parts and establish there too an immense and enduring largeness of strength and peace; even in the body this state may form itself and meet inwardly the shocks of grief and pain and all kinds of suffering. Even, a power of willed physical insensibility can intervene or a power of mental separation from all shock and injury can be acquired which shows that the ordinary reactions and the debile submission of the bodily self to the normal habits of response of material Nature are not obligatory or unalterable. Still more significant is the power that comes on the level of spiritual mind or overmind to change the vibrations of pain into vibrations of Ananda: even if this were to go only up to a certain point, it indicates the possibility of an entire reversal of the ordinary rule of the reacting consciousness; it can be associated too with a power of self-protection that turns away the shocks that are more difficult to transmute or to endure. The gnostic evolution at a certain stage must bring about a completeness of this reversal and of this power of self-protection which will fulfill the claim of the body for immunity and serenity of its being and for deliverance from suffering and build in it a power for the total delight of existence. A spiritual Ananda can flow into the body and inundate cell and tissue; a luminous materialisation of this higher Ananda could of itself bring about a total transformation of the deficient or adverse sensibilities of physical Nature.

*(to be continued next week)*

*The Gnostic Being, The Life Divine by Sri Aurobindo,  
Pages 1023-1025*

[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

## DONATION CHANNELING GROUP

22-01-2024

Dear Friends, our announcements in the first week of January 2024 about the DCG processes have resulted in a first set of responses by way of filled Project Registration Forms (PRFs) and Donor Information Forms (DIFs).

These have helped us to take care of some technical glitches and guided us to further improve processes so that the new system can commence on 1st April 2024 (start of the new financial year).

In addition to the Guidelines and Checklist shared earlier, the following points will have to be taken care of:

1. Transfers from an Auroville unit/activity/project to another are not donations but internal transfers within Auroville Foundation. A donation involves a donor and a donee (Auroville Foundation being the donee). Hence these internal transfer transactions will not come within the purview of the Donation Channeling Group. FAMC will take this up and define processes for such internal transfers.

2. When an Auroville unit, project or activity has expenditures (of a charitable nature) outside of Auroville as an outreach work, which is part of their activities, such expenditure would need to be treated in the books of account of the Auroville entity as expenditure and not as a donation to an outside party. Auroville units, projects or activities that intend to make donations to external parties, institutions, organisations or other entities need to obtain prior approval from FAMC. FAMC will seek guidance from auditors on the related accounting and bookkeeping methods and communicate these to the unit accountants.

3. Money transfers from a personal account of individual Aurovilians with the Auroville Financial Service or their external bank accounts to an Auroville unit, project or activity intended as a donation must pass through Auroville Unity Fund only and will be recorded and monitored by the Donation Channeling Group as is done for other donations. Auroville recipient entities may not receive donations from Aurovilians or others except if these are routed through the Unity Fund. FAMC will seek guidance from auditors on the related accounting and bookkeeping methods and communicate these to the unit accountants.

4. Units, projects and activities must inform their Indian and foreign donors that donations can be received only through the Unity Fund of Auroville Foundation and not directly by themselves. If any donation (from India or abroad) comes to a unit, project or activity directly, the Donation Channeling Group needs to be informed and provided with details while the donor needs to be informed / reminded of the channelling process that needs to be followed for future donations.

5. In the case of fundraising campaigns or events, which involve collection by an Auroville entity of small amounts of donations from a large number of donors, the Donation Channeling Group must receive one copy of the donation list per campaign or event from the Auroville entity. There will be no requirement of registering each of these event

donors in the donor database of the Donation Channeling Group. However, details of the fundraising event will be kept on record by DCG.

6. Payments by Auroville residents of City Services contributions, or dues thereof, are not to be treated as donations but as contributions towards City Services.

7. If any unit / activity / project or its executives are undergoing Internal Audit or GST enquiry, they will not be able to access donations until these enquiries have been completed and the unit and executives have been cleared. We are designing a self-declaration form for the above-mentioned compliance items.

**Donation Channeling Group,  
Naren and Sundeep,  
[dcg@auroville.org.in](mailto:dcg@auroville.org.in)**

## *News & Notes 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**



# Community News

*Awakening Spirit*

**SAVITRI BHAVAN**  
**January—February 2024**

*Savitri*  
B H A V A N

## Exhibitions

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

## Films

*Mondays at 4pm in the Sangam Hall*

- **January 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.
- **February 5: Interview with Jhumur by Narad.** Jhumur shares her remembrance about Sri Aurobindo and his golden Light. And also her and other children's **Learning with the Mother in the Ashram.** Duration: 72 min.
- **February 12: Realising the Supermind: The Summit of Sri Aurobindo's Sadhana.** Dr. Alok Pandey talks about walking on the Supramental Path and answers the questions how to approach the current global issues in the world. Duration: 63:22 min.
- **February 19: The One Whom We Adore as The Mother** An audio-visual presentation by the Sri Aurobindo Archives on The Mother's life from childhood onwards, her trainings, her meeting with Sri Aurobindo and the creation of the Ashram and Auroville. Duration: 63min.
- **February 26: Glimpses of the Timeless when the Psychic opens.** Paintings and drawings by Mirajyoti based on inspirations received at Matrimandir workers' camp in 1975 until 1978. A film by Manohar. Duration: 29min.

## Full Moon Gathering

- **Thursday, 25 January, 7:15—8:15pm** in front of Sri Aurobindo's statue
- **Saturday, 24 February, 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

## DREAM DIVINE SERIES

*Savitri*  
B H A V A N

**Wednesday, 31 January, 4:30—5:30pm**

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



Yoga. There will be a weekly session every Wednesday 4:30-5:30pm. The series will include presentations, films, talks, etc., followed by questions and answers.

This week we are going to show the video

**'The Mother and Flowers by Richard Pearson'**

Everyone is welcome

Dhanalakshmi  
for Savitri Bhavan Team

## 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 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*



## 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

## SPIRITUAL HISTORY OF INDIA In The Light Of Sri Aurobindo: Evolution Fast-Forward, Part 4



Monday, 29 January 2024, 4pm, at Savitri Bhavan.

Duration: 67 min.

This film traces the spiritual evolution of India over the past 4,000 years based on Sri Aurobindo's research.

*'In the India of Vedic times we have the record left of the other line of achievement, that of spiritual self-discovery;... We may say that here in India the reign of Intuition came first, intellectual Mind developing afterwards in the later philosophy and science.' Sri Aurobindo, Letters on Yoga I, Spiritual Evolution and the Supramental, p.267.*

The **Age of Intuition** that resulted in the composition of the Vedas was the age of mysteries and the earliest dawn of spiritual awakening and evolutionary transformation of human nature. Vedic experience was orally transmitted across generations and coded as mantras. Sri Aurobindo refers to this ancient mantric knowledge as Devabhasha—the language of gods—in which the creative power of the word was central. The Rishis discovered the flame of aspiration, or Agni, arising from their innermost depth, and

the expressions of this aspiration on the physical plane became Vedic mantras. This Agni, this flame of aspiration was not only within themselves. They saw it everywhere around them carrying forward the mysterious process of evolution towards the higher levels of consciousness.

The **Age of Reason** was the next phase in the evolutionary process. Sri Aurobindo says: *'The Vedic age was followed by a great outburst of intellectual philosophy which yet took spiritual truth as its basis and tried to reach it anew, not through a direct intuitive or occult process as did the Vedic seers, but by the power of the mind's reflective, speculative, logical thought;...'* (p. 267)

A powerful movement to revive the truth of the Veda resulted in the composition of the *Brahmanas* and the *Upanishads* around 1500 BCE- 800 BCE and the Vedanta in 900 BCE-1600 CE. The *Brahmanas* focused on the conservation of the forms of Vedic ritual while the *Upanishads* sought to express the very soul of the Veda. They sought to recover the lost or veiled knowledge through meditation and spiritual experience. The two Indian epics, the *Ramayana* and the *Mahabharata*, further explored the ideals of spiritual progress and self-realization whereas the *Bhagavad Gita* brought in a new synthesis of knowledge and the relation between the individual self (Atman) and the supreme self (Brahman).

Thereafter, the **Age of Devotion** arrived (700 CE-1600 CE). Puranic literature retained the truth of the Veda, and the bhakti movement and its evolutionary impulse reverberated across the Indian subcontinent. Yoga processes *'more and more used the emotional and aesthetic being as the means of spiritual realization and spiritualised the emotional level in man through the heart and feeling.'* (p.267)

Then the **Age of Power** rose up, and around 600 CE onwards, Tantra emerged. The union of Shiva and Shakti as the focal point of spiritual realization came to the forefront through the practice of *Bija mantras* or seed sounds. Over the centuries, Tantras and Puranas mingled. Indian cosmology and epistemology deeply impacted various cultures across Asia. It was the universality of Indian art, science and technology that attracted India's neighbors. India's spiritual influence spread far and wide.

The **Age of The Body** was unfolding around 1100 CE, and naturally as the continuation of the ongoing development of Tantra and the knowledge of the chakras. Hatha yoga was developed and systematised based on ancient wisdom. Hatha yoga gave the soul in the physical body power, light, purity, freedom, and spiritual experiences but was unable to discover the right method and the power of the spirit that could transform and divinise the physical body.

Sri Aurobindo stated the following about power and the transformation of body consciousness: *'Tantric and other processes...took up the mental will, the life-will, the life of sensations and made them at once the instruments and the field of spiritualisation. In Hatha Yoga and in the various attempts at divinisation of the body there is also a line of endeavor which attempts to arrive at the same achievement with regard to living matter; but this still awaits the discovery of the true characteristic method and power of spirit in the body.'* (pp.267-268)

And further: *'Our Yoga is in its principle a taking up and summarizing and completing of this process, an endeavor to rise to the highest possible supramental level and bring down its consciousness and powers into mind, life and body.'* (p.268) That was Sri Aurobindo's inspiration in developing his sadhana and bringing down the Supramental consciousness-force to establish the Life Divine on Earth.

This film about India's spiritual history by Sopanam is also available on YouTube:

- <https://www.youtube.com/watch?v=BzJxIsb7kLE>

Submitted by Margrit



## PAVILION OF TIBETAN CULTURE Talk on Science and Spirituality



Thursday, 26 January at 5—6:30pm

Pavilion Of Tibetan Culture International zone invites you!

- Talk on Science and Spirituality.
- Meditation on Compassion and Gratitude.


The above sessions will be taught by Ven Geshe Lodoe Sangpo and Ven Geshe Thabkhe.

For further information contact us: 0413 2622401.

*Kalsang Dolma for the Pavilion of Tibetan Culture, International zone.*

## 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

Location  


kshetram2014@auroville.org.in

*Thanks, Rajan*



## MUDRA CHI

We have our classes

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

**Everybody Welcome!**


*Anandi*

## SRI LALITHA SAHASRANAMAM

**Group Chanting with Janani**

Thursday, 25 January, 5:45—6:45pm

@ Progress Hall in Bharat Nivas



Bharat Nivas Presents  
**Sri Lalitha Sahasranamam**

Group chanting with Janani on full Moon day

Progress Hall in Bharat Nivas  
25th January Thursday @ 5.45 to 6.45 pm

**ALL ARE WELCOME**

Enquiry Contact: Krishna at +91 9787880211  
PARKING AVAILABLE OUTSIDE AT THE BHARAT NIVAS MAIN GATE

1000 names of the supreme deity. It was composed by the eight Vaag devis. This stotra occurs in the Brahmanda Purana in the chapter of discussion between Hayagriva and Sage Agasthya.

Sri Lalitha Sahasranamam is one of the greatest scripts available for praising and worshiping the supreme Goddess Sri Lalithambiga.

Each and every namavali is a treasure to be enjoyed. There are millions of people who chant the sahasranamam even daily. Only a small percentage understand the meaning and the background of each namavali of ambal.

Our attempt is to enable people to understand the real meaning and the realization of the background of each namavali. We enable the people so they can use it in our real life time, currently and beyond.

**All Are Welcome**

*Monisha, BN Team*

## A TALK WITH LUK VENET

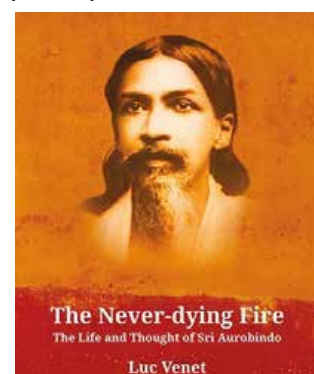
Saturday, 27 January 9:30pm, India

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*.

Free Registration details at

- [aviusa.org/Luc](http://aviusa.org/Luc)

*Ioana Iswari Boambes*



## 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.

21 - 29 FEB 2024  
AUROVILLE  
SHAKTIKUMBH  
स्वर्णा संख्या

*'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.

Arun for Unity Pavilion and  
the Shaktikumbh 2024 Organizing Team

*Education*

## AUROVILLE LIBRARY

### Weekly Timings

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

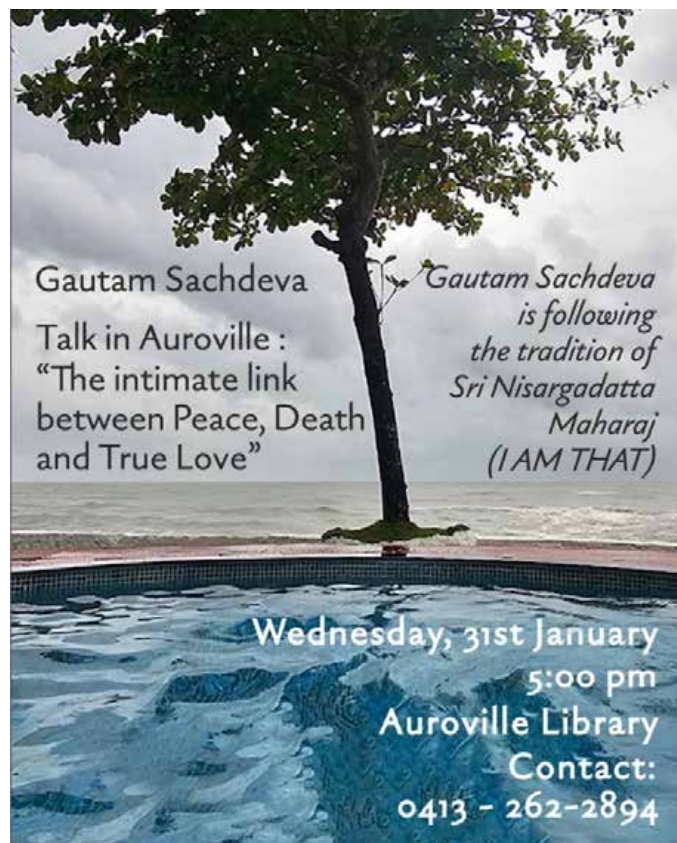


**Story time** At the Auroville Library!

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

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

### Talk in Auroville: The Intimate Link Between Peace, Death and True Love



- **Wednesday, 31 January, 5pm**  
@ Auroville Library

Gautam Sachdeva speaks and writes on the subject of Advaita (Non-Duality), with a specific focus on peace of mind in daily living. He spent over nine years in close association with renowned Advaita sage Ramesh Balsekar, also assisting him with the editing and publishing of some of his books. Ramesh's guru was Sri Nisargadatta Maharaj, whose famed book 'I Am That' is considered a modern spiritual classic. With the blessings of Ramesh, Gautam went on to write books based on his experience with the teaching.

- For those that would like to meet and exchange personally with Gautam S. There will be an **informal friendly gathering at Naturellement garden cafe at 7pm.**
- Dinner items instead have to be booked in advance with the restaurant management.

[www.gautamsachdeva.com](http://www.gautamsachdeva.com)

Franz

## 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



## ENHANCING LEARNING WITH AI: NEXT STEPS

Saturday, 27 January, 10—11 am

@ Auroville Consulting Office in Kalpana.

GenAI User Group meeting on Saturday, January 27 from 10 am to 11 am, at the Auroville Consulting Office in Kalpana. Ground Floor meeting room. Join Lucas from Last School for a Deep Dive! Continue where we left off last week. Explore advanced workflows in Obsidian, enhanced by AI. Discover real-life applications and examples. Elevate Your Learning Experience!



To learn about Future events Gen AI User Group

<https://chat.whatsapp.com/EMeIWHRjquBATdKPEkG4PI>



Regards, Vikram

## VIRTUAL MEET WITH SATPREM

30 January, 5—6pm

@ Earth Institute Conference Room




VIRTUAL MEET WITH SATPREM

We are delighted to announce that Satprem will be connecting with us virtually, to present his latest initiatives on a knowledge transfer mission in Costa Rica.

**30th January '24 | 5:00 PM - 6:00 PM**  
@ Earth Institute Conference Room

Join us as Satprem engages and shares insights into the dynamic interplay with the Earth.  
Everyone is invited! Light refreshments will be served.

We are delighted to announce that Satprem will be connecting with us virtually, to present his latest initiatives on a knowledge transfer mission in Costa Rica.

Join us as Satprem engages and shares insights into the dynamic interplay with the Earth.

Everyone is invited! Light refreshments will be served.

Regards, Ayyappan

*International*

## KOREAN PAVILION

### Korean Tea Ceremony



27 January, 10:30am, Goyo Restaurant

Korean Pavilion Team hosts Korean tea ceremony by Seungmi Ma. 8 seats limited, contribution based

• If you're interested, please book: 9489904112 WA Mint

## Hanbok Fashion Show



Last Saturday, the Korean Pavilion's Hanbok Fashion Show was held in Kalabumi. Our Korean Pavilion team will never forget the love and hard work of the models and the volunteers who participated in the event. Thanks to your support. The Korean pavilion team takes a small step towards completing the dream.

Seulki

## THE PAVILLON DE FRANCE PRESENTS

### Conference 2:

### Religion and Spirituality in Ancient Shaivism

Saturday, 3 February, 5pm @ Cinema Paradiso

Conference by Dominic Goodall, director at École Française d'Extrême Orient, Pondicherry

A series of three conferences to think about the relationship between spirituality, religion and society. This will be explored through the lens of 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.

- In English, approximately 1 hour



This illustrated talk will focus on aspects of the history of the worship of Śiva in the first twelve centuries of the common era. It will attempt to explore, through iconographic, epigraphic and textual sources, the tension discernible in the Śaiva traditions between the spiritual aspirations of individuals on the one hand, and the constraining (but also sustaining) forces of institutionalisation on the other.

Dominic Goodall has spent thirty years studying Sanskrit literature relating to the history of the religious traditions of Shaivism. After studying Sanskrit at Oxford, he began studying medieval Tamil in Hamburg. In 2000, he became a member of the Ecole Française d'Extrême Orient and was appointed director of the Pondicherry Center (2002-2011). He is now working again in Pondicherry, where he continues to pursue his scientific interests, particularly in Sanskrit poetry and the history of the Śaiva Siddhānta.



Thank you, Vivekan

## 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

### SANTÉ SERVICES



#### 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>

## 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*

### 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*

### HEALTH FUND BILL REFUND PROCESS DEADLINE

Dear Health Fund Members, the end of the financial year is approaching and we kindly request you to check if you have any medical bills from April 2023 onwards.

We need to receive those bills in/before March of this year in order to process/refund them. Any of those bills received/deposited later than March of this year will not be refunded/processed!.

Please check and deposit them at Sante or Health Centre in the respective bill boxes.

*Regards, Health Fund Team, Stefan*

### ROAD ACCIDENT PROCEDURE

Dear Community, there is increased traffic on our roads, leading to road accidents.

**Under no circumstances should one move an accident victim!**

Please call the Ambulance.

*Peter for the AvHC*





## Books

### POURQUOI PAS SURFER SUR LA JOIE?

After André Hababou's life story 'De-Tunis à Auroville, en quête de vérité', Christine Roland offers us a second collection of memories in French of Goupi, who shares with us, among other things, his arrival and his years at the Ashram, his meeting and his relation with Mother, his experience as a masseur but also some reflections on Auroville and on the world in which we evolve.

'Pourquoi pas surfer sur la joie ?' is available at the following collection points: Pavillon de France and Auroville Press, at the price of 450rps (account number 2536) via the bluesheet. *Christine*



## The Arts

### L'ASSOCIATION PASSAGE & INDIGO GROUP PRESENTS

#### Indigo Roots Project: Jamaïcain Beat Concert

27 January, Saturday, 7:30pm @ Cripa, Auroville



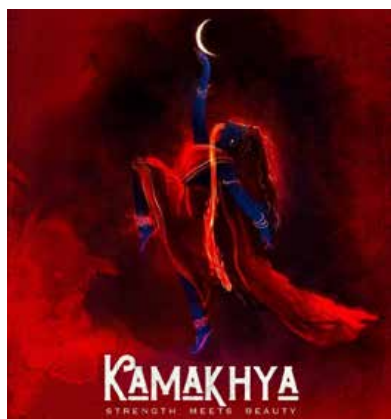
With: Antoine, Tapan Chowdhury, Tapan Cha, Fabien, Herve, Krystel, Manossh, Mehul, Ishit, Mauricette

*Tapas for Cripa Performing Arts*

### KAMAKHYA STRENGTH MEETS BEAUTY

#### Martial Dance Theatre

28 January, 7pm @ Bharat Nivas



*Monisha, BN Team*

## 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

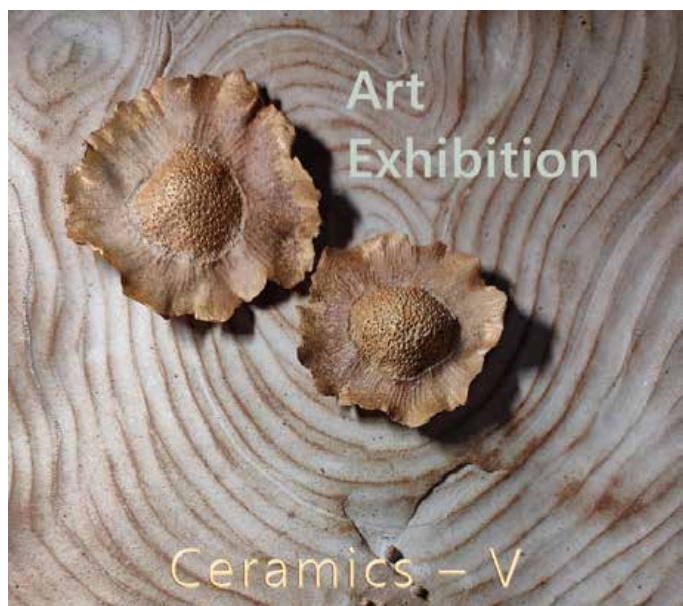
Monday to Saturday, 10—12pm and 2—4:30pm

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*



## 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

## Dance Activities

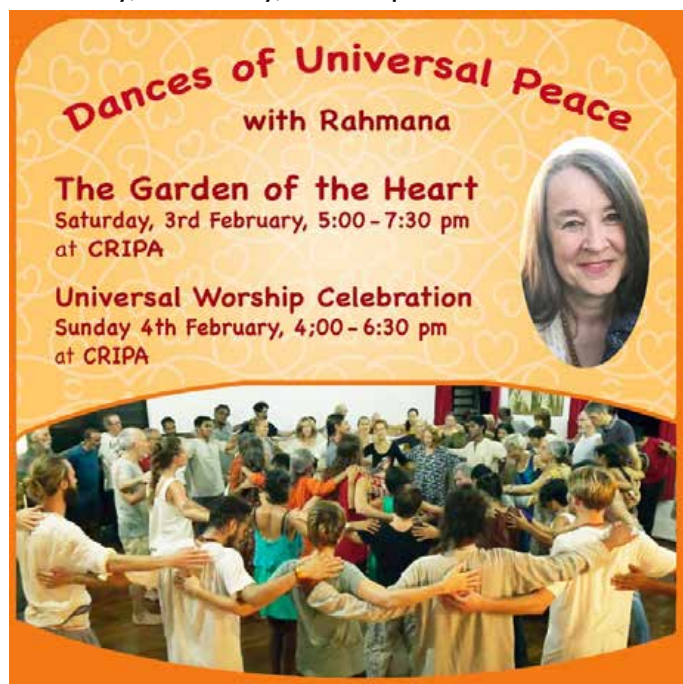
### DANCES OF UNIVERSAL PEACE

#### The Garden of the Heart

- Saturday, 3 February, 5—7:30pm @ at CRIPA

#### Universal Worship Celebration

- Sunday, 4 February, 4—6:30pm @ at CRIPA

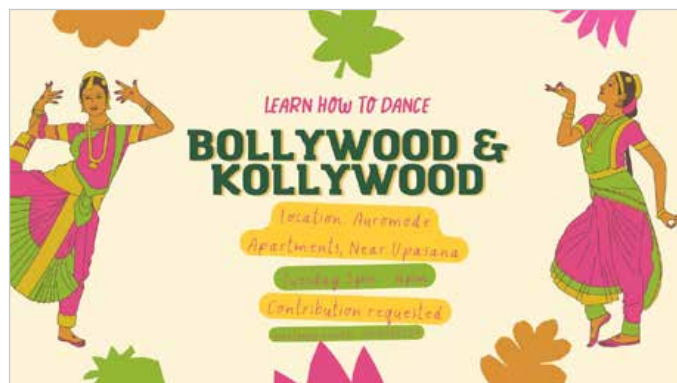


Rahmana Dziubany is a Sufi guide, and an internationally traveling senior mentor in the Dances of Universal Peace, with her own retreat center, Ananda, near Berlin in Germany.

Dances of Universal Peace are circle dances with simple movements while singing sacred songs from around the world, creating a deeply peaceful moving meditation.

All welcome, no previous experience needed. Kaia

## JOIN OUR BOLLYWOOD DANCE SESSION @ Auromode! Every Tuesday, 5—6pm



Auromode Apartments, Near Upasana and CSR

For more information and to reserve your spot, contact:

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

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

### NEW CREATION DANCE STUDIO: SCHEDULE

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

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

Submitted by Savitri



## AUROVILLE TANGO ACTIVITIES

@ Harmony Hall,



Bharat Nivas

- **Monday, Class:**
  - 7pm intermediates;
  - 8pm beginners
- **Wednesday, Practica:**
  - 7:30pm guided practica;
  - 8pm practilonga
- **Friday, Open Source: 6:30—8pm**  
No partner required, bring socks or dance shoes and plenty of cheer!  
+91 9821166082, [tango@auroville.org.in](mailto:tango@auroville.org.in)  
Submitted by Aurevan

## 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, Kalabhum

### 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 1month,
- Listen more Tango music, Dance Tango every day by booking for couples or Individuals, Be on time

### For bookings contact us:

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



## Music and Art Activities

### TANJORE ART CLASSES

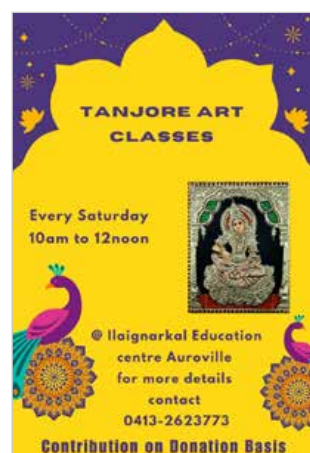
Every Saturday, 10am—12noon

@ Ilaignarkal 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-hf9ql/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



## PHOTO CIRCLE MEETS

Friday, 2 February at 5pm

Centre d'Art multimedia Room, Citadines

Dear photographers, Photo Circle meets again on Friday, 2 February at 5pm in the Centre d'Art multimedia room, at Citadines. The Photocircle brings together Auroville's photographers.

We share our own work, we show the work of global photographers we admire, discuss the history of photography, and share techniques. Anyone can bring and screen a small selection of images.

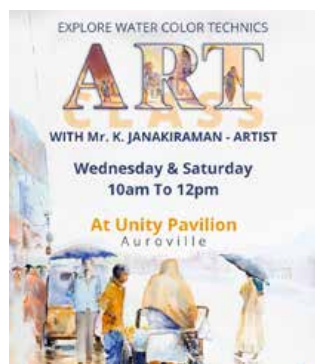
Everybody's welcome

Marco



## EXPLORE WATERCOLOR TECHNIQUES

- Wednesday & Saturday, 10am—12pm @ At Unity Pavilion
- Art with Mr. K. Janakiraman
- For More Details 9443648774, 7558401106



Submitted by Arun

## WELCOME TO 'OPEN STUDIO'

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

- The studio is open from 12:30 to 4:30pm, Monday to Friday. If you plan to attend at other times, please inform in advance. Contact Abi at +919042058981.

## Watercolor Class By Sathya

- Every Thursday 4—6pm.

## Life Drawing Session

- Every Saturday 2—4pm.

## Portrait

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

CREEVA Studio, +91 9486145072 WA, Sathya

## BANSURI (FLUTE) GROUP CLASSES WITH MICHAEL

**The Sound of Bamboo**  
Various Styles of the Indian Flute



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

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

## Contribution:

- Guests: Contribution required
- Aurovilians, NCs, Volunteers & Local Villagers: Free donation

- Connect: [michael@sound-of-bansuri.com](mailto:michael@sound-of-bansuri.com) +91 9150567003 WA

- More Info: [www.the-sound-of-bamboo.com](http://www.the-sound-of-bamboo.com)

- To Donate: <https://pay.auroville.org/divine-arts>

- Learn More About Divine Arts:

- <https://auroville.org/page/divine-arts>

Michael

## LIGHT FISH

Professional Photography Studio

## Photography Services

- Fashion Photography
- Product Photography
- Food Photography
- Architectural Photography

Samvit Blas, Light Fish,  
9442526287,  
[sales@light-fish.com](mailto:sales@light-fish.com)



## Sports & Martial Arts

## THE AUROVILLE MARATHON IS BACK AGAIN

The Auroville Marathon is back again and we can't be happier! As runners from all over converge upon Auroville to be part of this event, we need your volunteering skills to make this event a resounding success.



The Auroville Marathon 2024 is slated to be one of the most people involved events. We are expecting around 3000+ runners and would require volunteers for aid-stations, show directions, logistics support and other services on the 17 and 18 February 2024. We welcome your support and urge you to volunteer.

- Please note that the volunteering timings would be 3:30am—12pm on the run day, 18.02.2024.
- Volunteering timing for logistics and night vigilant teams will be 6—11pm on the pre-race day, 17.02.2024.

Kindly write to us expressing your interest to

- [avmarathon@yuvabe.com](mailto:avmarathon@yuvabe.com)

Thank you in advance !

Anand, Chandresh, Hemant, Prabhu, Rajesh & others  
Auroville Marathon Organising Team

<https://www.aurovillemarathon.com/>

## 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



## KALPANA GYM

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



Satyakam



## 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

## 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

## RUDIMENTS OF MARTIAL ARTS FOR KIDS



It is with great pleasure that Abhaya Martial Arts share with you our observations after the first few months of Rudiments of Martial Arts for Kids.

Abhaya has a team of certified coaches and assistants in various martial arts, and they train constantly during the year and are in touch with the Masters of our Headquarter: Shou Dao School in Italy.

Giacomo is a recognized and certified Shou Wu (Tai Chi) and MMA coach, he is also an Integral Yoga researcher and writer. Chloe is a blue belt in BJJ, and our roster of assistants is made of committed students.

We decided to offer **Rudiments of Martial Arts for kids**, in which the goal is to provide them the knowledge of:



**8. Propaedeutic movements for all kinds of martial arts:** falls, rolls, kinetic chains for all limbs, coordination, advanced neuronal connections.

**9. Enhanced senses and intuition:** peripheral vision, elimination of panic reactions, intuitive weight placement, 'eyes under skin', internal visualization, prediction of movements, mind-body connections, awareness of the space.

**10. A living sense of discipline and respect** that doesn't curtail creativity and uniqueness, with an inspiring and not homogenizing practice.

**11. A healthy relation with the Force**, so to not equate Force with Violence and Meekness with Peace, in order to be functional members of the community.

**12. General elements** of all the most important practical aspects of martial arts: striking, clinch, takedown, submission and grappling, ground & pound. We don't exclude any aspect of martial art and we do not follow any dogma, an open minded application in praxis is our sounding board.

**13. Multicultural history** and reason-d'être' of our universal and non one-sided practices.

**14. Practical self-defense**, self-esteem, self-evaluation skills, thirst for progress, disciplined social skills, avoiding delusional and unrealistic scenarios.

We are working with kids from 5 to 14 (from 15 they are ready for the adult classes) and we have noticed in a few months a drastic change in attitude. At the beginning they were quite undisciplined, indulging in risky behavior, barely listening to the instructions, not respecting the small rituals, constantly expressing (almost imposing) their preferences, always in need of the attention of one coach to follow them individually. Now their energy and enthusiasm took another form: they are pretty punctual, they respect tools and space, they line up without need of requests, they are much more capable of silence and be still in a contemplative mode, the general attention is so high that 1 coach is now enough for the entire class, they have very intelligent questions, they keep asking for more classes, they are capable of movements that they used to label 'impossible' the very first time. More important: they are balanced and they can gradually handle the pressure of certain realistic scenarios. Kids started to understand and appreciate the value of self-discipline as a tool to express themselves and achieve goals. We thank all the parents for the trust and the community that supported us until now.

Giacomo

## SWIMMING CLASS

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



Mani

## Nature Activities

### EDIBLE WEED WALKS



Let's walk on Saturdays

Edible Weed Walk @ NinaS

**EDIBLE WEED WALKS ON FEW SATURDAYS**

From 7:30am to 8:30am (max 8:45am) at a location in Auroville

REGISTRATION OPEN FOR THE EDIBLE WEED WALK ON 27 JAN, 17 FEB, & ON ALL SATURDAYS IN MARCH

To purchase the book

Edible Weeds and Naturally Growing Plants in Auroville

Punarnabha/Rejuvenation

Contact, Contribute, and Register (max 10 people) anytime, latest by 4pm on Fridays by WhatsApp +91 98409 36907 or Email: [edibleweedwalk@gmail.com](mailto:edibleweedwalk@gmail.com)

It's that time of the year again. Here's the announcement for 12 guided weekly Edible Weed Walks. Only a few are left now, just one in January, and one for February, and for all Saturdays in March before we will close for the year. 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 27 January, 17 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

### FOOD FOREST TOUR



**FOOD FOREST TOUR**

I welcome you to a tour through my permaculture garden! We will take a look at local foods and you will get an idea on how to start growing your own food.

Come and connect with nature and learn about healthy and sustainable food options

This tour includes a **MINI-RAW-FOOD-WORKSHOP** where we will harvest herbs, fruits and flowers to prepare some delicious

**VEGAN ICE CREAMS** and more...

EVERY SUNDAY from 9:30 to 11:30 at La Ferme Community (5min from AV Bakery)

Sign up and infos whatsapp Sarah 9047421044

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

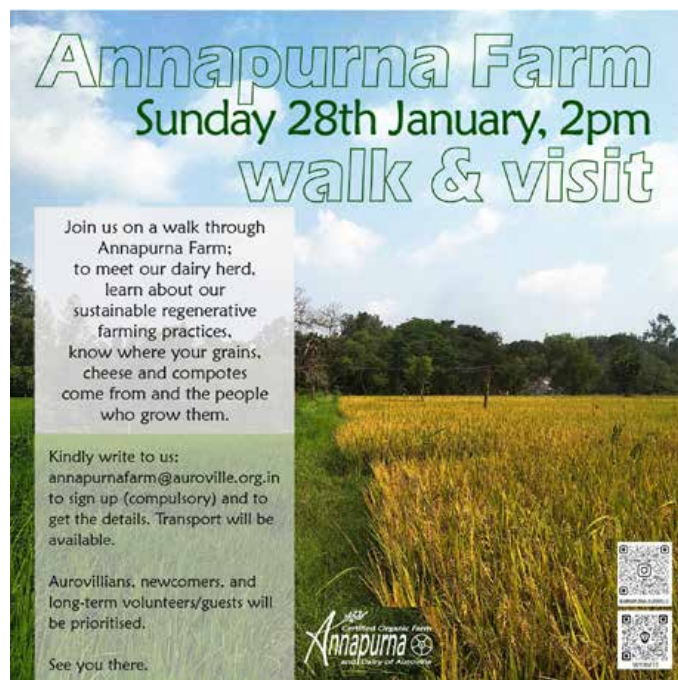
[myfoodforestgarden@gmail.com](mailto:myfoodforestgarden@gmail.com)

Sarah

### WALK THROUGH ANNAPURNA FARM

28 January, Sunday, 2:30—4:45pm

Transport: pick up & drop available from Solar Kitchen



**Annapurna Farm**

Sunday 28th January, 2pm

walk & visit

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.

Kindly write to us: [annapurnafarm@auroville.org.in](mailto:annapurnafarm@auroville.org.in) to sign up (compulsory) and to get the details. Transport will be available.

Aurovillians, newcomers, and long-term volunteers/guests will be prioritised.

See you there.

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

### MOHANAM

#### Soul of Soil

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



**MOHANAM PROGRAM**

SOUL OF SOIL

**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

- **Mohanam Campus Tour**
  - Bamboo experimental farm,
  - Boutique, Art Class
  - Special Steam Food
- Time: 10am—2pm

Advance booking is necessary

- Contact: Preferred [mohanamprogram@auroville.org.in](mailto:mohanamprogram@auroville.org.in), or call : 91+ 8300949081, every sunday
- Address: Mohanam Campus, Isai ambalam Road, Auroville



## MOHANAM Auroville Sunday Tour & Brunch Experience

- Indian Asian Steamed Food
- Experience Northwest of Auroville & Village Artisan
- **Activity:1**
  - Mohanam Campus Tour, Bamboo Tour,
  - Bamboo Sound Garden, Tree House Experience,
  - Special Steames Brunch
- **Activity: 2**



- Make and take Workshop & Activities
  - Time: 10am—2pm, Advance Booking is necessary
  - Contact: Preferred [mohanamprogram@auroville.org.in](mailto:mohanamprogram@auroville.org.in), or 91+ 8300949081
  - Timing: 10am—1pm, Every Sunday
  - Mohanam Campus, Isai ambalam Road, Auroville
- For More Information contact:**  
[mohanamprogram@auroville.org.in](mailto:mohanamprogram@auroville.org.in) (preferred)  
or call +91 8300949081, Guru, For Mohanam

### EGAI: ART OF GIVING

+91 9791896488 WA /0413-2963034  
@ Egai, Isaiambalam



- Every Saturday, 2—4:30pm
- One Day Prior Booking Required
- +91 9791896488 WA 0413-2963034
- @ Egai, Isaiambalam



- Wednesday to Saturday, 3—4:15pm
- One Day Prior Booking Required
- +91 9791896488 WA 0413-2963034
- @ Egai, Isaiambalam

### Cooking class



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

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

- [egai@auroville.org.in](mailto:egai@auroville.org.in), [www.egai.co.in](http://www.egai.co.in)
- 9629297514 / 9791896488

Submitted by Arun

## KUILAI CREATIVE CENTER ACTIVITIES



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

Selva from KCC



### Light of Auroville

+91 9159468946, +91 8270071581

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

### Pottery Workshop

- 10—11:30am, 3—4:30pm
  - Muddy Mondays
  - Wonderful Wednesdays
  - Satisfying Saturdays



Get Your Hands Dirty And Create Some Magic

Join us for our pottery workshops to experience working in clay and gain one-on-one instructions on how to create your piece. Enlight offers a natural and relaxed environment to immerse yourself in pottery. Our workshops are focused on pottery for beginners, so no prior experience is required.

### Sound Healing

- Everything Is Vibration, Everything Is Frequency
- 3 Or More People



## Thread Art Workshop

- Crosher
- Makrame
- Embroidery



## Cooking Class

- Every Saturday and Sunday, 10am—12pm

South Indian culinary art. Learning to cook is a life skill.

Complete your travel experience by learning the art of south indian cuisine with native women'

- 1 day prior booking need to be done



## Musical Instruments Making Workshop



Arun, Anand & Balaji,  
For Enlight team.

## AUROVILLE BAMBOO CENTRE January Program 2024



### 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 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

*Honorary Voluntary*

## VOLUNTEERING OPPORTUNITIES @ Language Lab!

### Auroville Language Lab

International Zone, Auroville

[info@aurovillelanguagelab.org](mailto:info@aurovillelanguagelab.org)

0413 2623 661 / WhatsApp: +91 9843030355



## 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!**

- We are open Monday to Saturday, 9am—12pm and 2—5pm

*Submitted by Vismay*



## 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**

## Help Needed

### DONATIONS TOWARDS A LAPTOP

Dear all, my name is Vinith, currently residing at Celebration and working at Isai Ambalam Guest House. I was born, brought up and did my primary and secondary schoolings here in Auroville. I have been lately interested in learning new skills which could help me in my work field and to improve me personally in life, and have decided to do small courses on graphic designing and Tally skill for account purposes.

I believe that learning some basic skills like Tally, accounts and knowledge on graphic designing gives bigger opportunities here in Auroville and around Auroville.

To commence with I will have to purchase a personal laptop that could support graphic designing. Buying a new one would have a big impact on me financially. I can still fund myself with some amount of Rs.15000 but to fund the entire cost of the Laptop is something I cannot bear, so here I am requesting the readers to support me with whatever possible in order to help me purchase a new laptop to strengthen myself.

The Laptop model I desire to purchase is LENOVO IdeaPad Slim 3 Intel Core i3, it is around Rs.40000.

Any smaller donation, bigger or smaller, would help me in a greater way.

• **FS Account No.: 252277 Name: Vinith Laptop**

• I am happy to accept cash donations as well.

Thanking you in advance for the support.

*With lots of love & hope, Vinith*



## Animal Care

### Join Us in Building Dog Houses

The new road passing through the shelter has led to a reduction in the living space for our dog residents, causing territorial fights leading to injuries. To address this situation, we are actively constructing individual dog houses using recycled materials. Whether you're an Aurovilian, volunteer, or visitor join us in this great initiative!

We invite artists and children to express their creativity by decorating the completed dog houses. Soon, we'll be organizing a Sunday event for the entire Auroville Community. If you'd like to design a fantastic new home for our dogs, please get in touch with us. As the monsoon season hopefully comes to an end, we will soon resume our popular Sunday Events and workshops at the shelter. Stay tuned!



## Sterilizations and free Vet Consultations

Starting on the first weekend in February, our new vet Dr. Anandi, who specializes in sterilizations will offer her services also to Aurovilians and dog lovers. Despite our extremely tight budget we are committed to providing free or donation-based sterilizations for adopted former shelter dogs. For other dogs, we charge Rs. 2.800 per male and Rs. 3.000 per female dog (recent blood test required).

• **Every morning from Monday to Saturday 10am to 12pm our shelter vet Dr. Deepan is available for free consultations** per prior appointment. Donations are happily accepted.

Our team is growing, thanks to the commitment of several dog-loving volunteers who generously dedicate their time and care to our dogs. Soon we will be able to offer daily physio-therapy, wheelchair training, dog walking, and many other interesting activities. Even if you have only time once or twice a week, join us for one of the most rewarding Yoga of Work experiences Auroville has to offer! Parents with children are most welcome.

We still have one last maintenance for the position of a full-time animal caretaker for a Newcomer or Aurovilian to offer, which can also be shared between two individuals. Big plus if you have a car driving license.

• Please contact Arthur on 812225266 WA. See you soon at the Shelter!

*Arthur for Auroville Dog Shelter*

## 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**

## Available

### Egai Velai Workspace

**Available an hourly and daily basis**

**Contact us:**  
**Email: [egai@auroville.org.in](mailto:egai@auroville.org.in)**  
**Mobile: 09791896488**

We are offering a fully furnished machine shop to make and manufacture products and handicrafts as per your needs. We are also offering space to hold workshops in art, craft and culture.

• Available an hourly and daily basis  
• Contact us: [egai@auroville.org.in](mailto:egai@auroville.org.in), 9791896488 Anand

### Coin collector

Is anyone collecting coins? I have some coins from Zimbabwe. Please contact me if you are interested.

*Tineke, [tinekesmits48@gmail.com](mailto:tinekesmits48@gmail.com)*



## Items now Available

- 3-sections dividing panel. Each section: 185 x 48cm made by Shradanjali. Wood+parchment paper decorated with leaves, like new. Photo available on WhatsApp.
- 'The Mahabharata' translated by K.M. Ganguli, 12 volumes. Paola, 3388349491

## Office Space Available

Office Space inside Auromode Premises with superb infrastructure, including Generator back-up, 24 hours Security service, Aqua Dyn drinking water, Car & Bike parking and restaurant. Interested people may contact Mr. Pandian at Auromode in person, +91 9943390391 or [pandian@auroville.org.in](mailto:pandian@auroville.org.in)



Pandian

## 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.



AUROVILLE  
DOG SHELTER

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.

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), +91 9488084966, Guido

## 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 for the Eco Femme team



### THE SPROUT CAFE

7am to 4pm Monday through Saturday

@ The Sprout Cafe in UTSAV on the Verite radial

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

Dive into our delicious **breakfast menu from 7am to 11am**, and enjoy a casual and yummy lunch from 12 to 3pm. We aim to offer at least three different dishes daily. Or just come and try our coffee, hot chocolate, creamy ice cream, cakes and scrumptious cookies available all day long.

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

Akash



### ANNAPURNA FARM BASKETS

Annapurna Farm has been running a CSA ordering system for Annapurna produce/products (dairy, fruits, and grains)



to connect with the consumers directly for a year now. The idea of the project is to deliver a selected range of produce/products on orders that could be made by simply filling in a Google form.

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

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

Madhuri for Annapurna Farm





## 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



## DROPZY

# Dropzy

Food, Groceries,  
Fruits & Veggies,  
Body Care,  
Wellness, etc.

Stay home, order  
and access. We'll  
drop it to you.



Dropzy is made locally  
by 150dpi, an Auroville activity.

[www.dropzy.in](http://www.dropzy.in)  
8098144686

Dropzy is a multipurpose mobile app platform for ordering and accessing information from a wide range of in and around Auroville eateries, grocers, bakers, farms, therapists, professionals 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 doorsteps

Kindly do download the mobile app to register yourself to place orders supporting the outlets in and around Auroville and to find out relevant information to your needs.

### • Download link as shown below

- Android <https://rb.ghthttps://rb.gy/32zcixy/32zcix>
- iPhone <https://rb.gy/visp4c>
- Desktop <https://rb.gy/bpnud5>



Android



iPhone



Desktop

Stay tuned in to our announcements and the app regularly,  
for more updates.

Sathish Arumugam For Dropzy  
+91 8098144686, [www.dropzy.in](http://www.dropzy.in)



- [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 f  
or UTS Transport Service Team

## 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**

## RUPAVATHI JOY ACTIVITIES

### Bio-Region Temple Tour

Interested in learning more about the religious heritage in and around the bio-region? Come take a guided tour of temples around the bio-region. Starting point from Solar Kitchen.

- Can be scheduled anytime throughout the week. Please contact me in advance for more information and booking.

### South-Indian Cuisine—Cooking Class

Learn to cook some delicious delicacies of south India with Rupavathi.

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

### Thai Massage

- **Monday—Saturday, 9am—5pm**

To book massage sessions or for more information, please contact me personally.

### Tailoring

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

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

**Rupavathi Joy**



## VEGAN LUNCH IN RED DOT CAFE

Low carb vegan office lunch in Red Dot Cafe, Upasana. Sign-up lunch scheme.

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



## 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)



- **Oman** airways offers flights from Chennai to Frankfurt.
- **Lufthansa** lower fares are available from Chennai to London, Paris, Milan
- **Emirates** offers fare from Chennai to Paris, Lyon, Milan, Munich
- **Etihaad** 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, Rome
- **Kuwait** airways all inclusive Bangalore to New York fares are available

We would like to inform you that due to airspace restrictions in Delhi related to Republic Day rehearsals and celebrations, there may be changes to the scheduled departure time of flights/ or cancellations during this period. To ensure a smooth travel experience, we advise all our customers to check for any updates or changes to their flight departure times before heading to the airport.

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

## ORGANIC QUALITY

### Milk Available

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

- For reservations contact 9585180393

**Erumalai (Evergreen)**



## Poetry

### WILD GEESE

*You only have to let the soft animal of your body  
love what it loves.*

*Tell me about despair, yours, and I will tell you mine.  
Meanwhile the world goes on.*

*Meanwhile the sun and the clear pebbles of the rain  
are moving across the landscapes,  
over the prairies and the deep trees,  
the mountains and the rivers.*

*Meanwhile the wild geese, high in the clean blue air,  
are heading home again.*

*Whoever you are, no matter how lonely,  
the world offers itself to your imagination,  
calls to you like the wild geese, harsh and exciting -  
over and over announcing your place  
in the family of things.*

Mary Oliver

## A YOUTH THAT NEVER AGES

*There inhabits in us a youth that never ages:*

*Accepts Adventure*

*Grows in Gratitude*

*Enthused with Energy*

*Loves Life*

*Empowered in Equality*

*Surrendered in Silence*

*Sincere in Simplicity*

*Yes to Yoga*

*Open to Oneness*

*Unaffected by Uncertainty*

*Trusting in Transformation*

*Humbled by Humanity*

*With joyful Gratitude, Anandi Z*

## Voices and Notes

### RETURNING TO PLAN 'A'

Amid the chaos of the crashing of Auroville's facades, one can sense now, silently being born, but already immensely powerful, the re-emergence of Auroville's orientation towards its true goal: a fundamental change of consciousness, the growth of a real, deep, unifying link between its residents, and another way of being. Everything we have tried to build, or almost everything, is collapsing, or being distorted out of recognition by our current encounter with World Forces.

Up till now, Auroville has engaged the world a bit remotely, through outreach, through projects put into action on the world stage, but now the world has entered the very fabric of Auroville in full force and we meet its presence and actions on a daily, even minute to minute basis.

But there is a growing glow deep inside, a glow which tells us that even though our old external stage is being reduced to rubble, that even while our surface conventions are basically being cast aside, this apparent destruction has behind it the secret intention of the Time Spirit. That the Time Spirit is forcing us along a path, not of our choosing, but a path that offers us an opportunity, once again, of growing towards the true Auroville, to take more rapidly a next step in its evolution.

Basically, we are being returned to the red desert of the 60's and 70's. This is a new kind of desert, but also like that in the 70's the only tangible support is our Need, our thirst for the true Auroville to grow, and to manifest. Now, a different kind of desert is being introduced, the desert of the external world, which is totally preoccupied with the outward scene.

So, for some time to come, there will be two faces of Auroville: the outward, public, visible structure now being forcibly built, and then nestled deeply inside it, a growing Auroville family welded together by its urgent need to realize the true goals set out for us by the Mother.

It is as if the Time Spirit has declared that she now has no time to waste. No time for the Auroville of the 2000's to quietly grow as a green ecologically oriented community, no time even for Auroville to manifest itself as a perfected galaxy.

The world needs the emergence of the true Auroville spirit. The emergence of a deep binding unity between peoples from all corners of the planet, between man and man. And the emergence of powers of knowledge and action which we cannot now even understand or dream of.

So, personally, seeing the chaos all around, living in it, feeling it, suffering from it, I begin to settle into the hope of an immense emergence. Auroville is being returned by the Time Spirit, forcibly, to plan 'A'.

The growth and manifestation of its true consciousness. No time now for meandering bypaths and a long hesitating evolution.

Will the Time Spirit be able to pull it off? Perhaps it does not depend totally on us... (hopefully not!) but we surely have to pay attention and do what we can. We can only try to remain centered deeply in our belief in Auroville's true emergence, in the faith that even though we seem to be being swept away on the wings of the wind, there is indeed a deeper purpose being worked out.

And perhaps, eventually, with a quiet smile, we will be able to enjoy the ride.

John H., 14 Jan 2024

## ACTUAL HUMAN UNITY

Total Faith or Surrender or Bhakti to the Supreme Divine Oneness is the first and last word for anyone offering oneself as a willing guinea pig for the coming Divine Manifestation of the new apex species the Supramental being. Without this Total Surrender one is like a bobbing cork on a limitless churning ocean endlessly buffeted by contrasting cosmic forces.

Tamasic Matter or the material or the physical is being churned big time by the Supramental Consciousness-Forces, and that includes each and every one of us. This is an utmost necessity for the coming unstoppable Divine Manifestation as 'Salvation is PHYSICAL.'

- <https://incarnateword.in/agenda/10/may-31-1969>

Any human too attached to the old mental appearances or programmings or habits must be churned witless for it to go to Bhakti mode.

What is happening everywhere in Auroville and on Earth is One Unfolding Movement. There is no excluding anyone nor any element in this One Cosmic Play, including all builders of the City of Dawn, who are massive churners of material nature, obviously.

If one is blind to this Oneness then how to even reach Samata or Equality and Peace, the last two divine qualities of the Mother's 12-petalled Symbol necessary for the psycho-physical transformations in Integral Yoga?

'... all substance is ONE. All is one—we constantly forget that! We always have a sense of separation, and that is total, total falsehood; it's because we rely on what our eyes see, on... (Mother touches her hands and arms, as if to indicate a separate body, cut off from other bodies). That is truly Falsehood. As soon as your consciousness changes a little, you realize that... what we see is like an image plastered over something. But it's not true, NOT TRUE AT ALL. Even in the most material Matter, even a stone—even in a stone—as soon as one's consciousness changes, all this separation, all this division, completely vanishes. These are... (how to put it?) modes of concentration (something akin to, yet not quite that), vibratory modes Within The Same Thing.'

- <https://incarnateword.in/agenda/2/february-11-1961>

Only with this Change of Consciousness from false-separative to Truth-Oneness can one see and be the Actual Human Unity, because we are already That, the One, since before the beginning of space and time.

<https://auroville.org/page/auroville-charter>

Anyway, each individual at all levels must play its unique role, conscious or otherwise. Intense, with appropriate consequences. But that's how it is, so we can all learn from and progressively build on each other, life after countless lives, until the dawn of the much awaited Life Divine.

Welcome to Planet Earth.

For the faithful, the most effective two words to bear in mind on the easiest and most joyful Sunlit Path of Bhakti:

Remember, Surrender.

Zech, 2024.01.21

## THE SOUND OF GOOD GOVERNANCE

*The sound of good governance is silence. Ted Rau*

In the heart of Auroville, where dreams converge, Lies a tale of governance that's on the verge, Decentralization, a dance complex and intricate, its trials and triumphs, every soul must be intimate.

The Alpha stands strong, his energy bold and fierce, Building realities, his ambitions to pierce, Yet in his quest for supremacy and control, Lurks a subtler energy, playing an essential role.



The Divine Feminine, a pulse soft and profound, In every heart's cavern, its echoes resound, A balance it seeks, a harmony to sustain, In the intricate dance of joy and pain.

Heed, O Alpha, to the whispering breeze, The stronger force that can bring you to your knees, Embrace the feminine, let your heart be your guide, Or another Alpha shall usurp, in the surging tide.

Seek not the exterior world to conquer and win, But the inner realms, beyond the din, In the quiet sanctum of your heart's chamber, Lies the key to a rule, no force can encumber.

Auroville, in its radiant guise, Mirrors this dance under the infinite skies, The masculine and feminine, in a delicate embrace, A symphony of power, a timeless grace.

Master the art of this delicate balance, Heed the heart, let it entrance, For only in unity can creation thrive,

In the divine dance, we truly come alive.

For more information about the creative tension between Order and Chaos:

- <https://nadimregen.medium.com/sacred-power-the-creative-tension-between-order-and-chaos-f509cc1b9603>

*Thank you with lots of Love and Appreciation*

Nadim

## GIFTING LOVE MYSTERY OF MYSTERIES

A long time ago there lived a rare though seemingly ordinary people in a little village called Swabedoo. They called themselves Swabedoodahs.

Ever content, they were all a happy lot, always smiling, always with a touch of dance in their every step.



Whenever they met each other, and however often, they bestowed each other not only with smiles but also with little gifts of warm pieces of fur.

Each one of them seemed somewhat very special to every one of them; everyone always wrapped in their radiant smile and also with a little piece of fur, so delicately taken out of a little bag which they all carried everywhere and all the time.

This is how, in their own enchanting way, without uttering a word, they always seemed to say to each other: 'I love you'; 'You are very special'; 'We are All together'; 'We are all One'.

One may wonder, how can a shy little smile and a little piece of fur say all that, and make everyone feel a warm and strong, a little special!

But that's how it was, a long time ago, in a small little village on some cozy little corner of the earth!

But sometimes some dark clouds suddenly come drifting from somewhere, and begin to hover over a clear bright sky.

That's how it happened not too far away from the village of Swabedoo.

There, in a cold, dark cave lived a strange goblin: a big, green cobold, all lonely, without a friend, without a touch of any warmth, without receiving any gift from anyone. Ever.



Suddenly, one day, this lonely, fearful, abandoned goblin had a tantalizing yearning: It pined to enter Swabedoo, and feel the warmth and radiance of all those fuzzy Swabedoodahs!

And perhaps even receive the gift of those special but all-pervasive pieces of warm fur.

But how? And why?

All his long and stultifying life, the goblin had forever harbored suspicion against everyone; he had never known trust, never a touch of warmth.

'How can a piece of fur be a gift of friendship?' he moaned cynically.

'Is it not all a farce?'

'Why would anyone be smiling?' he said slyly to himself. 'What is there to smile about?'

One day, quite unexpectedly, a Swabedoodah brought him a gift of piece of fur.

'It is for you,' he said as he reached out to embrace him.

'Just for you.'

The goblin stepped back in suspicion.

'Why would anyone give me a gift?'

'What is the trick behind it?' he wondered aloud.

He looked around and saw all these smiling Swabedoodahs, each carrying a bag of furs, each so readily, so abundantly giving away those pieces of fur as though they would never run out of them.

Aren't these Swabedoodah crazy?' he wondered. 'Don't they live in the real world?'

'How can you just squander away your precious gifts so recklessly?' he shouted at them.

'You are fools... you live in a phantom world... In no time you would all be impoverished,' he exhorted them.

'Each one of you must watch out for yourself,' he instructed them vehemently.

'This is the rule of the real world... Selfishness is the law of survival...' he shouted at them.

'Yes... selfishness... you fools... selfishness...'

Goblin's exhortations began to hit the Swabedoodahs one by one... somewhat slowly in the beginning... but increasingly... and then quickly.... ferociously...

Selfishness is real ... it is essential for survival... it is the only way to live..

And now—there were no more exchanges of fur... nor any gifts... no more smiles..

No more anything except sullen faces

Drooping eyes, Morose looks, Creeping loneliness

Everyone ferociously clutching his or her bag of furs!

A new and unexpected wave of suspicion was creeping in the whole village.

Under every pillow, Every bed, Behind every wall

Everyone was struggling to find some spot to hide their fur, protect it from being stolen.

Many tried to sell it, at higher and higher prices.

Could a small piece of fur be the real currency in this new real world, many wondered.

'What is real?' they argued, as they dragged their bags of fur from one hiding place to another, increasingly feeling tired, aching with exhaustion, suffering from a new disease, 'Backbone Softening'; forever feeling poor, forever threatened, forever despaired.

Watching all this crumbling of the once smiling and unconditionally gifting one another Swabedoodahs, the sly, monstrous goblin smiled and laughed with creeping maliciousness.

'This is the real world', he thundered. 'This is how the world must always be.'

But as more and more Swabedoodahs began to die of one

disease after another, the monstrous goblin began to fear: He had not wanted to destroy Swabedoo, had not wanted for the Swabedoodahs to feel so broken.

What now?

In order to set it all back, he brought some large pieces of prickly rocks that he had piled in his cave over the years. These rocks had made him feel rich and proud, they were strong and weighty as much as they were prickly and piercing.

They were the new gifts to be shared instead of pieces of warm fuzzy fur.

They were really real: heavy, stocky, and leaving a pocky feeling behind every time one touched their prickly surfaces.

Now one never knew what one was getting: warm fuzzy furs or prickly stones?

Whatever became of that happy little village where once Swabedoodahs walked with a radiating smile and gifted their warm furs to one and all with a glorious and sumptuous sense of abundance!

One morning, just after sunrise:

'What is real?' one child called from behind a bush. 'O Mother, speak to me.'

'O Mother, what have we made real and worthless?' another child wondered from behind a wall.

'What is the true and ever-fulfilling gift, O Mother that I can give to one and all, even to an utter stranger?' asked a little girl on a swing.

'What is the most precious gift I should ask the gods that is lighter than light, O Mother' wondered a little boy, holding a flower.

Now suddenly there was a new City of Dawn, where the Mother spoke to all her children

Here, There, And everywhere:

'Love is the only Reality.

Sharing Love is the grandest Gift.

Love is the Secret of Secrets.

The Mystery of Mysteries!!!

Now suddenly the Swabedoodahs were dancing once again and rejoicing in this great miracle of love, and sharing its gift of abundance with everyone in every corner of the earth, even with every abandoned goblin in every dark cave.

*Ulrike*

*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@aurovillelanguage.org](mailto:info@aurovillelanguage.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/e4jhPpl>

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

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

### Current Schedule of Classes

| Language | Level                                      | Time                 | Day(s) of Classes  |
|----------|--|----------------------|--------------------|
| English  | Pre-Intermediate & Intermediate            | 11am—12pm            | Tuesday & Thursday |
|          | Conversation Mid-February 2024             | 4—5pm                | Tuesday & Thursday |
|          | Movements & Theater                        | 10am—12noon          | Saturday           |
| 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 Starts 23 January 2024     | 9:30—10:30am         | Tuesday & Friday   |
|          | Spoken Intermediate To start February 2024 | TBA                  | TBA                |
| Sanskrit | Beginner To start January 2024             | TBA                  | TBA                |
| Hindi    | Beginner February 2024                     | 10:30am—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 Start date 24 January             | 2:30—3:30pm          | Monday & Wednesday |
|          | Intermediate                               | 2:30—4pm             | Tuesday            |
| Japanese | Beginner To start March 2024               | TBA                  | TBA                |
| Italian  | Beginner To start 6 February 2024          | 4—5pm                | Tuesday & Friday   |
|          | Intermediate Started 14 December           | 3—4pm<br>2:30—3:30pm | Monday<br>Thursday |

### To join or enquire

Please fill out our form at <http://register.aurovillelanguage.org/>. You may also drop us an email at [info@aurovillelanguage.org](mailto:info@aurovillelanguage.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@aurovillelanguage.org](mailto:tomatis@aurovillelanguage.org) to schedule your Listening Tests & Consultations.

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

- <https://www.aurovillelanguage.org/tomatis-method.php>
- <https://www.aurovillelanguage.org/tomatis-kids.php>
- <https://www.youtube.com/watch?v=wnpXprTI3m0>
- <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@aurovillelanguage.org](mailto:info@aurovillelanguage.org)
  - Phone: (0413) 2623661, 2622467, 919843030355
- Enzo, for Language Lab Team

Classes, Workshops & Healing Arts

BREATHE IN

BREATHE OUT

Celebrating  
Wellness week with Mradul

SCIENTIFIC  
MEDITATION WITH  
SOUND HEALING

---

ANALYSIS OF  
MULTIPLE  
INTELLIGENCE TEST

---

PSYCHO-THERAPIES

★ **Therapist expertise** ★

in

★

CBT

Anxiety

Depression

Mental Disorders

Immunity boosting

Emotional Blockage

Sensory development

Analysis of Multiple Intelligence

YATRA ART AND CULTURE FOUNDATION  
NEAR NEW CREATION SPORTS GROUND,  
KUILAPALAYAM,  
AUROVILLE 605 101, TAMIL NADU, INDIA



**+91 9751033162**  
**+91 9818909935**

Yatra Foundation is announcing an exclusive wellness week with The Therapist Mradul.

Mradul Jain is a Neurotherapist 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.

Anxiety, Depression, Immunity boosting, Emotional Blockages, Sensory development and if you want to know more about your Multiple Intelligence with an unique scientific test, feel free to call. Feel free to take one to one appointment and reserve your slot in Advance.

- Contribution required.

**0413 2623071, +91 9751033162, Yatra Srinivassan**



## AUTHENTIC RELATING WORKSHOPS

Every Thursday, 11 January To 14 March  
9:15am—12:15pm, Hall Of Light, Creativity

## AUTHENTIC RELATING WORKSHOPS

Every week different theme



Do you desire to go beyond the surface & connect deeply & authentically with others in a safe, heart-centered environment?

**JOIN US IN THE HALL OF LIGHT, CREATIVITY  
EVERY THURSDAY FROM JAN 11TH TO MARCH 14TH  
9:15AM-12:15PM**

Open to all



AV, NC & SAVI  
discounts available

+918098503386  
+919489244823

+918098503386,  
+919489244823,  
Dave

## WELL BEING YOGA CLASS WITH WALI

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

## 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

## 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

## 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. *Jessica*



## 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

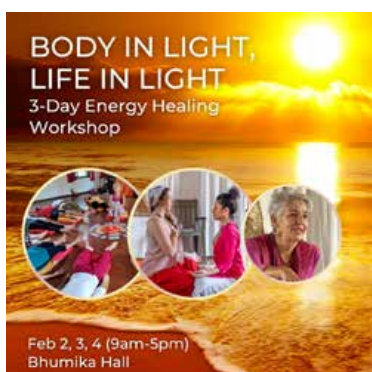
### Facilitator:

Sandya, Energy Healer & Teacher since 25 years.

### Register now:

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

*Sandya*



## 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/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/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<br>For regular classes<br>By Appointment: 9047722740                 |
| Pilates      | Teresa  | Tuesday & Thursday 7:30—8:30am.<br>Friday: 5:30—6:30pm<br>By Appointment: 7867998952                     |
| Iyengar yoga | Olesya  | Wednesday, Saturday, 6:30—8am.<br>Monday, Thursday, Saturday, 5—6:30pm.<br>Or by Appointment: 9159052743 |

Ramana, Arka, 0413 2623799.

## MOHANAM

### Kirtan with Mahadev OK

**MOHANAM**

**KIRTAN WITH MAHADEV OK**

Devotional pop songs and mantras

FOLLOWED BY

Special Indian Asian Steam Food Combo

Advance Booking is necessary

For more info

Mohanam Campus, Isai Ambalam Road, Auroville.

Phone: +91 8300949081, 0413-2190757

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

Website: [www.mohanam.org](http://www.mohanam.org)

28<sup>th</sup> JAN 2024

TIME 11:00 Am to 12:00 Pm

### Tamil Siddhars' Ongara:

### Five elements Yantra Chanting with Anandou

**MOHANAM**

**TAMIL SIDDHARS' ONGARA FIVE ELEMENTS YANTRA CHANTING WITH Anandou**

The power of Five elements om chanting meditation gives better immunity and self-healing power. Helps you connect with your inner self and recognize the interconnectedness of all beings. Reduces stress, anxiety, restlessness and promotes being calm.

For more info

Mohanam Campus, Isai Ambalam Road, Auroville.

Phone: +91 8300949081, 0413-2190757

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

Website: [www.mohanam.org](http://www.mohanam.org)

27<sup>th</sup> JAN 2024

TIME 05:00 Pm to 06:00 Pm



## Circle of Conversation & Dialogue with Prof. Sehdev Kumar

**MOHANAM**

**Circle of Conversations  
& Dialogue With  
PROF. SEHDEV  
KUMAR**

Author of Vision of Kabir, 7000 Million  
Degrees of Freedom, Angels in Black  
Holes

Fear, Forgiveness, Peace, Love  
Hope, Redemption, Spiritual Journey  
& Everything Under the Sun

Every Question is a Part  
of the Spiritual Quest

**27th JAN 2024** **TIME** 05:00 Pm to 06:00 Pm

For more info

Mohanam Campus,  
Isai Ambalam Road,  
Auroville.

Phone: +91 8300949081,  
0413-2190757  
Email: mohanamprogram@auroville.org.in  
Website: www.mohanam.org

*Guru  
for Mohanam*

## 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  
+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<br>No drop in           | Every days @7:45am<br>Except Sundays          |
| Integrative & systemic<br>psychotherapy w. Christine P | @ Holistic health care<br>studio—Kuilapalayam |
| Acupressure Therapeutic<br>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*



## BEAUTIFUL SOUNDS

### • Five Elements, duration 1h30

Tibetan bowls, gongs, shruti box, chamanic drum, overtones. Nidra Yoga with Tibetan bowls. Individual couple and group (max 7 peoples)



- **Benefits:** Harmonizes body and mind. Extreme relaxation. Reduce anxiety. Panic attack. Emotional disorders. Realign the chakras. Energize the brain and cells...

### • Angel Sounds, duration 1 hour

Massage with Tibetan bowl chakras and tuning forks (Reinforcement of the chakras and reharmonizes the right and left brain).

### • Meditation With Gongs, duration 1 hour.

Experience a musical journey to go into transcendental meditation, Maximum 7 peoples

### • Shamanic Journey

A workshop to connect to yourself to the Source. Experience a powerful journey in your inner self thanks to energetic exercises & transformative sounds.

- **The morning:** qi qong & chamanic chants.
- **Afternoon:** pranayamas & 5 Elements, duration 1 hour

Possibility to book only for the morning or afternoon

### • Nada Yoga Ananda

- **Every Wednesday, Thursday, Sunday, 4pm for 2 hours**
- **Ecstatic Wednesday,** Vowels chants Overtones (throat singing), Kototamas
- **Shamanic Thursday,** Reverse Bijas mantra Overtones Electric energy
- **Shamanic Friday,** Shamanism Native American's Chants & overtones (throat singing)
- **Sacred Sunday.** Mantras Desert's sounds Harmonics (mixe with gregorian chant, throat sing & noise singing)

### • Tibetan bowls, 30 minutes.

To be in Theta mode. Singing for the soul (1h30 mantras, bijas mantra inverted, overtones and kototamas).

### • Fitness training—karla kattai

- **Satyayuga.** Personal coaching for individuals and/or small groups (max 5 persons). I have 30 years of experience. needs over the short, medium or longer term.
- **Qi-Qong** for facial rejuvenation and for the back (spine, shoulders, neck).

### • Reiki

Energy for wellbeing and struggle against stress...

### • Full And New Moon

We will work with the energetic forces of the moon. Moon gong, sun gong, moon tibetan bowls and our group energy. We will create a energetic field to power your intention.

- Start promptly 7pm, finish 8:30
- Full moon: 22, 24, 25 February
- New moon: 9 February

### • For more info: +917639761930 WA

- or [satyayuga@auroville.org.in](mailto:satyayuga@auroville.org.in)
- French and English speaking.
- Location on request.

*Satyayuga*

## PITANGA PROGRAM JANUARY 2024



Pitanga is closed on Friday, 26 January  
Happy Republic Day

### Healing Space

#### • By appointment, 262403, 9443902403

- Acupuncture by Heidi (not from Monday, 5 February to Friday, 1 March)
- Bio-Resonance (with Bi-Com machine) by Afsaneh
- Chiropractic by Afsaneh
- Cranio Sacral Therapy by Anne H.
- Thai Massage by Juan



### 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)

### New Activities

#### Pilates Workshop with Teresa

- **Saturday, 27 January 9:30am—12:30pm**  
Come and learn Pilates!

This workshop is designed to help you either with your home practice or to improve your current practice in a class. We will learn, explore and understand the 6 Pilates principles. This will raise your level of Pilates practice.

We will go through a routine of exercises and then learn how to adapt these exercises to your level (easier or harder versions) so that it suits you and helps you progress at your own pace.

- Limited places available.
- Please register with us at Pitanga



## 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,  |
| <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   |
| <b>Fridays</b>    |   |  |
| 6:45—8am          | Pranayama with François & Namrita                             | For former 'The Art of Living' course participants |
| 7:30—9am          | Asanas with Rachel  | All levels   |
| 8:30—10am         | Yoga Therapy with Gala  | All levels   |
| 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—6:45pm       | For Giving Love Transmuting heavy emotions, with Marie-Claire | All are welcome!                                   |
| <b>Saturdays</b>  |   |  |
| 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, 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          |
|            | Somatic Exploration   | 5—6pm         | Seza            |



|           |   |                   |          |
|-----------|---|-------------------|----------|
| Fridays   | Yoga Asana:<br>Deep Stretch & Relaxation        | 7:30—<br>8:30am   | Radha    |
|           | Heart Opening Yoga<br>(no class January 5 & 12) | 10:45—<br>11:45am | Abharana |
|           | Hatha Vinyasa Yoga                              | 5—6pm             | Andres   |
|           | Free Flow Dance &<br>Movement                   | 5—6:30pm          | Vega     |
|           | Regeneration Circle:<br>Voices of Wholeness     | 7:30—<br>8:30pm   | Nadim    |
| Saturdays | Peace with Pranayama<br>(no class January 13)   | 7:30—<br>8:30am   | Mamta    |
|           | Sivananda Yoga                                  | 5—6pm             | Mani     |
|           | Mindful Flow—Awaken in<br>Movement & Stillness  | 5—6pm             | Savitri  |

*Savitri,  
Programs Coordinator,  
Vérité Programming*

### VÉRITÉ WORKSHOPS

Pre-registration required

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



#### Yoga Therapy for Back Pain with Bijou

- Friday, 26 January, 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, 27 January, 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.

#### Lomi Hapai (Pregnancy Massage) Training Course with Claudia

- Monday to Wednesday, 5—7 February,  
9:15am—4:30pm, 3 day Training Course

Lomi Hapai training course is open to all. This is a gentle massage for pregnant women. Its slow and flowing movements guide the receiver into a peaceful inner space where everything is possible and all is blessed. Lomi Hapai is a beautiful way to experience relaxation, well-being, offering a space for deep connection and a loving ground for mother-child bond. Learn a 60 min. Lomi Hapai routine, a full body Hawaiian massage technique, using hands, oil and the fundamental intention of Aloha (Love).

*Kathir,  
for Vérité Programming*

### QUIET HEALING CENTER



#### Watsu® for Babies with Dariya

- Thursday, 1 February, 9am—6pm, 8 hours

This is an invitation to participate in a one-day course as a Watsu student *and a call to parents* with babies from 2 months to 2 years young, to join in the *afternoon from 2:30pm*.

Watsu for Babies is a water shiatsu course to ease and inspire movement with a baby in warm water, based on the two main principles of Watsu: presence and moving from our core, while being in water with a baby.

This course is for aquatic bodywork students, who have completed at least Basic Watsu course, and for professionals working with babies. In the morning, we will learn simple 'sequences' on dolls or teddy bears; as a participant, you will need to bring a large doll, teddy bear or something alike. In the afternoon, we are inviting parents with their little ones to join us on this sweet journey.

Parents, who would like to get inspiration to be with their little ones in water with more presence, play, deepen connection with water, and use the properties of water as stimulation for hyper- and hypo-tonic muscles of babies, are most welcome!

Please contact Quiet Healing Center for more info and registration either as a participant or as a parent interested to join us with your little one.

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

#### Holistic Rebalancing Massage Training w/ Ananda

- Friday, 2—Sunday, 11 February  
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.

## Prana Yoga: a 10-morning immersion w/ Ananda

• Friday, 2—Sunday, 11 February, 6:30am—8:30pm

Prana is the universal life energy. Yoga is tuning body-mind-spirit to wholeness. Prana Yoga is based on Hatha yoga, Pranayama, Meditations & Siddha. Through conscious postures, breathing, movement & stillness open the self enhancing, transforming, healing, grounding & tuning the energy flow to rejuvenate the body-mind-energy, build immunity, enhance sensitivity, perception, expand awareness, enrich self-healing and open to higher states of consciousness.

In this training, you are welcome to learn, practice and experience... Warm-up & Asana sequences for a healthy body, spine & energy flow; foundation & advanced Pranayama practices and Awareness exercises; Yoga Nidra, Nada Yoga, Chakra awareness, Meditations, Modern Science of Respiratory, Nervous and Lymphatic systems, Inner Science of Energy: Nadi, Vayu, Chakra, Mudras, Bandhas, ... Discover, Detox, Heal, Energize, Transform, Meditate & Evolve.

• **Preregister as spaces are limited**, either for all or a few classes!

## Watsu® Yoga Round with Fred & Roberto

• Wednesday, 7 February, 3—6:30pm

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

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

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

## Watsu® & OBA® Basic with Dariya & Daniel

• Friday, 16—Wednesday, 21 February  
8:30—1:30pm, 31 hours

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

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

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

## Shiatsu for Watsu® with Petra

• Friday, 16—Wednesday, 21 February  
8:45—6:30pm, 50 hours

Watsu, the abbreviation of WATER Shiatsu, originates from Masunaga's Zen Shiatsu, which was transferred and adapted to warm water by the Californian Shiatsu practitioner Harold Dull. Therefore a deeper knowledge of Shiatsu is highly recommended. Shiatsu is a modality, which originated within the oldest healing system known to humanity. It restores and maintains health by adjusting and balancing the body's primary communication network — the energy system.

About 60% of this course is on land, during which we will offer a simple Shiatsu protocol for applying pressure along the 12 main meridians (energy pathways) and some basic theory of Chinese Medicine (yin yang, 5 elements system, organ-clock). Practical exercises on land and in water will let you discover your own energy system and become more sensitive to your partner's energy body.

To become a certified Watsu practitioner, you need to have at least 50 hours of Shiatsu and 50 hours of Tantsu, another method of land-based bodywork.

• **Prerequisites:** Watsu 1.

• **Certificate upon completion of the course.**

[www.quieth healingcenter.info/](http://www.quieth healingcenter.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, 2 February

### Is a Whole Food Plant-Based Diet an Answer to Chronic Disease?

39 mins / 2017 / Plant Based News

Is a whole food plant-based diet the answer to chronic / modern disease? Find out in this informative short documentary, which features a number of doctors discussing the benefits of vegan dieting, including Dr Kim Williams (immediate past president of the US College of Cardiology) among others.

*Shek*







**CINEMA PARADISO**  
**Multimedia Center (MMC) Auditorium**  
**Film Program**  
**29 January 2024 to 04 February 2024**

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

**Indian—Monday 29 January, 8pm**  
**AATMAPAMPHLET (Autobio-Pamphlet)**

India, 2023, Dir. Ashish Bende w/ Om Bendkhale, Rajratna Bhojane, Pravin Pratap Desai, and others, Comedy-Drama, 90mins, Marathi w/ English subtitles, Rated: NR (G)

This is a much acclaimed, satirical eccentric coming of age biopic set in the 90's. The primary protagonist is Ashish a young boy, as he narrates his own life and experiences. When on the school's annual day function, 10yrs old Srushti holds Ashish's hand by accident, beautiful first love sprouts. As Ashish and his one-sided love were growing up, he witnesses dramatic sociopolitical transformations around him, his family, city and the entire India. And the joyride of finding answers about himself and the humanity begins. It is a funny take on Indian society, rather on the entire world from a kid's point of view. Don't miss!

**Potpourri—Tuesday 30 January, 8pm**  
**LES VISITEURS (The Visitors)**

France, 1993, Writer-Dir. Jean-Marie Poiré w/ Christian Clavier, Jean Reno, Valérie Lemercier, and others, French-German-English w/ English subtitles, Rated: R

A medieval nobleman and his squire are accidentally transported to contemporary times by a senile sorcerer. He enlists the aid of his descendent to try to find a way to return home, all the while trying to cope with the cultural and technological changes distinguishing his time from ours.

**Interesting—Wednesday 31 January, 8pm**  
**THE WHALE AND THE RAVEN**



Germany-Canada, 2023, Writer-Dir. Mirjam Leuze w/ Roy Vickers, Documentary, 101mins, English, Rated: NR (PG)

A story of humans and non-humans, united by a deep sea, separated by conflicting plans for its future. The Whale and the Raven illuminates the many issues that have drawn whale researchers, the Gitga'at First Nation, and the Government of British Columbia into a complex conflict.

**Selection—Thursday 1 February, 8pm**  
**MY FAIR LADY**

USA, 1964, Dir. George Cukor w/ Audrey Hepburn, Rex Harrison, Stanley Holloway, and others, Family-Musical, 170mins, English w/ English subtitles, Rated: G

In this all-time classic film based on George Bernard Shaw's Pygmalion, the pompous phonetics Professor Henry Higgins is so sure of his abilities that he takes it upon himself to transform a Cockney working-class girl into someone who can pass for a cultured member of high society. His subject turns out to be the lovely Eliza Doolittle who agrees to speech lessons to improve her job prospects. Higgins and Eliza clash, then form an unlikely bond, one that is threatened by aristocratic suitor Freddy Eynsford-Hill. A lovely musical!

**International—Saturday, 3 February, 8pm**  
**GUILLERMO DEL TORO'S PINOCCHIO**

USA-Mexico-France-Australia, 2022, Writer-Dir. Guillermo del Toro w/ Ewan McGregor, David Bradley, Gregory Mann, and others, Drama-Animation, 117mins, English-Italian w/ English subtitles, Rated: PG

Here, the Academy Award®-winning filmmaker reinvents Carlo Collodi's classic tale of the wooden marionette who is magically brought to life to mend the heart of a grieving woodcarver named Geppetto. This whimsical, stop-motion musical follows the mischievous and disobedient adventures of Pinocchio in his pursuit of a place in the world. True to the director's earlier interpretations of fairy tales, this too is unique. Don't miss!

**Children's Matinee—Sunday, 4 February, 4pm**  
**HARRY POTTER AND THE ORDER OF THE PHOENIX**

UK-USA, 2007, Dir. David Yates w/ Daniel Radcliffe, Emma Watson, Rupert Grint, and others, Action-Adventure, 138mins, English-Latin w/ English subtitles, Rated: PG-13

Here comes #5 of 8 films in the series. With their warning about Lord Voldemort's return scoffed at, Harry and Dumbledore are targeted by the Wizard authorities as an authoritarian bureaucrat slowly seizes power at Hogwarts. Please note the rating; it is for older children and followers of the book.

**Ridley Scott Film Festival @ Ciné-Club:**

Ridley Scott is an English filmmaker. He is best known for directing films in the science fiction, crime, and historical drama genres. His work is known for its atmospheric and highly concentrated visual style. Scott has received many accolades, including the BAFTA Fellowship for lifetime achievement in 2018, two Primetime Emmy Awards, and a Golden Globe Award. In 2003, he was knighted by Queen Elizabeth II.

**Ciné-Club Sunday 4 February, 8pm**  
**THE DUELLISTS**

UK, 1977, Dir. Ridley Scott w/ Keith Carradine, Harvey Keitel and others, Drama—War, 100 mins, English w/ English subtitles, Rated: R (PG).

Set during the grand, sweeping Napoleonic age, an officer in the French army insults another officer and sets off a life-long enmity. The two officers, D'Hubert and Feraud, cross swords and pistols time and time again in an attempt to achieve justice and preserve their honor.

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

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

Thanking You, Nina

MMC/CP Group Account# 105106,  
[mmcauditorium@auroville.org.in](mailto:mmcauditorium@auroville.org.in)



## At Multi Media Centre Auditorium, Town Hall

• Friday, 2 February, 8pm: **The Trial**

Director: Orson Welles, Germany/France/Italy, 1962

With: Anthony Perkins, Orson Welles, Jeanne Moreau, Romy Schneider, Akim Tamiroff, Elsa Martinelli

**Overview and Synopsis:** The Trial is Orson Welles' 'fearless adaptation' of Franz Kafka's eponymous absurdist novel (1926) wherein Joseph K. wakes up one day and finds he's being arrested, but no one will tell him what the charge is. Joseph K. is looking for what he could be guilty of, and is lost in the mysteries of justice and never stops wandering from endless corridors to dusty offices... Anthony Perkins gives one of the best performances of his career in The Trial, aided by an outstanding array of stellar players. Original English version with English Subtitles, Duration: 1h58'

## Aurofilm Present A "Cine-Master Class"

• Sunday, 4 February, 5 - 7pm @ Aurofilm, Kalabhoomi Next To Cripa

If you like to discuss, share and learn more about films and Cinema, we invite you to our this chapter led by Philippe May on **The Genius Of Orson Welles**

**Overview:** Orson Welles was a talented actor, a very creative director and scriptwriter who left an immense mark in the history of cinema. "Citizen Kane", his first movie, is often quoted as the best film ever made - arguably for good reasons. Welles' constant struggles for creative and artistic control made him also an early outsider of the Hollywood studios. He then headed to Europe where he signed there other masterpieces like his adaptation of "The Trial" by Franz Kafka, presented by Aurofilm Friday evening in MMC. With the support of movie clips and archives, we will explore the eclectic filmography, career and life of this exceptional artist.

• Philippe's presentation and the open discussion will therefore start directly as there is no specific screening apart from the prepared clips.

**Philippe**, an active Aurofilm collaborator, is an IT engineer, an Auroville forester and discernant film-lover.

Surya

### Film Screening

**We the people of India**  
Bhanumurthy Alur | India | 1986 | 20 mins

**Our Constitution**  
Krishna Gopal | India | 1950 | 12 mins

## Republic Day of India

26.01.24
10:00 IST

Ratik Kataria  
(Moderator)  
+91 9769976898

Study Circle

Venue: Auroville FILM INSTITUTE

Gharat Nivas India Space

Raj, AVFI Study Circle,  
+91 976997689

## 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 Enterance            | 7:12   | 9:02   | 15:02  |
| New Creation Road              | 7:17   | 9:07   | 15:07  |
| SBI Bank—Kuilapalayam          | 7:19   | 9:09   | 15:09  |
| ECR Junction—Aroma Guest House | 7:23   | 9:14   | 15:14  |
| Quiet Healing Center—Junction  | 7:26   | 9:17   | 15:17  |
| Lotus Hotel—S.V Patel Salai    | 7:36   | 9:30   | 15:30  |
| Ashram Road Junction           | 7:38   | 9:33   | 15:33  |
| Ashram Dinning Hall            | 7:40   | 9:35   | 15:35  |



### Pondicherry TO AUROVILLE

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

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