



# News Notes

#1018 A weekly bulletin for residents of Auroville 14 March 2024



He who is the Omniscient, the all-wise, He whose energy is all made of knowledge, from Him is born this that is Brahman here, this Name and Form and Matter.  
He, the divine, the formless Spirit, even he is the outward and the inward and he the Unborn; he is beyond life, beyond mind, luminous, Supreme beyond the immutable.

*Mundaka Upanishad*

## Pondering

The malady of the world is that the individual cannot find his real soul, and the root-cause of this malady is again that he cannot meet in his embrace of things outward the real soul of the world in which he lives.

The true soul secret in us .... burns in the temple of the inmost heart behind the thick screen of an ignorant mind, life and body, not subliminal but behind the veil, — this veiled psychic entity is the flame of the Godhead always alight within us, inextinguishable even by that dense unconsciousness of any spiritual self within which obscures our outward nature. It is a flame born out of the Divine and, luminous inhabitant of the Ignorance, grows in it till it is able to turn it towards the Knowledge. It is the concealed Witness and Control, the hidden Guide, the Daemon of Socrates, the inner light or inner voice of the mystic. It is that which endures and is imperishable in us from birth to birth, untouched by death, decay or corruption, an indestructible spark of the Divine.

*The Double Soul in Man  
The Life Divine—Sri Aurobindo*



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## Editors' Note



### Dear readers of paper version!

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

The only excuse of late delivery is rain on Friday.

*Light and Peace,  
Roy and AgniJata*

## N&N Guidelines



### Hard deadline for submissions

**TUESDAY 3pm**

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

**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)*



# House of Mother's Agenda



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

*(continued from last week)*

At the summit of being is the Absolute with its absolute freedom of infinity but also its absolute truth of itself and power of that truth of being; these two things repeat themselves in the life of the spirit in supernature. All action there is the action of the supreme Self, the supreme Ishwara in the truth of the supernature. It is at once the truth of the being of the self and the truth of the will of the Ishwara one with that truth — a biune reality — which expresses itself in each individual gnostic being according to his supernature. The freedom of the gnostic individual is the freedom of his spirit to fulfil dynamically the truth of his being and the power of his energies in life; but this is synonymous with an entire obedience of his nature to the truth of Self manifested in his existence and to the will of the Divine in him and all. This All-Will is one in each gnostic individual and in many gnostic individuals and in the conscious All which holds and contains them in itself; it is conscious of itself in each gnostic being and is there one with his own will, and at the same time he is conscious of the same Will, the same Self and Energy variously active in all. Such a gnostic consciousness and gnostic will aware of its oneness in many gnostic individuals, aware of its concordant totality and the meaning and meeting-point of its diversities, must assure a symphonic movement, a movement of unity, harmony, mutuality in the action of the whole. It assures at the same time in the individual a unity and symphonic concord of all the powers and movements of his being. All energies of being seek their self-expression and at their highest seek their absolute; this they find in the supreme Self, and they find at the same time their supreme oneness, harmony and mutuality of united and common self-expression in its all-seeing and all-uniting dynamic power of self-determination and self-effectuation, the supramental gnosis. A separate self-existent being could be at odds with other separate beings, at variance with the universal All in which they coexist, in a state of contradiction with any supreme Truth that was willing its self-expression in the universe; this is what happens to the individual in the Ignorance, because he takes his stand on the consciousness of a separate individuality. There can be a similar conflict, discord, disparity between the truths, the energies, qualities, powers, modes of being that act as separate forces in the individual and in the universe. A world full of conflict, a conflict in ourselves, a conflict of the individual with the world around him are normal and inevitable features of the separative consciousness of the Ignorance and our ill-harmonised existence. But this cannot happen in the gnostic consciousness because there each finds his complete self and all find their own truth and the harmony of their different motions in that which exceeds them and of which they are the expression. In the gnostic life, therefore, there is an entire accord between the

free self-expression of the being and his automatic obedience to the inherent law of the supreme and universal Truth of things. These are to him interconnected sides of the one Truth; it is his own supreme truth of being which works itself out in the whole united truth of himself and things in one supernature. There is also an entire accord between all the many and different powers of the being and their action; for even those that are contradictory in their apparent motion and seem in our mental experience of them to enter into conflict, fit themselves and their action naturally into each other, because each has its self-truth and its truth of relation to the others and this is self-found and self-formed in the gnostic supernature.

In the supramental gnostic nature there will therefore be no need of the mental rigid way and hard style of order, a limiting standardisation, an imposition of a fixed set of principles, the compulsion of life into one system or pattern which is alone valid because it is envisaged by mind as the one right truth of being and conduct. For such a standard cannot include and such a structure cannot take up into itself the whole of life, nor can it adapt itself freely to the pressure of the All-life or to the needs of the evolutionary Force; it has to escape from itself or to escape from its self-constructed limits by its own death, by disintegration or by an intense conflict and revolutionary disturbance. Mind has thus to select its limited rule and way of life, because it is itself bound and limited in vision and capacity; but gnostic being takes up into itself the whole of life and existence, fulfilled, transmuted into the harmonic self-expression of a vast Truth one and diverse, infinitely one, infinitely multiple. The knowledge and action of the gnostic being would have the wideness and plasticity of an infinite freedom. This knowledge would grasp its objects as it went in the largeness of the whole; it would be bound only by the integral truth of the whole and the complete and inmost truth of the object, but not by the formed idea or fixed mental symbols by which the mind is caught and held and confined in them so as to lose the freedom of its knowledge. The entire activity also would be unbound by an obligation of unelastic rule or by the obligation of a past state or action or by its compelling consequence, Karma; it would have the sequent but self-guided and self-evolving plasticity of the Infinite acting directly upon its own finites. This movement will not create a flux or chaos, but a liberated and harmonic Truth-expression; there would be a free self-determination of the spiritual being in a plastic entirely conscious nature.

*(to be continued next week)*

Chapter XXVII—The Gnostic Being  
Sri Aurobindo, *The Life Divine*

[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)

# Townhall Speaks

## SHORT TERM TENDER NOTICE

### Right to Usufruct Fruit Trees in Auroville

No. 105/Osd/F&Gb/Uf/2024 Dated: 07-03-2024  
Short Term Tender Cum Open Auction Notice

Sealed Tenders are invited by M/s. Auroville Foundation on behalf of the Secretary, Auroville Foundation for;

'The Right To Usufructs Of The Fruit Trees In The Premises/ Area Of Auroville International Township, Auroville, Tamil Nadu-605101', for the period from 01.04.2024 to 30.09.2024. Tenders /Offer bids are invited from the eligible individuals/ contractors/ firms/societies who are eligible as per the terms and conditions of the tender on or before 5.00 pm of 26/03/2024. The Tenders will be opened on 27-03-2024 at 11am. Thereafter, if necessary, the open auction will be conducted in the presence of all available tenderers.

Interested parties can download the Tender document available in the Auroville Foundation website [www.aurovillefoundation.org.in](http://www.aurovillefoundation.org.in) and can also be obtained from the office of the Secretary, Auroville Foundation, Auroville Foundation Bhavan, Auroville, Tamil Nadu-605101 on payment of Rs. 236/- (Rupees Two Hundred and Thirty-Six Only) including GST (not refundable), till 12.00 noon of 26-03-2024. The Tender document shall be submitted to the above said office in person or by post or any other communication after duly filled in and signed along with Demand Draft/Bankers cheque towards the Earnest Money Deposit detailed in Annexure- II and the tender fee of Rs.236/- including GST (in case the tender form is downloaded from the website) on or before 26-03-2024. Tenders not accompanying application fees and/or EMD would be summarily rejected.

Any Enquiry regarding the tender can be had from the Office of the Secretary, Auroville Foundation, Auroville Foundation Bhavan, Auroville- 605101, Tamil Nadu, during office hours of all working days till 26.03.2024 till 5.00 pm. This tender committee right to accept or reject any or all tenders with or without assigning any reason thereof. Canvassing in any form would disqualify the individual/ bidder from participation in the tender process and the tender would be rejected.

**Dr. G. Seetharaman, Officer Of Special Duty**  
**Auroville Foundation**

## VISA-CIRCULAR

As directed, it is to inform that whoever applies for the visa extension in Auroville should submit their application a minimum of three months before the expiry of the visa. FRRO expects the visa extension applications should reach their office two months before the expiry of the visa. So, once Working Committee receives the application from the applicant, kindly finish all your internal verification and BCC verification within ten days and submit the applications to the Foundation office before seventy-five days of expiry of the visa.

**For Compliance K. Swarnambika., I.P.S,**  
**Deputy Secretary, 27 February 2024**

## NOTICE TO NEWCOMERS

Dear Newcomers and applicants to become newcomers. At the present moment, the Entry Service is not functioning due to a Stay Order from the Madras High Court. Newcomer applications and the final endorsement of Newcomers to become Aurovilians need to remain patient until the final order from the High Court is received, so as not to complicate their process.

**Thank you for your understanding,**  
**The Working Committee (Massbulletin)**



## DONATION CHANNELING GROUP

### Forms Submission Date Extended

Dear Friends, thanks so much to the majority of the entities who have sent the forms PRF and DIF in time. But there are a few still left out. So we extend the date to 15th March 2024. Hope every Project/ Unit/ Entity which wishes to get donations from the next Financial Year 2024-25 is able to register with us. This will enable smooth withdrawal of funds from 01.04.24.

• The links are:

**PRF:**

◦ [https://docs.google.com/forms/d/e/1FAIpQLSdQ9-OvO8PvLcUfaVsJXfoinY1zd16cH-PZQwMJPejJQig-w6w/viewform?usp=sf\\_link](https://docs.google.com/forms/d/e/1FAIpQLSdQ9-OvO8PvLcUfaVsJXfoinY1zd16cH-PZQwMJPejJQig-w6w/viewform?usp=sf_link)

**DIF:**

◦ [https://docs.google.com/forms/d/e/1FAIpQLSeEqf-n4A3uFN2mntJuwWvVNenF3y-oPjouw2dTsIjo9GZ-RI1g/viewform?usp=sf\\_link](https://docs.google.com/forms/d/e/1FAIpQLSeEqf-n4A3uFN2mntJuwWvVNenF3y-oPjouw2dTsIjo9GZ-RI1g/viewform?usp=sf_link)

**Naren & Sandeep for DCG Team**

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

# Community News

## Baby Born

### GLAD TIDINGS

Happy to announce that Khabilan, our son, was born on 7 March 2024, just before Mahashivaratri.

Naturally we are thrilled and also so grateful to The Mother as well as the lovely team from Morning Star!!

**Sandhiya and Sathya, at Mantra.**

## Passing On

### REMEMBERING SHAKUNTALA

Shakuntala, A name that's epic, and was an adventurous woman, deeply committed to Sri Aurobindo's philosophy and had been the lucky few who had the Centenary volumes edition of Sri Aurobindo's works. She was very possessive about them and never lent a volume, like AuroCulture. I simply admire such people.

Shaku's initial commitment began in the early 70ies itself, to help build Matrimandir, her artistic effort can be noticed at the central part of Matrimandir with mini marble blocks meticulously stuck in a magnificent way, spiraling way to the landing open space. Her artistic touch lives on immortality for us all to witness it when we visit MM. During this phase she literally lived beside the Matrimandir, in a shack, known as Camp.

The joy of work: This spirit filled the air of AV in those days. The adults along with the children of AV played a significant role to build MM and AV. To give our best was the only logical thing to do then and so did Shaku. When the camp was dismantled, she moved to Djaima. She lived in a single room block new-comer complex happily until she moved to Swyam in 2008 or so.

She liked helping: During 1990ies, I often asked her to help on Sundays at the AV Visitors Information Center desk and she willingly volunteered. That's the time we became friends. In response she wanted me to go with her to Gujarat for her family property maintenance. Unfortunately I couldn't accept them since I was busy. She was a good travel companion and had a great sense of humor.

During Covid19, I tried to help her feel at home and she looked forward to my visits. Her hospitality was perfect.

We'll all miss her. Om shanti!

**Madhavi**

## Awakening Spirit

SAVITRI BHAVAN

March 2024

*Savitri*  
B H A V A N

### Exhibitions

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

### Films

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

- **March 18:** The Traveller and The Worlds, Part One of Sri Aurobindo's Savitri. In this lecture Shradhdhavan 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 masterpiece. 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 Shradhdhavan
- **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

## THE TRAVELLER AND THE WORLDS, Part 1 of Sri Aurobindo's Savitri

*Savitri*  
B H A V A N

Monday, 18 March 2024, 4pm at Savitri Bhavan

Duration: 63min.

In the Dr. M. V. Nadkarni Memorial Lecture of 2013, Shradhdhavan 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 the poem and to our attempts to enter into the vision of Sri Aurobindo, which he has revealed for us and future humanity in his unique poetic masterpiece *Savitri*.

Aswapati is the Lord of Tapasya, the concentrated energy of spiritual endeavor, who seeks the means to deliver the world out of ignorance and helps humanity to ascend from the mortal to the immortal planes.

He is described as the 'Lord of the Horse' who has mastered all his life-energies, reaching the Overmind levels and taking up 'the reins of Cosmic Forces'; he totally dedicated himself to the Supreme Divine Mother, and thus became 'The Lord of Life'.

Aswapati can be seen as one aspect of Sri Aurobindo, although not too literally.

The Part One of *Savitri* had served Sri Aurobindo as a field of experimentation, and he spent most of his time on composing and revising it. It underwent a considerable enlargement in 1937-1944, when the theme of Aswapati's Yoga (Book 1) and the detailed description of the Worlds and Planes through which he travels (Book 2) was expanded from 471 lines in January 1937 to over 10,000 in the final version. In his words *Savitri* 'will be a sort of poetic philosophy of the Spirit and of Life'.

To the question 'Where and what are these Worlds?', Sri Aurobindo answered: 'They are here. Man draws from the life-world his vital being, from the mind-world his mentality: ...This material life and our narrowly limited consciousness of the physical world are far from being the sole experience permitted to man... As he mounts thus to higher and ever higher planes of himself, new worlds open to his life and his vision and become the field of this experience and the home of his spirit. ...Each ascent is thus a new birth of the soul.' (Hymns to the Mystic Fire, SABCL 11, pp.24-25)

Regular reading of *Savitri* supports psychic and spiritual sensitivity and develops one's consciousness. The Mother stated that 'Savitri is a Mantra for the transformation of the world' and 'the supreme revelation of Sri Aurobindo's vision'.

In this profound and joyful lecture on *The Traveller and the Worlds* Shradhdhavan shares insights into the experiences of Aswapati and Sri Aurobindo's own yogic endeavors as recorded in his great poem *Savitri* and other publications.

It is available for sale in a DVD format along with a small-size transcription booklet at the Savitri Bhavan reception desk.

- The YouTube link:  
[https://www.youtube.com/watch?v=in\\_HUAQQ9C0](https://www.youtube.com/watch?v=in_HUAQQ9C0)

Submitted by Margrit

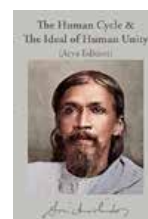
### DISCUSSION GROUP

#### 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

## SAVITRI SATSANG BY NARAD

Wednesdays, 6:30pm @ Kalpana

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

## 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

## THE DREAM DIVINE SERIES



Wednesday, 20 March, 4:30pm @ Sangam Hall

We are going to show an interview of Shradhdhavan dated 18.08.2008:



### On Education

Everyone is welcome

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.

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)



Submitted by Deven

## THE OM CHOIR

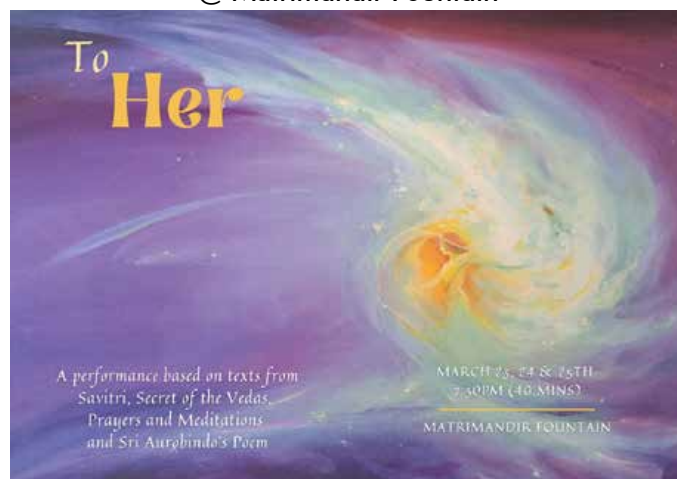
5:30—6:30pm, Tuesdays @ Savitri Bhavan

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

## TO HER

23, 24 & 25 March, 7:30pm, 40 Mins  
@ Matrimandir Fountain



A performance based on texts from Savitri, Secret of the Vedas. Prayers and Meditations and Sri Aurobindo's Poem

Madhusudan



## AMPHITHEATRE—MATRIMANDIR

### Meditation

with Savitri read by Mother to Sunil's music.

Every Thursday, 6—6:30pm (weather permitting)

Every Thursday at sunset, Meditation with Sri Aurobindo's long mantric poem, Savitri read by Mother to Sunil's music.

We follow the sun and the timing changes with the season...

Enjoy the beautiful open space, an immense sunset, 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 and note that access is for the Amphitheatre only from 5:45pm and until meditation ends.

Surya for Amphitheater team

## 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.

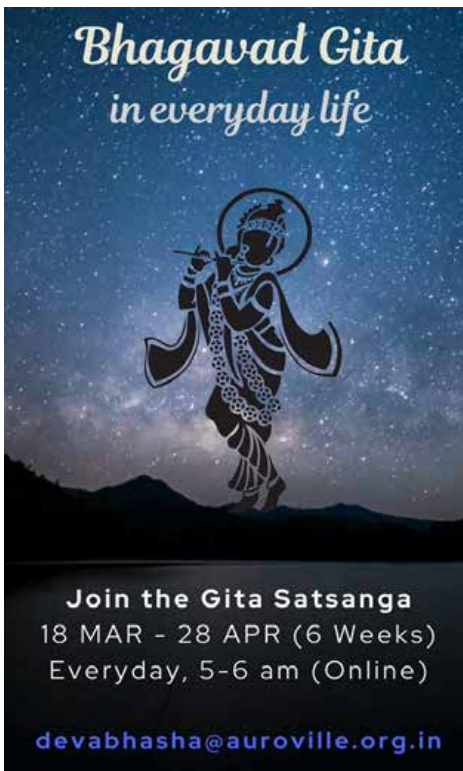
We request that participants commit to attending every day for the first week (Monday, 18 March to Sunday, 24 March) and then decide whether they would like to continue or not for the remaining 5 weeks.

- **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, नदिध्यासन (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!

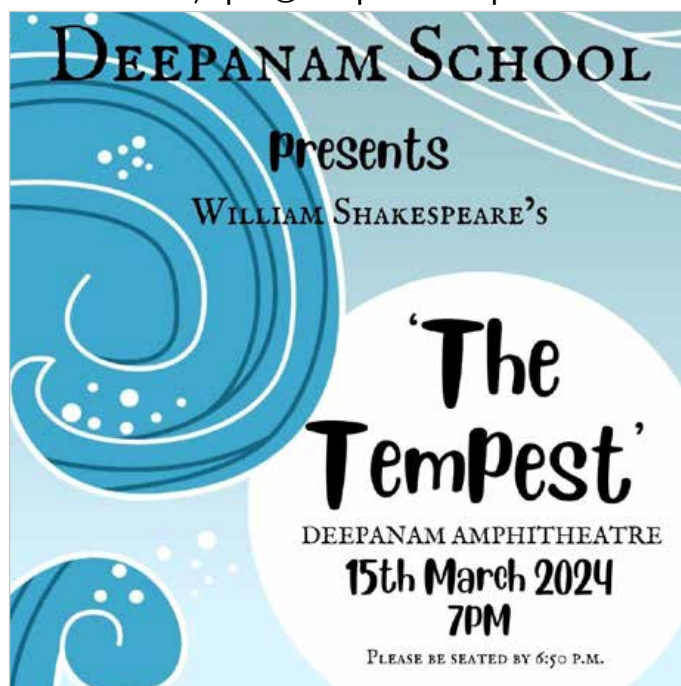
Every Saturday, 10—11am: Children's storytime.

- **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

### '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 SAIER 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/19eJ8VMS5dt3xoKgqt6HFQSNAClxXXOhmk9WCFp7KSo0/edit> *Nilima*

## AI USER GROUP MEETING

Saturday, 16 March, 10—11am

@ Auroville Consulting, Kalpana Community

Join us for a unique get together where we'll demo M.ai, a specialized GPT model with access to all the works of the 'M's (Maitre and Mere, Master and Mother). This interactive session invites you to ask questions and engage directly with the teachings as interpreted by ChatGPT 4. Your perspective and feedback will help shape a version of M.ai that truly resonates with the essence of their teachings.



To learn about Future events

- Gen AI User Group  
<https://chat.whatsapp.com/EMeiWHRjquBATdKPEkG4PI>

Vikram

## Gatherings

### STORIES UNDER THE FULL MOON

Creativity Rooftop, Monday, 25 March, 7—9pm

Fantasy, Fairies, Funny and Fun  
Stories that will delight everyone.



Let your mind wander and look at the moon.

This event is coming up soon.

Tellers: Mireille, Paula, Devi, Malcolm

Stories starting at 7pm will be for young people.

As the evening progresses, tales may be for adults.

Paula

## Youth Initiative

### AUROVILLE YOUTH WORK SURVEY

Version: 2024-03-12, Done by YouthLink

This is part 2a of a survey conducted by YouthLink on the working situation of youth in Auroville. Part 1 was published last year in News&Notes 971 and 972.

Part 2 is based on detailed in person interviews with 51 young Aurovilians between the ages of 18-30 in the second half of 2023.

The results will be published in News&Notes in 4 chapters:

- 2a An Auroville youth perspective on education
- 2b The work situation of Auroville youth in 2023
- 2c The financial situation of Auroville youth
- 2d A working youth perspective on Auroville itself

#### How representative is this study

A comparison of these 51 respondents with all 492 young Aurovilians (age 18-30) from the Auroville 2022 Master list on gender, age group and nationality showed that this survey can be considered representative for the Aurovillian youth according to these dimensions, with one exception: we had no very young Indian females in the age bracket of 18-21 among the respondents. Thus Indian men and non-Indians were somewhat overrepresented among our respondents.



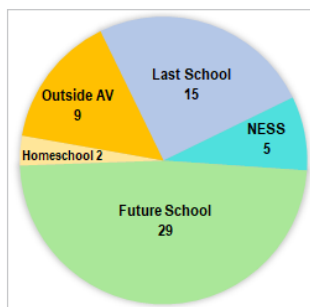
The survey shows a current snapshot of the work situation. The dynamic and work mobility in this age group is quite high. In the 2 interview phases between February and August 2023, 14 respondents changed between looking for work, studying or working. Another 4 respondents changed their working place.

What the detailed answers also show: the life situations of the respondents are very different. The high individual variety in many aspects of their work life and in opinions on work may be more prominent than the common patterns that can be identified.

## 2a An Auroville Youth Perspective On Education

### Which high school did the respondents attend?

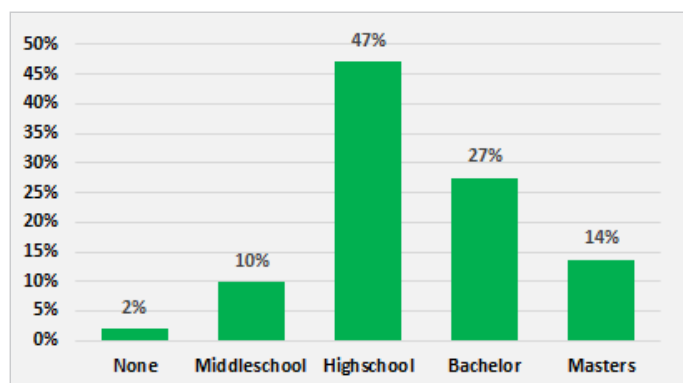
Several respondents went to multiple highschools, e.g. 6 went to Last School and Future School, or 1 to Last School and New Era Secondary School [NESS]. Therefore we have 60 answers from 51 individuals.



### Highest education levels so far among the respondents

From all 51 respondents

- 7 achieved a master degree,
- 14 a bachelor degree,
- 24 completed a highschool degree,
- 5 middle school and 1 completed no degree.



It is important to keep in mind that the interviewed respondents are in the age group 18 to 30, so some more of them will likely seek higher degrees in the future.

### School influence on working

- About 16% of the respondents were currently looking for work. This percentage is similar between respondents from Future school and respondents from Last School.
- The 7 respondents who were currently studying graduated all from Future School with one exception from NESS.

The highschool visited had no big influence on the area and type of unit where the respondents are working. Notable however: all respondents from NESS are working in an Auroville service unit. All 4 working in the area of arts and performance came from Last School.

### How did school (or study) prepare them for their current situation

Since we asked an open question, the answers were quite divers. 9 out of 51 (18%) reported that school did not prepare them well for their current situation. These 9 are spread over all schools. Another 10 out of 51 (20%) mainly mentioned that their highschool provided a platform for further studies.

34 individuals specified several positive impacts each, totaling to 61 answers, main ones being:

- provided basic knowledge about subjects taught, such as Math, Science, English, French (14, 41%)
- provided skills on how to learn and grow (11, 32%)
- provided skills in their work field (8, 24%)
- learned to deal with various situations (6, 18%)
- developed self discipline (5, 15%)
- learned how to interact with people (4, 12%)
- Learned how to be proactive (4, 12%)

### What would they have liked to learn in school or during their studies?

- 8 respondents answered this question explicitly stating that they learned everything they wanted in school. 4 respondents admitted that in hindsight they could have learned more from what was offered.
- 40 respondents named a total of more than 60 different subjects that they would have liked to learn at school. Frequently named areas are:
  - (12 respondents, 30%) Learning more practical things instead of theories. This ranges from basic skills of home maintenance, build and repair, like plumbing, electrical, mechanical work, or using carpentry tools, to practical exercises and crafts and arts.
  - (11, 28%) Many wishes center around some kind of life coaching. Find out what you are good at and like to do; how to deal with adverse situations or when you get lost; how to learn from failure; social skills about communal living, gender norms, safety, consent and awareness; sexual education; how to find a balance between study/work and fun; self growth, confidence and how to live a more conscious life.
  - (10, 25%) would have liked to learn to manage their finances: concept of taxes and salaries; how to file taxes; how to save and invest; how to open a bank account; how to get a health insurance; economy and how money works; basic accounting.
  - (9, 23%) would have liked to learn about administrative work, like writing formal emails and documents, as well as basic computer skills, how to use a computer efficiently and learn about office tools for documents, spreadsheets, posters and presentations.
  - (8, 20%) respondents asked explicitly to learn more about Auroville, its history, its governance, and how it is functioning as well as learning more about Sri Aurobindo and the Mother.
  - (7, 18%) would have liked to learn more interpersonal communication skills, ranging from dealing with people in different situations, to essay writing and presenting to wider audiences.
  - (5, 13%) asked for practical teachings on how to find a job, how to apply for a job including writing a CV and an application letter; basics on entrepreneurship.

The answer patterns differ depending on the highschool the respondents visited. Future school provides an International General Certificate of Secondary Education that allows students to study abroad. Therefore many responded that they were well prepared for studying and that they learned self discipline and time management. They missed more practical skills (7, 30%), how to deal with life situations (5, 21%), how to find or create a job (4, 17%), and they would have liked to learn more about Sri Aurobindo and Auroville (6, 27%).

Last School does not provide an official certification to allow for further studies and instead focuses on integral education. Remarkably, more than half the Last School respondents (8, 53%) said that they learned everything they wanted at school. They positively state that they learned determination, persistence, and to deal with many situations in life (8, 53%); it gave them a love for learning and self development (5, 33%). They did not mention a lack of knowledge about Sri Aurobindo or Auroville and had also no wishes in the area of practical skills or finding a job as opposed to respondents from other schools.

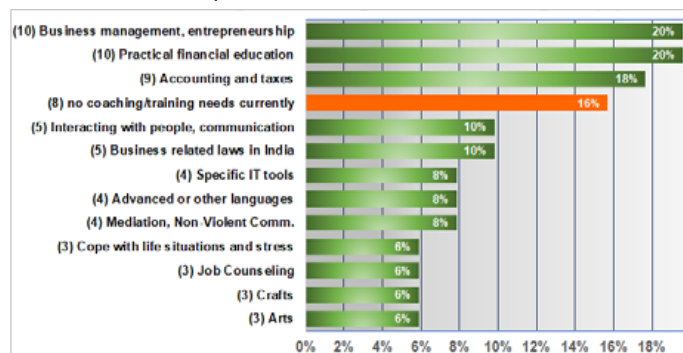


## What kind of learning or training or coaching support would they like to receive now?

8 respondents answered they had currently no need for training or coaching support.

The other 43 respondents asked for a large variety of themes they would like to have support. The most frequent named sorted in descending order are:

and 19 more subjects were named once or twice.



## Contact us

A big thank you to all our respondents for the time they took to carefully answer our questions and the trust they showed in us. We hope this study will give a clearer picture of the working youth of Auroville.

If you have any feedback, specific questions or would like to discuss the findings from this survey, please reach out to us at our email: [youthlink@auroville.org.in](mailto:youthlink@auroville.org.in).

Namu for YouthLink Team

*International*

## THE FRENCH PAVILION PRESENTS :

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

Thursday, 14 March, 6:30pm @ Kalabhum

Small Amphithéâtre

Performed by Thierry Gibault

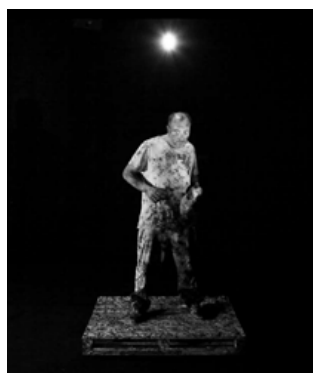
Adaptation and direction Laurent Fréchuret

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 @ Kalabhum

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 premeditated... 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 coming week

- **Monday, 11 March**
  - AM: Utsav, Quiet HC, Quiet Community, Natasha (Non-AV), Bakery, B&C
  - PM: Discipline, Miracle, Aurosunshine, AV Earth Institute, KINISI
- **Tuesday 12 March**
  - AM: Landfill, Srinivasmurty,
  - PM: Kriya, Sumark, Tree Care, Solar Kitchen, Courage
- **Wednesday, 13 March**
  - AM: Dilip, Auromodele, Marc's Cafe
  - PM: Kailash, Vibrance, Swayam, Prayatana, Certitude
- **Thursday, 14 March**
  - AM: Isaiamblam GH + Annexe, Maroma
  - PM: Deepanam School, Matrimandir
- **Friday, 15 March**
  - AM: Kalpana, Humanscapes, Town Hall, Citadine
  - PM: Djaima, Utility, Gaia's Garden, Felicity, Happiness, Meerambikai (Non-AV)
- **Saturday, 16 March**
  - AM: Colors of Nature, Svaram, Afsaneh, Verite, Naturellement, Aurosoya
  - PM: Svedam, Upasana, Revelation, Auromode, Aurosarjan



Submitted by Summit for the Eco Service team  
[ecoservice@auroville.org.in](mailto:ecoservice@auroville.org.in), +91 7598911090 WA

## 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



### 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

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

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

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

## 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

Maatram provides 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)

	9-10 am
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: 90877 09434
- [maatram@auroville.org.in](mailto:maatram@auroville.org.in), [maatram.org.in](http://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)

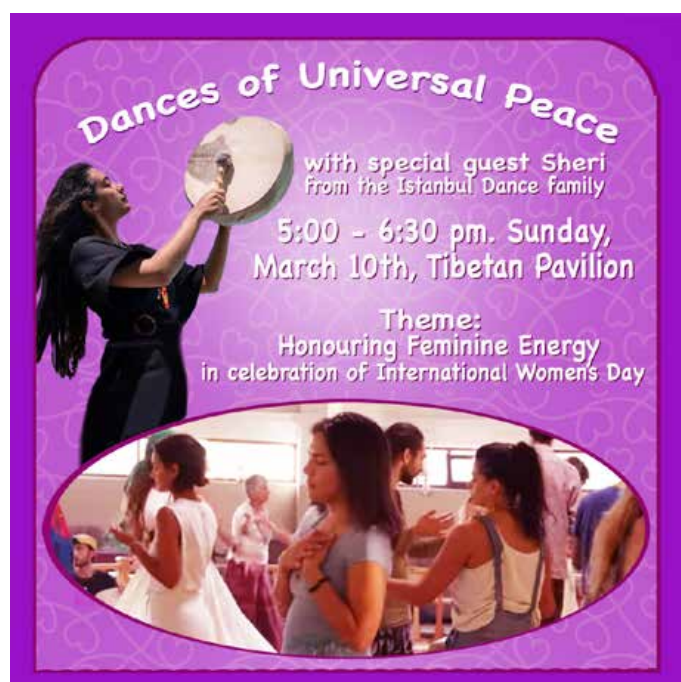
Submitted by Sutha



## Festivals

### 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

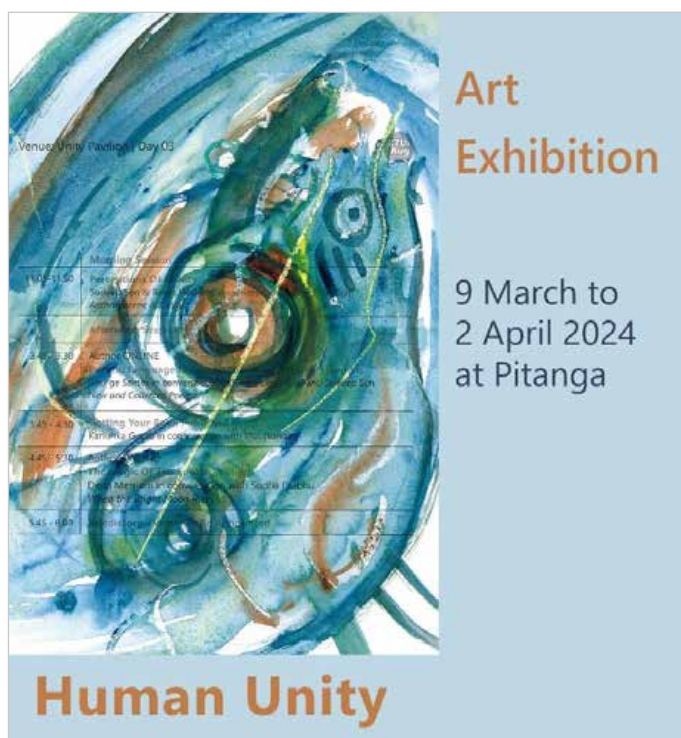
Submitted by Kaia

## The Arts

### HUMAN UNITY

**Water Colour Works by Ivana**  
Roof Studio/ AV Art Service

9 March—2 April 2024 @ Pitanga



Ivana

## BHARAT NIVAS PRESENTS

**Feelings of Vasant,  
Sitar Concert**

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

Bharat Nivas presents

**Feelings of Vasant**

**Sitar Concert**  
By Soham Munim

06:30 pm  
16<sup>th</sup> March  
Saturday

Venue :  
SAWCHU,  
Bharat Nivas, Auroville.

**All are Welcome..**

Scan for location

Enquiry Contact: Krishna at +91 97878 80211  
Parking available outside at the Bharat Nivas Main Gate

**By Soham Munim**

Saturday, 16 March, 6:30pm

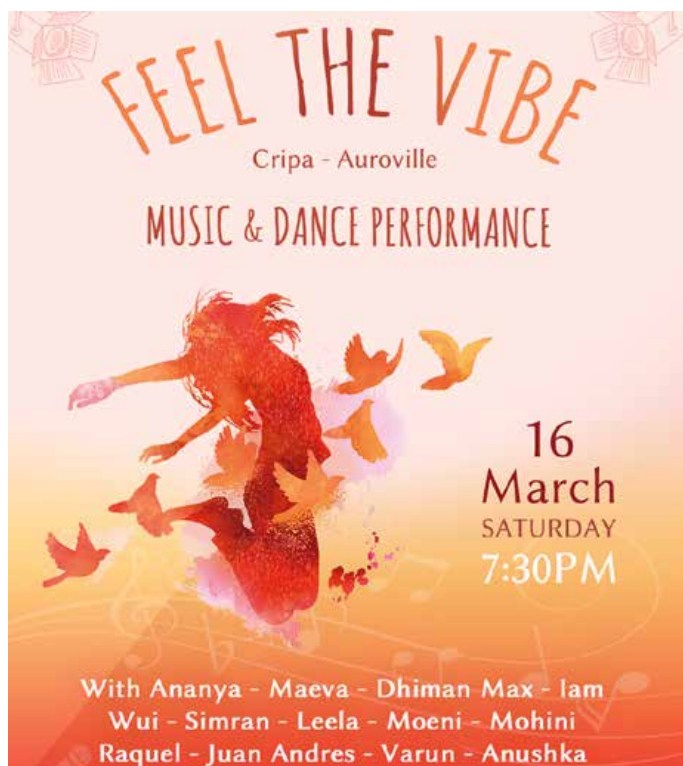
@ SAWCHU

- Enquiry Contact: Krishna at +91 97878 80211
- Parking available outside at the Bharat Nivas Main Gate

Monisha, BN Team







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

## EXPERIENCE

*Seleted works of Sambita*



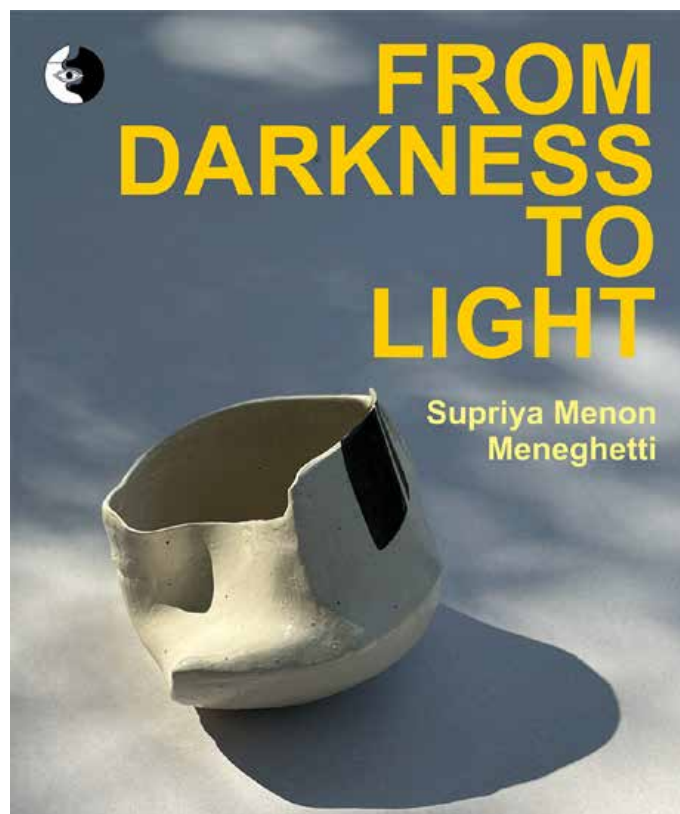
**aurelec** Restaurant & Art Gallery.  
15th March to 6th April 2024 | Open from 8 am to 5 pm

@ Aurelec Restaurant & Art Gallery  
15 March to 6 April 2024, 8am—5pm

Franz

## FROM DARKNESS TO LIGHT

by Supriya Menon Meneghetti



Monday to Saturday 10am—12pm and 2—5:30pm

ॐ असतो मा सद्गमय ।	Om Asato Maa Sad-Gamaya
तमसो मा ज्योतिर्गमय ।	Tamaso Maa Jyotir-Gamaya
मृत्योर्मा अमृतं गमय ।	Mrtyor-Maa Amrtam Gamaya
ॐ शान्तिः शान्तिः शान्तिः ॥	Om Shaantih Shaantih Shaantih

I have chosen the second line of this mantra, chanted every school morning for the first twelve years of my education.

The line means: From the Darkness (of Ignorance), make me go (i.e. Lead me) towards the Light (of Spiritual Knowledge).

This exhibition is a tribute to Deborah Smith, founder of Golden Bridge Pottery in Pondicherry.

She has shared with me her knowledge in work and life. My gratitude to Debby.

Supriya Menon Meneghetti

### 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

## 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

## 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, Kalabhum

Salsa is dance from Los Angeles, 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)

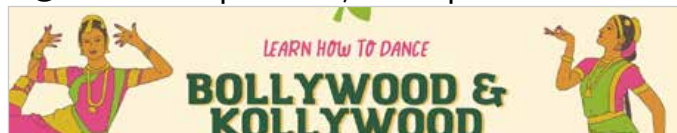
• Kindly WA to be added to the Salsa WhatsApp +91 9751395939

Submitted by Raja

## 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**

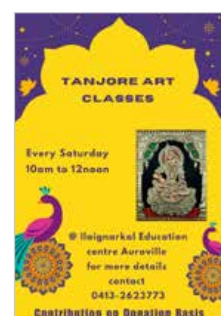
## Music and Art Activities

### 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>

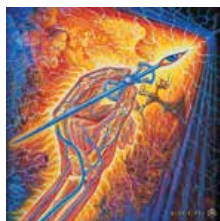
Sergey, Centre d'Art



## HIBISCUS ART VILLAGE PROJECT Presents Liberation Festival

@ Sve dame, 16 March, Saturday

- Exhibition of the Art camp Dance, Music, Performances
- All day food at Sudha's Kitchen



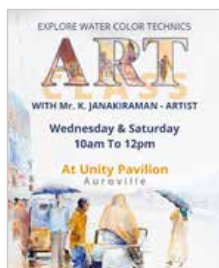
- 2:30 Circus performance by Seuf
- 2:40 Funkytown by DJ Bijou (downtempo, world, funk)
- 4:30 Nadaprem seasonal program (electro, acoustic, folk, IDM)
- 6:20 Poetry readings by Ganesh Krishnamurthy
- 7:00 Folk by Ronny
- 8:00 Circus performance by Seuf
- 8:10 Maxwell the Bubbleologist
- 8:30 Surprise DJ set
- 9:45 Closing ceremony Spiral Dance by Prem Shakti

[instagram.com/hibiscus\\_av](https://www.instagram.com/hibiscus_av), [facebook.com/HibiscusAV](https://www.facebook.com/HibiscusAV)

Submitted by Helena

## 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 Workshops by Chicago Artist Anatoliy Khmara

A special arrangements only for March

- Still Life
  - 3—5pm, Wednesday, 13<sup>th</sup> and
  - 5:30—7:30pm, Saturday, 16<sup>th</sup>
- Portrait Study
  - 11am—1pm, Sunday, 17<sup>th</sup> and
  - 11am—1pm on Tuesday, 19<sup>th</sup>
- Contact



Bonita Khmara: +919894438126, +13122091680 WA

### Weekly Art Activities

- Watercolor painting by Sathya, Thursday 4-6pm.
- Figurative Drawing Session Every Saturday 2-4pm.
- Root Of Art by C. Sivacoumar (To know the basic value of art) every Saturday 4:30-6:30pm. Contact: +91 8870129626
- Portrait: Live portrait in sketch and watercolor painting in 40min, by Sathya.

### 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.

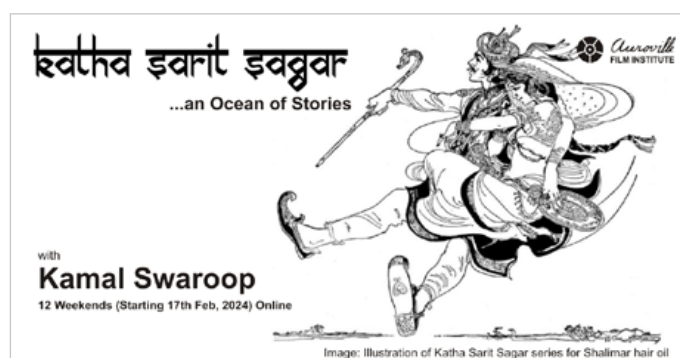
- The studio is open 12:30—4:30pm, Monday to Friday.
- If you plan to attend at other times, please inform in advance.
- Contact Abi at +919042058981.



CREEVA Studio, +91 9486145072 WA, Sathya

## 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/@Just-WannaWrite-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



- Kalabhami 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 apointment, 9042009200, Maneesh



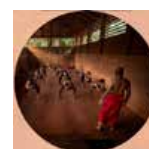
Where Body Becomes Eyes, Maneesh For Kalari Team

### 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.in](mailto:taichi@auroville.org.in)  
Warmly, Krishna

### KALPANA GYM

Kalpana Gym is open 7—9am & 5—8pm  
◦ Monday To Saturday

All Are Welcome!

Satyakam

### 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

## AUROVILLE AIKIDO

@ Auroville Budokan, Dehashakti near Dana:

Aikido is a Japanese martial art that can be practiced and enjoyed by everybody –usually gender mixed. Its regular and sincere practice makes you work on all your different levels of being: physical, mental, spiritual. There is no competition in Aikido and the spirit is of oneness and non violence—with concrete self-defense elements! We encourage the youth and especially girls and women to come and train with us. Welcome to watch a class before, or join us right away!



- **Children classes (from 8 of age)**
  - Monday, Wednesday & Friday: 4—5pm.
  - Regular attendance (at least twice a week) required, as part of the school sports' program. Please contact us (Philippe G. and Surya CR)
- **Adults all levels including Beginners**
  - **Morning:** Tuesday, Thursday & Saturdays 6—7:30am (with Murugan.)
  - **Evening:** class with Surya on Wednesday 5:15—6:30am.
  - **Beginners** are mostly welcome on Wednesday evening and Saturday early morning classes.
- **Women and young girls with Surya**
  - Sunday, 9:15—10:30am.
- **Practice clothes & other info:** for energy flow, avoid tight fitting clothes. Beginners can wear a T-shirt & long loose pants then a white 'keikogi' will be required (we have some). Please be on time, i.e. 10—15 min. before class starts! Reasonable contribution required from all for the Budokan (activity under LEAD). Annual/one time for Aurovilians—a monthly or per class contribution from non Aurovilians.
- **Contact:**
  - Surya 0413 2623813 or 8300189062
  - Philippe 8300643963
  - N. Murugan 9952812843
  - [budokan@auroville.org.in](mailto:budokan@auroville.org.in), [suryaniworks@gmail.com](mailto:suryaniworks@gmail.com)

Looking forward to see you at the Budokan dojo,

*For Auroville Aikido*  
Surya, N. Murugan, Philippe G. and Cristo

## YANG STYLE TAI-CHI 16 FORM



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/abhayaauville/>

*Giacomo*

## Bioregion Activities



### 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 food 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)



## UNVEILING THE BEAUTY OF THEVARAM:

### A Spiritual Journey through Three Temples near Auroville

16, 23 & 30 March

### • Embark on a unique pilgrimage to explore the rich heritage of Tamil Bhakti literature!

The Tamil Koodal Program Team, in partnership with Central Institute of Classical Tamil, Chennai & Puduvai Museum—Puducherry, invites you to a special series titled 'Unveiling the Beauty of Thevaram,' a spiritual journey through three Thevaram Thirumutruthalams (temples associated with the poems) near Auroville in Vanur Mandalam.



### • What is Thevaram?

Thevaram, meaning 'garland' in Tamil, is a collection of devotional poems dedicated to Lord Shiva and Shakti, revered in Shaivism. Composed by the three renowned poet-saints Thirugnana Sambandar, Tirunavukkarasar, and Sundarar between the 6th and 8th centuries CE, Thevaram forms the bedrock of Tamil Bhakti literature.

### • Why join us?

- Delve into the history of these ancient temples and their connection to Thevaram.
- Experience the timeless beauty of Tamil Bhakti first-hand through lectures, discussions, and temple visits.
- Learn from renowned scholars and explore the profound language and imagery of Thevaram.

### • The Pilgrimage

Join us for an enriching afternoon exploring Thevaram! The program begins at 2pm at Unity Pavilion on 16 March with a bilingual introductory lecture by renowned professors from the Central Institute of Classical Tamil, followed by a special lecture by the young poet Master Sivakalasan. This insightful session concludes by 4 PM, after which we will depart for the Temple in two buses for a guided tour and exploration.

- 16 March: Irumbai Temple  
Half day, 2—7pm, [Program agenda is here](#)

- 23 March: Thiruarasili Temple (Olinthiampettai)  
Half day: 2—8pm
- 30 March: Thiruvakarai Temple (Full Day)

### • About Master Sivakalasan

Sivakavi Kalasan hails from the Sivapuram Gurukulam, where Thiruvasagam is the central text. While leading a normal life and enjoying festivities with his family, Kalasan received his first divine inspiration—a few lines of a Tamil poem—during a Sunday morning 'Sivapatha Pooja' ritual. Encouraged by his Guru, Sivapuram Ayya, Kalasan began composing poems at the young age of 10 and has since published four books. Despite not attending formal schooling, he completed his 8th-grade exams in just two months. **Currently 13 years old**, Kalasan resides in the Gurukulam with his family and continues to flourish as a poet under the guidance of his Guru.

Don't miss this opportunity to immerse yourself in the rich cultural and spiritual heritage of Tamil Nadu!

- For more information and registration, please contact:

- [tamil@auroville.org.in](mailto:tamil@auroville.org.in), 9486623273

We look forward to journeying with you!

Sivakumar for The Tamil Koodal Program Team

## 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



MOHANAM PROGRAM  
Presents

## Auroville Northwest Experience



**Auroville Northwest Tour**  
Date and Time: Every day 10.30 am to 1 pm (Except Sunday)



**Mohanam Campus Tour**  
Timing: 10 am-4 pm  
Day: Everyday, Except Sundays

- 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



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 Vesti 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



## 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

## 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

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

21ST - 23RD MARCH 2024

**Bicycle Furniture Lampshade Giraffe**

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

**JEWELLERY, TOYS, MUSICAL INSTRUMENTS, PLANTER, ARCHERY**

- **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

## EGAI: ART OF GIVING



+91 9791896488 WA /0413 2963034  
@ Egai, Isaiambalam

**egai 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

**egai 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



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: 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.

- **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



## 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*

## Help Needed

### IMPORTANT UPDATE ON TALAM PAY!

Dear Friends, I'm Shankardevy from Talam. I'm writing to you for an important update regarding Talam Pay and I seek your support.

Talam Pay, one of the 25+ services developed and managed by Talam, is currently catering to 400+ units/activities. In terms of volume of payments, Talam Pay is processing payments of Rs.1 Crore (10 million) plus every month. Apart from these payments, Talam Pay also processes all online donations to Auroville.

At Talam, our experiment is about seeing practical ways of realizing Mother's Dream. So we offer our work as service to the community in the spirit of Mother's 'Dream' (in practical terms without service fee) and see how we can take care of the community needs and how the community can respond to this care. (It's not an easy experiment but a worthy experiment and the experiment has transformed me personally to who I'm today. Someday, I will write about this experience as a separate topic.)

Running Talam Pay, however, costs money from the day it was conceived as an idea, irrespective of how it was done in the spirit of Mother's Dream. We had been able to offer Talam Pay without demanding service fee because of several things: the Divine grace our team's low foot print on expenses and extended work hours (several times clocking 50-60 hrs a week) general donation offered to Talam by one well wisher and my personal donations both monetary and in-kind.

It's been almost 7 years since we started exploring several tech solutions and banking partners to provide Talam Pay service to the community. It's been 3 years, 2 months since we started processing our first payment. Now we are running out of funds. We also approached a few bodies in Auroville but we were told they couldn't support us. If each of us using Talam Pay (and those not using Talam Pay but still would like to support our service) could make a monthly contribution, it would help us continue this service. So I reach out to you personally to see how much you can contribute to us monthly.

- Please fill in this Google form to indicate your monthly contribution: <https://forms.gle/KkaZKpRoLUQC53xU8>

If at this point, if we are not getting reasonable support from the community, we will consider it as a service not so useful to the community that is worth supporting and we will be forced to close this service by 31st March due to financial and Human Resource constraints.

However, if we receive support from a majority of our community members, we will continue providing the service, work on improving Talam Pay infrastructure and features and would also work on bringing in QR based donations —

a most requested feature from the community. All these depend on how the community decides to support Talam Pay.

Quoting from our welcome email to every new Talam Pay account holder:

What is the reasonable contribution for Talam Pay?

Thank you for asking. For most services in the world outside, 'reasonable' might mean how much a competitor providing similar service charges for or an average market value. At Talam, we believe 'reasonable contribution' is a mix of several aspects involving both of us:

You can choose an amount that feels right to you considering our financial means The value Talam Pay provides to your work The money you save in one time setup fee, annual maintenance fee, transaction fee and in operational cost What represents a gesture of commitment that you will continue using this service without abandoning it because you never paid for it Your desire to support our continued work at Talam in this spirit of community service Your desire to offset for people who use this service but unable to contribute If your financial means are limited, then you can choose a token amount or even zero. In case you feel uncomfortable about contributing zero, we want you to know that we hold no negative judgment about that. We welcome everyone regardless of ability or willingness to contribute. Regardless of the amount you choose, you will have the same privileges and access to Talam Pay as everyone else. We are not trying to draw you in to upsell you into a 'premium service.' This IS the premium service! Welcome!

- Google form for your monthly contribution is here: <https://forms.gle/KkaZKpRoLUQC53xU8>

I will provide an update on Talam Pay by 15 March based on the support received. Thank you very much! Looking forward to your support!

PS: I take this opportunity to thank two Auroville entities who have recognised the spirit of our work and have been supporting us with a monthly contribution: Purnam and AVArts/TaiChi. Both of them had contributed Rs.4000 and Rs.150 every month respectively. Talam thanks them sincerely for this support.



Scan to Contribute  
Shankardevy

### FOR EMERGENCY Dental Procedure

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: FS 3981

Thank you so much! Ingrid

## 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





## COMPUTER & NETWORKING

I am Ramakrishnan Aurovillian experienced in Computer & Networking for 8+ years and gained more knowledge in creating-on new Fiber internet infrastructure and IT troubleshooting work for our Auroville community since 2015 And I am happy to provide the below services to our Auroville community

- Computer & Laptop—Sales & Repairing
- Ups Battery & Inverter—Sales & Repairing
- Cctv Camera Installation—Sales & Repairing
- Printer Sales & Repairing
- Printer Toner Refilling
- Routers And Modems Sale & Repairing
- Fibre Optics Cable Splicing—Sales & Servicing

Please feel free to contact Ramakrishnan:

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

Ramakrishnan

## RAPID CARE SERVICES

Dear Residents, we are happy to announce that Rapid Care Services have successfully completed one year. We began operations in December 2022. 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

pop-up!

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





**VĒLAI**  
**CRAFT SPACE**

Artisans and craftsmen working with us and growing themselves and their skill











We are offering fully furnished machine shop as per your needs. We also provide product marketing and customer management services.

Artisans and craftsmen working with us and growing themselves and their skill We are offering fully furnished machine shops as per your needs. We also provide product marketing and customer management services.

- [egai@auroville.org.in](mailto:egai@auroville.org.in), 9791896488

Anand

## 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** offer fare 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
- **Gulf** airways special fare from Chennai to Milan
- **Etihad** airways special fare is available from Chennai to Frankfurt, Paris, Milan
- **Kuwait** airways offers are available from Chennai to Athens, Istanbul
- **Oman** airways special fare from Chennai to Frankfurt, Paris, Munich and Milan

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

### EAT

Grasshoppers devour the sunflowers  
Petal by petal to raggedy yellow flags—  
Squash blossoms of small suns blessed  
By dewdrops flare beauty in the morning  
Until an army of squash bugs land  
And eat, then drag their bellies  
From the carnage—  
Field mice chew their way  
Into the house. They eat anything  
Sweet and leave their pebbled shit  
In staggered lines to the closet door.  
Hungry tree frogs cling to the screen.  
Their curled tongues catch anything  
With wings driven to the light—  
We find a snake hidden on the porch,  
There are rumors in the yard  
Of fat mice frolicking here.  
The night is swallowing  
Daylight.  
We sit down to eat.

Joy Harjo

### MIRACLE

Mirra calls Her children  
To come home.  
Mirra creates an Auroville  
And calls it a miracle.  
Breathe  
The air of Auroville  
A living miracle.



Mother (Mirra Alfassa) named the flowers of *Memecylon umbellatum*. Miracle (Air of Auroville).

With joyful Gratitude,  
Anandi Z.

## Voices and Notes

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

Every Thursday, 5 to 6pm

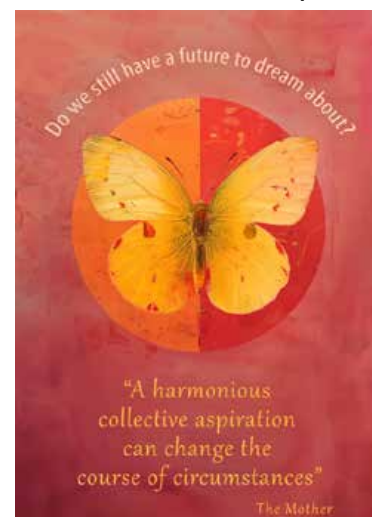
@ Matrimandir, Stone Circle Garden of the Unexpected

'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



## AUROVILLE PROSPERITY: THE MOTHER'S

Mother's Prosperity goes hand in hand with the Admission Form to be submitted to her, stating:

1. one works for the community at least 5 hours, also on Sunday; changed afterward to 6 hours, if Sunday is excluded.

2. for Auroville to ensure the minimal needs the resident has to relinquish all other sources of income.

The Mother did not request those economically self-sufficient to surrender all they had: Auroville was too new, the situation still precarious; in her practical wisdom Mother would not be taken out of guard. But living in Auroville is a choice; to be here implies living a non-ostentatious, satwic life, independently from one's financial means. How we outwardly live reflects who we are within. Our lifestyle is the touchstone, and satwa is the big divide.

Reading how minimally lived those who founded Auroville helps finding the way back to the centre. An important source is *Memories of Auroville* by the late Janet Fearn, 'a book about the very early days of Auroville based on interviews made in 1997 with Aurovilians who lived here between 1968 and 1973'.

Available online, this is the link:

• <https://www.memoriesofauroville.com/>

Two excerpts from Janet's book, true nourishment of the soul, show the way:



'As a matter of fact I asked Mother whether I should work here. And she said yes, I can go and work in Kuilapalayam, because there was a very great necessity for the Tamil people to know what Auroville is about. Auroville is essentially a project expressing the inner spirit. If you want to concentrate on external things only for its own sake instead of as an expression of inner spirit, the main thrust of Auroville will be lost. The other things are there and they will happen, but as an expression of the spirit.' (G. Varadharajan)

'I asked about the work, as that was the most important thing for us, about the work in Aspiration, how to proceed. She immediately felt there was the tendency to escape a little bit from the work that had to be done. And 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. She stressed the importance of the very, very physical work. She gave us some so wonderful details. I mean you can do anything with this attitude of trying to find the true attitude, just cycling, and just planting a tree, just doing anything, sweeping, cooking. It was so wonderful, this very first talk with her, when she stressed that just with physical work you could have communion with the Divine. It was very important for us, because we had this tendency of thinking that everything can be done by a miracle. I mean we were very young and thought that maybe there was another way of building the city, not just building factories and producing all these things that we were told to do. But she made it clear that we have to find the Divine here on this Earth through physically working and finding the true attitude.' (Christophe)

Yes, 'the inner discovery should have been done before coming to Auroville.' This is the one issue: the inner discovery – or its absence. Conflict in Auroville will not subside as long as the psychic being doesn't take the lead; then only

everything falls harmoniously into place and Mother's guidelines and Prosperity are effortlessly lived as svadharma.



Janet  
in Centerfield  
with L'Aura

There is no gnostic society unless satwa harmonises rajas and tapas. This should be how we live and serve in Auroville.

Submitted by Paulette

## TOTAL IDENTIFICATION

If you reach the Ultimate, then you can say 'All is One'. And this One is the Eternal and Infinite. The Divine. The 'Supreme Divine Mother' is one aspect that is the Creative Power, which at every moment gives birth to the Infinite many. We can say that the Eternal is the Absolute that supports the Infinite. Yet they are inseparably One. And therefore you are That, Tat Tvam Asi. One who realises this can say 'Aham Brahmasmi', I am Brahman.

I am the Divine.

Only in this Lila of You, this unfolding Divine Play, still in a limited Homo sapiens body, a transitional modality of existence we call the human being. The Lila continues on towards the next modality that the Supramental Avatars Sri Aurobindo and the Mother started, the new apex species the Supramental being. Before that happens, the first necessity is the 'change of consciousness' from the false-separative mental to the Truth-Unity Supramental.

An OBE is needed. See my post here:

• <https://www.facebook.com/share/p/YSKdp19yTrwsEw3G/?mibextid=xfxF2i>

And the easiest and most joyful way to that is the Sunlit Path of Surrender, of Bhakti to the Supreme Divine Mother. A tipping point of enough awakened human beings will be reached, triggering a spontaneous evolution, a 'Total Identification to Oneness' in this material physical, Purusha and Prakriti in Yoga, and the Supramental being emerges:

The Golden Age, Satya Yuga...

The Life Divine.

PS: The purpose of Auroville this City of Dawn created by the Supramental Avatars is a modern Gurukul, within Bharat Mata the Guru of the World, as an intensely dynamic experiential field of play for the Integral Supramental Knowledge and Practice, the Bhakti-Jnana-Karma Yoga in real-time application.

'The whole earth must prepare itself for the advent of the new species, and Auroville wants to work consciously to hasten this advent.'

• <https://auroville.org/page/a-true-aurovillian>

Here is Sri Aurobindo with his especially revealing elucidation on the fundamental principles underlying a Gurukul of Bharat Mata, which applies to Auroville that has, lo and behold, since 1988 favorably evolved under the legislated administration and governance of the Ministry of Education of Mother India:

• <https://incarnateword.in/cwsa/01/the-brain-of-india>

Thus we can now effectively integrate the fundamentals of education befitting a Gurukul with the progressive ever-unfolding terrestrial evolution of consciousness and life on Earth, as specifically outlined in the Auroville Charter:

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

We consciously continue on...

Zech, 2024.03.09



## 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 Sanscrit, Tuesdays for for Spanish & Tamil, 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 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
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 Started 28 March 2024	2 – 4pm	Thursday
Hindi	Beginner Started 27 March 2024	2 – 4pm	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!

## Sanskrit Chants with Vishvanathanji

Learn Sanskrit Chanting in the light of Mother and Sri Aurobindo. We will learn 8 traditional Samskrit Chants, invocations to the Divine Mother, to deepen our aspiration, widen our receptivity, and to bring down in us samata, peace, courage, humility, sincerity, harmony, gratitude, and perseverance.



The sessions will be led by Vishwanathan, supported by his wife Lalitha. Their study of the writings of Mother and Sri Aurobindo has deepened and enlarged their understanding of the traditional Samskrit chants and in turn the chants are a great help in their sadhana. They feel blessed to share these traditional Samskrit chants.

- Every Monday, 5—6pm all are welcome to join to learn these inspiring Chants!

### 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 Bechedorf & 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.

This book has information for a wide variety of professionals in different fields, as well as laypeople. For example, midwives, doulas, gynaecologists, as well as pregnant women, parents-to-be and recent parents, will find the chapter on "Resonance in the Womb" full of incredibly fascinating information. It is an excellent summary of all the research since Dr. Tomatis' pioneering work in the early 1950s, on the development of listening in the womb.

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

Looking for: We found a volunteer for the Telegu translation editing work, and for most of the other tasks. But we could definitely still do with someone to help with fundraising and English Teaching. We always welcome volunteer language teachers.

### 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@aurovillelanguagelab.org](mailto:tomatis@aurovillelanguagelab.org) to schedule your Listening Tests & Consultations.

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

- <https://www.aurovillelanguagelab.org/tomatis-method.php>
- <https://www.aurovillelanguagelab.org/tomatis-kids.php>
- <https://www.youtube.com/watch?v=wnpXprTI3m0>
- <https://www.youtube.com/channel/UCeTIG0y-sBMly-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

### MINDFUL MONDAY

Every Monday, 7:30am, followed by breakfast

**MINDFUL MONDAY**

YOU DON'T WANT TO MISS THIS!

1 Reduces stress

2 Makes you happier

3 Better Sleep

4 Regulates heart rate

5 Promotes positive mood

EVERY MONDAY 07:30AM FOLLOWED BY BREAKFAST

WITH MRADUL JAIN

Learn how a unique Japanese scientific meditation blended with ancient wisdom...can change your life!

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, Kuilapalayam
  - 0413 2623071, +91 9751033162

Yatra Srinivassan

## SITARA MUNAY-KI YOGA SCHOOL

### 1- Month Teacher Training

25 March—24 April

For more info about the Course, the School, and the Teachers see [sitaramunay-kiyoga.org](http://sitaramunay-kiyoga.org)

SITARA MUNAY-KI  
YOGA SCHOOL

1-month  
TEACHER TRAINING

25 March - 24 April

ASANAS  
PRANAYAMA  
MEDITATION  
SOUND HEALING  
SHAMANIC JOURNEYS  
THE WISDOM OF THE CHAKRAS

Please contact us—As soon as 4 people express their initial interest, we can meet to answer all your questions

- [gp@auroville.org.in](mailto:gp@auroville.org.in), +393288181300 WA Giovanni

## 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



## YOGA WITH RACHEL

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

## 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	10—11am	Mobility with Karalakattai Classes until March 29
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.

### Kirtan Evening

- Thursday, 14 March, 5:30—7pm

Experience the soul-stirring melodies and rhythmic chants of Kirtan as we come together for an evening of devotion and joy. Immerse yourself in the uplifting vibrations of sacred mantras led by our experienced Kirtan leaders. Let the music transport you to a place of inner peace and spiritual connection.

Whether you're a seasoned practitioner or new to the practice, all are welcome to join our community in this celebration of sound and spirit.

- Bring your instrument and join us. **Free Entry**

### Yoga Nidra and Gong Meditation

#### Discover Deep Relaxation

- Saturday and Sunday, 16 & 17 March, 3:30—5pm

Embark on a journey of profound relaxation and inner exploration with our upcoming Yoga Nidra and Gong Meditation session.

In this special event, you will be guided through the ancient practice of Yoga Nidra, also known as yogic sleep. Experience deep restorative rest as you journey through layers of consciousness, allowing tensions to melt away and a sense of profound peace to emerge.

Following Yoga Nidra, immerse yourself in the ethereal sounds of the gong during a transformative Gong Meditation. Feel the vibrations wash over you, soothing the mind, body, and spirit, and facilitating a state of deep relaxation and inner harmony.

This unique combination of practices offers a powerful opportunity for rejuvenation, healing, and self-discovery.

All levels of experience are welcome, and no prior meditation or yoga experience is necessary. Registration and contribution required.

**Bala**

## ARKA WELLNESS CENTER & MULTIPURPOSE HALL

March Regular Activities, 0413 2623799

### Treatments

Treatment	Therapist	when
Body Logic, Soft Massage & Deep Tissue Massage.	Pepe	Monday to Saturday by Appointment 9943410987
Cranio-sacral, Lomi Lomi Kahuna massage, Barefoot body massage	Silvana	Monday to Saturday by Appointment 9047654157
Nutrition consultant, Diet, Weight Loss and Weight Management, Psychosomatic	Nadia (English & French)	Monday & Wednesday afternoon by Appointment 9489035457
Psychospiritual Intro-spective Tarot Reading, Deconditioning Self Inquiry	Antarjyoti (English & French)	Monday to Sunday by Appointment: 04132623767 <a href="mailto:antarcalli@yahoo.fr">antarcalli@yahoo.fr</a>
Chinese Fire Cupping and Moxibustion Therapy	Chun	Monday to Saturday by Appointment 8098900708
Reiki Healing, Breath-work, Energy healing.	Niyati Thakkar	only by Appointment <a href="mailto:niyatithakkar2112@gmail.com">niyatithakkar2112@gmail.com</a>

### Classes

Classes	Teacher	when
Acro Yoga	Damien	Monday 3—4:30pm Tuesday 5—6:30pm 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—6:30am Or by Appointment 9159052743

Submitted by Ramana

## 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 Arts Media,  
Near New Creation Sports Ground, Kuilapalayam

0413 2623071, +91 9751033162,

<https://www.yatraarts.org/>, <https://www.yatraartsmedia.org/>





## 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.



### Karalakattai

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

Karalakattai (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 karalakattai 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 acupressure 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.

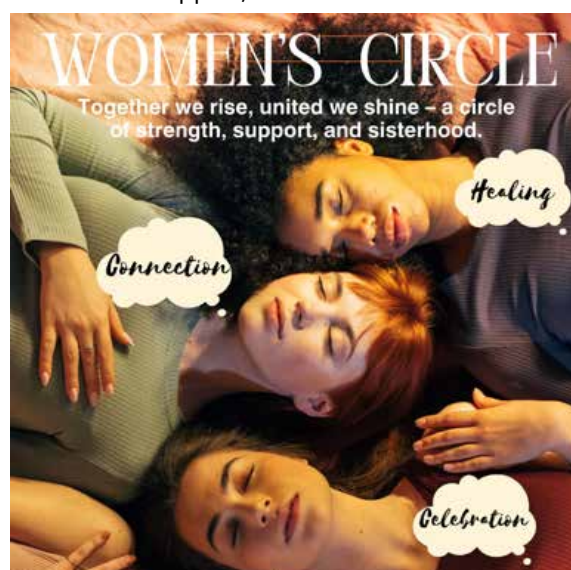
Kindly email your resumes with the subject title Internship Program at [angamtree@auroville.org.in](mailto:angamtree@auroville.org.in)

- 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*

## WOMEN'S CIRCLE

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



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

+91 9489244823, Prem Shakti

## ACRO YOGA

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



Damien

## 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

## QUIET HEALING CENTER



### 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.quiethealingcenter.info/](http://www.quiethealingcenter.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	Asanas 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	Asanas 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	Restorative Yoga with Rachel
Fridays	
6:45am—8am	Pranayama with François & Namrita For former 'The Art of Living' course participants
7:30am—9am	Asanas 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	For Giving Love with Marie-Claire
Saturdays	
9am—10:30am	Asanas (Intermediate level regular practitioners) 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

- Natural Eye Healing, workshop 'Eye Yoga' with Aurosugan
  - Monday, 25—Friday, 29 March
  - Daily, 3—4pm for 5 days

Eye yoga exercises strengthen weak eye muscles, improving circulation and muscle movement. The technique includes activities that can help improve the entire visual system for better vision.

The eye yoga and exercises are simple and can be done in between your routine tasks, and by doing them regularly, you can significantly reduce your level of eye discomfort, blurred vision and other symptoms of eye strain.



- Registration required.
- 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](https://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
Fridays	Sufi Whirling & Zikr Practice	5—6pm	Prem
	Yoga Asana: Deep Stretch & Relaxation	7:30—8.30am	Radha
	Hatha Vinyasa Yoga	5—6pm	Andres
Saturdays	Free Flow Dance & Movement	5—6:30pm	Vega
	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
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 Verité Programming

018 - 14 March 2024



## VERITÉ WORKSHOPS

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 Therapy for Back Pain with Bijou

- Thursday, 14 March, 9:15am—12pm

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

### Yoga Class: Pranayama, Mantra & Asana for Internal Organs with Andres

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

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

### Ayurveda for Self-Harmony with Claire

- Friday, 22 March, 9:15am—12pm

Discover Ayurvedic wisdom & its recommendations for self-care & healing. In this practical workshop, you will experience some of the fundamental Ayurvedic techniques to observe various body/mind/metabolic conditions in yourself & others & learn how Ayurveda can be applied in daily life to maintain balance & harmony, according to your own nature.

### Food is Medicine: Lifestyle Health Practices with Parvathi

- Friday, 22 March, 2pm—4:30pm

Learn about your body's constitution (Tridosha) & the plants, foods, spices & lifestyle practices that benefit your constitution & help prevent health complications. Parvathi will also demonstrate the proper way to prepare decoction/ infusion teas.

Kathir  
for Verité Programming

## KARMA YOGA LEARNING BY DOING

### KARMA YOGA LEARNING BY DOING

Join the Taste of Yoga team to serve wholesome, vegan food, desserts & beverages!

#### VOLUNTEER HOURS

Monday to Saturday  
8:30 am to 12:30 pm  
or  
1:30 pm to 5:30 pm  
Minimum 1 month

#### WHAT WE OFFER

- Learn the art of kitchen management
- Develop your accounting, housekeeping & communication skills.
- Refreshments
- Access to a yoga class

Verité Integral Learning Center, Auroville

[cafe.vilce@gmail.com](mailto:cafe.vilce@gmail.com)

- [cafe.vilce@gmail.com](mailto:cafe.vilce@gmail.com)

Kathir  
for Verité Integral Learning Center

## Cinema

### VASTU MARUBU: THE LIVING TRADITION

#### The Shilpi Speaks

17 March, Sunday, 3—5pm @ Tibetan Pavilion

*In Sound through Music,  
In Movement through Dance,  
In Words through Poetry,  
In Space through Architecture,  
In Form through Sculpture,  
In Thought through Mathematics,  
One can touch the Divine*

*From the oral verses of the Shilpi (sculptor)*

We invite you to join us for a film screening of the documentary 'vAstu marubu: The Living Tradition—The Shilpi speaks'

A 1991 National award-winning documentary on the traditional art and technology of Temple architecture and sculpture of Tamil Nadu, narrated by Sculptor-Designer, Dr. Ganapathi Sthapathi.



Followed by an interactive session with architect and educator Sashikala Ananth, who was instrumental in envisioning and conceptualizing the documentary film with director Bala Kailasam.

Chandana Reddy,  
Radhika Soni & Shivangi Gadia

### 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, 22 March

#### The Emotional World of Farm Animals

2004 / 52 minutes / Stanley Minasian

A delightful documentary for viewers of all ages about the thinking and feeling side of farm animals. This journey into the sentient, emotional lives of farm animals brings Mas-son to animal sanctuaries around the country where care-givers and the animals themselves tell their stories. **Shek**



**CINEMA PARADISO**  
**Multimedia Center (MMC) Auditorium**  
**Film Program**  
**18 March to 25 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 18 March, 8pm**  
**HELLO JUNE (June)**

India, 2022, Writer-Dir. Ahammed Khabeer w/Rajisha Vijayan, Sarjano Khalid, Joju George, and others, Musical-Romance, 139mins, Malayalam w/ English subtitles, Rated: NR (PG-13)

June, a teenager, believes that there is nothing remarkable about her. She experiences adolescent crushes, handles heartbreaks, and fights insecurities as she grows into a mature and confident woman.

**Potpourri—Tuesday 12 March, 8pm**  
**PRACTICAL MAGIC**

USA, 1998, Dir. Griffin Dunne w/Sandra Bullock, Nicole Kidman, Stockard Channing, and others, Comedy-Fantasy, 104mins, English w/English subtitles, Rated: PG-13

After the death of their parents, two sisters, Sally and Gillian, move in with their relatives. They must use the magical gift, which they inherited from their parents, to overcome obstacles in life.

**AVFF Winner—Wednesday 13 March, 8pm**  
**AWARE: GLIMPSES OF CONSCIOUSNESS**

Germany, 2021, Dir. Eric Black & Frauke Sandig, Documentary, 102 minutes, English-Nepali-Spanish w/ English subtitles (for Nepali and Spanish), Rated: NR (PG)

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

*Winner of the Auroville Film Festival 2024 Wisdom Award in the category of 'films that develop the theme of human unity'! Don't Miss!*

**Selection—Thursday 14 March, 8pm**  
**SAYAT NOVA (The color of pomegranate)**

USSR, 1969, Writer-Dir. Sergei Parajanov w/Sofiko Chiau-reli, Melkon Alekryan, Vilen Galstyan, and others, Biography-History, 79mins, Armenian-Azerbaijani-Georgian w/ English subtitles, Rated: NR (PG-13)

This masterpiece movie about the Armenian troubadour Sayat Nova (King of Song) reveals the poet's life through his poetry than a conventional narration. We see the poet grow up, fall in love, enter a monastery and die, but these incidents are depicted in the context of what are images from the director's imagination and Sayat Nova's poems, poems that are seen and rarely heard. This is a different, one-of-a-kind work not to miss!

**International—Saturday, 16 March, 8pm**  
**MAMI WATA**

Nigeria-France-UK, 2023, Writer-Dir. C.J. 'Fiery' Obasi w/ Evelyne Ily Juhen, Uzoamaka Aniunoh, Emeka Amakeze, and others, Fantasy-Thriller, B&W, 107mins, English-Fon w/English subtitles, Rated: NR (R)

In Iyi village, villagers worship the mermaid deity Mami Wata and turn to their healer Mama Efe, the intermediary between them the deity, as well as Mama Efe's daughter Zinwe and her protegee Prisca. When their children begin to die and disappear, local resident Jabi casts doubt on the population, while Zinwe flees, driven by her own anguish. Soon, the arrival of rebellious warlord Jasper tips the scales in Jabi's favor. With the village under new control, Prisca and Zinwe must plot to save their people and restore Mami Wata's glory to Iyi

**Children's Matinee—Sunday, 17 March, 4pm**  
**TROLLS BAND TOGETHER**

USA, 2023, Dir. Walt Dohrn & Tim Heitz w/ Anna Kendrick, Justin Timberlake, Kenan Thompson and others, Animation-Adventure, 91mins, English-Spanish w/ English subtitles, Rated: PG

Poppy discovers that Branch was once part of the boy band 'BroZone' with his brothers, Floyd, John Dory, Spruce and Clay. When Floyd is kidnapped, Branch and Poppy embark on a journey to reunite his two other brothers and rescue Floyd.

*Kenji Mizoguchi Film Festival @ Ciné-Club:*

**Ciné-Club Sunday 17 March, 8pm**  
**GION BAYASHI (A Geisha)**

Japan, 1953, Dir. Kenji Mizoguchi, w/ Michio Kogure, Ayako Wakao, and others, Drama, 85 mins, Japanese w/ English subtitles, Rated: R.

In the post-war Gion district of Kyoto, the geisha Miyoharu agrees to apprentice the 16yrs old Eiko, whose mother was a geisha who has just died. After a year of training, they must find a large sum of money before Eiko can debut. However, both geishas have minds of their own and, going against tradition, want to be able to say no to clients.

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, 15 March, **Graduation** (Bacalau-reat) By Cristian Mungiu—Romania, 2016
- Friday, 22 March, **Varda By Agnes**

Directed by Agnès Varda, France, 2019

**Synopsis:** Agnès Varda (1928-2019), photographer, installation artist and pioneer of the 'Nouvelle Vague' (the famous French New Wave), is an institution of French cinema! Taking a seat on a theatre stage, she uses photos and film excerpts to provide an insight into her unorthodox oeuvre. From a review: 'This is a wonderful movie. Even if you haven't seen any of her movies, it's like meeting an old friend.' To refresh the memory of those who have seen a few of them: Cleo from 5 to 7/Cleo de 5 à 7, Vagabond/Sans toit ni loi, The Gleaners and I/Les Glaneurs et la glaneuse ... A most inspiring documentary, and homage to this great artist!

Original version in French, with Engl. Subtitles, duration 1h.59'

### Special Event At Aurofilm: Open House

Welcome To Our Open House !!!

- Saturday, 31 March, 5—7:30pm  
@ Aurofilm, Kalabhoomi, next to CRIPA

Presentation and interaction where we will share our love for the Best of Cinema, in the light of Auroville! You will discover our activities, our new team and new situation! We will also watch together a short movie (program unveiled in the next issue of the N&N... but maybe a good old Buster Keaton film of the 1920s for The General audience...?! Or something else! Refreshments will be served. See you there... Aurofilm

Surya for Aurofilm

### Emergency Services

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

- PIMS—0413 2656271

### Security (24/7):

- Auroville Police Station—0413 2677318
- Kottakuppam 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:

- Vandrevalla Foundation +91 9999666555

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

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



### Pondicherry TO AUROVILLE

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

### 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>