



# News Notes

#1017 A weekly bulletin for residents of Auroville 7 March 2024



One seated in the sleep of Superconscience, a massed Intelligence, blissful and the enjoyer of Bliss. ... This is the omnipotent, this is the omniscient, this is the inner control, this is the source of all.

That the invisible, that the unseizable, without connections, without hue, without eye or ear, that which is without hands or feet, eternal, pervading, which is in all things and impalpable, that which is Imperishable, that which is the womb of creatures sages behold everywhere

*Mandukya Upanishad*

## Pondering



'In the beginning,' says the Vedanta, 'was the one Existence without a second,' but before and after the beginning, now, for ever and beyond Time is that which we cannot describe even as the One, even when we say that nothing but That is. What we can be aware of is, first, its original self-concentration which we endeavor to realize as the indivisible One; secondly, the diffusion and apparent disintegration of all that was concentrated in its unity which is the Mind's conception of the universe; and thirdly, its firm self-extension in the Truth-consciousness which contains and upholds the diffusion and prevents it from being a real disintegration, maintains unity in utmost diversity and stability in utmost mutability, insists on harmony in the appearance of an all-pervading strife and collision... But in the Supermind there is no such paralyzing division, because knowledge is not self-divided, force is not self-divided, being is not self-divided as in the mind; they are neither broken in themselves, nor divorced from each other.

*The Supermind as Creator  
The Life Divine, Sri Aurobindo*

# Contents

<b>PONDERING</b>	<b>1</b>
<b>HOUSE OF MOTHER'S AGENDA</b>	<b>5</b>
Chapter XXVII—The Gnostic Being, The Life Divine	5
<b>COMMUNITY NEWS</b>	<b>6</b>
<b>Passing On</b>	<b>6</b>
Subramanian M. Passes	6
<b>Awakening Spirit</b>	<b>6</b>
Amphitheatre—Matrimandir, Meditation with Savitri	6
Savitri Bhavan March 2024	6
Exhibitions	6
Films	6
Dream Divine Series	6
Full Moon Gathering	6
Regular Activities	6
Discussion group on The Human Cycle to Meet	6
Mudra Chi	6
Bases of Yoga—The Mother's Talks	
An Interactive Book Reading Circle	7
Meditations on Savitri, Book 1, Canto 3: The Yoga of the King: The Yoga of the Soul's Release	7
The Dream Divine Series	7
Brahmanaspati Kshetram	7
The Om Choir	8
Savitri Satsang By Narad	8
Satsanga on Bhagavad Gita in Everyday Life	8
<b>Arts for Land</b>	<b>8</b>
Art For Land Exhibition	8
Donating	8
<b>Education</b>	<b>8</b>
Auroville Library	8
Giving Away Books by Sri Aurobindo, The Mother and Their Disciples	8
Weekly Timings	8
Story time At the Auroville Library!	8
William Shakespeare's The Tempest	9
Volunteers for the AV Schools Art and Craft Camp	9
'An integral approach to physical education for Auroville in the Light of The Mother and Sri Aurobindo'	9
<b>International</b>	<b>9</b>
The Pavillon de France presents	9
The Sharing Heart	9
'A Too Noisy Solitude' by Bohumil Hrabal	10
'Joint Note on Monsieur Descartes' by Charles Péguy	10
<b>For Your Information</b>	<b>10</b>
Eco Service Pick up Schedule	10
<b>Health Care</b>	<b>11</b>
Health Fund Pending Bills	11

Santé Services March 2024	11
Working Hours	11
Tests and Sample collection	11
For emergencies	11
Appointment	11
Santé Services Schedule	11
Aurokiya Integral Eye Centre @ Arka	11
Maatram at Arka	11
Aurodent Dental Clinic	11
<b>Animal Care</b>	<b>12</b>
Auroville Dog Shelter	12
Auroville Dog Shelter Volunteer Program	12
<b>Festivals</b>	<b>12</b>
Bharat Nivas presents Om Navah Shivaya on the occasion of Maha Shivratri	12
The Glimpses Of Arthanareeswarar	12
Hindustan Vocal Carnatic	12
Isai Ragam Program	12
A Night To Awake Your Inner Consciousness	13
Dances of Universal Peace	13
<b>The Arts</b>	<b>13</b>
From Darkness To Light by Supriya Menon Meneghetti	13
Samsara, Exhibition	13
Feel The Vibe: Music & Dance Performance	14
Shining in the Dark	14
Kalabhumi Goes Live	14
<b>Dance Activities</b>	<b>14</b>
Auroville Tango Activities	14
Salsa Dance Class	14
Tango Dance Class	15
Join Our Bollywood Dance Session	15
Zumba with Preeti	15
Angam Tree: La Style Salsa Dance	15
<b>Music and Art Activities</b>	<b>15</b>
Tanjore Art Classes	15
Basic Analogue Photography	
Darkroom Workshop by Sasikanth Somu	15
Explore WaterColor Techniques	15
Center for Research Education Experience in Visual Arts	16
Hibiscus Art Village Project	16
Propose Liberation	16
Art Camp Experience	16
A Creative Reading and Writing Workshop With Kamal Swaroop	16
Writing from Within	16
Light Fish Professional Photography Studio	16
Open-Mic Night at Yatra's Artiste Cafe	17
Bansuri (Flute) Group Classes With Michael	17

<b>Sports &amp; Martial Arts</b>	<b>17</b>
Swimming Class	17
Kshetra Kalari, Aspiration	17
Bharat Nivas presents Kalaripayattu Class	17
Tai Chi Hall Daily Classes	17
Yang Style Tai-Chi 16 Form	17
Abhaya Martial Arts	17
Auroville Aikido Schedule	18
Kalpana Gym	18
Looking for Volleyball players	18
<b>Bioregion Activities</b>	<b>18</b>
A Heritage Journey Through Thevaram	18
Enlight	18
Agri Holidayism	18
Arts and Crafts Workshops	18
Cooking Class	18
Fireside Drumming	18
Musical Instruments Workshop	18
Sound Healing	18
Tours	18
Mohanam March 2024	19
Conscious and Cultural Tour, Workshops & Therapy	19
Tours	19
Make and Take Workshop	19
Classes and Therapies:	19
Auroville Bioregion Experience with Mohanam Team	20
Auroville Sunday Tour & Brunch Experience	20
Mohanam School of Art & Music activities	20
Auroville Bioregion Festival Information	20
Thiruvannamalai Eco & Spiritual Services	20
Auroville Bamboo Centre March Program 2024	20
Bamboo Centre Campus Tour	20
Every Saturday Auroville Bamboo Tour with Special Bamboo Lunch	20
Training and workshop	20
Kuilai Creative Center Activities	21
Egai: Art of Giving	21
Coconut Shell Craft Workshop	21
Incense Making Workshop	21
Cooking class	21
<b>Nature Activities</b>	<b>21</b>
Conscious Nature Immersion at MahaKali Park	21
Food Forest Tour	22
Edible Weed Walks	22
<b>Honorary Voluntary</b>	<b>22</b>
Wellpaper Needs a Volunteer	22
Gau Seva at Sadhana Forest!	22
<b>Work Opportunities</b>	<b>22</b>
Egai Office Manager Position	22
Quiet Healing Center	
Looking for experienced massage therapists	22
Looking For A Half Day Cook	22
<b>Available</b>	<b>23</b>
Office Space Available	23
Egai Velai Workspace	23
BMW Bike Available	23

<b>Looking For</b>	<b>23</b>
Seeking Houseitting	23
Seeking Committed Gardener	23
Looking for a Kayak	23
Looking for a Back Office Executive	23
Need House Sitting For 3 Months (April—June)	23
<b>Foods, Goods and Services</b>	<b>23</b>
Taste of Yoga in Verite	23
Auromode Hive's Open House	23
Dropzy	24
Rapid Care Services	24
New Waves	24
Pizzawale First Pop-up for 2024	24
Free store Opening Times	24
Rupavathi Joy Activities	24
Bio-Region Temple Tour	24
South-Indian Cuisine—Cooking Class	24
Thai Massage	24
Tailoring	24
Latest News from Inside India Travel Shop	25
<b>Poetry</b>	<b>25</b>
A Tadpole Mistakes Many	25
Mr. Toad	25
<b>Auroville Media</b>	<b>25</b>
Auroville Radio	25
Last published podcasts	25
Last Youtube Live Videos	25
<b>Voices and Notes</b>	<b>25</b>
Notice From the Entry Service	25
Editor's note	25
Do We Still Have A Future To Dream About?	26
Offered for Transformation or Dissolution	26
Dreamweaving 2024—Build to Envision	26
'Auroville Is For An Elite'	26
<b>Languages</b>	<b>27</b>
News From Auroville Language Lab	27
Conversation Practice sessions	27
Current Schedule of Classes	27
Our first full-length publication	27
Something New: Evening Programs!	27
Looking for	27
Help Integrate People! program	27
The Language Lab is open	28
<b>Classes, Workshops &amp; Healing Arts</b>	<b>28</b>
Chanting & Sacred Music	28
Authentic Movement, Life/Art process, Danse du sensible & Sensorimotor drawing	28
Sitara and Munay-Ki Yoga School	28
Chakra Yoga Meditation Sound Initiation	28
Mindful Monday	28
Yoga Classes in Bharat Nivas	29
Yoga with Rachel	29
Shiatsu Practicing Hours	29
Acro Yoga	29
Detox your Mind & Breathe: Heal your Body	29
Auromode Yoga Space March 2024 Schedule	29
Vinyasa flow with Bala	29
Mobility with Karalakattai	29

Arka Wellness Center & Multipurpose Hall _____	30
Authentic Relating Workshops _____	30
Angam Tree Traditional Massage Therapy Classes _____	30
Wellness Wood Products _____	30
Karalakattai _____	30
Therapies _____	30
Sound Healing Therapy _____	30
Massage Therapy _____	30
Dance Movement Therapy _____	31
Student Internship Program: Traditional Bodywork _____	31
Beautiful Sounds _____	31
Traditional Mantra and Stotra Classes _____	31
Women's Circle _____	32
Quiet Healing Center _____	32
Baby Watsu Class with Appie & Friederike _____	32
Watsu® Yoga Round with Fred & Roberto _____	32
Pitanga Program March 2024 _____	32
Drop-In Classes _____	32
Classes—By appointment _____	33
Healing Space _____	33
Workshops—With prior registration _____	33
New Drop-In Classes _____	33
Youth activities _____	33
Verité Programs March 2024 _____	33
Yoga & Re-creation Programs _____	33
Workshops (pre-registration required) _____	34
Therapies (by appointment only) _____	34
<b>Cinema _____</b>	<b>34</b>
Eco Film Club _____	34
Schedule of Events _____	34
Global Forest _____	34
Cinema Paradiso _____	35
Film Program 11 March to 17 March 2024 _____	35
Aurofilm Presents At Multi Media Centre Auditorium _____	36
Macbeth in Spotlight Theatre & Cinema series _____	36
<b>The Last Moment _____</b>	<b>37</b>
Help needed _____	37
<b>Emergency Services _____</b>	<b>37</b>

## *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.

**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)

## *Accessible Auroville Public Bus*

[avbus@auroville.org.in](mailto:avbus@auroville.org.in), +91 9443074825



### **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

### **Bus passes**

- Rs.800: For All (10 single trips)
- Rs.850: One-Way Monthly (Workers/Volunteers)
- Rs.1200: Student Monthly pass

### **AV account / Cash / UPI Transfer :**

- Rs.100: One way trip—for all
- Rs.200: Round trip—for all.

### **Bus passes are available**

At Auroville Vehicle Service, Townhall, Auroville.

- 9am—12:30pm & 2—5pm

### **Contact**

- 0413 2623302

### **Below link to join On WhatsApp group**

**of Auroville Bus** to get the regular updates of the bus:

- <https://chat.whatsapp.com/Lt43wBCBno1E6CTwoaUt2x>



# House of Mother's Agenda



## Chapter XXVII—The Gnostic Being, The Life Divine

*(continued from last week)*

All the character of the life and action of the gnostic being would arise self-determined out of this nature of his gnostic individuality. There could be in it no separate problem of an ethical or any similar content, any conflict of good and evil. There could indeed be no problem at all, for problems are the creations of mental ignorance seeking for knowledge and they cannot exist in a consciousness in which knowledge arises self-born and the act is self-born out of the knowledge, out of a pre-existent truth of being conscious and self-aware. An essential and universal spiritual truth of being manifesting itself, freely fulfilling itself in its own nature and self-effectuating consciousness, a truth of being one in all even in an infinite diversity of its truth and making all to be felt as one, would also be in its very nature an essential and universal good manifesting itself, fulfilling itself in its own nature and self-effectuating consciousness, a truth of good one in all and for all even in an infinite diversity of its good. The purity of the eternal Self-existence would pour itself into all the activities, making and keeping all things pure; there could be no ignorance leading to wrong will and falsehood of the steps, no separative egoism inflicting by its ignorance and separate contrary will harm on oneself or harm on others, self-driven to a wrong dealing with one's own soul, mind, life or body or a wrong dealing with the soul, mind, life, body of others, which is the practical sense of all human evil. To rise beyond virtue and sin, good and evil is an essential part of the Vedantic idea of liberation, and there is in this correlation a self-evident sequence. For liberation signifies an emergence into the true spiritual nature of being where all action is the automatic self-expression of that truth and there can be nothing else. In the imperfection and conflict of our members there is an effort to arrive at a right standard of conduct and to observe it; that is ethics, virtue, merit, puṇya, to do otherwise is sin, demerit, pāpa. Ethical mind declares a law of love, a law of justice, a law of truth, laws without number, difficult to observe, difficult to reconcile. But if oneness with others, oneness with truth is already the essence of the realised spiritual nature, there is no need of a law of truth or of love,—the law, the standard has to be imposed on us now because there is in our natural being an opposite force of separateness, a possibility of antagonism, a force of discord, ill-will, strife. All ethics is a construction of good in a Nature which has been smitten with evil by the powers of darkness born of the Ignorance, even as it is expressed in the ancient legend of the Vedanta. But where all is self-determined by truth of consciousness and truth of being, there can be no standard, no struggle to observe it, no virtue or merit, no sin or demerit of the nature. The power

of love, of truth, of right will be there, not as a law mentally constructed but as the very substance and constitution of the nature and, by the integration of the being, necessarily also the very stuff and constituting nature of the action. To grow into this nature of our true being, a nature of spiritual truth and oneness, is the liberation attained by an evolution of the spiritual being: the gnostic evolution gives us the complete dynamism of that return to ourselves. Once that is done, the need of standards of virtue, dharmas, disappears; there is the law and self-order of the liberty of the spirit, there can be no imposed or constructed law of conduct, dharma. All becomes a self-flow of spiritual self-nature, Swadharma of Swabhava.

Here we touch the kernel of the dynamic difference between life in the mental ignorance and life in the gnostic being and nature. It is the difference between an integral fully conscious being in full possession of its own truth of existence and working out that truth in its own freedom, free from all constructed laws, while yet its life is a fulfilment of all true laws of becoming in their essence of meaning, and an ignorant self-divided existence which seeks for its own truth and tries to construct its findings into laws and construct its life according to a pattern so made. All true law is the right motion and process of a reality, an energy or power of being in action fulfilling its own inherent movement self-implied in its own truth of existence. This law may be inconscient and its working appear to be mechanical,—that is the character or, at least, the appearance of law in material Nature: it may be a conscious energy, freely determined in its action by the consciousness in the being aware of its own imperative of truth, aware of its plastic possibilities of self-expression of that truth, aware, always in the whole and at each moment in the detail, of the actualities it has to realise; this is the figure of the law of the spirit. An entire freedom of the spirit, an entire self-existent order self-creating, self-effectuating, self-secure in its own natural and inevitable movement, is the character of this dynamism of the gnostic supernature.

*(to be continued next week)*

Chapter XXVII, The Gnostic Being, the Life Divine  
Sri Aurobindo

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

With love and gratitude,  
Gangalakshmi (HOMA)



# Community News

## Passing On

### SUBRAMANIAN M. PASSES



Subramanian M. passed away on 28 February. We received the news that a mysterious train accident at Thambaran lead to his demise. He was 72.

He was cremated in Chrompet on 29 February by his partner Shakuntala, his extended family and close friend Guna (Telephone Service). The last rites, submerging his ashes, will be done in the sea by Repos Beach by partner Shakuntala and friend Guna.

In 1984 when he joined Auroville he lived in Fertile Windmill (Baraka), then at the Matrimandir workers camp. When that got dissolved he moved to Prayatna. Over the years in Auroville he was a teacher, served at entry service, and later as a security liaison. Lately he worked at the New Creation sports resource center.

Our deepest condolences go to his long time partner Shakuntala, his family, Guna and other friends.

*May Mother's Grace be with him  
Lisa for the Farewell Team*

## Awakening Spirit

### AMPHITHEATRE—MATRIMANDIR

Every Thursday at Sunset (weather permitting)

5:30—6pm

#### Meditation with Savitri

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



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

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

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

*Surya for Amphitheatre Team*

### SAVITRI BHAVAN

March 2024



#### Exhibitions

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

#### Films

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

- **March 11:** Meditations on Savitri, Book 1—Canto 3: The Yoga of the King: The Yoga of the Soul's Release. This film is about the yoga of King Aswapati. Aswapati's soul is liberated from Ignorance and his mind and body are transformed which enables him to draw the energies that can transmute humanity. Duration: 29min.

- **March 18:** The Traveller and The Worlds, Part One of Sri Aurobindo's Savitri. In this lecture Shraddhavan considers three main points: 1. The Traveller, Aswapati—who is he? 2. A brief look at the Worlds through which he passes on his quest. 3. The significance of this journey in his unique poetic masterwork. Duration: 63min.
- **March 25:** How the Mother's Inner Quest brought Her to Sri Aurobindo. A talk by Lopa given at the Sri Aurobindo Ashram about the Mother's psychological, spiritual and occult experiences and those of Sri Aurobindo and their meeting on 29 March 1914 in Pondicherry. Duration: 51min.

#### 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.

#### Full Moon Gathering

- Sunday, 24 March, 7:15—8:15pm in front of Sri Aurobindo's statue

#### Regular Activities

- **Sundays 10:30—12noon:** Savitri Study Circle led by Larry Seidlitz
- **Mondays 3—4pm:** The Knowledge and Ignorance—The Spiritual Evolution in The Life Divine led by Dr. Jai Singh
- **Tuesdays 3—4pm:** Readings of the words of The Mother on Aims and Ideals of Auroville led by Dr. Jai Singh
- **Tuesdays, Fridays, Saturdays 4—5pm:** L'Agenda de Mère: listening to recordings with Gangalakshmi
- **Tuesdays 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

*Dhanalakshmi  
for Savitri Bhavan Team*

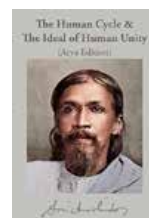
#### DISCUSSION GROUP

##### on The Human Cycle to Meet

Every Monday, 10am, Garden Room  
@ Savitri Bhavan

Discussion group on The Human Cycle by Sri Aurobindo. All welcome to show up.

Contact +380678392683 WA



Leonid Shokh



#### MUDRA CHI

We have our classes

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

*Anandi*

## 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

## MEDITATIONS ON SAVITRI, BOOK 1, CANTO 3:

**The Yoga of the King:  
The Yoga of the Soul's Release**



Monday, 11 March 2024, 4pm at Savitri Bhavan.

Duration: 29min.

Savitri, an incarnation of the Divine, took birth as a human being in response to the deep need and urge of the Earth and eighteen years of yoga performed by her human father king Aswapati. Savitri's father was a royal rishi and highly developed spiritual being, who had mastered all his life energies and offered them one-pointedly to the Supreme Divine Mother, the Shakti of Lord Brahma the Creator, the Goddess of Truth.

*Off inspiration with her lightning feet, / A sudden messenger from the all-seeing tops, / Traversed the soundless corridors of his mind / Bringing her rhythmic sense of hidden things. (p.38)*

King Aswapati aspired that a greater light of knowledge and power would come down and will save the earth and humanity. With the blessings of the Divine Mother in her aspects of Wisdom, Discernment, Intuition, and Revelation, his soul was liberated from ignorance, bringing about the first transformation of his mind and body which enabled him to draw the energies that can transmute an entire age of humanity:

*A genius heightened in his body's cells / That knew the meaning of his fate-hedged works... / A demigod shaping the lives of men: / One soul's ambition lifted up the race; / A Power worked, but none knew whence it came. / The universal strengths were linked with his; / Filling earth's smallness with their boundless breadths, / He drew the energies that transmute an age... / Lonely his days and splendid like the sun's. (pp.44—45)*

A meditative film of passages from Sri Aurobindo's epic poem SAVITRI—A Legend and a Symbol, read by the Mother, accompanied by Her own organ music and illustrated with paintings by Huta created under the guidance and with the inspiration from the Mother.

In the beginning, there will be a short video of Huta speaking about her work with the Mother. Duration: 5min.

*Meditations on Savitri* films are subtitled and can be accessed at the Savitri Bhavan website. The beautiful, printed edition of *Meditations on Savitri* is available for sale at the Savitri Bhavan reception desk.

Submitted by Margrit

## THE DREAM DIVINE SERIES

Wednesday, 13 March, 4:30pm @ Sangam Hall



Two films will be shown:

- Confluence—Three lives in Auroville



- Auroville in the process of Succeeding, a short interview with Narad

Directed especially at newcomers, Savitri Bhavan has launched a project called 'The Dream Divine Series'. The goal of the project is to introduce newcomers to the Aims and Ideals of Auroville, the Life and Works of Sri Aurobindo and The Mother and the Integral Yoga. There will be a weekly session every Wednesday 4.30-5.30pm. The series will include presentations, films, talks, etc., followed by questions and answers.

Everyone is welcome

Dhanalakshmi for Savitri Bhavan

## BRAHMANASPATI KSHETRAM

Calendar of regular events of March 2024



**BRAHMANASPATI KSHETRAM**  
The Mother Sri Aurobindo Centre

*To my dear little child  
live only for the Divine*

Calendar of regular events of March 2024

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

Every Thursday 6:00 - 6:30pm  
**Meditation**

14th & 28th Thursday 6:30 - 7.30pm, reading  
**"The Mother's Questions & Answers- Vol-7"**  
in English

24th, Sunday at 6:30pm full moon, reciting  
**Sri Aurobindo's Gayatri Mantra** for 30min

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

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

Location





## THE OM CHOIR

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

All are welcome to join with Narad and the choir to explore the sound of OM in an aspiration for collective harmony and transformation for ourselves, humanity and the Earth.

Noel Parent

## SAVITRI SATSANG BY NARAD

Wednesdays, 6:30pm @ Kalpana

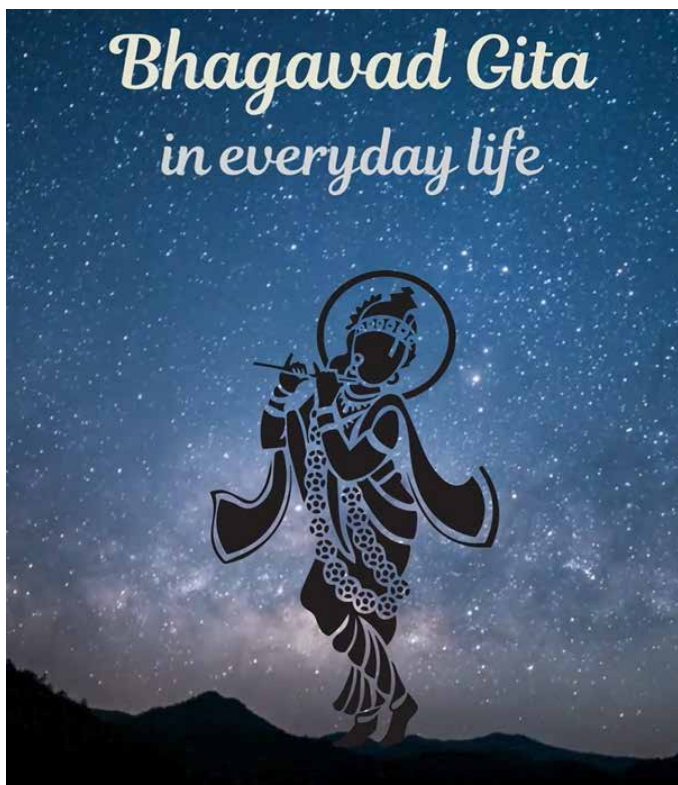
Savitri reading by Narad on Wednesdayss at 6:30pm in Kalpana Community @ E1-2B, East Block, 1st Floor (above the parking area). Cordially inviting you all. William

## SATSANGA ON BHAGAVAD GITA

in everyday life

18 March to 28 April (6 Weeks), 5—6am Every day

Online Zoom Call



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

We request that participants commit to attending every day for the first week (Monday, 18 March to Sunday, 24 March) and then decide whether they would like to continue or not for the remaining 5 weeks.

- **Why and What:** Absorb all the 18 chapters of the Gita and hold space for individual and collective reflections, practices, experiments and above all—Divine Grace.
- **How:** श्रवण, मनन, नदिधियासन (Listening, Reflecting, Self-enquiry & Embodiment)
- **Which Language:** English will be the primary means of communication and we will listen to Sanskrit slokas and the reflections can be shared in any language preferred by the participant.
- **Who:** Whether you are a beginner or well-versed with Gita, the format welcomes all to learn and share together.

In this collective learning journey, we will all progress together, each at his/her pace. If this interests you and you'd like to participate then please sign up on: [tinyurl.com/gitasatsanga](https://tinyurl.com/gitasatsanga)

- To know more, feel free to connect with us [devabhasha@auroville.org.in](mailto:devabhasha@auroville.org.in)

Deven For Vidyamandir  
and Samskritam Auroville Team

## Arts for Land

### ART FOR LAND EXHIBITION

Ongoing till 5 April @ Unity Pavilion

## देहिपुतनम Art for Land Art Exhibition



Over a hundred artists have generously donated their creations to Art for Land whose sale proceeds are dedicated for land purchase via the Acres for Auroville campaign. The new current exhibition at UPAV is a most beautiful one—devoted to the theme of 'Dhyanam' (Contemplation), with works of a great variety of styles.

All are for viewing, and for sale—either at the Unity Pavilion or online!

- <https://land.auroville.org/a4l-exhibition-february-april-2024/> Mandakini

### Donating

- <https://land.auroville.org/new-banking-information/> & [www.land.auroville.org](http://www.land.auroville.org)
- **Contact:** [lfau@auroville.org.in](mailto:lfau@auroville.org.in) +91 413 2622657

Acres for Auroville is a collaboration of Auroville International & Lands for Auroville Unified Mandakini

## Education

### AUROVILLE LIBRARY

#### Giving Away Books by Sri Aurobindo, The Mother and Their Disciples

Dear community, Auroville Library will be giving away books by Sri Aurobindo, The Mother and their disciples from February 21st through (at least) March 2nd. Most are in English and French, with a few in other languages. Also available will be books about Auroville. Please pass by during our opening hours to have a look.

If you have some related books at home that you would like to pass on to others, welcome to add them to our giveaway.

#### 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!

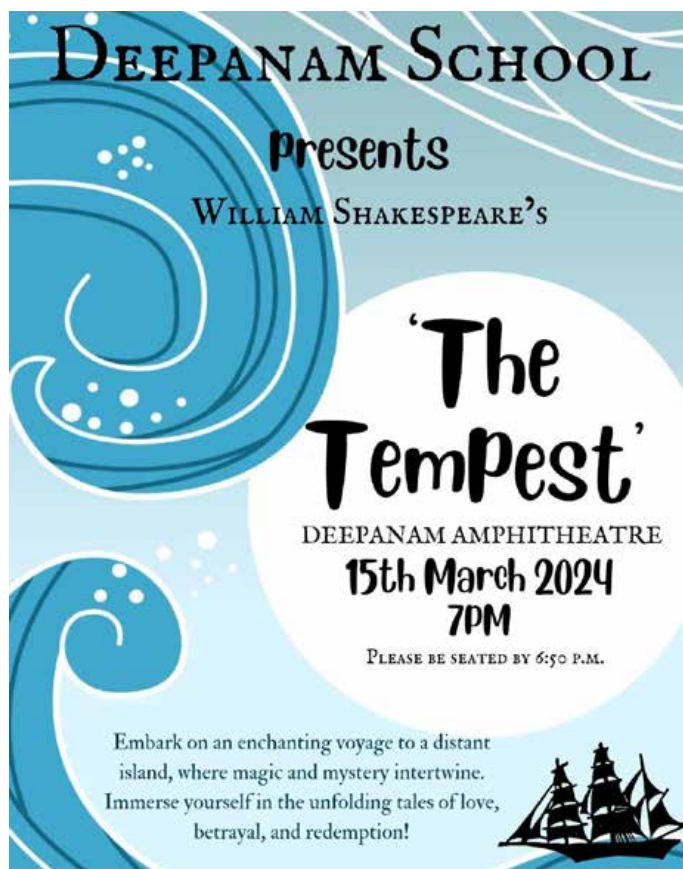
Every Saturday, 10—11am: Children's storytime.

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

Kristen, for the Auroville Library



**WILLIAM SHAKESPEARE'S THE TEMPEST**  
15 March, 7pm @ Deepanam Amphitheatre



Mahavir

## VOLUNTEERS

### for the AV Schools Art and Craft Camp

*'The mind is profoundly influenced by what it sees and, if the eye is trained from the days of childhood to the contemplation and understanding of beauty, harmony and just arrangement in line and colour, the tastes, habits and character will be insensibly trained to follow a similar law of beauty, harmony and just arrangement in the life of adult man.'*

*'But beyond and above this intellectual utility of Art, there is a highest use, the noblest of all, its service to the growth of spirituality in the race.'*

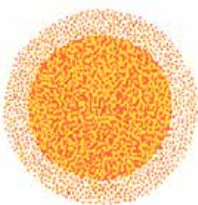
Sri Aurobindo on Arts

Dear Community, we are delighted to announce an upcoming Auroville Schools Arts and Crafts Camp for over 800 students. The highlight of this event is also the fact that more than 20 teachers from all our schools have come together over the last month to organise this three day event which promises an immersive experience for each student. The camp will offer activities like painting, clay modeling, paper craft, art and craft modeling, cyanotype, carpentry and more.

We are seeking support from the community and friends to make this event a memorable experience. We need enthusiastic volunteers who would like to assist the teachers in holding these creative spaces during the three days of the camp. We are looking for a minimum of 3 and max 5 days of commitment between 9—15 March 2024.

Whether you are an experienced artist or simply enjoy working with children, your time and dedication will make a meaningful difference. If you are passionate about art and education write to us at [saiier@auroville.org.in](mailto:saiier@auroville.org.in) with the **subject line** 'Interested in Volunteering for the AV Schools Art and Craft Camp'

Nilima



## 'AN INTEGRAL APPROACH TO PHYSICAL EDUCATION for Auroville in the Light of The Mother and Sri Aurobindo'

*'We are not here to do (only a little better) what the others do. We are here to do what the others cannot do because they do not have the idea that it can be done. We are here to open the way of the Future to children who belong to the Future. Anything else is not worth the trouble and not worthy of Sri Aurobindo's help.'*  
The Mother, 6 September 1961

Dear Community, we are delighted to announce an upcoming workshop titled 'An integral approach to physical education for Auroville in the Light of The Mother and Sri Aurobindo' for all individuals associated with physical education, physical fitness training, and sports in Auroville.

The above words of The Mother are the first words of the SAILER policy. Drawing inspiration from it, we offer the workshop:

Saturday, 16 March, 9:30am—12:30pm  
@ SAWCHU, Bharat Nivas

### Key Topics to be Covered

1. Understanding the Integral Approach to Physical Education
2. Understanding the Need of Integrating Physical Education with Scientific and Academic Curriculum
3. Introduction to a 1 year Training Program for PE Teachers and Facilitators of Auroville.

The workshop will also be a shared platform for us to come together and share ideas and thoughts to pave the way forward for a new, promising and evolved shift in our approach to physical education in Auroville.

We invite all physical education instructors, sports coaches, fitness trainers, educators, and anyone passionate about promoting holistic well-being through physical activities to join us for this enriching workshop.

- To register kindly fill the google form:

<https://docs.google.com/forms/d/19eJ8VMs5dt3xoKgqt6HFQSNAClxXXOhmk9WCF7KSo0/edit>

Nilima

## International

### THE PAVILLON DE FRANCE PRESENTS

#### The Sharing Heart

Conference By Laurence de la Baume

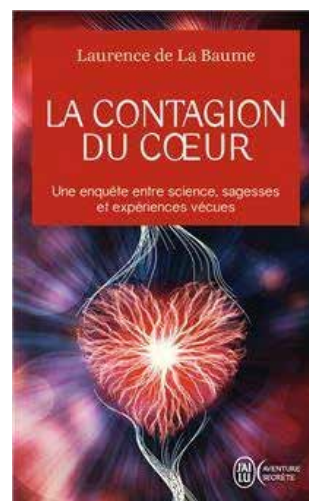
Saturday, 9 March, 5:30pm @ Pavillon de France

In French

An investigation between science, traditional wisdom, and personal experiences.

Everyone knows that the heart is both a biological pump, the symbolic center of our feelings and the seat of our emotions, but how many of us know that it is the most powerful organ in the human body? That it was created by nature to connect us to each other, to our environment and to the planet? That having a heart does not necessarily mean being in the heart? Because we are unaware that it is also our inner guide, the door to our interiority. Its electromagnetic force is infinitely greater than that of the brain. It makes it a sort of radar and conductor of the human body.

For some, it is even the vehicle of the soul and its incarnations. Because our heart is the only organ, in fact, capable



of restructuring our brain, our habits, our beliefs, therefore our life... This is why it appears today as the key to the transformation that is required of us.



Laurence is an author, journalist and speaker. She wrote 'Satprem, l'homme de l'espoir' in 2003, worked for the Arte channel for eleven years and was communications director for the Extreme Universe Laboratory, initiated by astrophysicist George F. Smoot, Nobel Prize winner in physics. Laurence is today a speaker on the following themes: how to introduce science and wisdom into our lives to be in the world differently, find meaning, improve and achieve fulfillment in our lives.

Vivekan

### **'A Too Noisy Solitude' by Bohumil Hrabal**

Thursday, 14 March, 6:30pm @ Kalabhumi

Small Amphithéâtre

Performed by Thierry Gibault

Adaptation and direction Laurent Fréchuret

In French

A masterpiece by Bohumil Hrabal, 'A Too Loud Solitude' is a political fable behind closed doors, grating, moving and desperate where the spirit of Beckett, Kafka and George Orwell hover.

For thirty-five years, Mr. Hanta has fed the press from a recycling factory where tons of books banned by censorship, and even masterpieces of humanity, are swallowed up day after day. 'This kind of assassination, this massacre of innocents, someone has to do it.' Hanta works, drinks beer, wanders the streets of Prague, reads, and dwells on the mission he has undertaken: to save culture by snatching from death treasures so unjustly condemned. He saves up to two tonnes which he piles above his bed. But in this game of hide and seek, his performance drops. Rejected, abandoned by everyone, all that remains is for him to return to his beloved books...

'Bohumil Hrabal lived through the dictatorship and its censorship. He then plunged into his distant interior as a writer to open a door, a hope. A too noisy solitude is a wonderful theatrical material, a word, a game proposal to continue today to resist through pleasure against the machine that crushes humans.' Laurent Fréchuret

Vivekan

### **'Joint Note on Monsieur Descartes'**

by Charles Péguy

Saturday, 16 March, 6:30pm @ Kalabhumi

Small Amphithéâtre

Performed by Jean-Christophe Cochard

under the direction of Jean-Yves Ruf. In French



'Thought that does not already know everything. Thought that is not already premade...And for the first time in the history of the world, money is master without limitation or measure...'

The text of the Joint Notes, the last text of Charles Péguy, is intended for the man accustomed not to Wetting to Grace, that is to say to ourselves, filled with certainty, our morale and our the habits which have ended up making us impervious to the human fragility which is also ours, mine, yours. The Joint Note is a journey of thought, a long meditation out loud on the meaning of life undermined by social, economic, metaphysical, psychological alienations...

'This writing demonstrates a commitment ready to take action. We can feel it physically. Péguy's personality resonates under the progress of his thoughts, the energy that emerges from it, induces a desire for incarnation that we simply wanted to translate on the set of a scene'—Jean-Christophe Cochard, Jean-Yves Ruf.

Vivekan

## *For Your Information*

### **ECO SERVICE**

#### **Pick up Schedule**

for the week 4—9 March

- **Monday, 4 March**
  - AM: Aspiration Area, La Ferme, Bakery, B&C
  - PM: Progress, Prarthana, Samasti, Mita & Tapas
- **Tuesday, 5 March**
  - AM: Landfill, Adventure, Botanical Gdn.
  - PM: Library, Road Service, Reve GH, Solar Kitchen Courage
- **Wednesday 6 March**
  - AM: Vikas, Creativity, Realization, Luminosity
  - PM: Sharnga Comm, Sharnga GH, Invocation 1&2 / 3-5
- **Thursday 7 March**
  - AM: Anita's Kitchen, Marc's Café, Tanto, Zostel
  - PM: Aroma Garden, Auroverlo, Auzolan, EcoTeco, Impermanence
- **Friday 8 March**
  - AM: Maitreyi 1, 2, Serenity, Sanjana, Sukhavati
  - PM: TLC, Transition, YC, Citadine
- **Saturday 9 March**
  - AM: Colors of Nature, Baraka, Dana, Prosperity, Harmony, Dehashakti
  - PM: Aurodam, Center GH, Serendipity, Anitya



Summit for The Eco Service



## Health Care

### HEALTH FUND PENDING BILLS

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.

Stefan  
for Health Fund Team



March 2024

### Working Hours

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

### Tests and Sample collection

- Monday—Friday 8:30—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

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

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

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

## AUROKIYA INTEGRAL EYE CENTRE

@ Arka

Working Hours: Monday—Saturday, 9am—5:30pm

### Services Provided

- First aid services, including conjunctivitis, corneal abrasion and ulcers, trauma, and foreign bodies
- Comprehensive eye examination with advance technology
- Dispensation of glasses and contact lenses
- Eye medicines (Homeopathy, allopathy, and Ayurvedic Drops)
- Personal guided support to visit Aravind eye hospital for surgeries and procedures
- Natural eye healing sessions (eye exercises, eye yoga, and vision therapy)
- Outreach: Screening camps and eye health education (Schools, Workplaces and Villages)



Contact: [aurokiya@auroville.org.in](mailto:aurokiya@auroville.org.in); [aurokiya@gmail.com](mailto:aurokiya@gmail.com),  
WA/ Mobile: 8012305151.

Aurosugan,  
[www.aurokiya.com](http://www.aurokiya.com)

### 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/>

Megha for Maatram

### 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



## Animal Care

### AUROVILLE DOG SHELTER



**Auroville Dog Shelter**

**Experience the Real Yoga of Work!**

**Volunteer at the Auroville Dog Shelter**

**Immerse yourself in the world of 300 indie dogs**

**For true animal lovers**

Location   [auroville.dogs](#)

Whatsapp: 8122225266 (Arthur)  
89394 49413 (Tamil spoken)

 AUROVILLE DOG SHELTER

Arthur for the Auroville Dog Shelter

### AUROVILLE DOG SHELTER VOLUNTEER PROGRAM



Hello, volunteers from all over the world! The Auroville Dog Shelter is excited to announce the start of our volunteer program for everyone! Whether you are looking for a long-time registered SAVI volunteering at our shelter or you just want to give Tenderness, Love & Care for a day or two to our 300 dog residents, you are welcome! Depending on your commitment & time, and visa status, we have the perfect program for you.

- Just send Arthur a WA message at 8122225266 and we are happy to introduce you to our shelter crew and phenomenal dogs.

Our Monday Dog Sterilisation program is a huge success with many bookings already have come in! Please use this opportunity to get your personal or community dogs sterilized and vaccinated. We have limited places available on our waiting list. Reserve your date now!

Arthur for Auroville Dog Shelter

## Festivals

### BHARAT NIVAS PRESENTS OM NAVAH SHIVAYA on the occasion of Maha Shivratri

#### The Glimpses Of Arthanareeswarar

- Friday, 8 March, Kala Kendra, Bharat Nivas



**08<sup>th</sup> March Friday**

Venue : Kala Kendra, Bharat Nivas, Auroville.

On the auspicious occasion of Maha Shivarathri (8 March), we take the privilege to unveil the statue of the deity Arthanareeswarar. Grey Serpentine Stone. Width 30cm/ Height 70cm. Ardhhanarishvara is a form of the Hindu deity Shiva combined with his consort Parvati. Ardhhanarishvara is depicted as half-male and half-female, equally split down the middle. The right half is usually the male Shiva, illustrating his traditional attributes.

We heartily welcome one and everyone for viewing this one of its kind creation

For Enquiry: + 91 82493 35483

Monisha, BN Team

### Hindustan Vocal Carnatic



**07:00 pm**  
**08<sup>th</sup> March Friday**

Venue : Sri Aurobindo Auditorium, Bharat Nivas, Auroville.

**Hindustan Vocal Carnatic**  
By Kalaimamani V. Vinayagam and Team

- Friday, 8 March, 7pm @ Sri Aurobindo Auditorium By Kalaimamani V. Vinayagam and Team

Dr. V. Vinayagam, Guinness Record Holder for The Largest Bharatha Natyam dance

- Enquiry Contact: Krishna, +91 97878 80211



**Isai Ragam**  
Melody of Music Unit of Auromitra Trust Auroville

**Isai Ragam Program**

**What : Dance and music**  
**When: Sunday 10 March 2024**  
**Where: Unity Pavilion Auroville**  
**Time : 3.30 pm - 5.30 pm**

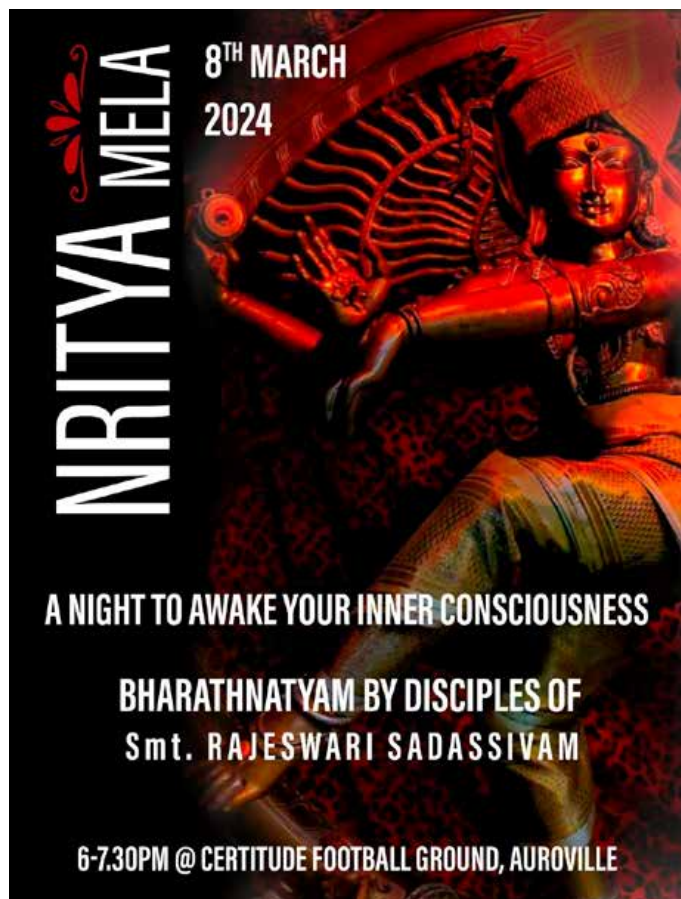
by Isai Ragam village children  
Folk and Bhartanatyam dance  
English and Tamil songs

Brigitte, executive Isai Ragam,  
8056482444



## A NIGHT TO AWAKE YOUR INNER CONSCIOUSNESS

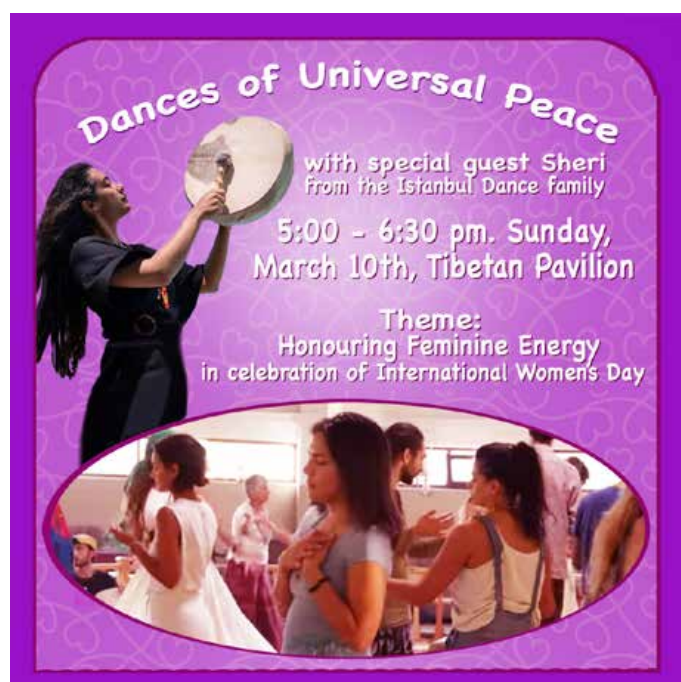
Bharathnatyam  
By Disciples of Smt. Rajeswari Sadassivam  
8 March, 6—7:30pm



@ Certitude Football Ground  
Pavithra for Shivalaya

## DANCES OF UNIVERSAL PEACE

Sunday, 5—6:30pm, 10 March  
@ Tibetan Pavilion



With special guest Sheri from the Istanbul Dance family, Honoring Feminine Energy in celebration of International Women's Day

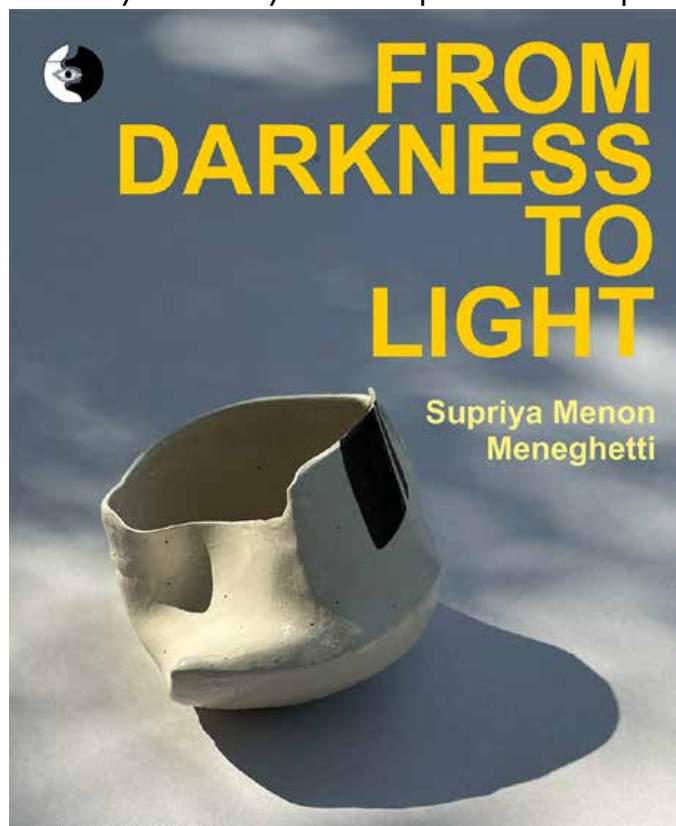
Kaia

## The Arts

### FROM DARKNESS TO LIGHT

by Supriya Menon Meneghetti

Opening on Friday, 8 March, 4pm  
Monday to Saturday 10am—12pm and 2—5:30pm



Marco

### SAMSARA, EXHIBITION

Ongoing—10 March @ Pavilion of Tibetan Culture

Monday—Saturday, 9am—12:30pm and 2—5pm

Dear members of the community, we warmly invite you to Samsara, an exhibition. A passing through of within and a passing through of without, Samsara presents two bodies of work from us, a pair of twins, and our journey over the past few years. Through this exhibition, we bring to you two perspectives through which we find ourselves observing the world—painting and mapping.

- Please join us at the Pavilion of Tibetan Culture from 24 February to 10 March, Monday—Saturday, 9am—12:30pm and 2—5pm.



See you there!  
Bhavyo and Bhavya

## FEEL THE VIBE

**Music & Dance Performance @ Cripa**

Saturday, 16 March, 7:30pm



Join us to feel the VIBE of music and dance performance by Auroville Youth.

### Contributions Welcomed

Dear Friends, Youth of Auroville is going to perform music & dance to raise the vibes of love & peace **Feel the Vibe** on 16 March, Cripa.

Our team is putting lots of effort into making it a memorial & joyful for you all. But we are facing a finance issue as we have no funds available right now for instruments, technicians etc.

We warmly welcome your support; any financial contribution can help make this event possible! Details below:

- Auroville Financial Service Account—0250—Auroville Artis Group—Please write description: **Feel The Vibe**  
Alka, Celine & Sonia, event organizers *Firehead Soul Liberate*

### SHINING IN THE DARK

Illustrations by Songsin Tiewsomboon from Thailand



@ Aurelec Restaurant & Art Gallery  
February—March 2024, 8am—5pm

Beansprout & Firehead, Shining in the Dark

Drawing is not what one sees but what one can make others see. Songsin Tiewsomboon *Franz*

## KALABHUMI Goes LIVE!

A Live Concert event powered by Sunshine Music - Unit of Auroville Foundation

**SAT MARCH 9**  
**8PM - 10PM**

**VENUE: KALABHUMI MUSIC STUDIO**  
 [KALABHUMIMUSICSTUDIO.AV](https://www.instagram.com/kalabhumi_musicstudio)



**Chrysalis**  
in The Abyss



**DEEP DAWN**  
  @THEDEEPAWN

**FOOD BEVERAGES DESSERTS**

 **drugs & alcohol prohibited**

Non-Auroville Guests  
scan here and fill the form to RSVP  
For queries : 9634424066



**Parking only** at Cripa Gaia field / Cripa back entrance

Edo for Kalabhumi Music Studio,  
+91 9843893652

## Dance Activities

### 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

### 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

*W*1017 - 7 March 2024



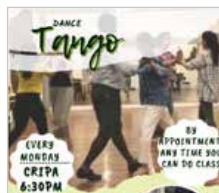
## TANGO DANCE CLASS

Every Monday, Cripa, 6:30pm

By appointment: any time you can do class

### Information:

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



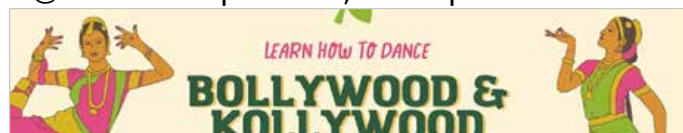
### For bookings contact us:

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

## JOIN OUR BOLLYWOOD DANCE SESSION

@ Auromode! Every Tuesday, 5—6pm

@ Auromode Apartments, Near Upassana and CSR



Learn How To Dance Bollywood & Kollywood, Tosalion, Aurzmed! For more information and to reserve your spot, contact: [balaganesh.siva@gmail.com](mailto:balaganesh.siva@gmail.com), +919446762034 WA only

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

## ZUMBA WITH PREETI

Zumba classes are happening



@ New Creation Studio, every Monday, 6pm

For regular classes DM: 8281746763

Submitted by Vega



## LA Style Salsa Dance

Every Thursday, 7:30pm @ CRIPA, Kalabhumu

Salsa is dance from Los Angelo, It's all with Music & Dance with Presence of mind. It is FUN, GREAT skill to have in life, way to make new friends, relieves stress, builds confidence, exercise and universal dance. SALSA dancing not only feels good, but it also improves your physical strength, endurance, flexibility and coordination. You can get a real high in energy from dancing and in the stressful world we reach this natural calm is a Good Thing.



### 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

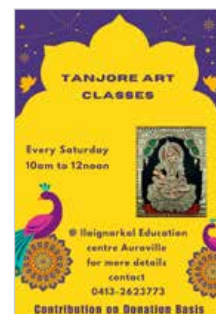
## Music and Art Activities

## 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

- Contributions on Donation Basis

Ayyanar

## BASIC ANALOGUE PHOTOGRAPHY

Darkroom Workshop by Sasikanth Somu

21, 22, 23 March 2024

### Program & Timings:

- **Thursday, 21 March, 2—5pm:** Brief look at History of Photography & Introduction to Film Camera.
- **Friday, 22 March, 9am—2pm:** Film photo shoot (in your own time), 2pm—5pm: Develop your roll of film.
- **Saturday, 23 March, 9am—12:30pm & 2—5pm (one can choose either of these sessions):** Printing Contact Sheets & Photos in the darkroom.
- **Registration Contact:** [centredart@auroville.org.in](mailto:centredart@auroville.org.in)

The workshop fee for Guests: Rs.3000 incl. GST.

The workshop is free for Aurovilians, Newcomers and registered volunteers, who are residing in Auroville. Registered Volunteers are requested to provide the details of their registration with SAVI Auroville.



- All the material for the workshop is provided except the analogue camera. Analogue/Film cameras are available to the participants against a contribution.
- Regarding the Analogue camera and any specific questions about the workshop please write directly to the teacher, Sasi [sasi@auroville.org.in](mailto:sasi@auroville.org.in), +91 91593 55809 WA

Number of participants is limited to six. While subscribing for the workshop please share your full name and your mobile number. Kindly write a few words about yourself and your interest in Analogue Photography.

- <https://events.auroville.org.in/events/19148>

Sergey, Centre d'Art

## EXPLORE

### WaterColor Techniques

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



Submitted by Arun

## CENTER FOR RESEARCH EDUCATION EXPERIENCE in Visual Arts

### Art Activity

- **Watercolor Class** By Sathya
  - Thursdays, 4—6pm.
- **Figurative Drawing Session**
  - Saturdays, 2—4pm.
- **Root Of Art** by C. Sivacoumar. To know the basic value of art. Contact +918870129626
  - Saturdays, 4:30—6:30pm.
- **Portrait.** Live portrait in sketch and watercolor painting in 40 min by Sathya.



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

**CREEVA Studio,**  
+91 9486145072 WA, Sathya

## HIBISCUS ART VILLAGE PROJECT

At Svedame Community

**Propose Liberation**

5 Days, Monday To Friday, 11 To 15 March

**Art Camp Experience**

### LIBERATION

I Have Thrown From Me The Whirling Dance Of Mind  
And Stand Now In The Spirit's Silence Free,  
Timeless And Deathless Beyond Creature-Kind,  
The Centre Of My Own Eternity.  
I Have Escaped And The Small Self Is Dead;  
I Am Immortal, Alone, Ineffable;  
I Have Gone Out From The Universe I Made,  
And Have Grown Nameless And Immeasurable.  
My Mind Is Hushed In A Wide And Endless Light,  
My Heart A Solitude Of Delight And Peace,  
My Sense Unsnared By Touch And Sound And Sight,  
My Body A Point In White Infinities.  
I Am The One Being's Sole Immobile Bliss:  
No One I Am, I Who Am All That Is.

*Sri Aurobindo*

- **We Call Painters, Sculptors, Creators Of Art Objects** All Artists Interested Can Bring Own Materials
- **We Provide Only** Chairs, Tables, Space And Drinks And Saturday 16 March Collective Exhibition, Music, Poetry, Dance
- **Please Contact Us** If You Wish To Participate In This Collective Experience.
  - Louis, +91 80985 65426 WA
  - Elena, +91 7418105246 WA

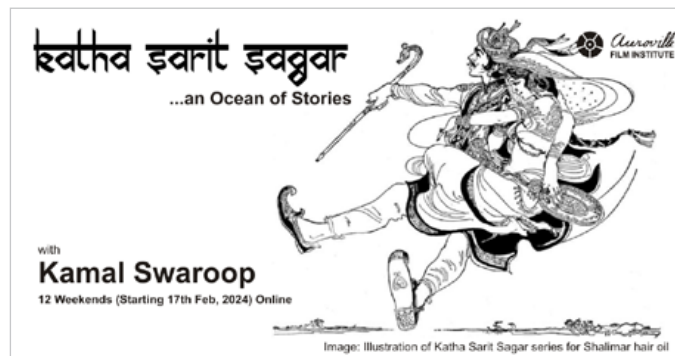
*Submitted by Helena*

## A CREATIVE READING AND WRITING WORKSHOP

**With Kamal Swaroop**

12 Weekends, Online. Ongoing

14:30 to 18:30 IST.



*Warmly, Richa*

### WRITING FROM WITHIN

Writing from Within is a session to learn how to use the writing as a tool to get to know oneself, one's different sub-personalities, the unconscious strategies by which we sabotage ourselves but also the natural resources we have inside to overcome obstacles and evolve.



Moreover, many other creative writing exercises can also be practiced during the session, such as experimenting with sounds and rhythms of the words, rediscovering the innate talent of storytelling, reactivating lost creativity, exercising the inner muscle of imagination through memory, and much more.

- The sessions will take place at the **European House**.
- Duration of the session: 1h30min.
- For the Info and to book your session, write at [ijustwannawrite.email@gmail.com](mailto:ijustwannawrite.email@gmail.com)
- If you want to know more about me, check my Vlog 'I Just Wanna Write' at <https://www.youtube.com/@IJustWannaWrite-ht9ql/videos>
- Or my blog <https://ijustwannawrite.com>

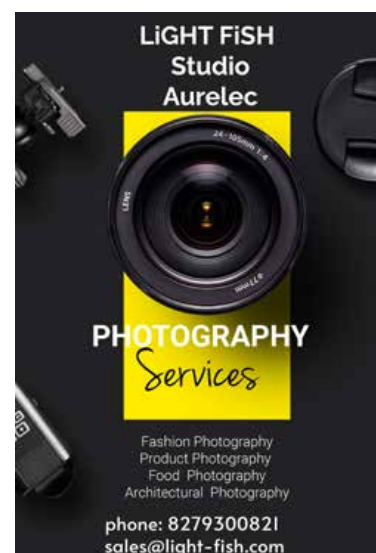
*Let's keep up with the good writing!*  
*Francesca*

### 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)



## OPEN-MIC NIGHT AT YATRA'S ARTISTE CAFE

Every Saturday from 7—9:30pm!



Join us in our cozy garden cafe for an evening of smiles and creativity. Whether you are a singer, musician, dancer, comedian, actor or poet...young or simply young at heart... you are most welcome to perform. And of course all are welcome to watch.

- Traditional home-cooked South Indian food available.
- Artiste Café
- Near New Creation Sports Ground, Kulapalayam Open Monday to Saturday (8am to 9.30pm) Sunday—Holiday.
- Contacts: 0413 2623071, 9786772209, [yatraartistecafe@gmail.com](mailto:yatraartistecafe@gmail.com) Yatra Srinivassan

## BANSURI (FLUTE)

Group Classes With Michael

## The Sound of Bamboo

Various Styles of the Indian Flute



- Kalabhumi Music Studio, Every Friday
  - Beginner: 11am—12pm,
  - Advanced: 12noon—1pm
- Drop in is possible at any time, flutes available to borrow or buy.
- Contribution:
  - Guests: Contribution required
  - Aurovilians, NCs, Volunteers & Local Villagers: Free donation
- Connect: [michael@sound-of-bansuri.com](mailto:michael@sound-of-bansuri.com) +91 9150567003 WA
- More Info: [www.the-sound-of-bamboo.com](http://www.the-sound-of-bamboo.com)
- To Donate: <https://pay.auroville.org/divine-arts>
- Learn More About Divine Arts:
  - <https://auroville.org/page/divine-arts>

Michael

## Sports & Martial Arts

### SWIMMING CLASS

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

Mani



### KSHETRA KALARI, ASPIRATION

@ Aspiration Sport Ground

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



Where Body Becomes Eyes,  
Maneesh For Kalari Team

## BHARAT NIVAS PRESENTS

### Kalaripayattu Class

in Collaboration with Kalarigram

Bhumika Hall, 6—7am, Monday to Friday

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

Parking available outside the Bharat Nivas main gate  
Vani for BN Team



## TAI CHI HALL

### Daily Classes

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.

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



20 Lessons from 4 March:

- Every Monday, Wednesday, Friday, 7—8am @ Town Hall Stage, Auroville
- Register at 7094339490

Jisung

### 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



## 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

## KALPANA GYM

Kalpana Gym is open

- 7—9am & 5—8pm
- Monday To Saturday

All Are Welcome!

Satyakam

## LOOKING FOR VOLLEYBALL PLAYERS



We are looking for people interested in playing **2x2 volleyball**. If you are interested—please get in touch. We will be playing at Certitude.

2x2 volleyball is played on a same size court and net height. It could be more physically demanding yet it gives each player a lot of opportunities to engage and enjoy the game.

- WA to 7598869223 if you would like to join. Slava

## Bioregion Activities

### A HERITAGE JOURNEY THROUGH THEVARAM

16, 23 & 30 March

Embark on a Search of Gnanathamizh: A Heritage Journey through Thevaram!

The Thamizh Koodal Program Team invites you on an experiential journey to explore the classical Tamil literature of Thevaram by Tirujnana Sambandar.

Unveil the beauty of Thevaram through: Inspiring lectures by Professors and Scholars (bilingual—Tamil & English). Immersive temple visits to three Thevaram Thirumutruthalams near Auroville (Vanur):

- Irumbai
- Arasali Ozhinthampattu
- Thiruvakkarai (ancient temples)
- Interactive learning sessions to decipher ancient inscriptions (murals). Open to: Young people of Auroville and Tamizh enthusiasts (bilingual—Tamil & English). Associate Partners: Central Institute of Classical Tamil (CICT) Puduvai Museum

**Registration:** Free to participate! Donations are welcome.

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

Don't miss this unique opportunity to explore the rich heritage of Tamil Bhakti literature!

**Organized by:** Tamil Koodal Team and Ilaigarkal Education center Team

Sivakumar



## Agri Holidayism

Experience and Enjoy visiting working farms or other agricultural operations for the purpose of recreation and active connection with one's rural agricultural roots.



## Arts and Crafts Workshops

Join us, art and craft enthusiasts to learn from all the village artists and craftsmen who have been practicing and teaching to one and all

- Pottery workshop
- Finger Painting
- Thread Art



## Cooking Class

- Adupankarai Cooking Experience

Learn to make Tamil Traditional foods with our Akka Cuisine—Only Veg Dishes

- Every Thursday, Saturday and Sunday, 10am—12:30pm



## Fireside Drumming

The Power of The Healing Drum Circle When you gather people in a circle around a fire and add the rhythmic beat of the drum, the result is the perfect environment to develop social bonds. Learn how to use these community-building tools for the healing drum circle.

## Musical Instruments Workshop

Tune into the joy of music through the journey of creating your own instrument and the delight of playing it and feeling contentment.

- Nut Shell Shaker
- Bamboo Tongue Drum
- Nose Whistle
- Bamboo Scraper
- Coconut Shell Shaker



## Sound Healing

It's an ancient wellness practice for healing, relaxation, and self-care everything is vibration, everything is frequency, aura and energy, re-live your stress, let go of anxiety, release your fears, heal your traumas



## Tours

- Explorative Educational Experience

Experience Auroville and travel through its cultural consciousness. It's art and crafts, Units and Activity.

- Township Cycle Tour

Learn about the Four Zones and Green Belt each focussed on important aspects of the township life.



- Bioregion Village Tour

Take a break from your city life and dig deep into the heart of rural villages around Auroville, where a land of history and culture can be experienced.

For Enlight team, Arun, Anand and Balaji  
+91 9159468946, +91 8270071581  
[enlight@auroville.org.in](mailto:enlight@auroville.org.in)

## MOHANAM

### Conscious and Cultural Tour, Workshops & Therapy

Auroville Northwest Experience

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

March 2024



#### Tours



- Every day, 10:30am to 1pm, Except Sunday

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

- Mohanam Campus Tour

- Every day, 10am to 4pm, Except Sunday

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

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

#### Make and Take Workshop



MOHANAM PROGRAM  
Presents

## Make & Take Workshop

Join and Experience the Learning aspect of engaging in arts and craft Workshop, Manifest Your inner Self through Various Materials and Form Using creative Technique

 Pottery - 1hrs	 Lamp Shade- 3hrs	 Candle- 1-1/2 hrs
 Incences 1-1/2 hrs	 Coconut Craft - 3hrs	 Stone Carving - 2hrs
 Soap 2 hrs or 1Day	 Paper Marbling - 1hrs	 Kolam Mandala - 2hrs

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



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)

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

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

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

All above workshops one day Advance booking is necessary.

- **Contact:** preferred [mohanamprogram@auroville.org.in](mailto:mohanamprogram@auroville.org.in),
- or call: +91 8300949081, 10am—4pm every day except Sundays

#### Classes and Therapies:

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

- **Cooking Class**

- 10am—12:30pm, Every Saturday

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

- **Saree and Vesti Experience**

- 10am—4pm, Every Saturday

Choose a saree and Veshti from a variety of beautiful saree and Vashti in our library, get your traditional south Indian look with help of our women's group members will assist you to drape / wear the saree & Vashti. You can ask us for a photoshoot as an add on, south Indian style makeover—choose between kolam & cooking for an inclusive traditional

- **Tamil Siddhars Ongara: Five Elements Yantra Chanting Therapies with Anandou**

- 11am—12pm, every Thursday

Harmonizing the spirit with ancient wisdom: Begin on a transformative journey through Tamil Siddhars Ongara—Five Elements Yantra Chanting Therapies

- **Circle of Conversations & Dialogue with Prop. Sehdev Kumar**

- 11am—12pm, Every Sunday

Fear, Forgiveness, Peace, Love, Hope, Redemption, Spiritual Journey & Everything under the Sun Every Question is a Part of the Spiritual Quest.

- **Indo African Drumming Circle with Mohanam Youth**

- Every Thursday, 6—7:30pm

Enjoy the evening with blissful fusion of instrumental music, freestyle dancing and traditional drumming with campfire, accompanied by traditional Tamil dishes. (with basic Contribution from each participant)

All above workshops one day Advance booking is necessary.

- **Contact:** preferred [mohanamprogram@auroville.org.in](mailto:mohanamprogram@auroville.org.in),
- or call: +91 8300949081



## Auroville Bioregion Experience with Mohanam Team

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

- All above Activities one day advance booking is necessary
- Contact: preferred [mohanamprogram@auroville.org.in](mailto:mohanamprogram@auroville.org.in),
- or call: +91 8300949081, 10am—4pm every day except Sundays

## Auroville Sunday Tour & Brunch Experience

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.

**Experience the Following Activities:** Mohanam Campus Tour, Bamboo Sound Garden, Bamboo Tour, Tree House Experience and Special Steams Brunch

- One Day Advance booking is necessary
- Contact: preferred [mohanamprogram@auroville.org.in](mailto:mohanamprogram@auroville.org.in),
- or call: +91 8300949081, 10am—1pm every day except Sundays

## Mohanam School of Art & Music activities

### Mohanam School of Art & Music Activities

Classes available for Kids (5 to 15 years old)





Western Dance
Indo African Djembe
Folk Dance

Classes available for Kids 5 to 15 years old

Classes	Day and Time
Western Dance	Sunday, 10—11am
Indo African Djembe Class	Sunday, 11am—12pm
Folk Dance	Sunday, 12—1pm

For more information, contact us

- Email: [mohanamprogram@auroville.org.in](mailto:mohanamprogram@auroville.org.in)
- Phone: +91 8300949081

## Auroville Bioregion Festival Information

- Angalaparameswari Temple Festival—Alankuppam

Uncover the secrets of Mayanakollai! Join us for an unforgettable journey through ancient ruins, mystical landscapes, and untold tales

- **Friday, 8 March, 4—8pm**  
Anointment of milk and chilies Shower.  
Ceremony and Paramasivam (Lord Shiva) dressed as Parvati and walks the streets
- **Sunday, 10 March, 6—10pm**  
Robbery of graves, condemnation of Vallala, destruction of the fort, Nisasani Surasamharam, creation of Kumbha.

## Thiruvannamalai Eco & Spiritual Services

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

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

For more information, contact us

- Email: [mohanamprogram@auroville.org.in](mailto:mohanamprogram@auroville.org.in)
- Phone: +91 8300949081 Guru, for Mohanam

## AUROVILLE BAMBOO CENTRE



### March 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.

- 11am—12:30pm, 2:30pm—4:30pm
- 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.

## BAMBOO

### FURNITURE DESIGN WORKSHOP

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Come and experience with The Magical Grass in Earth  
"BAMBOO"





21ST - 23RD MARCH 2024



## ONE-DAY MAKE & TAKE WORKSHOPS

An immersive learning experience that offers the opportunity to learn the fundamentals of bamboo products under the guidance of an expert.

Bicycle
Furniture
Lampshade
Giraffe

MONDAY TO SATURDAY 09:00AM TO 05:00PM - 1 DAY






## 3 HOURS MAKE AND TAKE WORKSHOPS

An immersive learning experience that offers the opportunity to learn the fundamentals of bamboo products under the guidance of an expert.

JEWELLERY, TOYS, MUSICAL INSTRUMENTS, PLANTER, ARCHERY






MONDAY TO SATURDAY - 9:30AM TO 12:30 OR 2PM TO 5:00

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

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

### KUILAI CREATIVE CENTER ACTIVITIES



Activity	Day	Timing	Age Group. Only 10 To 20 Students Per Group
English Class	Monday, Tuesday & Thursday	10am—12pm	Above 18 Years
Tailoring Activity	Monday, Tuesday & Friday	11am—1pm and 2—4pm	Above 18 Years
Evening Tuition Classes	Monday to Saturday	6—8pm	From 1 grade to 10 grade
Physcial Fitness Painting Upcycling Hip-Hop Awareness through the body	Saturday	9am—5pm	Above 8 Years
Bharat Naattiyam Karate Gardening Hip-Hop	Sunday	10am—4pm	Above 8 Years

- All activities are free for children and adults Selva

**EGAI: ART OF GIVING**  
+91 9791896488 WA /0413-2963034  
@ Egai, Isaiambalam






### Coconut Shell Craft Workshop




- 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



### Incense Making Workshop



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

### 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

## Nature Activities

### CONSCIOUS NATURE IMMERSION AT MAHAKALI PARK

Every Wednesday and Sunday 7am



MahaKali Park is one of the 4 parks of Auroville, which is developed as a place for holistic awareness and self-development through nature. We guide you into an educational and meditative walk in the forest.

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

- **Contribution** accepted for the management of the site.
- Be adequately clad to prevent mosquito bites. You may also carry mosquito repellents.
- **Meeting point** at Revelation's main gate 5-10 min before the time of the session (Search for 'Revelation Forest' on Google Maps)
- **Contact:** +919500183706, Arun +918349917282, Rahul. Better to confirm your venue by one WA message, especially if it rains
- We also do custom programs, training and healing sessions on prior demands.



**Please note:** The park is not yet accessible without our supervision, thank you for your understanding!

- Gmap link: Revelation forest Auroville Arun

## 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)

for groups of min 5 people it can happen any day of the week

**Sign up and infos whatsapp Sarah 9047421044**  
myfoodforestgarden@gmail.com

myfoodforestinfo.wordpress.com  
www.youtube.com/myfoodforest

Sarah

## EDIBLE WEED WALKS



**Let's walk**

Edible Weed Walk @ NinaS

**EDIBLE WEED WALKS ON SATURDAYS IN MARCH**

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

**The last four walks of the season**

**March 9, 16, 23, 30**

**8 slots remaining for the next walk on Saturday, 9 March!**

*Boerhavia diffusa/Punarnabha*  
pg 15 in the book

Pre-registration required  
Max 10 people

Contribution :  
Rs. 500/person (for all).  
Rs. 350/person for Aurovilian and SAVI-registered volunteer

Scan to purchase the book

WhatsApp +91 98409 36907 or  
Email: edibleweedwalk@gmail.com

We are right on the last month of the Edible Weed Walk season. In March we have 4 out of 5 sessions remaining on Saturdays before we close the season:

- 9, 16, 23, and 30 March

You can join one or more walks by pre-registering early. Please do not wait for the last moment to register. On Saturdays the walk will be at an easily accessible location within Auroville.

It will be guided along with the Edible Weeds coloring book. If you don't have a copy of the book, you will be able to borrow one during the walk.

- Pre-registration and a contribution are required.
- **RSVP:** Preferred +91 9840936907 WA or [edibleweedwalk@gmail.com](mailto:edibleweedwalk@gmail.com) to register

Nina

## Honorary Voluntary

### WELLPAPER NEEDS A VOLUNTEER



Wellpaper needs a Volunteer for doing physical work in the garden, for art sculpture installation.

- You can contact us 9385744722.

Viji for Wellpaper

### 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

## Work Opportunities

### EGAI OFFICE MANAGER POSITION

- **Responsibility:**
  - To maintain the day to day accounts and prepare monthly income and expense statements.
  - To prepare, send customer invoices and handle customer enquiries.
  - To maintain staff attendance records.
  - To maintain the raw materials and finished goods records.
  - To coordinate with retail stores and distributors.
  - To coordinate Purchase the raw materials
  - To coordinate with workshop team order fulfillment.
  - To take workshop booking and scheduling.
- Experience background: 2—3 years art and crafts unit work experience.
- Kindly send us your resume at the following email ID: [egai@auroville.org.in](mailto:egai@auroville.org.in)
- **Female** candidates preferred.
- **Skill requirement:** Good knowledge of MS office, billing software, English and Tamil languages. **Anand**



### 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

### LOOKING FOR A HALF DAY COOK

Aurelec Restaurant is looking for a half-a-day Cook, timing 9:30am—2pm, 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





*Available*

## Office Space Available

Office Space inside Auromode Premises with Superb infrastructure including Generator back up, 24 hours Security Services, Aqua Dyn drinking water, Car & Bike Parking, Restaurant and Hive A Co Working Place.



Interested People may contact Mr.Pandian at Auromode in person: +91 99433 90391 or [pandian@auroville.org.in](mailto:pandian@auroville.org.in)

Best Regards, Pandian

## Egai Velai Workspace



**EGAI VĒLAI**  
**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

## BMW Bike Available

Model: BMW GS 310

Year: 2018

Mileage: 21000+

In good condition, regularly serviced. Brand new tyres. Sale as is with added crash guard, rear box, and tank bag.



Lisa, +91 9787825952

*Looking For*

## Seeking Houseitting

Artist and architect (female) residing in Auroville for the past three years. Previously lived in a forest community and volunteer housing. Currently a student at Auroville Film Institute. Seeking housesitting opportunities, short or long term. Passionate about plant care and experienced with pet care. Available to move in immediately. Contact me at +91 9109696954.



Regards, Ananya

## Seeking Committed Gardener

I am seeking a part time gardener to help my Long-term garden, who will replace my gardener when he retires. Understanding English is a must. Gali



## Looking for a Kayak

Looking for a kayak for purchase. Used ones too.

Contact Arun +919500183706 WA



Arun

## Looking for a Back Office Executive

Looking for a Back Office Executive to manage the office and logistics tasks of Revelation Forest. Contact Arun, +919500183706 WA.

Arun



## Need House Sitting For 3 Months (April—June)



Hi, I'm Dave, I've been a new-comer in Auroville for 4 years. With my house sitting arrangement in Anitya concluding at the start of April, I am looking for something until mid-end of June when I will travel to Europe.

Please reach out if you have or know of something available. +447564119728 WA, [dj-sevans87@gmail.com](mailto:dj-sevans87@gmail.com)

Dave

*Foods, Goods and Services*



**TASTE OF YOGA**  
**NOW OPEN AT VÉRITÉ**

**9:00 - 12:00**  
**13:00 - 16:30**

**Monday to Saturday**

Taste of Yoga offers a simple, quiet space to read, reflect and nourish oneself. Delicious healthful snacks, treats & drinks (all free from animal products, gluten, caffeine, and added sugars) have been designed with utmost care, integrating sattvic principles to promote overall wellbeing.

Kathir

## AUROMODE HIVE'S Open House

Friday, 15 March, 9am—5 pm

Dear All, Join us at Hive's Open House! Discover the Hive coworking space and find your inspiration in an environment built for productivity and connection.

- Visit our website at [www.auromode.in/hive-coworking](http://www.auromode.in/hive-coworking) for more details on our plans and facilities.
- For inquiries, feel free to reach out to us on 7092197375 WA/ 9042759540WA.

See you on Friday!



**FREE OPEN HOUSE**  
**15<sup>th</sup> March**

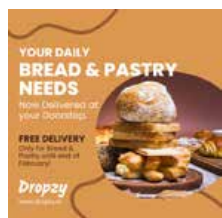
Fully Air Conditioned  
24/7 Electricity Backup

Auromode HIVE, Auroville +91 90427 59546 [auromode.in](http://auromode.in)

Dhesh for Auromode HIVE Team



## DROPZY



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.ghttps://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)

## 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. We take this opportunity to thank all the people who believed in us. Reach out to us for any enquiries that need our assistance in home and yard work. Look forward to your continued use of our services in the future.



Category	Service
Metal Works	Channels , Doors , Piping , Fabrication
Plumbing	End to End, Job works
Furniture	Repairs, Made to order
Masonry	Repairs, Renovations and Remodulation
Painting	End to End, Job works
General Maintenance	Floor Waxing, Powder Coating, Fumigation, All Home Utilities
Installations	Washer and Dryer, Air Conditioner, Inverter, Dth, Security Camera
Electrical Works	Wring, Metre box, Lights, Switches & Sockets, Motion sensor.

- **Contact:** + 91 8270071581/ +91 7639810621
- **Primary Email:** [rapidcare@auroville.org.in](mailto:rapidcare@auroville.org.in)
- **Secondary Email:** [rcsrapidcareservice@gmail.com](mailto:rcsrapidcareservice@gmail.com)
- **Instagram handle:** @rapidcare1

*For Rapid Care, Balaji & Arun*

## NEW WAVES

**Offering PCB Assembly and appliance repairs at Aurelec.**

If you have any requirements, please contact Dhanda

- Office Landline 0413 2622295
- 9443090082/ 8098193820
- [newwaves@auroville.org.in](mailto:newwaves@auroville.org.in), [newwavesauroville@gmail.com](mailto:newwavesauroville@gmail.com)

- Office open afternoons only  
Monday to Saturday at 2—5pm



Dhanda

## PIZZAWALE FIRST POP-UP FOR 2024

Friday, 15 March, 6 to 8:30pm

# #Pizzawale

Millet based, gluten-free, vegan, artisanal pizzas

**FRI, MARCH 15 from 6 to 8:30pm**



**Right Path Cafe, back garden patio at Visitor's Center**

Join us for an evening of healthy, guilt-free, goodness. Meet and mingle in the warm vibe of our pop-up.

- FS, Aurocard, and Mobile Pay are accepted.

*Chetana, Darren & Team*

## 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*

## 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*

## 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)



- **Kuwait Airways** offers flights from Chennai to Rome.
- **Qatar Airways** partnership with Deutsche Bahn (the national railway company of Germany) means connecting from Frankfurt airport by train to 15 cities across Germany, and an additional one in Switzerland.
- **Oman** airways offers flights from Chennai to Munich. Gulf airways special fare from Chennai to Milan
- **Qatar** airways offers are available from Chennai to Frankfurt, Rome
- **Etihad** airways special fare is available from Chennai to Frankfurt, Paris, Rome

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

Joster

## Poetry

### A TADPOLE MISTAKES MANY

A tadpole mistakes many

For its mother

In its formative years.

When it grows into

Her shape and spirit

It finds her at last.

Its seeking ends.

It becomes a mother.

With joyful Gratitude, Anandi Z

### MR. TOAD

The world has held great Heroes,

As history-books have showed;

But never a name to go down to fame

Compared with that of Toad!

The clever men at Oxford

Know all that there is to be known.

But they none of them know one half as much

As intelligent Mr Toad!

The animals sat in the Ark and cried,

Their tears in torrents flowed.

Who was it said, 'There's land ahead'?

Encouraging Mr Toad!

The army all saluted

As they marched along the road.

Was it the King? Or Kitchener?

No. It was Mr Toad.

The Queen and her Ladies-in-waiting

Sat at the window and sewed.

She cried, 'Look! Who's that HANDSOME man?'

They answered, 'Mr Toad.'

Kenneth Grahame

## Auroville Media

### AUROVILLE RADIO

Dear Aurovilians, Your favourite radio is always working for you. Stay tuned!

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



### Last published podcasts:

- [Seeking Our Inner Being Se. 1, Ep. 10.](#) (Spirituality)
- [Soul Tracks Se.5, Ep. 21.](#) (Music)

### Last Youtube Live Videos:

- [Dreamweaving 2024: Build to Envision](#)

Auroville Radio Tv is maintained and supported with the help of a small town budget and voluntary donations. If you, as an Aurovilian wish, make a donation to F.A. number 0867.

Thanks for your help!.

...and more! on [www.aurovillerradio.org](http://www.aurovillerradio.org).

For more information write to

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

Peace and love, Wobbli

## Voices and Notes

### NOTICE

#### From the Entry Service

#### Editor's note

Madras High Court has ordered an interim stay and meanwhile The Chief Justice, passed the following interim order: **Until further orders, admission or termination of persons in the register of residents of the Auroville Foundation shall not be finalized; nor a person shall be admitted or terminated from the register of residents resorting to the impugned regulation.**

Roy and AgniJata

Dear Friends, at the moment, the Entry Service is functioning with reduced capacity as there have recently been attempts to dismantle our group and undermine the functions given to us by the Auroville Residents' Assembly.

According to the Auroville Foundation Act the 'Admission and Termination Committee' is constituted by the Residents' Assembly. At the moment court cases regarding 'Admission and Termination' have been filed in the Madras High Court, therefore the matter is presently subjudice.

We are advised not to process new applications for the time being, however, existing Newcomer processes will continue to be taken care of at a reduced speed, subject to relevant orders in pending cases from the Madras High Court.

The Entry Board was selected by the community to facilitate the entry for Newcomers into Auroville and we intend to do it until the Residents' Assembly asks us to stop, or otherwise instructed by the Court.

We invite all Newcomers to keep the Entry Board updated on changes and new steps undertaken during your newcomer time.

We will get back to you if and when the situation settles or changes. For the time being we are all invited to be patient and firm in our faith.

Thank you for your understanding.

Kind Regards, William  
For The Entry Service and Board



## DO WE STILL HAVE A FUTURE TO DREAM ABOUT?

Every Thursday, 5 to 6pm

@ Matrimandir, Stone Circle Garden of the Unexpected

'A harmonious collective aspiration can change the course of circumstances'. The Mother

Let's come and concentrate together to call for this radical change.

Organized by Ann, Dan, Eric, Fabienne, Henrik, Laurence, Olivier, Pablo, Rakhal & Sandhya

Dan



## OFFERED FOR TRANSFORMATION or Dissolution

Narratives reveal the predominant consciousness hiding within. We can feel the vibrations behind words.

A consciousness that is undivine causes disharmony and pitiful psycho-emotional-physical sufferings, thus labeled as dis-ease. A Divine Consciousness causes harmony and ease, a holistic health, and boundless Joy. Children and the ever child at heart exemplify this playful blissful divinity within us. Thus the joyful Divine Consciousness as revealed by the Mother's narrative:

*'Auroville will be the place of an unending education, of constant progress, and a youth that never ages.'*

And of course that implies the complete opposite from a miserable undivine consciousness:

*'Auroville will be the place of ever-deepening ignorance, of constant degradation, and a joyless aging that ends in misery.'*

Presented here for contrasting purposes, exemplified by individual archetypal roles, so that we can observe and co-learn from each other on how best to live our lives, choosing consciously that which resonates with our inner Divine Consciousness, the basis of which is Ananda...

Progressing on joyfully towards the Bliss of a Life Divine.

In total Bhakti to the Supreme Divine Mother Maha-Shakti, as willing servitors of the Divine Consciousness-Force, we offer all the undivine consciousnesses and vibrations for transformation or dissolution.

PS: Here again are the divine narratives from Sri Aurobindo and the Mother for anyone still too averse to the conscious generation of wealth through hard work (see No. 4 of 'To Be a True Aurovilian') for the Divine purpose:

• <http://www.collectedworksofsriaurobindo.com/index.php/readbook/011-comments-on-Chapter4-Vol-the-mother-by-sri-aurobindo>

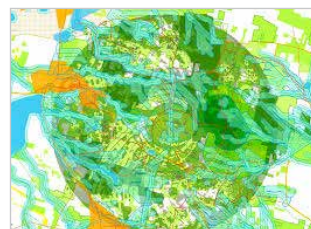
*'... For this reason most spiritual disciplines insist on a complete self-control, detachment and renunciation of all bondage to wealth and of all personal and egoistic desire for its possession. Some even put a ban on money and riches and proclaim poverty and bareness of life as the only spiritual condition. But this is an error; it leaves the power in the hands of the hostile forces. To reconquer it for the Divine to whom it belongs and use it divinely for the Divine Life is the Supramental way for the Sadhaka.'*

*You must neither turn with an ascetic shrinking from the money power, the means it gives and the objects it brings, nor cherish a rajasic attachment to them or a spirit of enslaving self-indulgence in their gratifications. Regard wealth simply as a power to be won back for the Mother and placed at her service.'*

Zech, 2024.03.02

## DREAMWEAVING 2024—BUILD TO ENVISION

Dear community members, a heartfelt thank you to each and every one of you who joined us for our presentation on 18 February, 2024. Your presence was truly uplifting, and we were delighted to see so many of you eager to participate by signing up for various tasks in the Dreamweaving 2024—Build to Envision.



For those who couldn't make it or would like to revisit the presentation, here's the link to the video recording:

• <https://www.youtube.com/watch?v=7m9nialiTkA>

If you haven't already signed up or would like to explore more opportunities to get involved, please take a moment to fill out the following form:

• <https://docs.google.com/forms/d/1ndEHGaSHmhrksjMvWBmvyKTr1lfQsmlHSjeSvaLOX0A/edit>

We can't wait to embark on this journey together!

Warm regards, Dreamweaving Team  
Bhavya, Henrik, Radhika, Shivangi

## 'AUROVILLE IS FOR AN ELITE'

Thus Mother told her architect. When Roger told me, I was not the least surprised: what else?

*'The first necessity is the inner discovery by which one learns who one really is behind the social, moral, cultural, racial and hereditary appearances.'*

*At our inmost centre there is a free being, wide and knowing, who awaits our discovery and who ought to become the acting centre of our being and our life in Auroville.'*

Those whose psychic being takes the lead are the elite.

Recalling Mother's words to the Aspiration's pioneers who met her weekly, Christophe reported: *'... she said that the inner discovery should have been done before coming to Auroville. This was the very, very striking thing she said, that it would have been much better and much easier. But of course, it was not always the case for us.'*

Elites cannot be bought: elite people are beyond material emoluments and outer recognitions. Money, power, honours, prestige cannot purchase the title. Millionaires or tramps, aristocrats or proletarians, university professors or illiterate, white or red, black or brown or yellow make no difference. 'Elite' is the essence of one's being, one's exclusive DNA; needing nothing else but the totality one is, from top to bottom, within as without. No need for patents of



yoga, religion, spirituality, creed, ideology, no schooling is needed; elite people know from within.

Elite people came, the early years, and left. Put a certain number of these types together and the true Auroville is born.

Times like the one we are living strip the bluff naked. Beyond adversity, a momentous leap forward awaits us. This is the beauty of the moment: the real thing—or nothing.

Auroville can't be feigned. One is, or isn't, THAT.

Paulette

## 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!



### Conversation Practice sessions

- Would be Mondays for Tamil, Tuesdays for Italian, Wednesdays for French & Chinese, Thursdays for English (On the Auroville Charter and The Dream) and Fridays for German. Please come forward for other languages, especially Sanskrit and Hindi! All are welcome for these sessions.

- Do let us know if you would like to be part of this experiment and what you would like to receive and offer, either as a participant or a facilitator, by sending an email to [info@aurovillelanguage.org](mailto:info@aurovillelanguage.org) or a message to +91 9843030355 WA.

### Current Schedule of Classes

Lan-guage	Level	Time	Day(s) of Classes
English	Pre-Intermediate & Intermediate	11am—12pm	Tuesday & Thursday
	Conversation Intermediate Started 8 February	4—5pm	Tuesday & Thursday
	Conversation Pre-Intermediate Started 12 February	4—5pm	Monday & Wednesday
	Movements & Theater To start February 2024	10:30am—12noon	Saturday
French	Beginner Started 10 February	2:30—4:30pm	Saturday
	Conversation Post Beginner Started 10 February 2024	10:30am—12noon	
	Conversation Intermediate Started 5 February 2024	2:30—3:30pm	Monday & Thursday
Tamil	Spoken Beginner Started 23 January 2024	9:30—10:30am	Tuesday & Friday
	Spoken Intermediate To Start March 2024	5:30—6:30pm	Tuesday & Friday
Sanskrit	Beginner To start April 2024	TBA	TBA
Hindi	Beginner To start April 2024	10:30—11:30am	Monday & Wednesday
German	A1.1 Beginner Started 5 February	9:30—11am	Monday & Wednesday
	German Elementary S&W To start March 2024	4—5pm	Tuesday & Thursday
Spanish	Beginner Started 24 January 2024	2:30—3:30pm	Monday
	Intermediate	2:30—4pm	Tuesday
Japanese	Beginner To start April 2024	TBA	TBA
Italian	Beginner Started 7 February	4—5pm	Wednesday & Friday
	Intermediate Started 15 February	4—5:30 pm	Thursday

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

### Our first full-length publication

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.

#### • Order through our website:

<https://books.aurovillelanguage.org/>

You can access the detailed Table of Contents, as well as 2.5 chapters of the actual book for free here, before decided to order through Amazon.

- **We are looking for sponsors** to cover costs of the first print run, so that it can be available as a paperback.
- For now, in India, it is only available as a **Kindle e-book**. You can use a free kindle e-reader to access it.

### Something New: Evening Programs!

- **Starting from 1 February 2024**, we are launching a new experiment. The Language Lab will **extend our opening hours from 5 to 7pm**, Monday to Friday. We will offer special evening programs which will include conversational practice with native language speakers, talks, as well as self-learning and guided study in different languages with our mediatheque. Our regular day-time students could take advantage of these sessions as well. This is to revive an old idea of 'language exchange' and 'sharing languages'. This program will be free of cost to everyone: Aurovilians, Newcomers, Volunteers, Guests and people from around the Auroville area. The Language Lab has always been open to all and this program will be as well.

### 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.

### Help Integrate People! program

**Aurotaranti** will anchor a new program called 'HIP': Help Integrate People! This is a vocational English program where special attention will be given to beginner and pre-intermediate English language learners in different fields of work in Auroville, so that they may develop the vocabulary, concepts and conversational skills to help them excel in their workplaces.

We would like to invite Aurovilians, Newcomers, SAVI Volunteers and employees of Auroville Units to participate. Auroville units can share their specific requirements and sponsor their staff for these classes, which will take place at the Language Lab premises.

- Those interested in participating or enrolling their staff in these vocational English acquisition courses are requested to contact [info@aurovillelanguage.org](mailto:info@aurovillelanguage.org) with the subject line **HIP programme**, so that we may assess and schedule private or group sessions as required.

### 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=wnpXprTl3m0>
- <https://www.youtube.com/channel/UCeTIG0y-sBMlyy-wZNdZcAng/videos>
- <https://www.listenwell.com/>



**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!

### To join or enquire

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

### The Language Lab is open

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

Enzo,  
for Language Lab Team

## Classes, Workshops & Healing Arts

### CHANTING & SACRED MUSIC

@ Hall of Light Creativity Community  
Saturday, 9 March, 5—6 pm

Come and join us to enjoy chanting to create vibrational energy for peace and harmony. A powerful sense of oneness occurs during the process of singing together.

- No registration needed

Lola & Raquel



### AUTHENTIC MOVEMENT, LIFE/ART PROCESS, Danse du sensible & Sensorimotor drawing

@ Hall of light Creativity, Tuesdays, 4:30—6:30pm,  
Ongoing till 12 March  
With Ambre Jaïa, Donations for Creativity



Movement connects sensations, emotions, images, memories. It allows us to explore our inner world and express it, becoming more aware of it.

In Authentic movement, we dive into a deep exploration in movement, while an external witness offers us an unconditional and safe presence, making us feel truly seen and accepted (which may heal deep insecure attachment wounds). Our inner witness also awakens. More alive and aware, we are able to gather precious insights along our 'movement in depth'. powerful transformations, and boosters for our creativity!

Danse du sensible is a fine way to become more embodied and sensitive to our sensorial life. In Sensorimotor drawing, we draw with both hands, eyes closed, listening to the inner impulses of our physical and emotional body, letting then these impulses become visible on the paper.

We use this practice to balance our nervous system and become attuned listeners of the hidden messages of our body. Each session will weave one or two of these modalities.

- Contact : +918301885179/ +33630018728 WA
- Please bring 2 sheets of A3 drawing paper and oily pastels

Lola

## SITARA AND MUNAY-KI YOGA SCHOOL

### Chakra Yoga Meditation Sound Initiation

11 March to 12 May

- For more information, please see our brand new website [sitaramunay-kiyoga.wordpress.com](http://sitaramunay-kiyoga.wordpress.com)

Sitara and Munay-Ki

### MINDFUL MONDAY

Every Monday, 7:30am,

### followed by breakfast

You don't want to miss this! Learn How A unique Japanese scientific meditation blended with ancient wisdom...that can change your life! Reduces stress, Better Sleep, Makes you happier, Regulates heart rate, Promotes positive mood

- Book Your Spot Now
  - Yatra Art and Culture Foundation, Yatra Arts Media, Near New Creation Sports Ground, Kulilapalayam
  - 0413 2623071, +91 9751033162

Yatra Srinivassan

## YOGA CLASSES in Bharat Nivas

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



# INTEGRAL ALIGNMENT

# ALINEAMIENTO INTEGRAL

Reservas en:  
Bookings on: +91 7457085676, Rachel

- One to One lessons—Small groups

Weaving a tapestry of gentle guidance, leading you through each asana with detail. Verbal cues as a golden thread connecting breath and movement to the essence of your being. Each Asana as an expression of balance, inviting you to return with yourself, aligning your body, mind and spirit.

- Clases particulares—Pequeños grupos

Tejiendo un tapiz de suaves movimientos, guiándote verbalmente a través de cada asana con detalle, como un hilo dorado que conecta la respiración y el movimiento con tu propia Esencia. Cada Asana, como expresión de equilibrio, invitándote a resintonizar contigo misma, alineando cuerpo, mente y espíritu.

Submitted by Rachel

## SHIATSU Practicing Hours

Time to deepen your learning of meridians, give and receive SHIATSU. An Art of Touch for Health and Happiness! During these regular Shiatsu training hours in the month of February and more to come, we will mainly focus on the practical aspects of the Shiatsu Art of Touch. According to the needs of the participants, we will include a brief look into the extensive theory of Shiatsu as well. Contributions required for ensuring future seminars.

- Wednesdays, 7—9am during the month of February at Budokan, Aikido Hall, Dehashakti
- Do contact Ulrike Urvasi at [shiatsuindia@gmail.com](mailto:shiatsuindia@gmail.com) or 9751513906 (WA, Signal, Telegram) for necessary registration or questions.

Ulrike Urvasi

## ACRO YOGA

- Intermediate:
  - Tuesday: 5—6:30pm
  - Saturday: 9—10:30am
- First time & beginner
  - By appointment only: 9047722740



Damien

## DETOX YOUR MIND & BREATHE Heal your Body



- Scientific Meditation with sound healing for distress Mind Body and Soul. Experience exclusive sound frequencies created by a Japanese Scientist.
  - Monday, Wednesday, Friday, 7—8:30am
  - Advance registration required
- One To One Health & Wellness Therapy. Anxiety, Depression, Mental Disorders, Sleep disorder Emotional Blockage Sensory Development
  - Pre appointment is required
- Analysis of Multiple Intelligence using Scientific Neuroscience Tools. Eligibility: Anyone from 6 years to 60 years of age
  - Pre appointment is required
- Conscious Circle & Chanting
  - Tuesday, 6:30—7:30pm
  - Reserve your space in Advance

Yatra Srinivasan,  
Yatra Art and Culture Foundation, Yatra Arts Media,  
Near New Creation Sports Ground, Kuilapalayam  
0413 2623071, +91 9751033162,  
<https://www.yatraarts.org/>,  
<https://www.yatraartsmedia.org/>

## AUROMODE YOGA SPACE

**March 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	6:30—9:30am	Vinyasa flow Asanas, Pranayama and Meditation, Classes from March 3
Monday to Friday	10—11am	Mobility with Karalakattai Classes from March 3
Every Friday	5:30—7pm	Vinyasa flow Asanas
Every Saturday	5:30—7pm	Vinyasa flow Asanas
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.



## Mobility with Karalakattai

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.

Bala



## ARKA WELLNESS CENTER & MULTIPURPOSE HALL

Regular activities, 0413 2623799



### Treatments

Treatment	Therapist	when
Body Logic, Soft Massage and Deep Tissue Massage.	Pepe	Monday to Saturday by Appointment 9943410987
Cranio sacral, Lomi Lomi Kahuna massage, Bare-foot body massage	Silvana	Monday to Saturday by Appointment 9047654157
In Nutrition, Diet, Weight Loss and Weight Management, Psychosomatic	Nadia (English & French)	Monday and Wednesday afternoon by Appointment: 948 90 35 457
Kahuna, lomilomi Heartwork, hot stone Ili'Ili.	Sang	Monday to Sunday 8807132468, +4591118176 WA
Psychospiritual Intro-spective Tarot Reading, Deconditioning Self Inquiry	Antarjyoti (English & French)	Monday to Sunday By Appointment: 0413-2623767 <a href="mailto:antarcalli@yahoo.fr">antarcalli@yahoo.fr</a>
Chinese Fire Cupping and Moxibustion Therapy	Chun 8098900708	Monday to Saturday by Appointment

### Classes

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

### AUTHENTIC RELATING WORKSHOPS

Every Thursday, Ongoing Till 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

+918098503386  
+919489244823

AV, NC & SAVI discounts available



### Traditional Massage Therapy Classes

Our 30 hours course covers Traditional Bodywork based on principles of ancient Indian medicine science of Siddha Varma Kalai originating in Tamil Nadu, Southern India. It is one of the oldest systems of medicine in India.



#### • 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

Angam Tree Wellness Hut is reaching out to people interested in learning massage therapy techniques. 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.

### Wellness Wood Products

The Tree is very important for life. In our process we used the trees which have been used as pillars in old heritage houses in the villages. These pillars are more than 200 years old which have the synergy with the land. Our Karalakattai products are made from these heritage wooden pillars.



### Karakattai

The history and origin of karlakattai, The name says it all!!

Karakattai (wooden Indian clubs) training is a traditional form of body conditioning practiced originally by Tamil warriors and other parts of south India in the past. The history and origins of karlakattai date back to ancient years ago when the civilizations were formed and the evidence is seen in the temple carvings and ancient scripts.

• **Contact:** Raja, +91 9751395939, [www.angamtree.com](http://www.angamtree.com)

### 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. When we hear the subtle cautions our life and where the body is a pathway of that inner voice, we all have the potential to heal ourselves.



### Massage Therapy

Traditional body work using acupuncture and deep tissue varma points healing methodologies. Naturally prepared herbal and coconut oil along with natural essential oil aroma for meditative breathing wellness. Use of sound to awaken and create a sense of peace and calm to bring about a holistic healthiness and oneness with self.



## Dance Movement Therapy

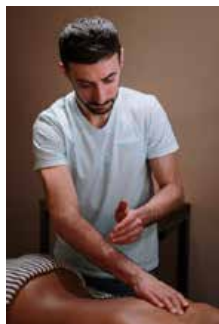
Uses movement to help individuals achieve emotional, cognitive, physical, and social integration. Beneficial for both physical and mental health, dance therapy can be used for stress reduction, symptoms prevention, and mood management. In general, dance therapy promotes self-awareness, self-esteem, and a safe space for the expression of feelings.



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

## Student Internship Program: Traditional Bodywork

Our internship programme offers a unique opportunity to get experience of therapy setting and access modules of our in-house training programme on skills and planning.



- Respond to enquiries, Greet and Meet the Client, Complete Client Information Form
- Conduct postural assessment and evaluation
- Discuss the case with the supervising therapist—Perform any further additional assessments or enquires. Deliver Deep Tissue Massage

During the appointment the supervising therapist may enter the room, demonstrate any techniques or assessments—allow you opportunity to ask further questions

This position should only be applied for if the applicant is looking to start a career as a massage therapist and is interested in developing their skills and knowledge both as a therapist and how to grow and manage their client base.

Kindly email your resumes with the subject title Internship Program at [angamtree@auroville.org.in](mailto:angamtree@auroville.org.in)

- You can learn more about us and our initiatives at <https://angamtree.com>
- +91 9751395939, [www.angamtree.com](http://www.angamtree.com)

*Contribution based,  
Submitted by Raja*

## 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
- For more info:** +917639761930 WA or [satyayuga@auroville.org.in](mailto:satyayuga@auroville.org.in)
- French and English speaking.
- Location on request.

*Satyayuga*

## TRADITIONAL MANTRA AND STOTRA CLASSES

**Traditional  
Mantras & Stotras**

chanting class

@ Serendipity Community  
With Sonia Novaes

THURSDAY | 9 AM (DROP-IN CLASS)

FRIDAY | 5 PM (REGULAR CLASS)

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

@ Serendipity Community with Sonia Novaes

Thursday, 9am, Drop-In Class

Friday, 5pm, Regular Class

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

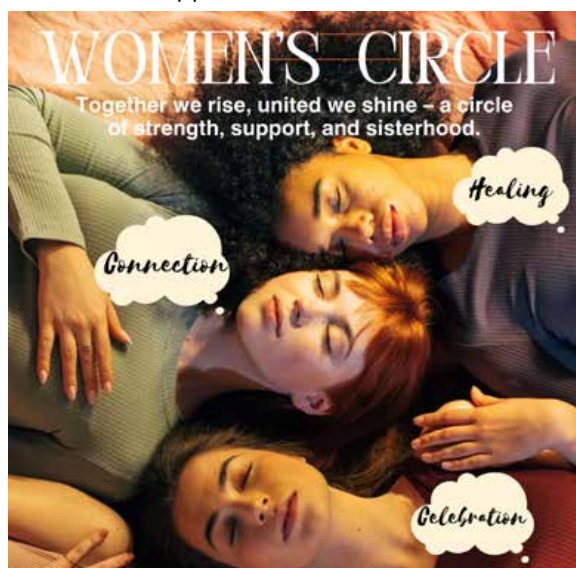
Everyone is welcome who wants to learn traditional chanting of mantras and prayers with precise pronunciation. If you'd like to explore further and continue your studies of mantras and chants, you're welcome to join our regular classes.

*Sonia*



## WOMEN'S CIRCLE

Together we rise, united we shine—a circle of strength, support, and sisterhood.



- We gather for 2h starting at 4:30pm
- 9, 16 March
- @ Maloka hall in Anitya community
- Guests 400rs, for Aurovilians, Newcomers & Savi volunteers discounts available.

+91 9489244823,  
Prem Shakti

## QUIET HEALING CENTER



### Baby Watsu Class with Appie & Friederike

- Monday 11 & 25 March, 9:30—11am

A special opportunity to connect with your baby!

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

Please bring towels and a closed swimming suit for your baby.

- For babies between 2 and 12 months.

### Watsu® Yoga Round with Fred & Roberto

- Monday, 18 March, 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)!

[www.quieth healingcenter.info](http://www.quieth healingcenter.info) / [quiet@auroville.org.in](mailto:quiet@auroville.org.in)  
+91 9488084966 Mobile & WA  
Guido

## PITANGA PROGRAM MARCH 2024



### Drop-In Classes

- Join without prior registration!

Mondays	
7:30am—9am	Yoga with Rachel
8:30am—10am Restarts 18/3	Yoga Therapy with Gala
4pm—5pm	Biodynamic Deep Presence with Mike
Tuesdays	
9am—10:30am	Gentle Yoga with Lisbeth
3:30pm—4:30pm	Body Music with Anandi Z.
Wednesdays	
7:30am—9am	Yoga with Rachel
8:30am—10am Restarts 20/3	Yoga Therapy with Gala
Thursdays	
4:30pm—5:30pm	Aviva Exercise with Suriyagandhi
4:30pm—6pm	Vocal Sound Healing with Lola
5:30pm—6:45pm Not on 7/3	Restorative Yoga with Rachel
3pm—4:15pm Only on 7/3	Restorative Yoga with Rachel
Fridays	
6:45am—8am	Pranayama with François & Namrita For former 'The Art of Living' course participants
7:30am—9am	Yoga with Rachel
8:30am—10am Restarts 22/3	Yoga Therapy with Gala
3pm—4pm	Reading of Savitri with Patricia—An interactive session
4:30pm—5:30pm	Readings of the Life Divine with Balvinder
5:15pm—6:15pm	Feldenkrais with Shari
5:15pm—6:15pm Not on 8/3	For Giving Love with Marie-Claire
Saturdays	
9am—10:30am Not on 9/3	Yoga (Intermediate level) with Rachel
11am—12:30pm	ATB Explorations with Isora, Rosario & Teresa
2:15pm—4:15pm Starts 16/3	Truth Based Relationships—Practical Sessions with Juan Andrés
4:30pm—5:30pm	Body Music with Anandi Z.

## Classes—By appointment

- **Art Therapy with Gala, restarts 21/3**
  - Thursdays, 3—5pm for adults
  - Fridays, 3—5pm for families
- **Chinese Tea Ceremony with Chun**
  - Saturdays, 3—4pm
  - Do not wear any kind of perfume on this day.

## Healing Space

- Acupuncture by Heidi
- Bio-Resonance (with Bi-Com machine) by Afsaneh
- Chiropractic by Afsaneh
- Cranio Sacral Therapy by Anne H.
- Harmonization of Spirit and Body by Nadia L.
- Thai Yoga Massage by Juan

## Workshops—With prior registration

- **Pranayama Course—The Art of Living Part 1** with François & Namrita
  - Thursday, 7— Sunday, 10 March
  - Daily, 6:30—8:30am, for 4 days

The Art of Living Part 1, four days intensive pranayama course, combines breathing techniques, meditation and features Sudarshan Kriya, a breathing technique that uses specific rhythms of breath to detoxify every cell of the body and infuse it with energy.



- Registration required.
- Please come in loose, comfortable clothing and on empty stomach.
- Attendance on all 4 days is compulsory.
- **Workshop 'Born Free'** with Ange Sabine Blanchflower
  - Monday, 18—Friday, 22 March
  - Daily 12:45—1:45pm, for 5 days

If you have great dreams, ideas and goals for how you want like to live your life—but don't know how to make them happen, then this workshop is for you.



- Registration required.

## New Drop-In Classes

- **Truth Based Relationships—Practical Sessions** with Juan Andrés
  - Saturdays 2:15—4:15 pm, starts 16/3

Practical Sessions based on the Authentic Self Relationships Model by its author, psychologist Juan Andrés

Use the opportunity for conscious growth that all your relationships offer you in everyday life.

- Firsttimersneedtohavepreviouslyexploredthecontentat [asrmodel.com](http://asrmodel.com)
- This is a drop-in class.
- **Gentle Yoga with Lisbeth**
  - Tuesdays 9am—10:30am

Lisbeth, who is teaching the teen yoga classes for the 11<sup>th</sup> year now, invites you to join her for a gentle yoga class on Tuesdays during the month of March.

- This is a drop-in class.

## 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, 4pm—5:15pm
- **Yoga for children, 5—8 yrs.**, with Gala: Saturdays, 9—10am, restarts 16/3
- **Yoga for children, 7—9yrs.**, with Gala: Saturdays, 10—11am, restarts 16/3
- **Energy games for children, 9 yrs+**, with Gala: Saturdays, 11am—12pm, restarts 16/3

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

March 2024

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



## Yoga & Re-creation Programs

	Drop-in Classes	Timings	Presenters
Mondays	Yoga Breath & Meditation Practice for Beginners	7:30—8.30am	Mamta
	Pranayama & Meditation (no class 25 March)	9:15—10:15am	Radhika
	Regeneration Circle: Voices of Wholeness (contributions are voluntary (no class 25 March)	1:30—3pm	Nadim
	Yin Yoga Nidra (no class 25 March)	3:30—4:30pm	Bijou
	Deep Sound Bath	5—6pm	Satyayuga
	Hatha Vinyasa Yoga	5—6pm	Andres
Tuesdays	Sivananda Yoga	7:30—8.30am	Mani
	Yoga Asana: Deep Stretch & Relaxation (no class 19 & 26 March)	9:15—10:15am	Radha
	Face & Eye Yoga (no class 19 March)	3:30—4:30pm	Mamta
	Vocal Improvisation & Circle Singing	5—6:30pm	Lola
	Vinyasa Flow	5—6pm	Rebeca
Wednesdays	Yoga Asana: Deep Stretch & Relaxation	7:30—8.30am	Radha
	Gentle Hatha Yoga (no class 20 March)	9:15—10:15am	Claire
	Yin Yoga Nidra (no class 20 March)	3:30—4:30pm	Bijou
	Kirtan- Songs for Your Soul (contributions are voluntary)	5—6pm	Mamta
	Hatha Vinyasa Yoga	5—6pm	Andres



Thursdays	Sivananda Yoga	7:30—8.30am	Mani
	Yoga for Inner Alignment—Pranayama & Asanas (no class 21 March)	9:15—10:15am	Radhika
	Gentle Hatha Yoga (no class 21 March)	3:30—4:30pm	Claire
	Vinyasa Flow (no class 7 March)	5—6pm	Rebeca
	Sufi Whirling & Zikr Practice	5—6pm	Prem
Fridays	Yoga Asana: Deep Stretch & Relaxation	7:30—8.30am	Radha
	Hatha Vinyasa Yoga	5—6pm	Andres
	Free Flow Dance & Movement	5—6:30pm	Vega
Saturdays	Gentle Hatha Yoga	7:30—8.30am	Claire
	Sivananda Yoga	5—6pm	Mani
	Ecstatic Dance	5—6:30pm	Bijou

### Workshops (pre-registration required)

Day & Date	Workshops (pre-registration required)	Timings	Presenters
Friday, March 8	Awareness Through the Body Exploration	9:15—12pm	Amir
Friday, March 8	Holistic Approach to Ayurvedic Lifestyle	2—4:30pm	Dr Geeta
Saturday, March 9	Introduction to Traditional Thai Yoga Massage (Nuad Boran)	9:15—4:30pm	Andres
Saturday, March 9	Face & Eye Yoga: Face Your Self	2—4:30pm	Mamta
Thursday, March 14	Yoga Therapy for Back Pain	9:15—12pm	Bijou
Friday, March 15	Master Class: Pranayama, Mantra & Asana for Internal Organs	9:15—12pm	Andres
Friday, March 22	Ayurveda for Self-Harmony	9:15—12pm	Claire
Friday, March 22	Food is Medicine—Lifestyle Health Practices	2—4:30pm	Parvathi
Thursday, March 28	Moon Cycle & Yoga for Women	9:15—12pm	Radha
Thursday, March 28	Contact Improvisation Dance	2—4:30pm	Bijou
Friday, March 29	Understanding Pranayama & Its Practice in Asanas & Meditation	9:15—12pm	Radhika
Friday, March 29	Holistic Approach to Ayurvedic Lifestyle	2—4:30pm	Dr Geeta
Saturday, March 30	Safe Yoga Asana Practice—Do's & Don'ts	9:15—12pm	Rebeca
Saturday, March 30	Food is Medicine—Lifestyle Health Practices	2—4:30pm	Parvathi

### Therapies (by appointment only)

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

Kathir for Vérité Programming

*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:)

#### Friday, 15 March

##### Global Forest

2015 / 50 minutes / Phil Coles

Trees cover 4 billion hectares of our planet, a vast blanket of green that produces a third of the Earth's oxygen. The world's forests provide sanctuary to a glorious and diverse array of animal life. This forest cover previously occupied much of the land's area, however, over centuries of human activity it has drastically reduced.



At this point in earth's history, we need to pay attention to the health of forests and what we can do to support them. Forests represent the simplest way for us to repair our relationship with the planet. By planting trees and regrowing forests, we can aid in the rehabilitation of many vulnerable ecosystems.

Shek



**CINEMA PARADISO**  
**Multimedia Center (MMC) Auditorium**  
**Film Program**  
**11 March to 17 March 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. Observing the international women's day (8 March) and women's month in some nations, we will try to bring films by and about women.

**Indian—Monday 11 March, 8pm**  
**Bulbul can sing**

In this much acclaimed feature, drawn from the realities and fictionalized, Bulbul is a young teenage girl in Assam. She is in love. She and her friends find themselves at odds with their community as they come of age and deal with new feelings, new freedom. Free spirited and rebellious she questions the dogma and learns to deal with love and loss. A film to watch!

**Potpourri—Tuesday 12 March, 8pm**

**The Truman show**

USA, 1988, Dir. Peter Weir w/ Jim Carrey, Ed Harris, Laura Linney, and others, Drama-Comedy, 103mins, English w/ English subtitles, Rated: PG

He doesn't know it, but everything in Truman Burbank's life is part of a massive TV set. Executive producer Christof orchestrates the show, records through hidden cameras, and orchestrates every details—including Truman's emotions. However, Truman gradually discovers the truth. Now he must decide whether to act on it or not. A fascinating storyline!

**AVFF Winner—Wednesday 13 March, 8pm**  
**Bangla surf girls**

India, 2021, Dir. Elizabeth D. Costa, Documentary, 86 minutes, Bengali w/ English subtitles, Rated: NR (PG)

This film offers an immersive portrayal of young girls from a Bangladesh slum who find solace by joining a local surf club, seeking liberation from their challenging lives. The film highlights their journey, struggles, and unwavering determination, culminating in their participation in an international competition in India, showcasing the resilience of community amid the confines of poverty. *Winner of the Auroville Film Festival 2024 Jury Award in the category of 'films that develop the theme of human unity'! Don't Miss!*

**Selection—Thursday 14 March, 8pm**  
**Antonia (Antonia's Line)**

Netherlands-Belgium-UK-France, 1995, Writer-Dir. Marleen Gorris w/ Willeke van Ammelrooy, Jan Decleir, Veerle van Overloop, and others, Drama, 102mins, Dutch w/ English subtitles, Rated: R

Described as a 'feminist fairy tale', this Academy Award winning film tells the story of the independent Antonia who after the WWII returns with her daughter Danielle to her native village. There she establishes and nurtures a close-knit matriarchal community.

**International—Saturday, 16 March, 8pm**  
**Riceboy sleeps**

Canada, 2022, Writer-Dir. Anthony Shim w/Choi Seung-yoon, Ethan Hwang, Dohyun Noel Hwang, and others, History-Family, 117mins, English-Korean w/English subtitles, Rated:

This acclaimed award-winning feature, based in part on the director's own childhood, centers on So-Young. So-Young is a Korean immigrant single mother raising her teenage son Dong-Hyun after moving to Canada in 1990s to give him a better life than the one she left. It's a poignant and personal family tale that is universal. A must see!

**Children's Matinee—Sunday, 17 March, 4pm**  
**The Super Mario Bros. Movie**



USA, 2023, Dir. Aaron Horvath-Michael Jeienic-Pierre Leduc w/ Chriss Patt, Anya Taylor-Joy, Charlie Day, and others, Animation-Adventure, 92mins, Rated: PG

A Brooklyn plumber named Mario travels through the Mushroom Kingdom with a princess named Peach and an anthropomorphic mushroom named Toad to find Mario's brother, Luigi, and to save the world from a ruthless fire breathing Koopa named Bowser.

**Kenji Mizoguchi film festival @ Ciné-Club:**

Kenji Mizoguchi is an acclaimed director who exemplified Japan at its most traditional. His films don't posit absolute beginnings and endings for themselves, since human life is a journey that keeps flowing, metamorphosing, interacting with the world at large. Water, fire, and earth achieve harmony in, in Mizoguchi's compositions, they too are characters in his dramas.

**Ciné-Club Sunday 17 March, 8pm**  
**Saikaku ichidai onna (The life of Oharu)**

Japan, 1952, Dir. Kenji Mizoguchi w/ Kinuyo Tanaka, Tsukie Matsuura, and others, Drama, 133 mins, Japanese w/ English subtitles, Rated: NR(PG).

In feudal Japan, Oharu, the daughter of royal samurai Shinzaemon, secretly has a passionate romance with Katsunosuke, a man with a meager social standing. When the couple is found out, the law comes down hard on this breach of class: Katsunosuke is put to death and Oharu and her family are banished from the kingdom.

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)





Presents

## At Multi Media Centre Auditorium (MMC, Town Hall)

- **Reminder: Friday, 8 March The Lemon Tree**  
(Etz Limon)—Israel, 2008 By Eran Riklis And

### Friday 15 March

- **Graduation** (Original Title 'Bacalaureat')

Directed by Cristian Mungiu—Romania, 2016

**Synopsis:** Romeo Aldea (49), a physician living in a small mountain town in Transylvania, has raised his daughter Eliza with the idea that once she turns 18, she will leave to study and live abroad. His plan is close to succeeding—Eliza has won a scholarship to study psychology in the UK. She just has to pass her final exams—a formality for such a good student. On the day before her first written exam, Eliza is assaulted in an attack that could jeopardize her entire future. Now Romeo has to make a decision. There are ways of solving the situation, but none of them using the principles he, as a father, has taught his daughter...

Pr. Sivakumar has offered us a 'Cine-master class' on the film last year, presenting it as 'a fascinating and complex study of one man's moral choices at a crucial juncture in his life, by the director of '4 Months, 3 Weeks and 2 Days' (Golden Palm and other prizes in Cannes Film Festival, 2017). And Aurofilm wanted to present it more widely. Here it is!

Original version in Romanian with Engl. Subtitles, duration 2h.08'

**Note:** We would like to inform you that the monthly budget and the half-maintenance allocated to the Aurofilm team since a long time will be discontinued at the end of March by decision of the administration. We have 2 generous donors who have started to help us, but need more support to continue the activities and the Friday screenings at MMC/Cinema Paradiso (we rent the venue). If you can, your monthly or otherwise contribution (to our FS acc. number 252658) is most welcome! With much thanks—and see you soon!

Surya for Aurofilm

## MACBETH IN SPOTLIGHT THEATRE & CINEMA SERIES

8 to 10 March, 20:00 to 23:00 IST \_Online.



### Overview

'Macbeth in Spotlight' aims to understand why Shakespeare's voice still echoes through us endlessly across diverse mediums, cultures and minds, stirring something profound within us and compelling us to reflect back something of our own in the shade of his art's emotional and intellectual intimacy. We are bringing together Artists and Scholars across the world to share such interactions with the bard through his shortest and bloodiest masterpiece 'The Tragedie of Macbeth.'

This event also explores the subtleties and challenges inherent in translating the language, emotion, and narrative of one of Shakespeare's most vital meditations on

the dangerous corners of the human imagination. At the commencement of the event, attendees will have the opportunity to explore theatre performances and a series of curated cinematic adaptations as recommendations for personal viewing beforehand. In the ensuing days, the event will feature in-depth discussions with eminent artists and scholars, shedding light on the nuanced layers of numerous interpretations.

Co-hosted by Jill Navarre, a distinguished playwright, screenwriter, and the artistic director of the Auroville Theatre Group, in collaboration with the Auroville Film Institute, 'Macbeth in Spotlight' invites the audience to witness the metamorphosis of 'Macbeth' across diverse cultures and artistic visions.

You'll not only witness the magic of storytelling within these Shakespearean interpretations but also develop a profound appreciation for the multiplicity of perspectives that interlace their cultural, intellectual, and personal nuances into the very fabric of this iconic play. This event is an opportunity to appreciate the intricacies of human emotion, cultural richness, and boundless creativity as they meet Macbeth.

### Speakers

- **Vishal Bhardwaj** (Indian film director, screenwriter, producer, music composer and playback singer)  
**A Conversation on Shakespeare & Cinema**  
(Inaugural Address)

Vishal Bhardwaj, the acclaimed filmmaker who has garnered widespread critical acclaim and numerous accolades for writing and directing the Indian adaptations of three tragedies by William Shakespeare: *Maqbool* (2003) from *Macbeth*, *Omkaara* (2006) from *Othello*, and *Haider* (2014) from *Hamlet*, will share his artistic encounters with Shakespeare. This talk will be moderated by Paromita Chakravarti.

- **Dominique Goy-Blanquet** (Shakespeare scholar, Professor Emeritus at the Université de Picardie)  
**French Macbeth**  
**The horrid image doth unfix my hair**

No other play in the canon has inspired so many films around the world, not to mention other art forms. In France, despite the 'auld alliance', the Scottish play never reached the popularity of *Hamlet*. After some Brechtian productions in the wake of Jan Kott's essay, it made a belated entry at the Comédie-Française, with a creation for the Avignon festival in 1985. Among eminent stage directors drawn to *Macbeth*, the youngest so far was Thomas Jolly, now engaged in the opening and closing ceremonies of the Olympic games, while the even younger Silvia Costa is rehearsing Yves Bonnefoy's translation at the Comédie-Française. Her production will be the first screening of *Macbeth* 'en direct' from the theatre on 25 April 2024.

- **Deb Kamal Ganguly** (Filmmaker and Academic at Auroville Film Institute)  
**Beyond the Modernist Appropriations of Macbeth**  
**The Cinematic Glimpses Towards the Premodern Affections**

Cinematic renditions of *Macbeth*, focusing on the downfall of a powerful individual, captivate modern audiences. However, this predominant interpretation of *Macbeth* occludes the brilliance of Shakespeare's multidimensional reinvention of the pre-existing 'morality play' genre, suggesting a temporality where the idea of 'individual' is entangled with the imagination of the collective faith in supernatural forces as tools of destiny and justice, and questioning the limits of 'divine rights' and 'monarch individual'. The presentation would be a speculation to look into cinematic adaptations of *Macbeth*, especially Akira Kurosawa's 'Throne of Blood', examining whether and how they transcend the secular modern periphery of the placement of the narrative towards a lost sensibility of pre-secular time through articulations of certain cinematic affects.

- **Anirban Bhattacharya** (Actor, Singer, and Director of Bengali webseries Mandaar)

#### **Macbeth within the wheels of modern times**

I have lived with the thought of adapting \*Macbeth\* for a long time, drawn not by its political or social relevance but by the timeless elements of Shakespeare's plays. Initially, an image came to mind... a fish caught at the end of a spear. Setting it in India, with Macbeth as Mandaar, I knew crucial elements like societal outcasts, language, and cultural nuances would be woven into the narrative from the start. Mandaar's sexual dysfunction became part of his devastating pursuit of power. To convincingly recreate the supernatural elements, I employed a phantasmal look to break free from logic and immerse the viewer in the subversion. This journey of reimagining Shakespeare's magic for our times is what I'm eager to share.

- **Jill Navarre** (Playwright, Screenwriter, Artistic Director of Auroville Theatre Group)

#### **Shakespeare as a Drug : My 7 Bouts with Addiction**

Having directed seven Shakespeare plays, I'm currently immersed in my eighth: Macbeth. Among my productions are classics from Romeo and Juliet to King Lear and Hamlet. Sri Aurobindo calls Shakespeare 'The great magician', 'a genius that transcends all laws ... a miracle of poetic force.' What makes Shakespeare's plays so seductive? For a director, the challenge of creating our world of the play holds a great reward. The real high is in rehearsing a Shakespeare play. Searching, finding, and then next time, finding again, discovery after discovery after discovery. There is no limit to the depth you can reach, rehearsing Shakespeare like the limitless visions of a psychedelic trip. I'd like to share what alternative realities we have discovered during rehearsal and why Shakespeare continues to blow my mind.

- **Poonam Trivedi** (Academic, Vice-chair of the Asian Shakespeare Association)

#### **The Shakespearean Image on Page, Stage and Screen**

If images hold an iconic place in Shakespeare's plays, they are even more crucial in cinematic language, being the definitive structural unit of the visual medium of the cinema, with film being a string of consecutive images. While much has been written about the place and function of Shakespearean imagery, not enough critical attention has been devoted to how the same images constructed in words are translated into action in stage performance and how they are adapted into the multimodal space of the screen. Macbeth is considered the most imagistic of the Shakespearean tragedies and this presentation will examine some key images of the play and their transmutation in cinematic adaptations, Indian and Anglophone.

- **Paromita Chakravarti** (Professor, Dept. of English at Jadavpur University)  
**Provincialising Macbeth in a Globalising India**  
**Reading Paddayi, Veeram, Joji and Mandar**

Even as Indian cinema is reaching global markets, and the choice of Shakespearean themes are often facilitating this process, the films themselves are often demonstrating an interest in the local in the choice of settings and storylines. The paper will examine some recent cinematic adaptations of Macbeth in regional languages like Veeram (2014), Paddayi (2018), Joji (2021) and Mandar (2021) to analyse the implications of this trend particularly in relation to changing constructions of gender and sexualities in a globalising India.

- **Abhaya Simha** (Film director and screenwriter of Tulu film Paddayi)

#### **Localising Macbeth: Shakespeare in a fishing town**

All is not well in the fishing village. There is power, disruption, and transition. It's Macbeth, after all. Yet, this time, the stars of the Tulu sky hover over Macbeth's black and dark desires. But why reimagine Macbeth in modern times, in a small fishing town, and in a minority language facing possible oblivion? Can this very fear of oblivion add texture

to a narrative of fading power? In my reimagining of Macbeth, there is Yakshagana, the folk theatre in Karnataka, itself dripping with centuries-old stories. There are fishermen riding traditional wooden fishing boats in football jerseys, with conversations on migration, jobs, happiness, and profits interwoven into the rhythms of life dictated by the sea. I'd like to discuss this very journey of reimagining Shakespeare or being reimagined through Shakespeare.

### **Schedule**

- **Day 1: 08 March 2024**
  - 20:00—21:00 IST | Dominique Goy-Blanquet
  - 21:00—22:00 IST | Deb Kamal Ganguly
- **Day 2 : 09 March 2024**
  - 20:00—21:00 IST | Jill Navarre
  - 21:00—22:00 IST | Paromita Chakravarti
  - 22:00—23:00 IST | Abhaya Simha
- **Day 3 : 10th March 2024**
  - 20:00—21:00 IST | Poonam Trivedi
  - 21:00—22:00 IST | Anirban Bhattacharya

### **Queries**

- To know more, please visit: <https://filminstitute.auroville.org/2024/02/09/macbeth-in-spotlight>
- For queries, if any, please write to: [studycircles@aurovillefilminstitute.com](mailto:studycircles@aurovillefilminstitute.com)
- or call/ message +91 9769976898 (WA & Telegram)

**Raj**

## *The Last Moment*

### **HELP NEEDED**

Hello dear Auroville friends, my name is Ingrid and I've been living and working in the Auroville forest since 1973. I have an emergency dental procedure coming up that the health fund does not cover. My family is able to come up with some of the amount but the total cost will be around 60,000 and I'm still missing about half of it. If anyone can help, even the smallest amount will make a difference and will be very appreciated in these difficult times! Here is my Auroville account number: 3981 Thank you so much!

**Ingrid**

## *Emergency Services*

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

- PIMS—0413 2656271

### **Security (24/7):**

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

### **Health:**

- **Health Center**—0413 3509942 & 3509943
- **Santé**—0413 2622803
- **Farewell**—8903836246

### **Mental health 24/7 support:**

- Vandrevala Foundation +91 9999666555

### **India Emergency Response Service (24/7): 108**