



News Notes

#1020 A weekly bulletin for residents of Auroville 28 March 2024



*It matters little that there are thousands of beings plunged in the densest ignorance,
He whom we saw yesterday is on earth; his presence is enough to prove that a day will come
when darkness shall be transformed into light, and Thy reign shall be indeed established upon earth.*

*The Mother first meeting Sri Aurobindo,
29 March 1914*

Pondering



The One whom we adore as the Mother is the divine Conscious Force that dominates all existence, one and yet so many-sided that to follow her movement is impossible even for the quickest mind and for the freest and most vast intelligence. The Mother is the consciousness and force of the Supreme and far above all she creates. But something of her ways can be seen and felt through her embodiments and the more seizable because more defined and limited temperament and action of the goddess forms in whom she consents to be manifest to her creatures.

Sri Aurobindo, The Mother

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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

House of Mother's Agenda



The Mother, Agenda, April 26, 1972

One must be thoroughly convinced of it before one can expect to receive that Consciousness. You know what I would say? It's a good sign—it's not pleasant, but it's a good sign.

But, of course, at best—at the very best—we are transitional beings. And well, transitional beings.... But the consciousness of the inner being ultimately gets stronger, you follow? Stronger even than the consciousness of the material being. So the material being can be dissolved, but the inner consciousness remains stronger. It is of that consciousness that we can say, 'This is me.'

Yes.

There you are. THAT is the important thing.

The important thing.

As for me, the purpose of this body is now simply: the Command and the Will of the Lord, so I can do as much groundwork as possible. But it isn't the Goal at all. You see, we don't know, we don't have the slightest knowledge of what the supramental life is. Therefore we don't know if this (Mother pinches the skin of her hand) can change enough to adapt or not—and to tell the truth, I am not worried about it, it's not a problem that preoccupies me too much; the problem I am preoccupied with is building that supramental consciousness. So IT becomes the being. It's that consciousness which must become the being. That's what's important. As for the rest, we'll see (it's the same as worrying over a change of clothing). But it must truly be IT, you see. And in order to do that, all the consciousness contained in these cells must aggregate, form and organize itself into an independent conscious entity—the consciousness in the cells must aggregate and form into a conscious entity capable of being conscious of Matter as well as conscious of the Supramental. That's the thing. That's what is being done. How far will we be able to go? I don't know.

You understand?

Yes, Mother, I understand very well.

How far we'll go, I don't know. I feel that if I last up to my hundredth birthday, that is, another six years, much will be accomplished—much. Something significant and decisive will be accomplished. I am not saying that the body will be able to get transformed... I have no such signs, but the consciousness—the physical, material consciousness becoming... 'supramentalized.' That's it, that's the work now in progress. And that's what's important. You too, you must be able, you must be destined to do that also, hence your disgust. But instead of dwelling on the disgust, you should dwell on the identification with the consciousness you are in when you are sitting still. You follow? That's the important part.

That's the important part.

(Satprem rests his forehead on Mother's lap. Sujata approaches)

I am beginning to understand why Sri Aurobindo always said it was woman (Mother caresses Sujata's cheek with her finger) that could build a bridge between the two. I am beginning to understand. One day, I'll explain. I am beginning to understand. Sri Aurobindo used to say: it is woman that can build a bridge between the old world and the supramental world. Now I understand.

Yes, I understand too.

Then it's all right. We must have patience.

(Mother presses her index finger against Sujata's chest:)

Will you remember what I said?

The Mother, Agenda, April 26, 1972

<https://incarnateword.in/agenda/13/april-26-1972>

The Mother, Agenda, April 29, 1972

How are you?

I don't know, so-so.

Nothing particular?

No, Mother, nothing particular. And you?

(silence Mother sits gazing)

You are more conscious of what has to be demolished than of what is being built.

Yes, it's true—yes, I am very conscious of that.

Yes, of what must be demolished, but it's more interesting to be conscious of what's being built.

But, Mother, when at every step you're made to face all sorts of things that aren't very... that you want to get rid of.

But that's down there (gesture to the ground). You must look above.

(silence)

But is it getting built in spite of all the resistance?

Fortunately! Fortunately—because those who ought to be helping aren't helping. Thank God it's happening in spite of everything!

(silence)

It's like asking me whether the divine Consciousness is stronger than the obscure little consciousness of humans.

(Mother plunges in)

The Mother, Agenda, April 29, 1972

<https://incarnateword.in/agenda/13/april-29-1972>

With love and gratitude,
Gangalakshmi (HOMA)

Community News

Passing On

CHRISTEL PASSES

This is to inform the community that our dear friend Christel left her body early morning on the 21 March. She would have been 56 years old on the 29 April.

For the past 30 years, in spite of her handicap, she kept coming to be among us in Auroville. We will remember Christel as a dear courageous friend who made Auroville her second home.

This year, during her stay she was suffering from respiratory problems, which worsened on the return flight to France. Unfortunately, she could not reach home and she passed away in a hospital in Frankfurt where she had been admitted.

May Christel rest in peace in the arms of the Mother. Our thoughts go towards her brother and her nephew.



*Submitted by Lisa
on behalf of Christel's friends
in Auroville*

LORRAINE PASSES



This is to inform the community that Lorraine passed away peacefully this morning, at the age of 76, at Mahalakshmi home where she had been living for the last years.

Lorraine hailing from the United States, where she had worked as a nurse. She was a passionate and strong-willed advocate for animals and shortly after her arrival in 2007 in Auroville, she started the Integrated Animal Center.

In 2013, she stepped back from animal care and over the following years, she worked at Pour Tous Distribution Center. She pursued interests such as theater and comedy.

We wish her a smooth journey. Condolences to her family and friends.

Lisa, The Farewell Team

Awakening Spirit

MUDRA CHI

We have our classes

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

Anandi



THE OM CHOIR

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

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

Noel Parent

SAVITRI BHAVAN

April 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

- **April 1: Meditations on Savitri, Book One—The Book of Beginnings, Canto 4: The Secret Knowledge, Part 1** King Aswapati has reached a high level of spiritual development and sees yet higher levels before him. He understands that human beings are not only bound by death and ignorance: a greater existence lives within each of us and conscious immortality. Duration: 35min.
- **April 8: Meditations on Savitri, Book 1 Canto 4: The Secret Knowledge, Part 2** The whole world is the playground of the One Supreme and his Conscious-Force, the Divine Mother. Duration: 32min.
- **April 15: Collected Poems of Sri Aurobindo.** Jhumur Bhattacharya from the Sri Aurobindo Ashram reads the poems: A God's Labour, Bride of the Fire, I have a hundred lives, Jivanmukta, Musa Spiritus, O Will of God. Duration: 30min.
- **April 22: Centenary of the Mother's Return to Sri Aurobindo (24.4.1920—2020)** A documentary slideshow by Sri Aurobindo International Centre of Education recounting the Mother's journey in Her words from childhood till Her final arrival in Pondicherry. Duration: 48min.

Full Moon Gathering

- **Tuesday, 23 April, 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 5:30—6:30pm:** OM Choir led by Narad
- **Thursdays 4—5pm:** Videos of The English of Savitri led by Shraddhavan
- **Fridays 3—4pm:** The Return to Earth (Epilogue) in Savitri led by Dr. Jai Singh
- **Saturdays 4:30—5:30pm:** Mudra-chi led by Anandi
- **Saturdays 5—6:30pm:** Satsang, led by Ashesh Joshi
- **Exhibitions, Main Building and Office** are open Monday to Saturday 9—5
- **Library and Digital Library** is open Monday to Friday 9—5

Everyone is welcome

*Dhanalakshmi
for Savitri Bhavan Team*

MORNING MEDITATION



It matters little that there are thousands of beings plunged in the densest ignorance, He whom we saw yesterday is on earth; his presence is enough to prove that a day will come when darkness shall be transformed into light, and Thy reign shall be indeed established upon earth....' The Mother, 30.3.1914

on Friday, 29.3.2024

the date of Mother's first arrival in Pondicherry

- 6.30—7 am under the Banyan tree at Matrimandir
 - Entrance from the Office Gate from 6 am.
 - Guests are requested to bring along their Aurocards.
 - Last entrance for Aurocard holders at 6.25 am.
- Evening, 6—6:30pm, silent gathering under the Banyan Tree

Dear Aurovilians and Newcomers, this is a special invitation to come together for a silent gathering under the Banyan Tree on this special day.

We invite all Aurovilians, for a collective concentration to reaffirm together the purpose and spirit of Auroville on this 110 anniversary of the Mother's arrival and meeting Sri Aurobindo in Pondicherry.

- Kindly note that this concentration is **only/specially for Aurovilians and Newcomers.**

*In aspiration for Her blessings and grace
Matrimandir team, John, Antoine,
Sundar, Judith, Divya, Srimoy. Aum*



BRAHMANASPATI KSHETRAM
The Mother Sri Aurobindo Centre

Calendar of regular events of April 2024

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

Every Thursday 6:00 - 6:30pm
Meditation

11th & 25th Thursday 6:30 - 7.30pm, reading
"The Mother's Questions & Answers- Vol-7"
in English

23rd, Tuesday at 6:30pm full moon, reciting
Sri Aurobindo's Gayatri Mantra for 30min

24th, Wednesday, Darshan Day
The Mother's Final Arrival in Pondicherry
Meditation

6.00 - 6.30pm

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

kshetram2014@auroville.org.in



SAVITRI BHAVAN



The Dream Divine Series: Manoj Pavitrnan will speak about Integral Yoga in the Context of the Spiritual History of India

- Wednesday, 3 April, 4:30pm @ Sangam Hall

Directed especially at newcomers, Savitri Bhavan has launched a project called 'The Dream Divine Series'. The goal of the project is to introduce newcomers to the Aims and Ideals of Auroville, the Life and Works of Sri Aurobindo and The Mother and the Integral Yoga. There will be a weekly session every Wednesday 4:30—5:30pm. The series will include presentations, films, talks, etc., followed by questions and answers. **Everyone is welcome**



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

*Everyone is welcome!
Dhanalakshmi for Savitri Bhavan*

We welcome you for 5-day experiential camp with Dr. Arun Sharma on:

NATURAL HEALTH SCIENCE

He also calls it स्वाधीन स्वास्थ्य महाविद्या
or The Divine Science of Health



Dr Arun Sharma has guided countless beings to live a healthy life and cure all kinds of diseases through simple and timeless laws of nature. To know more, visit:
- akarma.life/inspiration/
- imanah.com



DATES: 6-10 APRIL, 2024
TIME: 6:00 AM TO 6:00 PM
VENUE: AUROVILLE

For more details and registration, please go to:
tinyurl.com/avnaturalhealth

Venue Sincerity Guesthouse (ex Auro-Oceanic)

- tinyurl.com/avnaturalhealth

Dhanyavaad

MEDITATIONS ON SAVITRI, BOOK 1

The Book of Beginnings, Canto 4:

The Secret Knowledge, Part 1

Monday, 1 April 2024, 4pm at Savitri Bhavan.



Duration: 35min.

Having reached a high level of spiritual development, King Aswapati sees yet higher levels before him. He understands that human beings are not just mortal, bound by death and ignorance: a greater existence and conscious immortality live within each of us. The 'peak experiences' which come to us occasionally are indications of its presence within us, guarding our future destiny. That being does not die with the death of the body: it is our immortal Origin.

Earthly existence is often dominated by unconsciousness and struggle, and so from the Divine help and support are always coming. The Immortal beings living on the higher levels of existence can see the great future that lies ahead. From their heights, they are guiding human beings and the Earth along the winding road of evolution to its great and blissful fulfillment.

An outstretched Hand is felt upon our lives. / It is near us in unnumbered bodies and births... / No will can take away and no doom change, / The crown of conscious Immortality, / The godhead promised to our struggling souls / When first man's heart dared death and suffered life. (p.59)

This world is the playground of the One Supreme and his Conscious-Force, the Mother, the Two-in-One. He moves here as Soul, she as Nature.

There are Two who are One and play in many worlds; / In Knowledge and Ignorance they have spoken and met / And light and darkness are their eyes' interchange; (p.61)

They play out their drama here in the universe with us for roles. The Lord has become the human soul, the Traveler through time. Thus, the Timeless One has consented to incarnate in Time so that this world may manifest the unveiled Divine and the seed of Divinity may blossom throughout the material Universe.

A meditative film of Huta's paintings illustrating passages from Savitri read by The Mother and accompanied by her own organ music which connects us to the Divine Presence within and leads us towards the spiritual truth and the New Consciousness.

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

The Meditations on Savitri films are subtitled and can be seen at the Savitri Bhavan website.

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

The printed edition of Meditations on Savitri is available for sale at the entry desk.

Submitted by Margrit

SAVITRI SATSANG BY NARAD

Thursdays, 6:30pm @ Kalpana

Savitri

*The supreme revelation of
Sri Aurobindo's
vision.*

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

—

Cordially inviting you all.

The supreme revelation of Sri Aurobindo's Vision. The Mother
William

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



CONCENTRATION AT BANYAN TREE

29 March, 6—6:30pm



Dear Aurovilians and Newcomers, we invite you to a silent concentration at the Banyan Tree on the 29 March from 6—6:30pm to reaffirm collectively the purpose and spirit of Auroville on this 110th anniversary of Mother's arrival and meeting Sri Aurobindo in Pondicherry.

- Kindly note that this concentration is only for Aurovilians and Newcomers.

With Her blessings, Rju,
Matrimandir and Community members

SATSANGA ON BHAGAVAD GITA

in everyday life

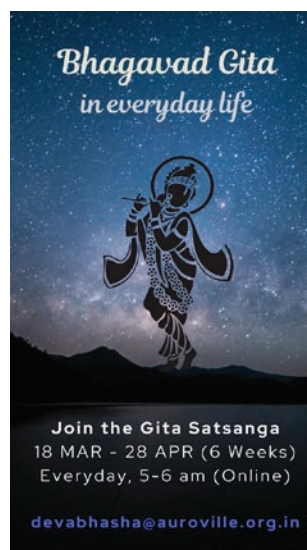
Ongoing till 28 April (6 Weeks), 5—6am Every day

Online Zoom Call

We warmly invite you for an online Satsanga to integrate the teachings of Srīmad 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
- To know more, feel free to connect with us devabhasha@auroville.org.in


Deven For Vidyamandir and
Samskritam Auroville Team

BHARAT NIVAS PRESENTS

**A weekly study circle on The Synthesis of Yoga
Sri Aurobindo By Deepti Tewari**



BHARAT NIVAS
भारत निवास
The Pavilion of India, Auroville




Bharat Nivas presents

A weekly study circle on

The Synthesis of Yoga

- Sri Aurobindo



By Deepti Tewari

The Mother's very last message to Auroville

"Auroville is created to realise the ideal of Sri Aurobindo who taught us the Karma Yoga. Auroville is for those who want to do the Yoga of Work."

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

27.03.1973

"Programme: Research through experience of Supreme truth. A Life Divine. But no religions."


02.05.1970

4:30 pm - 5:30 pm

Every Tuesday

Venue :
Resource Library,
Bharat Nivas, Auroville

Scan for Location



Parking available outside at the Bharat Nivas Main Gate

The Mother's very last message to Auroville

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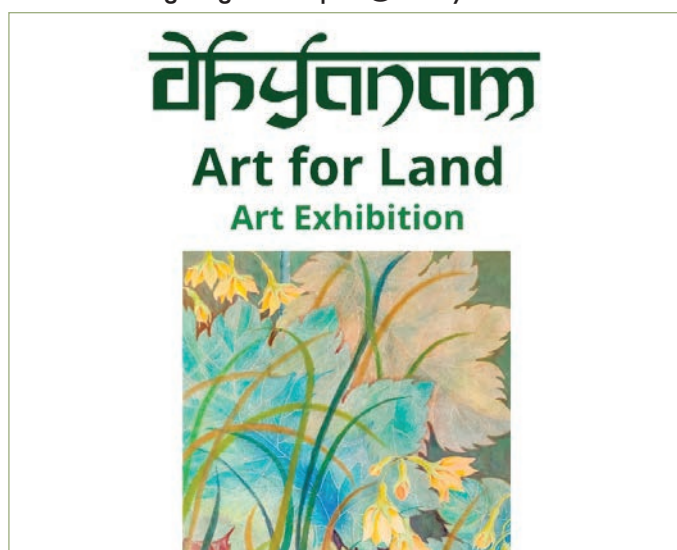
Parking available outside at the Bharat Nivas Main Gate

Monisha,
For Bharat Nivas Team

Arts for Land

ART FOR LAND EXHIBITION

Ongoing till 5 April @ Unity Pavilion



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
- **Contact:** lfau@auroville.org.in +91 413 2622657

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

Education

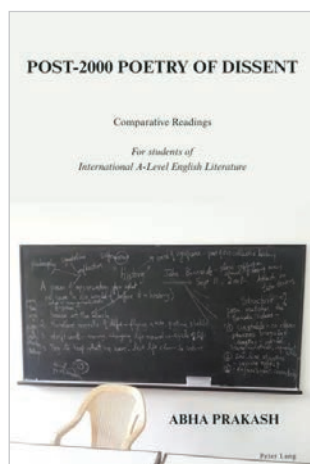
POST 2000 POETRY OF DISSENT

by Abha Prakash

I am happy to share that my book, **Post 2000 Poetry of Dissent** has recently been published by Peter Lang International Academic Publishers. It is a collection of essays on contemporary British poetry studied by students following the International A Level English Literature course that I enjoyed teaching at Future School for several years.

Born and raised in Delhi, Abha Prakash did her schooling at Presentation Convent and her BA and MA at Hindu College, Delhi University. She completed her PhD from University of Saskatchewan, Canada in 1994. She worked as a lecturer in the English Department at St. Stephen's College, Delhi University. before moving in 2002 to Auroville, Tamil Nadu, where she taught English Literature at Future School until 2022. She is currently focused on selections of her poetry and memoir, besides working in Auroville as a content editor.

Submitted by Abha Prakash



CAPACITY BUILDING WORKSHOP

For Environmental Governance

4—6 April 2024, Puducherry

Objective And Outcomes

The course is aimed at people working in the environmental field who wish to improve their skills in finding the most effective ways of solving environmental problems. Whilst a large number of wildlife biologists, scientists, and wildlife enthusiasts are working in the field, there is a need to enlarge their skill sets to enable them to look at the best possible options for addressing problems they encounter in the field.

Selected participants will have to make their own travel arrangements to the venue at Puducherry. Stay and food during the workshop will be arranged by CAT. Participants will have to pay a Refundable Deposit of 5,000/-. This will be fully refunded to participants who successfully complete the entire course.

Course Contents

- Introduction to Forests, Wildlife, and Environmental Issues
- Roles and responsibilities of Governments, Government agencies, and other statutory authorities
- Information gathering techniques—in the field, accessing information from other sources.
- Documentation of information
- Case Studies

Legislation—Forest and Wildlife laws, EPA, CRZ, EIA notifications

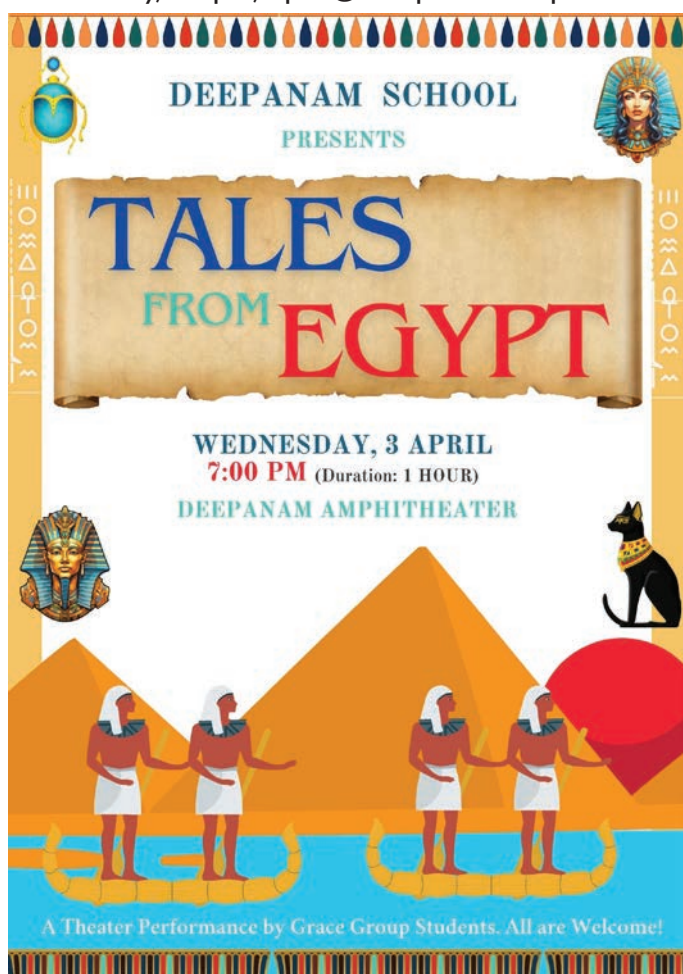


Dr Nandita Shah, 0413 2969075

DEEPANAM SCHOOL PRESENTS

a theater performance Tales From Egypt

Wednesday, 3 April, 7pm @ Deepanam Amphitheater



Duration: 1 hour.

All are welcome!

Shaalini

AUROVILLE LIBRARY

Weekly Timings

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

Story time At the Auroville Library!

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

- **Contact:** 0413 2622894, avlib@auroville.org.in.

Kristen, for the Auroville Library

Youth Initiative

AUROVILLE YOUTH WORK SURVEY

Version: 2024-03-12, Done by YouthLink

This is **part 2c** of a survey conducted by YouthLink on the financial situation of youth in Auroville. Part 1 was published last year in News&Notes 971 and 972, part 2a and 2b were published in last weeks. The survey results will be published in News&Notes in 4 chapters:

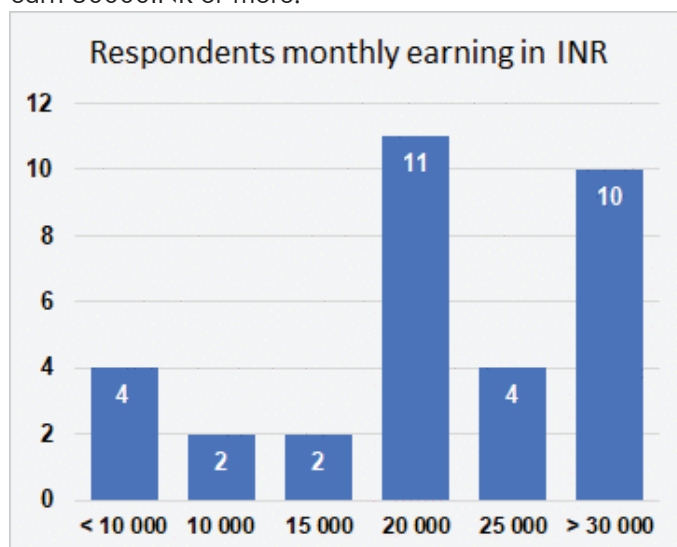
- 2a—An Auroville youth perspective on education
- 2b—The work situation of Auroville youth in 2023
- 2c—The financial situation of Auroville youth
- 2d—A working youth perspective on Auroville itself

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. We consider this study representative of young Aurovilians aged 18-30, only the very young Indian females in the age bracket 18-21 are underrepresented.

The financial situation of Auroville youth

We asked the Auroville Youth about their financial situation in 2023. This data includes 36 individuals working both inside and outside Auroville. 33 respondents also shared information about their earnings on a given scale. From these 33, 15 (45%) are Indian and 18 (55%) are Non-Indian; 19 (58%) are male and 14 (42%) are female.

Most respondents (11) answered that they earn about 20000INR per month. Nearly as many report that they earn 30000INR or more.



On the other hand, 5 earn less than 10000INR.

The big differences result also from the fact that some respondents work outside Auroville and some work only half time.

What are the differences in income?

To get an idea what may cause the differences, we calculated averages by considering all '<10000' as 8000INR and '>30000' as 31 000INR. These are not exact averages but they give a tendency.

The 24 respondents that work in Auroville have an average income of 19200INR per month, 6 of them work half time.

The 9 respondents that work outside Auroville have an average income of 27900INR per month, 2 of them work half time.

If calculated this way, the difference is 49% more for working out of Auroville. But the real average will be much higher, since we asked only for '30000INR or more'. Our scale does not work in Europe or USA for example, since the earnings may well be 3 to 5 times higher, but the purchasing power of money is also more than 3 times less than in India.

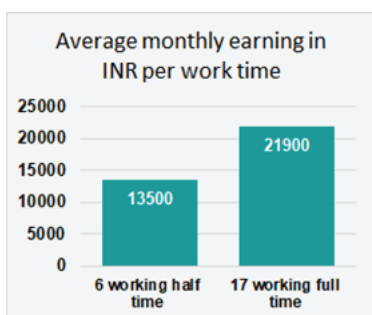
In addition, 30 respondents also answered another question regarding how much they would earn outside of Auroville but within the Indian context. 17 said they would earn a lot more, 11 said they would earn more, only 2 said they would earn less.

To take these incompatibilities into account, the following figures will exclude all respondents that work outside Auroville, to make the averages more comparable.

What are the differences in income if working inside Auroville?

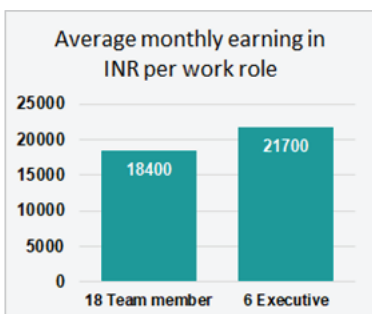
6 respondents in Auroville work 25 hours per week or less with an average monthly income of 13500INR. Average work hours per week is 16.8 hours.

The 17 full time workers in Auroville work an average of 43.3 hours per week and have an average income of 21900INR.



The difference in work time is 158% more for working full time, the monthly income is 62% more for full time.

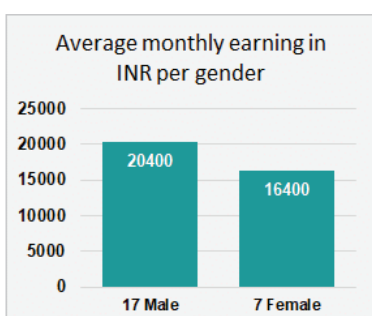
The 18 respondents that hold team member roles in Auroville have an average monthly income of 18400INR and work 32 hours per week on average.



From the 11 respondents who work in an executive role, 7 work in Auroville and 6 answered the question about their income. They earn an average of 21700INR per month, but they also work an average of 53 hours per week.

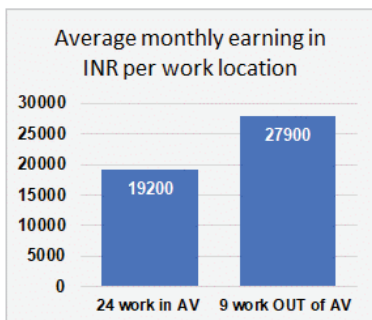
The difference is 18% more income for executives but also 67% more work hours.

The 17 male respondents working in Auroville earned an average of 20400INR per month and work an average of 40.4 hours per week.



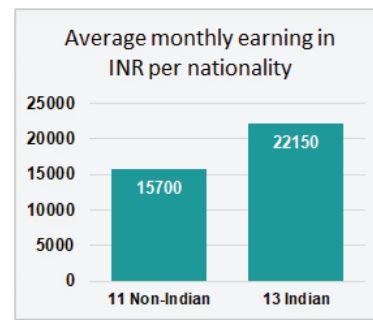
The 7 female respondents working in Auroville earned an average of 16400INR per month and work an average of 27.3 hours per week.

In Auroville, the female respondents earn 20% less than the male, but they also work 32% hours less.



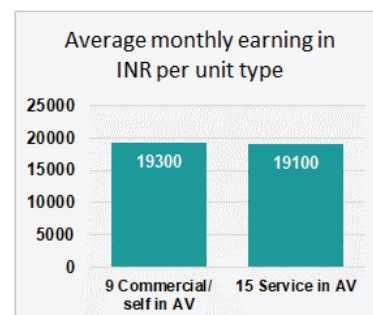
The 11 Non-Indian respondents earned an average of 15700INR per month in Auroville and worked an average of 29.7 hours per week.

The 13 Indian respondents earned an average of 22150INR per month in Auroville and worked an average of 41.5 hours per week.



The difference is 41% more income for Indians and they also work 40% more hours.

The 9 respondents that work in a commercial unit or are self employed inside Auroville and answered the question on income earned an average of 19300INR per month and worked on average 38 hours per week.



The 15 respondents that work in an Auroville service unit earned an average of 19100INR per month and worked on average 35.5 hours per week.

The income is about the same for both groups, the respondents working in AV service units work 2.5 hours (7%) less per week.

Is their working income sufficient for everyday life?

19 participants (53%) reported that their current income meets their daily needs. On the contrary, 17 respondents (47%) indicated that their income falls short of covering their expenses. Nationality or gender has no big influence on these answers. About half of the respondents are male and female in both groups and likewise about half of both groups are Non-Indian the other half Indian.

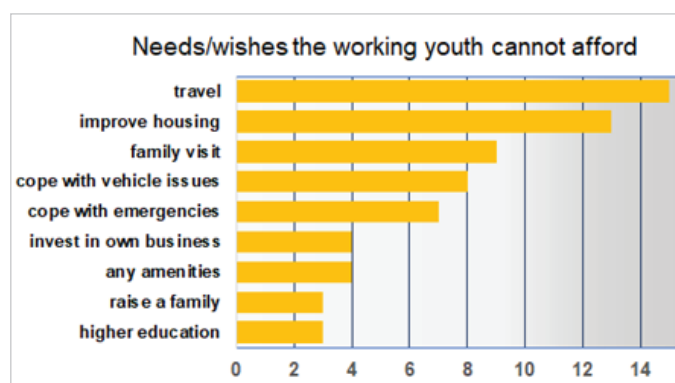
From the 10 young Aurovilians working outside Auroville only 1 said that his income is not sufficient for everyday life.

From the 26 respondents working inside Auroville, 10 (38%) answered that they earn enough for their everyday life. They have an average income of 22000INR and work on average

35 hours per week. The 16 respondents (62%) in Auroville saying that they earn not enough for their everyday life had an average monthly income of 17700INR and work on average

38 hours per week. There was not really a threshold: two respondents were able to adapt their lifestyle to a monthly income of about 15000INR or even 10000INR.

What are important wishes/things that they cannot afford with their current income?



Since many respondents named multiple things that they can't afford, this data has 66 answers from 34 respondents.

The largest unfulfilled wishes concern money for traveling (15 out of 34, 44%) or improve their housing situation (38%). Many respondents expressed challenges in meeting fundamental needs such as visiting their family (26%), raising a family (9%). Or they cannot afford pursuing higher education (9%) or invest in their own business (12%).

If their working income is not sufficient, how do they fill the gap?

In instances where their financial requirements exceed their income, participants resort to:

- 17 seeking support from partners, family, friends
- 8 engage in outside work (seasonal, abroad, online or freelance)
- 7 rely on savings they can use
- 2 adjust their lifestyles
- 2 utilize credit lines

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.

Namu for YouthLink Team

For Your Information

CALL FOR GRANT PROPOSALS SDZ Funding in 2024

The Project Coordination Group (PCG) will be meeting to process grant proposals for possible funding by Stichting De Zaaier in 2024. **The last date to submit proposals for this call is Monday, 22 April 2024.** You are welcome to submit earlier or to send us a draft version of your proposal for comment prior to the due date.

- **For application forms or more information** please write to pcg@auroville.org.in

All documents related to this purpose are to be submitted in the prescribed forms as attachments, emailed to pcg@auroville.org.in

- **NB Please note that in case your proposal is not ready by this date, there will be another call for proposals for SDZ later this year.**

Pala, for the Project Coordination Group



STICHTING DE ZAAIER

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



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; aurokiya@gmail.com, WA/ Mobile: 8012305151, www.aurokiya.com



Aurosugan

FREE DIABETIC RETINOPATHY CAMP at Aurokiya

11 April, 9am—1pm @ Aurokiya Integral Eye Centre, Arka



Free Eye Camp

Aurokiya Integral Eye Centre

Complete Diabetic Retinopathy Screening with Retinal Imaging

by Aravind Eye Hospital, Pondicherry

Date: 11.04.2024, Thursday **Time:** 9.00 am to 1.00 pm

Place: Aurokiya EYe Centre, Arka Auroville

Key Services:

- Comprehensive Eye Examination
- Expert Consultation- Vitreoretinal Specialist
- Free Retinal Imaging
- Free Random Blood Test
- Advise & Counselling

OPEN TO ALL

for more information
aurokiya@gmail.com:
+91 8012305151



In celebration of the upcoming Tamil New Year on April 14 2024, we are hosting a Free Diabetic Retinopathy Camp. This camp is open to all members of the community and bioregion.

Diabetic retinopathy is a serious eye condition that affects individuals with diabetes, but with early detection and proper management, its impact can be minimized. At the camp, we will be offering free screenings for diabetic retinopathy, expert consultations, and valuable information on managing diabetes for optimal eye health.

We invite you to join us in this important initiative to prioritize your eye health and well-being. Together, let's take proactive steps towards a healthier future.

Please feel free to share this invitation with your family, friends, and anyone who may benefit from this event. No appointment necessary. Simply walk in during camp hours.

- For any inquiries, reach out at + 91 80123 05151, aurokiya@gmail.com
- Donations are welcomed to support our vision of eliminating blindness Ac. No: 251595

In service to Vision, Aurosugan for Aurokiya



SANTÉ SERVICES

April 2024

Working Hours

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

Tests and Sample collection

- Monday—Friday 8:30—12pm.
- No sample collection on Saturday.

For emergencies

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

Appointment

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

Santé Services Schedule

Doctor Consultation with Dr.Senthil: Monday to Friday	Nurse Care: Thilagam, Ezhil, Archana, Sandhya—Daily No appointment necessary
Ayurveda with Dr.Be: Tuesday/ Wednesday/ Friday	Pregnancy Care & Women's Wellness with Paula: Tuesday & Wednesday
Acupuncture with Andres: Monday/ Tuesday/ Wednesday/ Friday/ Saturday	Homeopathy with Michael: TOS
Physiotherapy & Massage with Galina: Monday to Friday	Physiotherapy with Arun Monday to Saturday
Integrative Psychotherapy with Juan Andres: Monday to Friday	Soundbed Session with Sandhya/ Thilagam: Monday to Saturday
Bio-Well Assessment (Evaluation of your well-being) with Helena: Inquiry through email adminsante@auroville.org.in	

- 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,
<http://sante.auroville.org.in>

AURODENT Dental Clinic



Dental Clinic
 Auromode, Auroville.

For Appointment please contact us

Email: aurodent@auroville.org.in

Phone: 0413-2622063 What's up: 9629199328

Working hours

Monday – Friday (9am – 1 pm & 2pm – 6 pm) Saturday (9am – 1pm)

Submitted by Sutha

MAATRAM @ 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, maatram.org.in

Megha for Maatram

TIME TO SUMMERNATE Ayurveda healthy tips



According to Ayurveda, the qualities of summer are hot, sharp, and penetrating. That's why our *pitta dosha*—the subtle fire that controls metabolism and transformation—can cause us to overheat. The sun saps the energy from the body, from the plants and the earth, increasing the heat and dryness.

Pitta needs to be looked after to maintain a good energy, mental clarity, joyfulness, good digestion and blood circulation, a beautiful glow of the skin and a sound sleep.

When Pitta is out of balance it will give skin problems, hot flashes, exhaustion, indigestion or loose stool. Emotionally, excess Pitta manifests through irritation, short-temper, impatience, judgement/criticism, perfectionism...

Before Pitta reaches uncontrollable heights, remain cool, calm and pamper the liver:

With the food: As Agni (digestive fire) weakens, it is better to eat light, unctuous (slightly oily), cooling food such as salads and juices.

- Favourable taste: Bitter taste, Sweet taste (to take moderately in case of diabetes and high triglycerides). Salty taste should be taken reasonably
- Drink water stored in earthen pot
- Raw food/salads are taken at lunch mainly
- Proteins: mungdal, chickpeas, beans, sprouts, nuts and seeds, non-veg: white meat, fish, seashell, dairies for breakfast or lunch, eggs
- Cereals for energy: jasmine rice, barley, oats, millet (fermented ragi)
- Vegetables: pumpkin, bitter gourd, bottle gourd, snakegourd, ash gourd, cucumber (taken separately), salads, green leafy vegetables, broccoli, cabbage, celery, carrots, drumstick (moringa), zucchini, plantain
- Fruits: amla, pomegranate, banana, ramphala, chiku, papaya, apple, grape, date, watermelon and melon (to be taken separately), coconut

- **Beverages:** buttermilk, sweet lassi, coconut water, mint, lemongrass, cardamom, chamomile, nannari (sarsaparilla), amla juice, watermelon juice, vegetable juice, cucumber milk (blend ½ cup of peeled cucumber in 1 cup of milk with a pinch of sugar), electrolyte (1tsp lemon juice + 1tsp of sugar + 1 pinch salt in a glass of water),
- **Lipids:** ghee, olive or sunflower or coconut oil
- **Spices:** cumin, coriander, black pepper, turmeric, fennel seeds, fresh aromatic herbs (dill, coriander, fennel, mint, parsley, saffron)

Avoid:

- Pungent and sour tastes (especially for people who are Pitta dominant)
- Pitta increasing items: chillies, fermented (apart from idli and dosai), deep-fried, sour buttermilk or curd, red meat, alcohol (strong liquor, red wine), coffee ...
- Drinking beverages coming from the fridge or freezer during meals
- Ice-cream at the end of a meal (best to be taken when the digestion is finished, around 4pm)

Routine to favour:

- Avoid direct sun contact specially between 11am and 4pm, and protect from the heat by keeping a humid towel/cap on the head
- A nap of half an hour after lunch is allowed
- Body massage with coconut oil—if there's no time every day to apply oil on the body, then massage ears, hands and feet + pour 4-5 drops of coconut oil on the fontanelle
- Bath with cool water and apply a paste of sandalwood on the face, heart and lower abdomen (these are the 3 main parts that should remain fresh to maintain the coolness in the whole body); foot bath in the evening with vetiver roots, rose water or hibiscus flowers
- Swimming, Aquagym, any water activities. Qi-Gong, Tai Chi, light running: max 30 minutes early morning or late evening; walks in green environment, forest
- Soft yoga, pranayama (Sheetali, Sheetakari, ida nadi inhalation-left nostril inhalation), meditation with Gayatri mantra
- Walk under the moonlight, full moon bath
- Wear loose and comfortable cotton or linen clothes (white, blue, green, gray colours)
- Cooling jewellery: sandalwood beads, jade, pearl, amethyst crystals, moonstone, silver, aquamarine
- To refresh the ambiance use lemon or orange peel, jasmine flowers, lavender, wet cloth hanging at the open window, vetiver curtains

Cooling plants for the summer:

- **Amalaki**—Amla: refrigerant and full of Vitamin C, rejuvenative fruit
- **Aloe vera:** rejuvenates blood and tissues
- **Aegle Marmelos**—Bael fruit: make juice from the pulp and decoction with leaves, it calms body and mind. It is slightly laxative, do not take during pregnancy
- **Coriander:** seeds for urinary infections, kidney weakness
- **Red Hibiscus:** leaves and flowers for shampoo and conditioner; flowers for herbal tea
- **Manduka parni**—Centella asiatica leaves: rejuvenative and tonic for brain and nerves
- **Pudina**—Mint leaves: herbal tea or dishes
- **Radha consciousness**—Clitoria Ternata flowers: herbal tea or juice
- **Sarsaparilla**—Nannari syrup: soothing Pitta
- **Shataavari**—Asparagus racemosus: cooling, calming Pitta, very good for women to harmonize hormones
- **Vetiver roots:** for bathing
- **Yashtimadhu**—Licorice: to refresh the body and to calm irritation, inflammation or ulcer in the digestive tract

Wishing you a beautiful summer Be@ Santé Clinic

The Arts

ART EXHIBITION BY CLAUDINE PARE

5 April—4 May @ Pitanga

Nature is the source and resource of humanity.

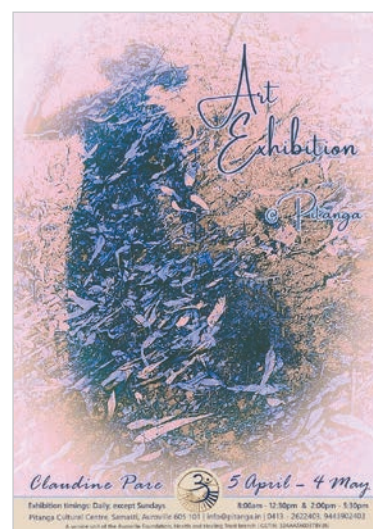
It seems that humanity has shifted from being cradled by Nature to a kind of triumphant dominating attitude towards Nature that disdains the consequences of over-exploitation and destruction.

What is offered to you today is a glimpse of the natural, wonderful and very rich Beauty which is quickly disappearing day by day.

Some images are from Auroville itself and some are from the Tamil Nadu bioregion.

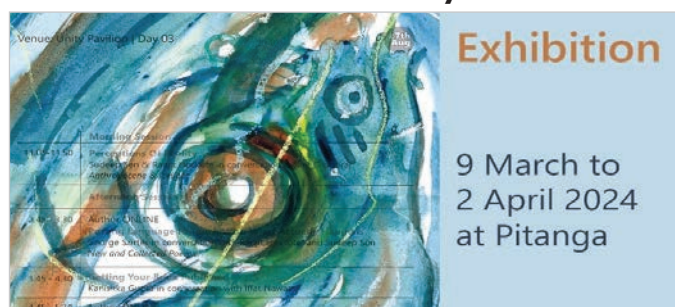
Soon displayed on Pitanga's walls, it is my pleasure to invite you to dive into the atmosphere these images provide and feel the relationship between you and what you perceive.

Please enjoy it, Claudine



HUMAN UNITY

Water Colour Works by Ivana



Roof Studio/ AV Art Service
Ongoing till 2 April 2024 @ Pitanga

Ivana

EXPERIENCE

Selected works of Sambita



aurelec Restaurant & Art Gallery

15th March to 6th April 2024 | Open from 8 am to 5 pm

@ Aurelec Restaurant & Art Gallery

Ongoing till to 6 April 2024, 8am—5pm

Franz

REMEMBERING VEENAPANI

FESTIVAL 2024

10TH EDITION

APRIL 1 - 8

ADISHAKTI LAB FOR THEATRE ART RESEARCH
EDAYANCHAVADY ROAD, POST, AUROVILLE, VANUR TALUK, TAMIL NADU.

OPEN AND FREE ENTRY FOR ALL

ARTIST LINE UP

DAY	PERFORMANCE	ARTIST	GENRE
MON	1	HE-ROSE ADISHAKTI - ENSATT	THEATRE
TUE	2	MAD AND DIVINE RAMA VAIDYANATHAN	DANCE THEATRE
WED	3	APNE GHAR JAISA RANGASHANKARA	THEATRE
THU	4	DEEP DESIGN	DANCE THEATRE
FRI	5	BE-LOVED TAMASHA THEATRE	THEATRE
SAT	6	NAMIT AND KHWAAB NAMIT DAS & NISHANT NAGAR	MUSIC
SUN	7	THE FAR POST DUR SE BROTHERS	THEATRE
MON	8	KHA ADITHI SAGAR	MUSIC

PERFORMANCES - EVERYDAY AT 7:30 PM
GUPSHUP SESSIONS - EVERYDAY 6 PM ONWARDS

adi shakti
LABORATORY FOR THEATRE, ART, RESEARCH

1—8 April! Greetings from Adishakti!

We are back again with our annual Remembering Veenapani Festival. Started barely a few months after the passing away of our founder Veenapani Chawla, the festival has been growing from strength to strength, over the years and it is already the 10th edition of the festival.

This year, we have a wonderful line-up of performances ranging from theatre, music and dance to discussions. We are also bringing back Gupshup, a talk with the creators of these performances every evening from the 2nd to the 7 April and an Artist introduction on the 8 of April.

Hope you can make it for all the performances and workshop. Bring your friends, family and bring yourselves. As all the performances held at Adishakti are free entry as a principle, and are first come first served and we appreciate donation.

Vinay Kumar and Adishakti team

DAVID BLAMEY: THE LONG NOW

29 March—13 April,

Monday–Friday 2–5pm, Saturday 10am–12pm, 2–5pm

Opening on Friday 29 March at 4pm

David Blamey is the artist selected by Centre d'Art for the 2023–24 residency programme. He has been working for two months on his new project—titled 'The Long Now'—that will be exhibited in the gallery at the end of March.

David Blamey lives and works in London and SW France. His work encompasses several activities that overlap to form a multidimensional practice that eludes conventional categorisation. To this end, his projects are positioned consciously within a range of public situations, both inside and beyond the art gallery.

DAVID BLAMEY

2024 centre d'art auroville

29 march – 13 april

opening 29 march, 4–6pm

monday to friday 2–5pm

saturday 10am–12pm, 2–5pm

THE LONG NOW

centre d'art citadines auroville 606 101 india

@centre.dart centre.dart.in

For over 30 years he has traveled and carried out research in India. In 2006 he was awarded the Arts Council of England's Prayog International Artist Fellowship and in 2017 his film 'Rice' was selected for the Mumbai International Film Festival before being screened worldwide at different venues; winning best world film at the Rome Agri Culture film Festival (2019) and best no-dialogue film at the Prague International Film Festival (2024).

'The Long Now' will present a number of new works made on site in Auroville, including: drawings, painting objects, book objects, sculpture and installation.

Marco

RASATVA

30 March, 7:30pm, @ Cripa

- Artistic Direction by Rekha Tandon
- Performed by Agila, Blanche, Manjula, Pavithra, Priyamvada, Ilavarasi, Suchithra, Sonali and Rekha.

rasatva

a taste of Odissi in the lineage of Guru Kelucharan Mahapatra

Artistic Direction by Rekha Tandon

Agila, Blanche, Manjula, Pavithra, Priyamvada, Ilavarasi, Suchithra, Sonali and Rekha

30th March | 7.30 pm | CRIPA Auroville

Agila

BHARAT NIVAS PRESENTS

Bhakti Natya Mala

BHARAT NIVAS
भारत निवास ભારત નિવાસ
The Pavilion of India, Auroville

Bharat Nivas presents

Bhakti Natya Mala

A collection of Bharatanatyam performances exercising different facts of devotion.

By Lakshmi Dhanaraj Dr. Padma Prashanthini. V

06:45 pm
30th March
Saturday

Venue : SAWCHU, Bharat Nivas, Auroville.

Scan for location

All are Welcome..

Enquiry Contact: Krishna at +91 97878 80211

Parking available outside at the Bharat Nivas Main Gate

Hindustani Classical

Tapasya Musical School presents

Hindustani Classical

Bhajan - Mantra chanting - Devotional songs

DIRECTED BY LAKSHMI SANTRA



Vocal by
Lakshmi Santra & Students

Tabla by
Tapan Chatterjee

06:30 pm
29th March
Friday

Venue :
SAWCHU,
Bharat Nivas, Auroville.



Scan for location

All are Welcome..

Monisha for BN Team

Dance Activities

AUROVILLE TANGO

@ Harmony Hall, Bharat Nivas



AUROVILLE TANGO
New batch starts the first week of each month

MON	WED
19:00 Introduction to Tango	19:30 Guided Practica
20:00 Opensource	20:00 Practilonga

HARMONY
Bharat Nivas

No partner required.
Bring socks or dance shoes.
And plenty of joy!



New batch starts the first week of each month

- **Monday**
 - 7pm—Introduction to Tango
 - 8pm—Open Source
 - **Wednesday**
 - 7:30pm—Guided Practica
 - 8pm—Long Practice 20:00
- No partner required.
Bring socks or dance shoes.
And plenty of joy!
- +91 9821166082, tango@aurville.org.in

Maud

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 apointment: any time you can do class

- Bring water bottle, socks, Every month new batch beginner, Minimum commitment 1month,
- Listen more Tango music, Dance Tango every day by booking for couples or Individuals, Be on time
- **For bookings contact us:** +918637633696,
bakisatadance@gmail.com.

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, Kalabhumu

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



Beginner:

- Basic steps, Front and back, Side to side, Cross legs, Front turning, Back turning
- Practice with Partners with all basic steps, Partner sequences, Turning and leading
- How to get the beats or rhythms, Dance with Partners
- Feedback sessions

Contact: Instructor Raja, +91 9751395939, Voice and WA

- Contribution Based
- www.angamtree.com/workshops

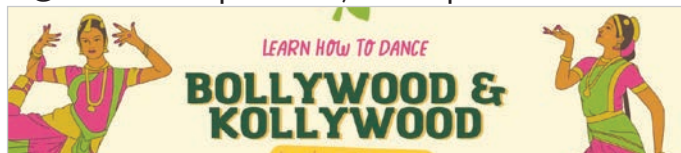
Kindly WA to be added to the Salsa WhatsApp +91 9751395939

Raja

JOIN OUR BOLLYWOOD DANCE SESSION

@ Auromode! Every Tuesday, 5—6pm

@ Auromode Apartments, Near Upassana and CSR



Learn How To Dance Bollywood & Kollywood, Tosalion, Auromed! For more information and to reserve your spot, contact: 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

CREEVA ART ACTIVITIES

Centre for Research Education
Experience In Visual Arts



Our Art Activities:

- **Watercolor Landscape** by Sathya
Wednesday 5—7pm.
- **Figurative Drawing Session**
Friday 5—7pm.
- **Root Of Art** by C. Sivacoumar to know the basic value of art, contact: +91 8870129626
Saturday 4:30—6:30pm.
- **Portrait by Sathya.** All art lovers! Looking for a unique and personalized portrait experience? I'm offering live portrait sketches and paintings done within about 30 minutes of your sitting. Capture your essence in a beautiful artwork. Let me know to book your session.



Open Studio is a creative space where individuals can explore various forms of visual art, such as Drawing, Painting, Sculpting, Printmaking, Recycled art, Installation, Collage and more. Art supplies are provided, and you are welcome to stay as long as you'd like during your session. A facilitator will be available if you need assistance.

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

CREEVA Studio, Creativity Community
sathyacolour@auroville.org.in,
+91 9486145072 WA, Sathya

EXPLORE WATERCOLOR TECHNIQUES

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

Submitted by Arun



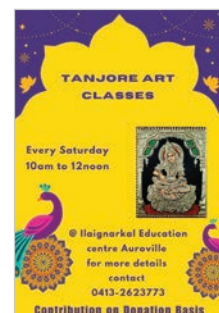
TANJORE ART CLASSES

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

EXPLORE THE VOICE WITHIN

Workshops @ Adishakti

Sur Naiyya—The Boat of Melody.

- Explore the Voice Within By Ananya Gaur
- 2—4 April, 10am—1pm

Ananyaa Gaur is a multi-disciplinary artist—musician, composer and performer. Her training and repertoire encompasses Hindustani Classical, Nirgun Bhakti Music and Ghazals, which she has extensively performed in India and abroad. She is also an educator and researcher trained in Documentary Filmmaking.

Venue: Adishakti Laboratory for Theatre Arts Research



Tempo Tubes

- Didgeridoo crafting and playing workshop By Brandon Colaco Assisted by Maharshi
- 6—8 April, 10am—1pm

Brandon Colaco is an Engineer, farmer, musician and a visual artist. He has been playing the didgeridoo for over 14 years now. He has been performing for a wide range of audience from theater to meditation wellness events to Big festival stages. His music project goes by the name of Two Eyed wizard and is available for streaming on all platforms.

Venue: Adishakti Laboratory for Theatre Arts Research

Registration Link: <https://forms.gle/zQU8vVLTeJVsnVvR8>

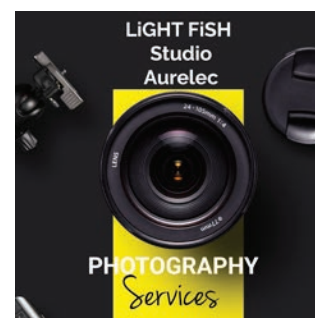
Nimmy Raphael, Adishakti

LIGHT FISH PROFESSIONAL PHOTOGRAPHY STUDIO

Photography Services

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

Samvit Blas, Light Fish,
9442526287,
sales@light-fish.com



OPEN-MIC NIGHT

Every Saturday, 7—9:30pm




Open-Mic night

Every Saturday 7 pm to 9:30 pm

Whether you're a singer, musician, dancer, comedian, actor or poet...young or simply young at heart... join us for an evening of smiles and creativity in our cosy garden cafe. And of course enjoy our traditional home-cooked South Indian food!



Artiste Café'
Open Monday to Saturday
(8:30 am to 9:30 pm)
Sunday Holiday

Contact: 0413-2623071
Mobile: 97867 72209
e-mail: yatraartistecafe@gmail.com

Near New Creation,
Kuilapalayam, Auroville.

yatraartistecafe@gmail.com,
0413 2623071, 97867 72209
Yatra Srinivassan

The Sound of Bamboo

Various Styles of the Indian Flute



Group Classes With Michael

- Kalabhum 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
+91 9150567003 WA
 - **More Info:** 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

ULTIMATE FRISBEE

- **Beginner's Workshop**
 - Sunday, 31 March, 4—6pm @ Gaia Field
- **Regular Sessions**
 - Wednesday, Saturday, 4:30—6:30pm @ Gaia Field

No prior experience needed!

Selvi for
Ultimate Frisbee
Auroville Women's Team



Ultimate Frisbee

RED EARTH RIDING SCHOOL

AHS 2024—Schedule Of Events

National Qualifier Events

Date	Time	Event
28 March	6:30am	NQ Vet Check
	Followed by	NQ Children II Show Jumping
	4:00pm	NQ Children I Show Jumping
	Followed by	NQ Junior Dressage
	Followed by	NQ Young Rider Dressage
29 March	6:30am	NQ Junior Show Jumping
	Followed by	NQ Young Rider Show Jumping
	Followed by	NQ Children I Dressage
	Followed by	NQ Children II Dressage

AHS Events

Date	Time	Event	Remarks
29 March	9:00am	AHS 60cm Show Jumping	Open—Rosettes for all clear round
	4:00pm	AHS 110-120cm Show Jumping	Open
	Followed by	AHS Trot test	12 years and below / Open
	Followed by	AHS Elementary Dressage	16 years and below / Open
30 March	6:30am	AHS 70-80cm Show Jumping	14 years and below / Open
	Followed by	AHS Preliminary Dressage	16 years and below / Open
	4:00pm	AHS 100-110cm Show Jumping	18 years and below / Open
	Followed by	AHS Show Jumping Relay 80-90cm	Open
	Followed by	AHS Medium Dressage	16 Years and below / Open
31 March			
	6:30am	AHS 80-90cm Show Jumping	16 years and below / Open
	Followed by	AHS 120-130cm Show Jumping	Open
	Followed by	AHS Senior II Dressage	Open
	4:00pm	AHS 90-100cm Show Jumping	18years and below / Open
	Followed by	AHS Four Bar	Open
	Followed by	AHS Medium Freestyle Dressage	16 Years and below / Open

Kalivaradhan for Red Earth riding school

SWIMMING CLASS

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

Mani



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, suryaniworks@gmail.com

Looking forward to see you at the Budokan dojo,

Surya for Auroville Aikido

KSHETRA KALARI, ASPIRATION

@ Aspiration Sport Ground

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



*Where Body Becomes Eyes,
Maneesh For Kalari Team*

KALPANA GYM

Kalpana Gym is open 7—9am & 5—8pm

◦ Monday To Saturday

All Are Welcome!

Satyakam

BHARAT NIVAS PRESENTS

Kalaripayattu Class

in Collaboration with Kalarigram

Bhumika Hall, 6—7am, Monday to Friday

- For Registration: Contribution is applicable for the class
- baratnivas@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). All are welcome to drop in.

taichi.auroville.org, taichi@auroville.org.in

Warmly, Krishna

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

ABHAYA MARTIAL ARTS

New Scheduling

Dear Friends, Abhaya Martial Arts has trained more than 200 students since December 2023, hosting also Muay Thai coaches, Brown belt (the higher degree we have in India) and Purple belt of BJJ and exposing our students to a series of highly transformative practices. We also started to give to our students official belts and degrees recognized by Shou Dao School, a martial art academy recognized by the Olympic Committee.



For the next months, the two main coaches Giacomo and Ruben are gonna be out of station and there will be different weekly classes:

- **For the month of April '24 K1 classes:**
 - **Wednesday and Friday 5:30 pm**
 - Monday class is canceled and kids classes are canceled.
- **For the month of May we will all take a break.**
- **From June we will resume with regular classes.**

Stay posted!

If you wanna be updated about these changes and know how to participate, please contact +91 9487340778 WA

Giacomo

Crafts Activities

FERROCEMENT WORKSHOP

• 22—25 April

Embark on this thrilling adventure with us and explore the untapped potential of ferrocement through interactive workshops!

Limited seats are available on a first-come, first-served basis.

Register now & Join the Clan!

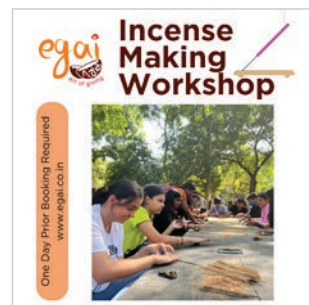
• Contact: +91 8508181074, +91 0413 2623330, 262 3064

• Registrations are open: <https://registration.earth-auroville.com/>

T. Ayyappan
Auroville Earth Institute



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



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

Cooking class



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

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

- egai@auroville.org.in, www.egai.co.in
- 9629297514 / 9791896488

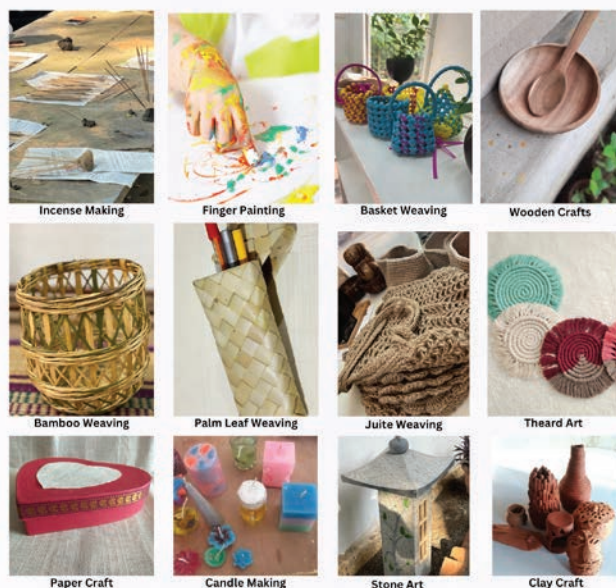
Submitted by Arun

Bioregion Activities

EGAI VĒLAI

CRAFT CO-WORK SPACE

Community and village artisans plus craftsmen working with us and growing themselves and their skill and offering workshops.



We provide workspace infrastructure, product marketing and customer management services.

Community and village artisans plus craftsmen working with us and growing themselves and their skill and offering workshops.

- Incense Making
- Finger Painting
- Basket Weaving
- Wooden Crafts
- Bamboo Weaving
- Palm Leaf Weaving
- Jute Weaving
- Thread Art
- Paper Craft
- Candle Making



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



MOHANAM

Conscious & Cultural Tour, Workshops & Therapy April 2024

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



Tours

Auroville Northwest Tour

- **Every day 10:30am—1pm except Sunday**

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

Mohanam Campus Tour

- **10am—4pm, every day except Sundays**

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

- All above Tours One Day Advance booking is necessary

- **Contact:**

- Preferred mohanamprogram@auroville.org.in
- or call: +91 8300949081

Make & Take Workshop

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



Pottery - 1hrs



Lamp Shade- 3hrs



Candle- 1-1/2 hrs



Incences 1-1/2 hrs



Coconut Craft - 3hrs



Stone Carving - 2hrs



Soap 2 hrs or 1Day



Paper Marbling - 1hrs



Kolam Mandala - 2hrs

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

- **10am—4pm every day except Sundays**

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

Daily Make and Take Hands-On Workshops at Bioregion 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, or
- Call +91 8300949081

Classes and Therapies

Mohanam offers 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 foods and snacks with this cooking class. You'll start your experience by choosing what you want to make from around 10 different dishes, with lots of vegetarian options available.

- **Saree and Vesti Experience**

- **10am—4pm, every day except Sundays**

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

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

- **11am—12pm, every Thursday**

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

- **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 Classes and Therapies one day Advance booking is necessary**

- **Contact:**

- Preferred mohanamprogram@auroville.org.in, or
- Call +91 8300949081

Auroville Bioregion Experience with Mohanam Team

- **10am—4pm every day except Sundays**

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, or
- Call +91 8300949081

Auroville Sunday Tour & Brunch Experience

- **10am—1pm every Sunday**

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, or
- Call +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:**

- Preferred mohanamprogram@auroville.org.in, or
- Call +91 8300949081 **Balu**

AUROVILLE BAMBOO CENTRE

April 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, 2:30—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.

Daily Make and Take Hands On Workshops

ONE-DAY MAKE & TAKE WORKSHOPS

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

Bicycle
Furniture
Lampshade
Giraffe

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






- 9am—12:30pm, 1:30—5pm, everyday except Sunday
- Registration one day in advance

Furniture Workshop: This Immersive Learning Experience that offers the Opportunity to learn the Fundamentals of Furniture Construction and then MAKE AND TAKE the Furniture Piece Back home. This Unique Workshop will take place under the Guidance of an Export.

Bamboo Lampshade: Come and learn to make your own Bamboo Lampshade at Bamboo centre and take home your own hand made lampshade at the end of the workshop.

Bamboo Giraffe: Come and learn to make your own Bamboo Giraffe at Bamboo centre and take home your own hand made lampshade at the end of the workshop.

Bamboo Bicycle (For Kids): Are you ready to bring your cycling aspirations to life? Join our immersive 1-day Bamboo Bicycle frame-building experience and embark on a journey that goes beyond just assembling a cycle.

3 Hours Make and Take Workshops



- 9am—12:30pm or 1:30pm—5pm
- Every day except Sunday, walk-in registration available

Bamboo Toys: Come and learn to make your own Bamboo Toys at Bamboo centre and take home your own hand made Toys at the end of the workshop.

Bamboo Musical Instruments: We at Bamboo Centre are happy to share our vast experience and knowledge gained over 15 years. Come and learn to make your own traditional / folk instruments at our centre from professional crafts men and take home your own hand made instrument at the end of the workshop.

Bamboo Jewellery: Choose to craft, out of bamboo and learn to make your own Bamboo Jewellery at Bamboo Centre from professional craftsmen and take home your own handmade Jewellery at the end of the workshop.

- 10am—12:30pm or 2:30pm—5pm
- Every day except Sunday, walk-in registration available

Bamboo Planter: Come and learn to make your own Bamboo Planters at Bamboo centre and take home your own hand made Planter at the end of the workshop.

Bamboo Archery: Come and learn to make your own Bamboo Archery at Bamboo centre and take home your own hand made Archery at the end of the workshop. This course provides you with the opportunity and guidance for create their own bamboo archery and bow from start to end. All tools and materials provided in the cost of course

Upcoming Workshops—April 2024

Bamboo Construction workshop (Wall Panel Making)

- 4—6 April, 9am—5pm

This workshop focuses on Bamboo building construction from bamboo and various natural materials.

The Bamboo construction workshop will take place over 3 days, covering full day intensive sessions offered daily from 9am to 5pm.

Bamboo Furniture Workshop

- 15—17 April, 9am—5pm

This workshop focuses on small-scale furniture making from bamboo and wood combinations, for example chairs, tables, shelves, etc...

The Bamboo Furniture workshop will take place over 3 days, covering full day intensive sessions offered daily from 9am to 5pm.

Bamboo Nature Camp at Kolli Hill

- 26—28 April

The Bamboo Camp is a 3—day immersive learning experience that offers the opportunity to learn the fundamentals of bamboo construction and sustainable living, while engaging in a unique self-inquiry in the company of an international team of mentors. The workshop takes place in Kolli Hills.

The Bamboo Camp is perfect for Travellers, Architect and anyone who wants to gain skills and hands-on experience working with bamboo, one of the most eco-friendly building materials, while also exploring various aspects of sustainable living. It is for anyone who is concerned about building a more environmentally sustainable world.

What you Learn on the above all workshop

- Theory and practice of Working with Bamboo
- Treating Bamboo Against Insects
- Bamboo Carpentry: bending, cutting, Joineries, Split and Weave Bamboo
- Bamboo Construction

For more information, special requirement, and pre-booking contact:

- Preferred bambooworkshop@auroville.org.in or bamboocentre@auroville.org
- or +91 8300949081 Voice call and WA, 0413 2623806, 2964727

Flexible training dates offered to groups

Murugan For Bamboo Centre
www.aurovillebamboocentre.org

VISIT

to Chandramowleeswarar Temple

Unveiling the Beauty of Thevaram: A Spiritual Journey through Three Temples near Auroville—Visit to Chandramowleeswarar Temple. Drawing Inspiration from Sri Aurobindo

Sri Aurobindo, the visionary founder of Auroville, recognized the immense significance of the Tamil language and the profound spiritual gift India offers to the world. His writings, particularly his Fourth Dream and The Renaissance of India, illuminate the power of this devotional poetry and its potential to shape a society rooted in spiritual philosophies.

Sri Aurobindo's admiration for the poetic works of Tamil saints, including the Alvars and Nayanmars, is well documented in several of his seminal works:

- **Secrets of the Veda:** Foundation of Indian Culture explores the significance of temple architecture as signs of cosmic significance, highlighting the deep connection between language, spirituality, and artistic expression in India's heritage.
- **The Renaissance of India and Early Cultural Essence** delve into the essence of India's cultural heritage, emphasizing the crucial role Tamil literature played in shaping the nation's philosophical and spiritual identity.
- **Foundation of Indian Culture** emphasizes the importance of understanding India's strength, which is well-preserved in its literary treasures, with Tamil holding a place of particular importance.

Sri Aurobindo envisioned a renewal encompassing all aspects of Indian life and culture, drawing inspiration from this rich heritage. He believed that rediscovering this strength, including the profound wisdom enshrined in Tamil literature, was key to India reclaiming its position as a leader on the world stage.

• A Heartfelt Thank You

We would like to express our deepest gratitude to all the participants who joined us on our two exploratory journeys: to the Irumbai temple on March 16th, and to the Arasaleeswarar Temple on March 23rd. These days were filled with insightful discussions and a delightful experience of knowledge sharing. We are truly grateful for your enthusiasm and active participation.

• Why Join Us?

Delve into the history of these ancient temples and their connection to Thevaram.

Experience the timeless beauty of Tamil Bhakti firsthand through lectures, discussions, and temple visits.

Learn from renowned scholars and explore the profound language and imagery of Thevaram.

The Pilgrimage Continues...

• Next Pilgrimage:

• 30 March, 2—7pm, Starting Point Unity Pavilion

- The program will begin with a bilingual introductory lecture by Prof. D. Gnanasundaram, a renowned scholar of Tamil literature and culture.
- Prof. Gnanasundaram has a long and distinguished career in academia, having served as a professor at various colleges and universities in Tamil Nadu. He is also a Fellow of the Central Institute of Classical Tamil (CICT) and has published extensively on Tamil language and literature.
- The lecture will be followed by a visit to the Chandramowleeswarar Temple in Thiruvakkarai. This ancient temple is dedicated to Lord Shiva and is one of the most important Thevaram Thirumuthalams in the region. The temple is believed to be over 2,000 years old and houses a rare three-faced Shiva Linga.

• A Gift for the Soul

We are offering this event as a service to the Divine within each one of us. This program is completely free of cost, and no contributions are expected from the participants. All are most welcome to join us on this spiritual journey.

- We hope you will join us for this enriching exploration of Tamil Bhakti literature and culture.

For more information, please contact:

- tamil@auroville.org.in, +91 94866 23273

All are welcome!

Shivakumar

Nature Activities

FOOD FOREST TOUR

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

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

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

VEGAN ICE CREAMS and more...

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

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

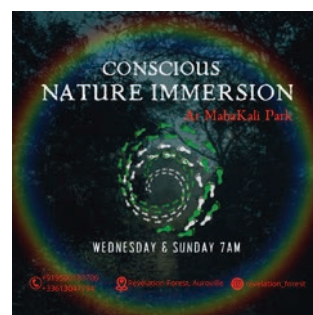
Sign up and infos whats app Sarah 9047421044
myfoodforestgarden@gmail.com

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

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

EDIBLE WEED WALK

Let's walk

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

DO YOU WANT TO MISS THE LAST EDIBLE WEED WALK OF THE SEASON? IT'S ON

SATURDAY March 30

Registration required (max 10 in a walk)

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

Marsilea quadrifolia
சொழியா, ஆரைக் கீரை

Page 37 in Edible Weeds book

Edible Weed Walk @ NinaS **Scan to**

Saturday, 30 March, 7:30am

Announcing the last Edible Weed Walk season on Saturday 30 March 2024, at 7:30am as usual. To join you would need to pre-register. The walk will be at an easily accessible location within Auroville. Exact location will be decided after the registration closes. Registered participants will be informed. The walk 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.

- 98409 36907 WA to register!

Nina

Honorary Voluntary

MARTUVAM IS LOOKING FOR WEBSITE DESIGNER

We need volunteer who knows about website designing and posting, our work about is introduction to Natural healing herbal plants,

If any body is interested please contact

- Martuvam, 9345454232,
martuvam@auroville.org.in

Thank you, Sivaraj



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,

8525038274WA or call 8122274924

Looking forward to welcoming you!
The Sadhana Forest team, Shek

Work Opportunities

DONATION CHANNELING GROUP

Seeks Executives to Implement Approved Process

Dear Friends, DCG needs a few executives to implement the DCG Process approved by the Governing Board. Presently we will do it manually and later on with the help of the portal / software. It involves normal computer proficiency, mostly in Excel and Word.

- It is a full time commitment.
- Full time maintenance is available.

The names of suitable persons will be given to the FAMC who will make the decision.

- We also need some members who can work part-time also.
- Please write to dcg@auroville.org.in

Naren & Sandeep for DCG team

ECO FEMME

is looking for an Order Processing Assistant

Would you like to join us half time in Order Processing? You will liaise with our Sales, Non-Profit and packaging team to ensure timely delivery and tracking of all shipments as well as do local pick up and deliveries for our online and retail sales. We are based in Auroshilpam. Starting date: as soon as possible;-)

Skills required:

- Spoken Tamil, spoken and written English
- Basic excel and word
- Able to drive a scooter

For more detailed information and applications, please write to jessamiin@ecofemme.org. Looking forward to hearing from you!

Jessamiin, Co Founder



Animal Care

AUROVILLE DOG SHELTER

Monthly Transparency Report March 2024

As part of our commitment to transparency, we are happy to present our report for March.



Overview

- New admissions: 18 (200 since April 2023)
- Rabies suspect cases: 0
- Adoptions and Releases: 25
- Vaccinations administered: 225, all dogs boosted on Canine Care Camp
- ABC shelter dog sterilization: 25
- Deworming: 260 doses for all of our dogs at Canine Care Camp

Donations and Grants Awarded



This month we received Rs. 63,412 in monetary contributions which includes Rs. 50,000 funds from BCC. We are very happy to announce that AVI USA has awarded us this month a grant of USD 608 to support the running costs of the shelter. The Department of Animal Husbandry has recognized the Auroville Dog Shelter as a charitable organization for the welfare of animals and issued two grants of Rs. 8 lakh for the purchase of a new ambulance and Rs. 10 lakh for the infrastructure to build the new Auroville Dog Shelter.

Expenditures

Animal Food: This month we fed our dogs 1.6 tons of rice, 2 tons of chicken, and 700 eggs, supplemented with donated food items like vegetables and daal which cost us approx. 1.5 lakh. As one chicken farmer is buying all the cheap rice at a high market rate, it has been a tough struggle to purchase the necessary quantity of rice. The price of rice has shot up from Rs 15 per kg to Rs 35. If you have any rice to donate to our shelter, we would appreciate it very much. We are also out of pedigree food which we use to supplement food for weaker dogs as the big manufacturers prefer rather to destroy nearly expired food than sell it to shelters for a discounted price.

Staff Costs: Total staff costs for this month for our workers, paid animal care staff, 3 veterinarians, and volunteers was Rs. 1 lakh this month.

Medical Costs: Using the grant money of the Animal Welfare Board of India we purchased microchipping equipment for 260 dogs for Rs. 38,350, 300 vaccinations for Rs. 80,325, and deworming for all our dogs in the value of Rs 9,677. Thanks to the awarded grant money we have upgraded our surgery with the purchase of surgical lights, an autoclave, sterilization sets, heating blankets, and endoscopes for the value of Rs. 21,300. Our Milaap fundraiser to sterilize 100 dogs in 100 days generated so far Rs 85,550 (29%) of the Rs. 3 lakh goal. Our costs for sterilizing 25 dogs this month had been Rs. 62,500

Auroville Canine Care Camp

On 26 and 27 March the first Auroville Canine Care Camp took place under the honorable presence of the Dean of Mettupallayam (RIVER) College, Dr. V. Sejian who brought 15 veterinary students to support our team and volunteers to microchip, vaccinate, register and deworm all of our dogs. Every dog received a new collar with their name and registration number on it. We have worked hard on our new website and taken great portrait pictures of all our beloved residents. The launch of the website will be on April 15th, when we celebrate our 1st anniversary. We are excited to announce that the Canine Care Camp event started the Auroville Dog Shelters collaboration with RIVER College which will serve as a hands-on training place for veterinary interns to gather experience under the guidance of our 3 vets.

Surgeries and Vet Consultations

Since the beginning of February, Dr. Anandi and her team started regular sterilizations every Monday. We can sterilize a maximum of 7 dogs per day but intend to increase our surgery numbers from April onwards by adding an additional day for operations. Despite our extremely tight budget we are committed to providing free or donation-based sterilizations for adopted former shelter dogs. We have started to provide free sterilizations for all the dogs of puppy camp. For other dogs, we ask for a donation of Rs. 3,000 per dog (Aurovilians Rs. 2,500). Despite trying to raise money for sterilizations through a Milaap Fundraiser, we still lack funds to sterilize more dogs. Unfortunately, we also had a bad experience as an Aurovilian (D.-K.) who had agreed to surgery for a dog she submitted, did not value the contract, and wanted to dump the dog after a successful operation in the shelter without payment. After insulting us, she also filed a complaint against us with town hall. We want to remind everyone that we do our utmost to sterilize as many dogs as possible by offering cost price which is a third of the price other vets are asking and we strive to do all we can to provide free surgeries for anyone who cannot afford it.

Inauguration of the new Auroville Dog Shelter

On 26 March at 8am the inauguration of the Auroville Dog Shelter took place at the new site adjacent to the Red Earth Riding School. A local priest, representatives from several Animal Welfare Organisations, Auroville officials, and lots of dog lovers and supporters of the Auroville Dog Shelter attended the ceremony. A golden pillar with a picture of Mother was set up and her presence felt in a silent meditation. We are excited that finally after many months of preparations, hard struggle, and many attacks from several sides to prevent the building of a new shelter, the new Auroville Dog Shelter will be realized. We thank a lot of people for their hard work to manifest an important part of Auroville.

We thank everyone for your continued support of the Auroville Dog Shelter! We are moving forward towards a bright future for our canine friends and everyone who loves animals.

*Auroville Dog Shelter Team,
Tine, Joseba, Arthur, Kiran, Mar,
submitted by Arthur*

AUROVILLE DOG SHELTER

Job Offer: Full maintenance position offered!

Are you an Aurovilian or a Newcomer with a deep love for animals? Join our team at the Auroville Dog Shelter! We're seeking a compassionate individual to take on the responsibility of caring for nearly 300 dogs. This full-time role requires a **commitment of five days a week from 9am—5pm**.

Alternatively it's possible to split a maintenance between two people. You must have a talent for organization and be able to work in a team.

This isn't just a job; it's the real yoga of work. Understanding its demands, we offer a one-month voluntary trial period before a one-year commitment.

- Contact Arthur at +918122225266 WA

Arthur for Auroville Dog Shelter

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

Best Regards, Pandian



Foldable Mosquito Nets Available

Dear Community, we bought 16 of these double bed foldable mosquito nets for a group of students who visited Auroville on a study tour. It was used only for 3 nights. MRP is 699/- each on Amazon. Willing to sell it at 600/- each. We were able to sell 6 of them, 10 are still left. Would anyone be interested?

- Contact +91 9704258709 WA/Signal or itspriyanka_nc@auroville.org.in

Thanks! Priyanka



Mixer Available

Mixer available against contribution. Prestige Endura 1000W, with attachments. Lightly used. 8111016280.

Lize



Looking For

Housekeeper Seeking Additional Work

Housemaid Selvi has been working at Maitreye 1 for the past 12 years and is seeking additional work for either morning or afternoon shifts. She has a proven reliability and commitment track record.

If you have any opportunities available please reach out directly: 8940288497, 8838775096, 9791728900

Min



Looking For Long-term House Sitting

Dear Community, I am a confirmed Aurovilian and looking for a long-term house sitting. I am single, originally from Italy and I contribute to the Community through various activities. I am a neat, clean, reliable, quiet and respectful person.

- Please reach out on 8667648515 or solespazio@gmail.com

Enzo'



Looking for a Housitter

Seeking a tidy house sitter to take care of my house, 10 June—2 September. I have a sweet dog, a nomadic cat, and a nice garden.

If you enjoy peace and quiet, please apply at 8098736448, only responsible house sitters need apply

Miki/ Catherine, early am



Left Over Paint

Dear readers, any left over water base paint for walls or art. The more colors the better. Please contact Wellpaper 9385744722. Zeevic



Needs a Cot

Dear Community, I am a newcomer, house sitting in the Grace community. Our son is in a boarding school and will be back for his 2 months summer vacation in mid April (from April 16 to June 10). We will need one cot for him. If anyone has a cane bed that they are not using, we will be happy to borrow, rent or even buy 2nd hand for a nominal cost (we have spare mattress, only need a cot). Contact +91 9704258709 WA/Signal or itspriyanka_nc@auroville.org.in. Thanks! Priyanka



Help Needed

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 Ingrid

Taxi Share

To Chennai Airport, Tuesday, 9 April, 5:30pm

To stay ECO friendly I am very willing to share a taxi from Auroville to Chennai airport on Tuesday, 9 April. Departure from Auroville Town Hall at 5:30pm (17:30).

- Please contact +34685673777 WA or srimala221@gmail.com or +917289907792 only SMS. Sunny



Foods, Goods and Services

HALF-PRICE MAROMA PRODUCTS for all Aurovilians in the Outlet Store



Maroma is happy to announce that it is offering all products at half-price to all Aurovilians in its Aspiration Outlet. Come by and see our great range of all-natural cosmetics, soaps, shampoo and more! Great for gifts to loved ones, including yourself. The Outlet is

- Located in the Maroma Campus in Aspiration
- Open 9am—5pm, Monday—Saturday.

See you there!

Jesse for The Maroma Team



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

Kathir



12:30 on Thursdays and Fridays

Our Community Lunches Are Still Happening During The Summer!

- Contact Serena on WA to book one day in advance: +91 84897 60966
- Contribution required (discount for AV/ NC and Volunteers)

See you at 12:30 on Thursdays and Fridays in our community kitchen! Mathilde for the Anitya team

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.

Ramakrishnan

Poetry

IN THEIR INTERLOCKED GAZE

In their interlocked gaze
In that silent speech
In a single look
All is said
And done
With joyful Gratitude, Anandi Z.

HUMMINGBIRDS

The female, and two chicks,
each no bigger than my thumb,
scattered,
shimmering
in their pale-green dresses;
then they rose, tiny fireworks,
into the leaves
and hovered;
then they sat down,
each one with dainty, charcoal feet –
each one on a slender branch –
and looked at me.
I had meant no harm,
I had simply
climbed the tree
for something to do
on a summer day,
not knowing they were there,
ready to burst the ledges
of their mossy nest
and to fly, for the first time,
in their sea-green helmets,
with brisk, metallic tails –
each tulle wing, ok
with every dollop of flight,
drawing a perfect wheel
across the air.
Then, with a series of jerks,
they paused in front of me
and, dark-eyed, stared –
as though I were a flower –
and then,
like three tosses of silvery water,
they were gone.
Alone,
in the crown of the tree,
I went to China,
I went to Prague;
I died, and was born in the spring;
I found you, and loved you, again.
Later the darkness fell
and the solid moon
like a white pond rose.
But I wasn't in any hurry.
Likely I visited all
the shimmering, heart-stabbing
questions without answers
before I climbed down.
Mary Oliver, White Pine (1994)

Auroville Media

AUROVILLE RADIO



Dear Aurovilians, your favorite radio is always working for you. Stay tuned!

[Here you can listen](#) to the stream channel (playing 24/7).

[Here you can see](#) on-air schedules.

Last published podcasts

- [Une série hebdomadaire de lectures par Gangalakshmi—461](#) (Integral Yoga)
- [Marlenka's weekly Offering—Ep. 115](#) (Literature)
- [Exploring Education in Arts, Animation and Film-making—Ep. 28 'Is The Golden Ratio Always Used In Art?'](#) (Arts & Culture)

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

...and more! on www.aurovillerradio.org.

For more information write to radio@auroville.org.in

Peace and love, Wobbli

Voices and Notes

NEW APPROACH TO LAND ACQUISITION

I am writing to propose a new approach to land acquisition for Auroville that aims to address the current challenges we face in securing land within the designated area.

As you are aware, the current method of purchasing land directly from landowners has led to several difficulties and accusations. Notably, the escalating prices due to benchmarking and speculation have made it increasingly challenging for us to acquire the necessary lands within the Auroville Galaxy Plan. Additionally, our urgency in acquiring these lands may inadvertently encourage landowners to hold onto their properties in anticipation of higher prices in the future.

To counteract these challenges and ensure a fair and transparent process, I suggest implementing an auctioning system for the exchange of outlying lands for those within the designated area.

Here's how it could work:

1. Identify lucrative outlying land parcels for exchange and announce them openly.
2. Set a date for an auction, allowing landowners within Auroville to bid for the desired lands.
3. Utilize a professional auctioning group to oversee the process and ensure fairness.
4. Begin with a pilot auction for a portion of the required land, such as 80 acres for the city area.
5. Reserve a portion of unused outlying lands (e.g., 50 acres) to be auctioned off for the required land.
6. Communicate and publicize the auction aggressively to ensure all interested parties are aware of the opportunity.
7. Implement a limited-time window for participation to create a sense of urgency.
8. Ensure transparency throughout the entire process to maintain trust and credibility.

By adopting this approach, we can introduce competition into the land acquisition process, allowing those with genuine need for the land to offer competitive bids. This will not only help us secure the required lands more efficiently but also mitigate concerns of corruption and speculation.

I urge the board to consider this proposal as a proactive step towards securing the lands for Auroville.

Thank you for your attention to this matter, Lakshay

AUROVILLE: A SELF-SUPPORTING TOWNSHIP

Excerpts from a most famous and exhaustive conversation, reproduced in the Agenda and the Ashram Centenary Edition:

'(Mother extracts from a heap of papers, letters and envelopes of all kinds, a note on Auroville, which was based on her words but written from memory.)

(Laughing) All this hangs together in a marvelous balance! (Satprem reads out the note)

'Auroville will be a self-supporting township.

'All who live there will participate in its life and development.

'This participation may be passive or active.

'There will be no taxes as such but each will contribute to the collective welfare in work, kind or money.

'Sections like Industries which participate actively will contribute part of their income towards the development of the township. Or if they produce something (like foodstuff) useful for the citizens, they will contribute in kind to the township which is responsible for the feeding of the citizens.

'No rules or laws are being framed. Things will get formulated as the underlying Truth of the township emerges and takes shape progressively. We do not anticipate.'

Is that all? I thought I had said more than that. Because inwardly I said a lot, a whole lot about the organization of food and so on... We are going to try things out. ...

And you don't pay for your food, but you must give work, or ingredients: for example, those who had fields would give the produce of their fields; those who had factories would give their products; or else your work in exchange for food.

That alone does away with much of the internal circulation of money.

And in every field things of that sort could be found... Ultimately, it must be a town for studies—studies and research on how to live both in a simplified way and in a way such that the higher qualities have MORE TIME to develop. There.

It's only a small beginning.

'Auroville will be a self-supporting township.'

I want to insist on the fact that it will be an experiment: it's to make experiments—experiments, research, studies.

An experimental city?

Yes... Auroville will be a city that will attempt to be, or strive or want to be, *self-supporting*, that is...

Autonomous?

'Autonomous' would be understood as a sort of independence that breaks off relations with the outside, and that's not what I mean.

For instance, those who produce food, a factory such as 'Aurofood' (naturally, when we are fifty thousand, it will be difficult to meet the needs, but for the moment we'll only be a few thousand at the most), well, a factory always produces far too much... So it will sell outside and receive money. And 'Aurofood,' for instance, wants to have a special relationship with workers, not at all the old system—something that would be an improvement on the Communist system, a more balanced organization than Sovietism or Communism, that is, which doesn't too much lean either toward one side or the other. ...

'Sections like Industries which participate actively will contribute part of their income towards the development of the township. Or if they produce something (like foodstuff) useful for the citizens, they will contribute in kind to the township which is responsible for the feeding of the citizens.'

That's what we've said.

The industries will participate actively, they will contribute. If they are industries producing articles that aren't in constant need—and are therefore in amounts or numbers too great for the township's own use, so



that they will be sold outside—those industries must naturally participate through money. And I take the example of food: those who produce food will give the township what it needs (in proportion to what they produce, of course), and it is the township's responsibility to feed everyone. That means people won't have to buy their food with money, but they will have to earn it.

It's a kind of adaptation of the Communist system, but not in a spirit of leveling: according to everyone's capacity, his position (not a psychological or intellectual one), his INNER position.

In democracies and with the Communists, there's a leveling down: everyone is pulled down to the same level.

Yes, that's just the point.



The true part is that every human being has the material right... (but it's not a 'right'...). The organization should be such, arranged in such a way, that everyone's material need should be met, not according to notions of right and equality, but on the basis of the most elementary necessities;

then, once that is established, everyone must be free to organize his life, not according to his monetary means, but according to his inner capacities. ...

At the bottom, the problem almost boils down to this: to replace the mental government of intelligence with the government of a spiritualized consciousness.

It's an extremely interesting experience: how the same actions, the same work, the same observations, the same relationship with the people around (near or far), how they take place in the mind, through intelligence, and how they take place in the consciousness, through experience. And that's what this body is now learning—to replace the mental government of intelligence with the spiritual government of the consciousness. ...

Mother's Agenda, VIII, 1993, 30 December 1967

Paulette

THE MAHAMANU OF SATCHITANANDA

Once upon an instance before time and space, in the ever-flowing ever-undulating motion of Silence and Oneness, the ever-Conscious and Powerful ever-Blissful Beingness, Satchitananda, again stirs and utters the Supracosmic Word...

From its bosom emerges this particular universe with its endless expanse of Space, Akash, the extension of Consciousness, from where starts to quiver Time, the movement of Consciousness.

And as Consciousness is inseparable from Beingness, Force and Bliss, from here to there joyfully zoom and dart speckles of colours, colliding, merging to form the first atoms of Air, Vayu. A single electron and a lone proton start dancing with each other, and Hydrogen forms and fills Space. Other elements with differing atomic configurations follow suit. In a flick of an instance appears Fire, Agni, igniting Vayu into balls of solar stars, brightly burning from its freedom-searching packets of energetic photons, as if they can really escape from the inherent Cosmic Union.

All these marvellous happenings are just a continuum of individualisation.

Tickled by the solar and electromagnetic heat waves of Agni, the multi-faceted catalytic element of combustion and transformation, other gaseous elements form in the continuing expansion and contraction of this Universal Consciousness-Force. At one thought point an Oxygen atom starts flirting with two Hydrogens, and in their union drips and forms Water, Jala. Other atoms too excited by the hyperheat of Agni bind together and create massive stars with so much pressure that they tremble and contract within themselves, binding atoms to form ever-heavier elements and violently

expand and explode! Kaboom! Some in a Supernova explosion! Kapow! Creating the ever heavier solid elements, Prithvi, that will eventually be fused together by gravity and electromagnetism, forming the asteroids, comets and planets, including a special one most suited as a divine field of evolution, a Bhumi, like this blue planet we call Earth.

Bhumi the future home and playing field of Manu, the archetypal man, swirls and dances with its moon, cools and forms with all the potentialities of Matter. Thus even before Manu comes, the Life-Force, Prana, Chi or Energy, descends and induces from the Five Elements the fluttering emergence of the most basic microbial, fungal, vegetal, animal and countless sorts of complex life forms, ever-searching for love and re-union, and in this process of ecstatic convergence consumes other elemental forms. And so is revealed, Energy is Matter. Energy is neither created nor destroyed, it just changes form. As the ancients say, the eater is also eaten, this the first movements of Divine Love reuniting with Its lost selves. I eat you and we are one.

And so for billions of years life ate each other, evolved to mate with another, and in fated time the Mind proper comes. Manu descends and upgrades the life forms of old Earth. Thus emerged the mental animal-bodied humans. For millions of years men and women, dancing and merging, mating and birthing, battling and still seeking for their seeming lost selves, destined to become, in the ripening of the evolutionary imperative of Satchitananda, the perfected form from the Union of all the infinite elements of Consciousness and Matter. From the transitional Manu, the MahaManu will emerge from within.

Thus the last Avatars in human forms, the He and the She, the embodied Revelation and Creative Power, incarnate and usher in the Supramental Consciousness-Forces on this Earth. This the designated Bhumi from which the MahaManu, the Supramental Child will emerge like a pristine Lotus from the blackest, murkiest mud, and with Divine Light and Love, Power, Bliss and a Smile reveals to all the Marvel of this multidimensional Cosmos.

This is the very essence of the Divine Cosmic Play of the One and Only Satchitananda.

There are infinite details finer, but that is for you, the transitional twined and gendered Manu, to personally experience and discover.

You who will become the unioned genderless new apex species, awakened from your false-separative mental hypnosis to your Truth-Unity Supramental Consciousness-Force.

You the future MahaManu, the living embodiment of an actual human unity, the Divine Manifestation of the One Eternal and Infinite, the perfected Divine Supramental Child of MahaShakti, the Supreme Divine Mother who is the Creative Power of the Supracosmic Word.

For now in this Eternal Now wherein throbs past-present-future, there are Two Worlds, Two Earths, one of Mind and another of the beyond, converging towards the Supramental emergence.

On a New Earth coming soon

The Life Divine.

Zech, 2024.03.23

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



Languages

NEWS FROM AUROVILLE LANGUAGE LAB

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



Conversation Practice sessions

• Would be Mondays for Sanscrit, Tuesdays 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! 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 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
	Beginner Started 11 March	10:30am—12noon	Monday & Wednesday
French	Beginner Started 10 February	2:30—4:30pm	Saturday
	Conversation Post Beginner Started 10 February	10:30am—12noon	
	Conversation Intermediate Started 5 February	2:30—3:30pm	Monday & Thursday
Tamil	Spoken Beginner Started 23	9:30—10:30am	Tuesday & Friday
	Spoken Intermediate To Start	5:30—6:30pm	Tuesday & Friday
Sanskrit	Beginner Starts 28 March	2—4pm	Thursday
Hindi	Beginner Starts 27 March	2—4pm	Wednesday
German	A1.1 Beginner Started 5 February	9:30—11am	Monday & Wednesday
	German Elementary S&W, To Start	4—5pm	Tuesday & Thursday
Spanish	Beginner Started 24 January	2:30—3:30pm	Monday
	Intermediate	2:30—4pm	Tuesday
Japanese	Beginner, To start April	TBA	TBA
Italian	Beginner Started 7 February	4—5pm	Wednesday & Friday
	Intermediate Started 15 February	4—5.30 pm	Thursday

Something New: Evening Programs!

From 1 February 2024, we launched a new experiment. The Language Lab has extended its opening hours from 5—7pm, Monday to Friday. We are offering special evening programs which include conversational practice with native language speakers, talks, poetry readings as well as self-learning and guided study in different languages with our mediatheque.

This program is free of cost to everyone: Aurovilians, Newcomers, Volunteers, Guests, and people from around the Auroville area. The Language Lab has always been open to all and this program will be as well. Ever learnt a language but feel a bit rusty now? Come and revive it! All, including Guests, are welcome to join. Come share your language with others!

New Language Courses at ALL

New Beginner Hindi with Kaushal end of March

Kaushal is a native Hindi speaker who is keenly interested in introducing the beauty and nuance of this language to eager learners. In this 16-hour (2 months) course, he will give an introduction to speaking, writing, and reading so as to familiarize students with the Hindi language.

- Wednesdays, 2—4pm, starting 27 March
- Duration: 16 hours (over two months)

New Beginner Sanskrit with Kaushal end of March

In this 16-hour (2 months) course, we start with the sounds and the alphabet, we shall enjoy exploring simple words, conversation and chanting of selected mantras.

- Thursdays, 2—4pm, starting 28 March
- Duration: 16 hours (over two months)

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 Beckedorf & Franz Müller is now available on Amazon! The book gives an in-depth explanation of the Alfred Tomatis method, its scientific bases, how and why it works, along with detailed case studies.

- Order through our website:
<https://books.aurovillelanguagelab.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@aurovillelanguagelab.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 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-sBMlyy-wZNdZcAng/videos>
- <https://www.listenwell.com/>

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

To join or enquire

Please fill out our form at <http://register.aurovillelanguagelab.org/>. You may also drop us an email at info@aurovillelanguagelab.org, 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
- Phone: (0413) 2623661, 2622467, 919843030355

Enzo,
for Language Lab Team

Classes, Workshops & Healing Arts

THE UNIVERSE IN A CUP OF TEA



The unreal veil of, enchanted embroidery lifted, the cup of tea appears, glittering ... (Full poem recited at the ceremony.) Discover a spiritual journey with a Sencha Style Tea Ceremony During this unique experience (acknowledged by renowned Asian Tea Masters especially in Taiwan), you will also explore the healing aspects of the tea of your choice (Organic teas only, tea blends with herbs/flowers also available. Awareness is key—you must allow the tea to infuse the body with its optimal effects. This is a 'once-in-a-lifetime' experience that will completely change your perspective on tea-drinking, especially if you are a tea lover.

The session can be conducted 1-on-1, or for small groups (up to 4 people). For more than 4 people, a suitable venue must be arranged in advance. Children aged 5 years and above are most welcome, especially on their birthdays.

- **Venue:** To be decided when you call to confirm your appointment. the ceremony can be conducted at your place of residence as well.
- Possibility to buy the tea after our session.
- Sessions are donation-based with the flow of Generosity.
- Call/WA +91 9385428400

Isha

ASTROLOGY 101

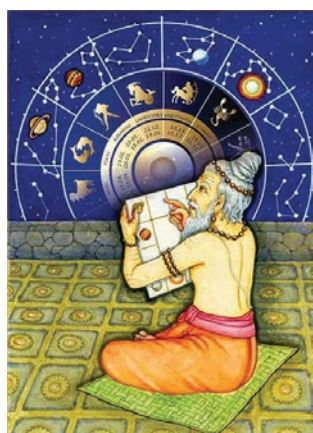
The next 1-year program on the Stars & Planets begins soon! This is for anyone interested in personal growth and development using the ancient Indian system. You'll learn how to make and analyze your birth chart, and act from a space of vedic knowledge. I'm using a pay-as-per-your-capacity pricing model, to ensure that this is accessible to everyone.

- Places are limited, and the program starts on 12 April 2024.

In order to maintain the quality of learning and to ensure that you receive personalized attention, we will be limiting this batch to just 25 learners. This ensures focused guidance and fosters meaningful group interaction as well. Since there are limited spots, we will be selecting learners carefully.

- For details, and to register, pls visit: <https://www.allthingsvedic.in/astrology101>

Vikram, 98343948288 WA



IT MATTERS

Schedule from Monday, 1 to Sunday, 7 April

Monday, 5—6pm	Tai Chi, the way of the leaf with Kaarthikeyan Kirubhakaran
Tuesday, 5—6pm	Fit Fusion with Dasha
Wednesday, 5—6pm	Conversation about Science & Nonduality with Siva
Thursday, 10—11am	Expressive Arts with Sandra*
Thursday, 5—6pm	Laughter and relaxation with Ancolie Dove
Friday, 5—6pm	Mystery Activity
Saturday, 9:30—11:30am	Intuitive painting with Marie-Claire Barsotti*
Sunday, 10—11:30am	Discover Acroyoga with Damien

- Auroville Main Road next to Progress Transport Service
- More info on itmatters.auroville.org/activities or instagram [@auroville.curated](https://www.instagram.com/auroville.curated)
- All activities are Rs./600 for guests and Rs./150 for Aurovilians/Volunteers

* extra fees for material may be applicable, please check website
Bhakti and Sandra

BODY IN LIGHT:

Energy Healing Workshop

12, 13, 14 April, 9am—5pm

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

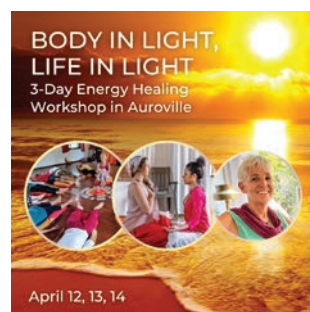
- Heal old pains, patterns and programming
- Align to your Divine Essence
- Tune into mystical moments of realization by stepping into the frequency of the four powers of the Divine Mother: Wisdom, Harmony, Strength & Creation
- Dive into powerful techniques for self-healing, and explore Fundamentals,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

Location: Bhumika Hall, Bharat Nivas, Auroville.

Facilitator: Sandhya, Energy Healer & Teacher since 25 years.

Register now: contact@auroville-jiva.com, +91 9443619403 WA.

Niharika



YOGA CLASSES

in Bharat Nivas

Daily drop-in Yoga Classes in Bharat Nivas.

- Ashtanga Yoga from 8—9:30am.
- Hatha Yoga 4:30—6pm.

Class is open for all levels. No pre registration required.

Jessica



ACROYOGA

- For guests and beginners on appointment only,
- Monday, Wednesday, Friday, 1am—12:15pm or 3—4:15 pm
- Contact +91 9047722740 WA



Damien

SVARAM: HARMONIC SPINE & YOGA NIDRA

The Harmonic Spine & Yoga Nidra



29th MARCH - 9 am - 6.30 pm

Bhumika Hall

Book your slots

For registration, please contact: +91 8056058269
svaramprograms@auroville.org.in

• 29 March, 9am—6:30pm, Bhumika Hall, Bharat Nivas

This session will be a balance of scientific theory, and empirical hands on learning. We will be able to draw on Joseph's 30 years of experience as a clinician and teacher in this field. This session will be followed by Yoga Nidra, the sessions allows us to enter hypnagogic state—a doorway to the subconscious mind. Joseph Schmidlin DOmt, LMT is a classical Osteopath with over 30 years of training, teaching, and practice in the field of energy. Priyanjali is a multi-dimensional explorer—a movement, psychology and sonic researcher who believes in quantum thinking. She is a psychologist, yoga and sound therapist who has been exploring multi-dimensional therapy for the last decade.

• Book your slots

• For registration, please contact: +91 8056058269
svaramprograms@auroville.org.in

Timon for SVARAM

YATRA

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!

Every Monday, 7:30am, followed by breakfast

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

• Book Your Spot Now

- Yatra Art and Culture Foundation, Yatra Arts Media, Near New Creation Sports Ground, Kuilapalayam
- 0413 2623071, +91 9751033162

Yatra Srinivassan

GENTLE FLIGHT WORKSHOP

3—6 April @ Cripa

4 days Contact Improvisation intensive focused on gentle flying techniques.

GENTLE FLIGHT

CONTACT IMPROVISATION INTENSIVE WITH IVAN GURIANOV

CRIPA, AUROVILLE, INDIA

+91 83007 31300
aurovilleartworld@gmail.com

3 TO 6 APRIL 2024

9:30am—12:30pm, 3—4 April

3—5pm, 6 April

Program

- Flying patterns & principles.
- Communication of ideas through the body.
- Work with Attention, perception & reflexes.
- Bio mechanics of the body.
- Somatic exercises to access subtle aspects of movement.
- Exercises to open creativity and go beyond patterns.

About teacher

Ivan Gurianov—facilitator of contact improvisation since 2018, teacher & co-organiser of international contact improvisation programs. Performer, Multidisciplinary artist.

Ivan incorporates in his dancing and teaching ideas from different movement research studies such as Ideokinesis, Axis Syllabus & Movement Culture, as well as his experience in Yoga, Meditation and different dance styles such as Butoh, Contemporary Dance, Hip-Hop, Tango etc.

- **Facilitator:** Ivan Gurianov
- Instagram.com/shadow_of_movement
- **Registration:** aurovilleartworld@gmail.com Krishna

KUNDALINI YOGA

Mondays, 5—6:30pm @ Hall of Light, Creativity

Kundalini Yoga is called the Yoga of Awareness. It is a dynamic, powerful tool that is designed to give you an experience of your soul. To achieve that It uses the combination of Asanas, Pranayamas, Mudras and Mantras.

- All levels, come 5 minutes before, bring your own mat. Contribution for the use of the room.

- Contact: Bel +91 7598892065 WA

- Certified Kundalini Yoga teacher.

Bel Jimenez

Kundalini Yoga

Every Monday at 5.00 p.m.
at the Hall of Light, Creativity

YOGA WITH RACHEL



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

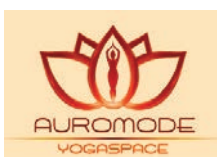
Tejiendo un tapiz de suaves movimientos, guiándote verbalmente a través de cada asana con detalle, como un hilo dorado que conecta la respiración y el movimiento con tu propia Esencia. Cada Asana, como expresión de equilibrio, invitándote a resintonizar contigo misma, alineando cuerpo, mente y espíritu.

Submitted by Rachel

AUROMODE YOGA SPACE

April 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 +91 9892699804 WA only

Day	Time	Description
Monday to Friday	10—11am	Mobility with Karalakattai
Monday to Sunday	5:30—7pm	Vinyasa flow Asanas until 10 April

Vinyasa flow with Bala

Vinyasa Flow yoga is a style of yoga that emphasizes the coordination of breath and movement. It is a dynamic and fluid practice that links various yoga poses together in a sequence, creating a continuous flow of postures. Vinyasa Flow classes can vary in intensity and pace, making them accessible to practitioners of different levels.



Mobility with Karalakattai

Ready to enhance your flexibility and mobility? Karalakattai, a traditional Indian wooden tool, might just be the key! Used for centuries in Tamil Nadu, Karalakattai is a simple yet effective aid for improving joint mobility and overall flexibility. Join us every day to improve your overall posture correction.

Bala

ARKA WELLNESS CENTER & MULTIPURPOSE HALL

Regular Activities, 0413 2623799

Treatments

Treatment	Therapist	when
Body Logic, Soft Massage & 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 antarcalli@yahoo.fr
Chinese Fire Cupping and Moxibustion Therapy	Chun	Monday to Saturday by Appointment 8098900708
Reiki Healing, Breath-work, Energy healing.	Niyati Thakkar	only by Appointment niyathakkar2112@gmail.com

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

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

📍 Vérité Integral Learning Center, Auroville 📧 cafe.vilce@gmail.com

• cafe.vilce@gmail.com Kathir for Verite Learning Center

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, Kulapalayam

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. Kindly share your profile with us at the below mentioned email address. We will call you for an interview to assess the correct fit between you and the positive intention towards the energy of therapy.

Wellness Wood Products

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



Karakattai

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

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

- **Contact:** Raja, +91 9751395939, www.angamtree.com

Therapies

Our work in therapy and healing is focused on educating people to the importance of healthy living and conscious lifestyle. To together achieve a better and sustainable future in wellness for each individual and their communities.

Sound Healing Therapy

Using various musical instruments, Sound healing, Bodywork, Meditation, Visualization and Breathing one will become aware of their complete sensory perception. When we hear the subtle cautions our life and where the body is a pathway of that inner voice, we all have the potential to heal ourselves.



Massage Therapy

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



Dance Movement Therapy

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

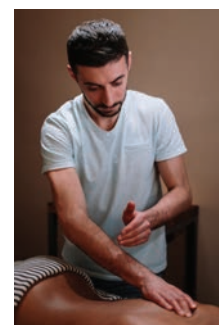


- You can learn more about us and register at www.angamtree.com/therapies

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

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

Contribution based,
Submitted by Raja

QUIET HEALING CENTER



Woga 1 & 2 with Dariya

- Sunday, 7—Monday, 8 April, 9am—6pm, 12 hours

Woga is the union of two words: water and yoga and based on classic yoga poses and stretches, modified for standing in pool water, which is waist-to-chest high. Sessions are structured like their yoga equivalents on land: breathing, warm-up exercises, a series of poses, and a relaxation period. The difference is that you are in a warm water pool! Focus of Woga 1 & 2 is Hatha Yoga in water (asanas in standing position, on the wall, in floating position), pranayama and meditation. Thanks to decrease in gravity, water allows greater ease of movement, unblocks articulations, lengthens and melts muscles, and removes negative tensions, thereby preventing stress, insomnia and anxiety.

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

Woga Instructors Training Course with Petra & Pooja

- Tuesday, 9—Sunday, 14 April, 8:45am—6:30pm, 42hrs

In this 6-day course, you will acquire the basics of Woga, be able to use the potential of yoga in shallow water, learn a Woga exercise repertoire, and receive didactic and methodical material to offer Woga courses and/or incorporate Woga into your water fitness classes.

Topics addressed are Yoga philosophy in general, background of Hatha Yoga and Pranayama, practical and theoretical knowledge of the physical laws of water, which serves as the basis for a good general body feeling/image, and methodology and didactics for planning lessons in teaching Woga.

- **Prerequisites:** Woga 1&2 AND a certified activity as instructor in aquatic sports or as bodyworker instructor, or long time bodyworker in any kind of activity.

Watsu® Yoga Round with Fred & Roberto

- Monday, 15 April, 3—6:30pm

Watsu Yoga Round is a powerful tool for deep relaxation and inner peace. It focuses on listening to the body and presence; it represents a way to come back to your heart, to an inner silence that is fully alive and vibrant. It is an invitation to feel, awaken and celebrate the energy of your being. When immersed in warm water during the Watsu Yoga Round, the body does not suffer from the effects of gravity; the flow of movements and stretching, alternated with moments of stillness, invite a progressive well-being: body and mind become free to dance!

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

Watsu® & OBA Basic with Dariya & Daniel

- Tuesday, 16—Sunday, 21 April, 1—6pm, 31 hours

Watsu & OBA are aquatic bodywork modalities given in a warm water pool (ideally 35°C). Watsu, the part where the client's face stays always on the surface, introduces the qualities and body mechanics required to work with someone in water in order to create a profound state of both physical and mental relaxation. During the OBA part the receiver is also brought under water (with nose clip), which offers a unique experience. In this course, you will practice basic techniques and qualities (grounding, presence, stillness, movement, attention) of being and moving another body in water. You will experience floating other people and being floated, on the surface and underwater, thereby creating space for deep relaxation and nurturing body, mind and spirit. Participants in this course often appreciate the group space, which fosters deep, meaningful and nurturing connections.

- **Prerequisites:** no previous experience required.

Watsu® 1 TF (Transition Flow Yoga) with Petra

- Monday, 22—Thursday, 25 April
8:45am—6:30pm, 34 hours

A 4-day course on the surface only. Watsu 1 (Transition Flow) teaches to connect the basic movements and positions you have learned in Watsu Basic with long, gracefully flowing transitions and to adapt this work to people of different sizes, shapes, and dispositions. You will also learn about your own body mechanics and how to support and move each person as effortlessly as possible. On land, you will be introduced to both Co-Centering and Tantsu, and explore what being held means to you and others.

- **Prerequisites:** Watsu Basic

www.quiethealingcenter.info/quiet@auroville.org.in

+91 9488084966 Mobile & WA, Guido

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)



- **Angel Sounds, duration 1hr**

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 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

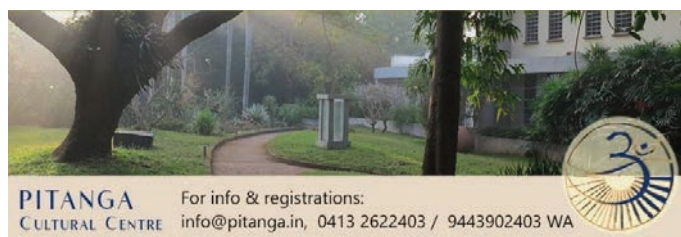
or satyayuga@auroville.org.in

- French and English speaking.

- Location on request.

Satyayuga

PITANGA PROGRAM



April 2024

Drop-In Classes

- Join without prior registration!

Mondays	
7:30am–9am	Asanas with Rachel
8:30am–10am	Yoga Therapy with Gala
4pm–5pm	Doing No-Thing Consciously with Mike
Tuesdays	
3:30pm–4:45pm	Restorative Yoga with Rachel
Wednesdays	
7:30am–9am	Asanas with Rachel
8:30am–10am	Yoga Therapy with Gala
Thursdays	
4:30pm–5:30pm	Aviva Exercise with Suriyagandhi
4:30pm–6pm	Vocal Sound Healing with Lola
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	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	Truth Based Relationships—Practical Sessions with Juan Andrés
4:30pm–5:30pm	Body Music with Anandi Z.

Mark the Changes!

Doing No-Thing Consciously with Mike

- Mondays 4–5pm

The class format evolved into the following: 'We are always doing 'things' outside and inside... In this exploration we'll take a conscious pause to allow our system to truly rest, to find it's own neutral where it can recalibrate, recharge, harmonize. We will seek to tune into our own self-healing ability by doing nothing, consciously stepping back and listening more deeply to our bodies.

Sri Aurobindo: 'It is by the thought that we dissipate ourselves... It is by gathering back of the thought into itself that we must draw back into the real'. This is a drop-in class.

Restorative Yoga with Rachel

- Tuesdays 3:30–4:45pm

The class changed from Thursdays to Tuesdays for the months of April and May. 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,
last class before the summer break will be on 25/4
- Yoga for children, 5–8 yrs.**, with Gala:
Saturdays, 9am–10am
- Yoga for children, 7–9 yrs.**, with Gala:
Saturdays 10am–11am
- Energy games for children, 9 yrs+**, with Gala:
Saturdays, 11am–12pm

Classes—By appointment

- Art Therapy with Gala**
 - 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—By appointment

- Bio-Resonance (with Bi-Com machine) by Afsaneh
- Chiropractic by Afsaneh
- Cranio Sacral Therapy by Anne H.
- Thai Yoga Massage by Juan

If you wish to receive our program of activities by email, please write to us:

- info@pitanga.in

Submitted by Andrea

@ Serendipity Community with Sonia Novaes

Thursday, 9am, Drop-In Class

Friday, 5pm, Regular Class

- 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

VERITÉ PROGRAMS

April 2024

- Phone: +91 413 2622045, 2622606
- WA: +91 9363624083, 8489391876
- Email: programming@verite.in
- Website: www.verite.in



Yoga & Re-creation Programs

Days	Drop-in Classes	Timings	Presenters
Mondays	Yoga Breath & Meditation Practice for Beginners (no class 29 Apr)	7:30—8:30am	Mamta
	Yoga for Inner Alignment—Pranayama & Asanas (no class 29 Apr)	9:15—10:15am	Radhika
	Deep Sound Bath	5—6pm	Satyayuga
	Yoga Asana for Core Strength: Building a Strong Foundation	5—6pm	Radha
Tuesdays	Sivananda Yoga	7:30—8:30am	Mani
	Yoga Asana: Deep Stretch & Relaxation	9:15—10:15am	Radha
	Vocal Improvisation & Circle Singing	5— 6:30pm	Lola
	Regeneration Circle: Voices of Wholeness (contributions are voluntary, no class 23 Apr)	5— 6:30pm	Nadim
Wednesdays	Yoga Asana: Deep Stretch & Relaxation	7:30—8:30am	Radha
	Gentle Hatha Yoga	9:15—10:15am	Claire
	Kirtan- Songs for Your Soul (contributions are voluntary, no class 17 & 24 April)	5—6pm	Mamta
	Hatha Yoga	5—6pm	Claire
Thursdays	Sivananda Yoga	7:30—8:30am	Mani
	Pranayama & Meditation	9:15-10:15am	Radhika
	Gentle Hatha Yoga	5—6pm	Claire
	Face & Eye Yoga (no class 18 & 25 April)	5—6pm	Mamta
Fridays	Yoga Asana: Deep Stretch & Relaxation	7:30—8:30am	Radha
	Hatha Yoga for Beginners	5—6pm	Mamta
	Deep Sound Bath	5—6pm	Satyayuga
Saturdays	Gentle Hatha Yoga	7:30—8:30am	Claire
	Deep Sound Bath	5—6pm	Satyayuga
	Sivananda Yoga	5—6pm	Mani

Therapies (by appointment only)

Therapies (by appointment only)	Therapist
Biodynamic Craniosacral Therapy	Mila
Integrated Craniosacral & Foot Reflexology	Radhika
Craniosacral Therapy	Radhika
Foot Reflexology	Radhika
Integrated Ayurvedic Acupressure, Deep Tissue & Heart Healing Massage	Raja
Heart-Centered Resilience	Susan
Foot Reflexology	Vyshnavi
Integrated Energy Healing & Foot Reflexology	Vyshnavi

Workshops (pre-registration required)

Day & Date	Workshops (pre-registration required)	Timings	Presenters
Friday, 5 April	Food is Medicine—Lifestyle Health Practices	9:15am—12pm	Parvathi
Friday, 5 April	Introduction to Ayurveda & Panchakarma	2—4:30pm	Dr Geeta
Saturday, 6 April	Master Class: Sivananda Yoga	9:15am—12pm	Mani
Saturday, 6 April	Face & Eye Yoga: Face Your Self	2—4:30pm	Mamta
Friday, 12 April	Understanding Pranayama & Its Practice in Asanas & Meditation	9:15am—12pm	Radhika
Friday, 12 April	Ayurveda for Self Harmony	2—4:30pm	Claire
Saturday, 13 April	Synchronise your Moon Cycle with Yoga	9:15am—12pm	Radha
Saturday, 20 April	Food is Medicine—Lifestyle Health Practices	9:15am—12pm	Parvathi

*Kathir
for Verité Programming*

VERITÉ WORKSHOPS

March 2024

- Phone: +91 413 2622045, 2622606
- WA: +91 9363624083, 8489391876
- Email: programming@verite.in
- Website: www.verite.in



Synchronize your Moon Cycle with Yoga—Radha

- Thursday, 28 March, 9:15am—12pm

The menstrual cycle is a dynamic event in the physical, emotional, intellectual, & spiritual life of women. Becoming more aware of our cycle & understanding the energies associated with it allows us to use its gifts in everyday life. We will explore the female cycle in detail, demystifying each phase & its biological changes, variations in energy level & archetypes. You will learn yoga & lifestyle practices to help you synchronize with your cycle, attune to the changes in your body & energy level, & to balance them.

Contact Improvisation Dance with Bijou

- Thursday, March 28, 2—4:30pm

Contact Improvisation (CI) is based on principles of touch, momentum, weight, & quintessentially, following a shared point of contact. A 'moving massage', CI fine tunes your senses & wakes up your ability to listen & respond to what is happening in the moment. You will learn about touch, falling, lifting, leaning, sliding, counterbalancing, & supporting the weight of another person in a relaxed atmosphere of sharing, cooperation, & egalitarianism.

Understanding Pranayama and its Practice in Asanas and Meditation with Radhika

- Friday, 29 March, 9:15am—12pm

Pranayama is a system of breathing techniques that helps us to harness the power of our life energy. In this workshop we will focus our attention on pranayama and discover the effect of various techniques on our breath. We will explore different pranayama practices, using some of these in a sequence of asanas and maintain observation of our breath in a guided meditation.

Holistic Approach to Ayurvedic Lifestyle with Dr. Geeta

• Friday, 29 March, 2—4:30pm

Learn the fundamental principles of Ayurveda, India's traditional science of holistic self-care, including the concepts of Swasthya, Aswasthya, Dosha, & Prakriti. Based on her long-term experience as an Ayurvedic practitioner, Dr. Geeta will also share practical information about the use of herbs and simple lifestyle practices that support well-being.

Food is Medicine—Lifestyle Health Practices with Parvathi

• Saturday, 30 March, 2—4:30pm

Learn about your body's constitution (Tridosa) & 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.

Food is Medicine—Lifestyle Health Practices with Parvathi

• Friday, 5 April, 9:15am—12pm

Learn about your body's constitution (Tridosa) & 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.

Introduction to Ayurveda & Panchakarma with Dr. Geeta

• Friday, 5 April, 2—4:30pm

Ayurveda, the ancient Indian medical system, includes Panchakarma, which is a set of five cleansing procedures. Learn the appropriate use of and principles behind these practices, which aim to detoxify, rejuvenate, and restore balance to body, mind and spirit.

Sivananda Yoga: Masterclass with Mani

• Saturday, 6 April, 9:15am—12pm

A classic Sivananda session, including basic pranayama (breathing) and Surya namaskar (sun salutation), designed to massage and rejuvenate the entire spine, with rhythmic alternation between effort and relaxation to balance the nervous system and prepare it for the final guided relaxation.

Face & Eye Yoga: Face Your Self with Mamta

• Saturday, 6 April, 2—4:30pm

Explore self-massage techniques & exercises for the face; revitalize the sense organs & enhance vision through candle gazing.

Kathir for Vérité Programming

Cinema

ECO FILM CLUB

Every Friday at Sadhana Forest

Schedule of Events

16:00 Free bus from Solar Kitchen to Sadhana Forest for the Tour

16:30 Tour of Sadhana Forest

18:00 Free bus from Solar Kitchen to Sadhana Forest for the Eco Film Club

18:30 Eco Film Club begins with 'previews' of short Sadhana Forest films

20:00 Dinner is served

21:15 Free bus from Sadhana Forest back to Solar Kitchen
Before the movie, at exactly 16:30 you are welcome to join us for a full tour of Sadhana Forest and an update of our most recent work! After the film, you are welcome to join us for a free 100% vegan organic dinner! The bus service is operated by Sadhana Forest.



• For more information about the bus service please contact Sadhana Forest at 8525038274.

****Note:** Families and children are welcome! Dinner for children will be served at 19:)

Friday, 5 April

Healing Through Food: Part 2

2023 / 39 minutes / NBC 6

In Part 2 of this documentary, we dive deeper into how nutrition can relate to health and wellness. From our cardiovascular systems to our digestive tracts, wholefood plant-based diets have the potential to heal us from inside out. The film also features many success stories of people, who are living an active and fulfilling vegan lifestyle.

Shek

STUDY CIRCLE



Auroville Film Institute invites you to the screenings of specially curated films and a book reading.

- Please register via +91 9769976898 WA.
- Voluntary contributions are welcomed.

The Screenings and readings are part of The Documentary Impulse With Deb Kamal Ganguly (25 to 29 March, 2024, 14:30 to 18:30 IST).

• Saturday, 30 March 2024 (15:00 IST)

Workers Leaving the Factory in Eleven Decades (2006)

Harun Farocki, Germany, 1995, German, 36 mins

This film stems from the fact that the first camera in the history of cinema was pointed at a factory, but a century later it can be said that film is hardly drawn to the factory and is even repelled by it. Films about work or workers have not become one of the main genres. Most narrative films take place in that part of life where work has been left behind.



• Sunday, 31 March 2024 (15:00 IST)

Berlin: Symphony of a Great City

Walter Ruttmann, German, 1927, 65 mins

The film is an example of the 'city symphony' film genre. It portrays the life of a city, mainly through visual impressions in a semi-documentary style, without the narrative content of more mainstream films, though the sequencing of events can imply a kind of loose theme or impression of the city's daily life.



• Wednesday, 3 April 2024 (14:00 IST)

The Human Dutch

Bert Haanstra, Dutch, 1963, 90 mins

In 1964, director Bert Haanstra set out to make a documentary about his native country of Holland. By focusing his camera on life's small moments -- a child going to school, a couple kissing in a park -- Haanstra reveals the deep emotional connections and community-minded manners that are singularly Dutch.

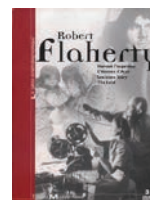


• Thursday, 4 April 2024 (14:00 IST)

The Land

Robert Flaherty, USA, 1942, 43 mins

Documentary showing the poor state that American agriculture had fallen into during the Great Depression.



Raj, AVFI Study Circles,
Auroville Film Institute, 9769976898



CINEMA PARADISO
Multimedia Center (MMC) Auditorium
Film Program
1 April 2024 to 7 April 2024

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

Indian—Monday 1 April, 8pm

Sam Bahadur

India, 2023, Writer-Dir. Meghna Gulzar w/ Vicky Kaushal, Sanya Malhotra, Fatima Sana Shaikh and others, Biography-War, 150 mins, Hindi-Parsee w/ English subtitles, Rated: U/A (PG-13)

The film chronicles the arduous and illustrious career of Sam Manekshaw who became the first ever of only two Indian Army officers to rise to the rank of Field Marshal. Trained as one of the first cadets at the Indian Military Academy pre independence, he got posted in Punjab after graduation. By WWII in 1942 he had already become a Major and is sent to Burma where he fought a valiantly at the survived a bad injury. During partition in 1947, the graduates of the Indian military academy had to choose which of the two new nations they would serve. Despite much convincing by his colleague Major Yahya Khan to join Pakistani army, Manekshaw chose to join Indian Army. He continued to serve and played a major role during the 1962 Sino Indian War and 1971 India-Pak War. Good watch!

Potpourri—Tuesday 2 April, 8pm

First Cow

USA, 2019, Writer-Dir. Kelly Reichardt w/Alia Shawkat, John Magaro, Dylan Smith, and others, Western-Drama, 122 mins, English-North-American Indian-Russian-French-Hawaiian w/English subtitles, Rated: PG-13

A loner and cook has traveled west and joined a group of fur trappers in Oregon Territory, though he only finds connection with a Chinese immigrant. The men collaborate on a business, although its longevity is reliant upon the participation of a wealthy landowner's prized milking cow.

Interesting—Wednesday 3 April, 8pm

À Vendredi, Robinson (See You Friday, Robinson)

France-Switzerland, 2022, Writer-Dir. Mitra Farahani w/ Jean-Luc Godard, Ebrahim Golestan, Documentary, 96 mins, French-Persian-English w/English subtitles, Rated: NR (PG)

A fascinating film from Godard's collaborator... Ebrahim Golestan and Jean-Luc Godard, New Wavers Iranian and French, embark on an email round-robin conversation in this amusing documentary. Each reaching out from their self-selected isolation to the other through internet.

Selection—Thursday 4 April, 8pm

The Secret of Roan Inish

USA-Ireland, 1994, Writer-Dir. John Sayles w/Jeni Courtney, Eileen Colgan, Mick Lally, and others, Fantasy-Drama, 103 mins, English-Irish Gaelic w/English subtitles, Rated: PG

In this lyrical/magical film 10yrs old Fiona is sent to live with her grandparents in a small fishing village in Donegal, Ireland. She soon learns the local legend that an ancestor of hers married a Selkie—a seal who can turn into a human. Years earlier, her baby brother washed out to sea in a cradle shaped like a boat; someone in the family believes the boy is being raised by the seals. Then Fiona catches sight of a naked little boy on the abandoned Isle of Roan Inish and takes an active role in uncovering the secret—of Roan Inish.

International—Saturday, 6 April, 8pm

The Zone of Interest

USA-UK-Poland, 2023, Writer-Dir. Jonathan Glazer w/ Christian Friedel, Sandra Hüller, Johann Karthaus, and others, History-War, 105 mins, German-Polish-Yiddish w/ English subtitles, Rated: PG-13

Inspired by Martin Amis's 2014 novel, this film is inspired by real-life SS Officer Rudolf Höss, the commandant of Auschwitz, his wife, Hedwig. The area in question is 25sq miles immediately surrounding the camp in western Poland where the officer and his wife strive to build a dream life for their family in a house and garden next to the camp. An outstanding film that dispassionately examine how brutality could be woven into mundane and normal.

Children's Matinee—Sunday, 7 April, 4pm

Miraculous—Le Film (Ladybug & Cat Noir: The Movie)

France, 2023, Writer-Dir. Jeremy Zag w/ Annouck Houtbois, Benjamin Bollen, Antoine Tomé and others, Animation-Adventure, 104 mins, English-French-Spanish w/English subtitles, Rated: PG

Ordinary teenager Marinette's life in Paris goes superhuman when she becomes Ladybug. Bestowed with magical powers of creation, Ladybug must unite with her opposite, Cat Noir, to save Paris as a new villain unleashes chaos unto the city.

Kenji Mizoguchi Film Festival @ Ciné-Club:

Ciné-Club Sunday 7 April, 8pm

Sanshō Dayō (Sansho the Bailiff)

Japan, 1954, Dir. Kenji Mizoguchi, w/ Kinuyo Tanaka, Yoshiaki Hanayagi, and others, Drama, 124 mins, Japanese w/ English subtitles, Rated: R.

A cinematic retelling of a thousand-year-old folk tale. The story centers around a prosperous family that was disgraced due to the father's progressive ideas. With the father in exile, the mother and two young children must undertake a difficult journey to join him, but they are ambushed by bandits and sold into slavery. This is the story of each family member's determination to reunite.

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. 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





At Multi Media Centre Auditorium (MMC, Town Hall)

- **Reminder: Friday, 29 March 'Shadows Of Forgotten Ancestors'** by Sergei Parajanov, USSR, 1965
- **Friday, 1 April, 8pm 'Frances Ha'**

Directed by Noah Baumbach, United States, 2012

With: Greta Gerwig, Mickey Sumner, Adam Driver

Synopsis: Frances, a woman in her late twenties in contemporary New York, struggles with her friends, her ambitions as a dancer, her finances... everything. She wants so much more than she has, but lives her life with unaccountable joy and lightness...

This independent, wry and sparkling romantic comedy from Noah Baumbach owes more than a tiny debt to French New Wave and Woody Allen's best. The director's partner, Greta Gerwig co-wrote the script and plays the main role, 10 years before she directed the huge box office hit 'Barbie', which was also co-written by the couple.

Original version in English with Engl. Subtitles, duration 1h.26'

Aurofilm Note

Dear all, we are sorry to have to cancel our 'Aurofilm Open House' announced for the 31 March. We have been very busy with many activities this month and couldn't finalize a worthy program! It will be for sometime later.

In the meantime we continue our Friday screenings at Cinema Paradiso/MMC Auditorium and will present one or two Cine-master classes at Kalabhoomi before the summer break! Please check the announcements... And if you want/can support us for the months to come, our account number is 252658—Big thank you, Aurofilm

Surya for Aurofilm

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,
NewsAndNotes@auroville.org.in



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.

The only excuse of late delivery is rain on Friday.

Light and Peace, Roy and AgniJata

Accessible Auroville Public Bus

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/Lt43wBCBno1E6CTwoU2x>