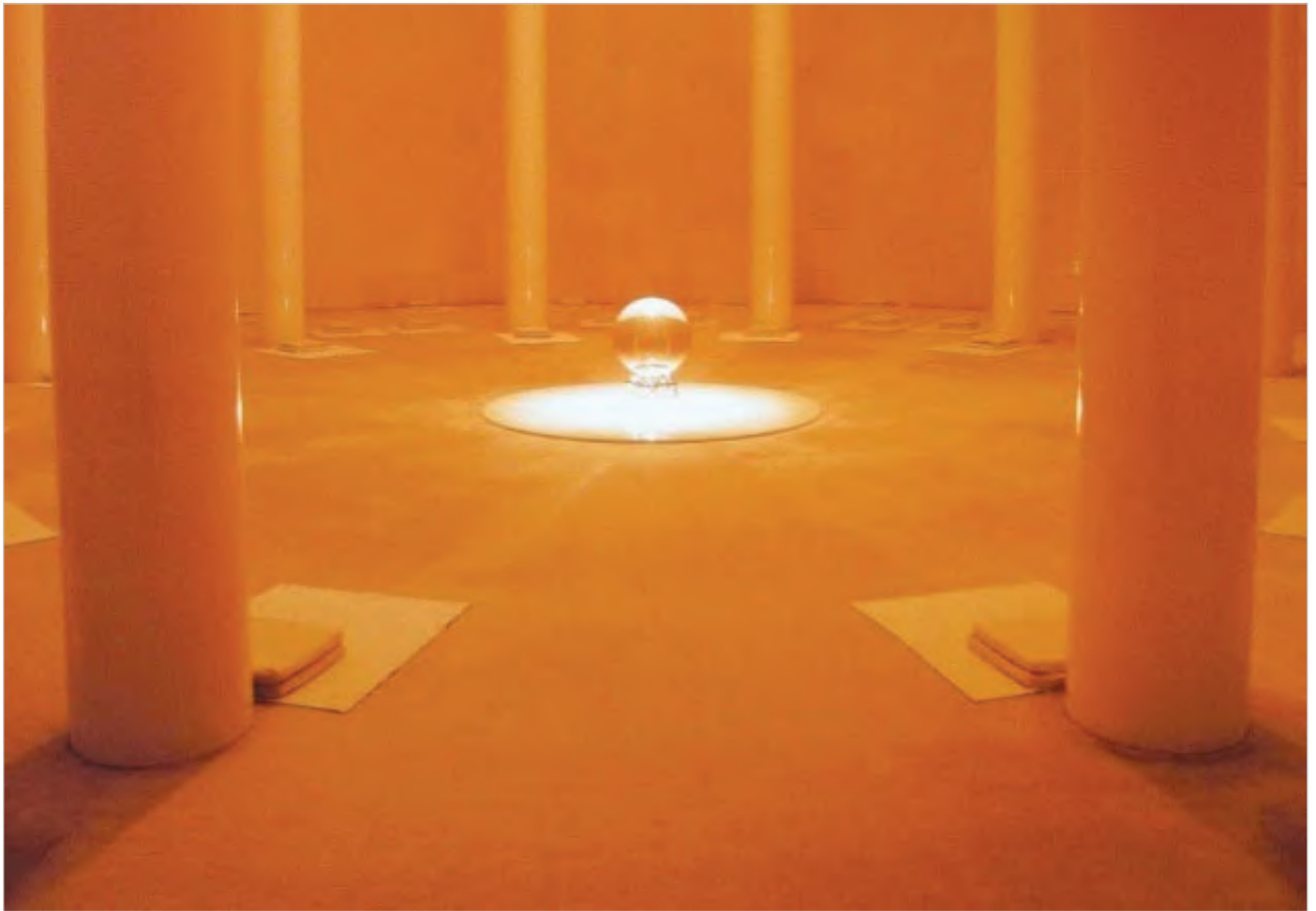




News Notes

#1021 A weekly bulletin for residents of Auroville 4 April 2024



He who knows this Self who is the eater of the honey of existence and the lord of what is and shall be, has thenceforward no shrinking. Katha Upanishad
Whence shall he have grief, how shall he be deluded who sees everywhere the Oneness? Isha Upanishad
He who has found the bliss of the Eternal has no fear from any quarter. Taittiriya Upanishad.

Pondering



The true soul secret in us — subliminal, we have said, but the word is misleading, for this presence is not situated below the threshold of waking mind, but rather burns in the temple of the inmost heart behind the thick screen of an ignorant mind, life and body, not subliminal but behind the veil, — this veiled psychic entity is the flame of the Godhead always alight within us, inextinguishable even by that dense unconsciousness of any spiritual self within which obscures our outward nature. It is a flame born out of the Divine and, luminous inhabitant of the Ignorance, grows in it till it is able to turn it towards the Knowledge.

It is this secret psychic entity which is the true original Conscience in us deeper than the constructed and conventional conscience of the moralist, for it is this which points always towards Truth and Right and Beauty, towards Love and Harmony and all that is a divine possibility in us, and persists till these things become the major need of our nature.

The Double Soul in Man, The Life Divine, Sri Aurobindo

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House of Mother's Agenda



Chapter XXVII, The Gnostic Being Sri Aurobindo, The Life Divine, Pages 1039-1041

(continued from two weeks ago)

In the gnostic being this self-determining knowledge freely obedient to self-truth and the total truth of Being would be the very law of his existence. In him Knowledge and Will become one and cannot be in conflict; Truth of spirit and life become one and cannot be at variance: in the self-effectuation of his being there can be no strife or disparity or divergence between the spirit and the members. The two principles of freedom and order, which in mind and life are constantly representing themselves as contraries or incompatibles, though they have no need to be that if freedom is guarded by knowledge and order based upon truth of being, are in the supermind consciousness native to each other and even fundamentally one. This is so because both are inseparable aspects of the inner spiritual truth and therefore their determinations are one; they are inherent in each other, for they arise from an identity and therefore in action coincide in a natural identity. The gnostic being does not in any way or degree feel his liberty infringed by the imperative order of his thought or actions, because that order is intrinsic and spontaneous; he feels both his liberty and the order of his liberty to be one truth of his being. His liberty of knowledge is not a freedom to follow falsehood or error, for he does not need like the mind to pass through the possibility of error in order to know, — on the contrary, any such deviation would be a departure from his plenitude of the gnostic self, it would be a diminution of his self-truth and alien and injurious to his being; for his freedom is a freedom of light, not of darkness. His liberty of action is not a licence to act upon wrong will or the impulses of the Ignorance, for that too would be alien to his being, a restriction and diminution of it, not a liberation. A drive for fulfilment of falsehood or wrong will would be felt by him, not as a movement towards freedom, but as a violence done to the liberty of the spirit, an invasion and imposition, an inroad upon his supernature, a tyranny of some alien Nature.

A supramental consciousness must be fundamentally a Truth-consciousness, a direct and inherent awareness of the truth of being and the truth of things; it is a power of the Infinite knowing and working out its finites, a power of the Universal knowing and working out its oneness and detail, its cosmicity and its individualities; self-possessed of Truth, it would not have to seek for the Truth or suffer from the liability to miss it as does the mind of the Ignorance. The evolved gnostic being would have entered into this truth-consciousness of the Infinite and Universal, and it would be that which would determine for him and in

him all his individual seeing and action. His would be a consciousness of universal identity and a consequent or rather inherent Truth-knowledge, Truth-sight, Truth-feeling, Truth-will, Truth-sense and Truth-dynamis of action implicit in his identity with the One or spontaneously arising from his identity with the All. His life would be a movement in the steps of a spiritual liberty and largeness replacing the law of the mental idea and the law of vital and physical need and desire and the compulsion of a surrounding life; his life and action would be bound by nothing else than the Divine Wisdom and Will acting on him and in him according to its Truth-consciousness. An absence of an imposed construction of law might be expected to lead in the life of the human ignorance, because of the separateness of the human ego and its smallness, the necessity it feels to impinge on and possess and utilise other life, to a chaos of conflict, licence and egoistic disorder; but this could not exist in the life of the gnostic being. For in the gnostic truth-consciousness of a supramental being there must necessarily be a truth of relation of all the parts and movements of the being, — whether the being of the individual or the being of any gnostic collectivity, — a spontaneous and luminous oneness and wholeness in all the movements of the consciousness and all the action of the life. There could be no strife of the members; for not only the knowledge and will consciousness but the heart consciousness and life consciousness and body consciousness, what are in us the emotional, vital or physical parts of nature, would be included in this integrated harmony of wholeness and oneness. In our language we might say that the supermind knowledge-will of the gnostic being would have a perfect control of the mind, heart, life and body; but this description could apply only to the transitional stage when the supernature was remoulding these members into its own nature: once that transition was concluded, there would be no need of control, for all would be one unified consciousness and therefore would act as a whole in a spontaneous integrality and unity.

(to be continued next week)

Chapter XXVII—The Gnostic Being — Sri Aurobindo,
THE LIFE DIVINE, Pages 1039-1041

[https://sri-aurobindo.co.in/workings/sa/37_21_22/
the_life_divine_21_22.pdf](https://sri-aurobindo.co.in/workings/sa/37_21_22/the_life_divine_21_22.pdf)

With love and gratitude,
Gangalakshmi (HOMA)



Community News

Awakening Spirit

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 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

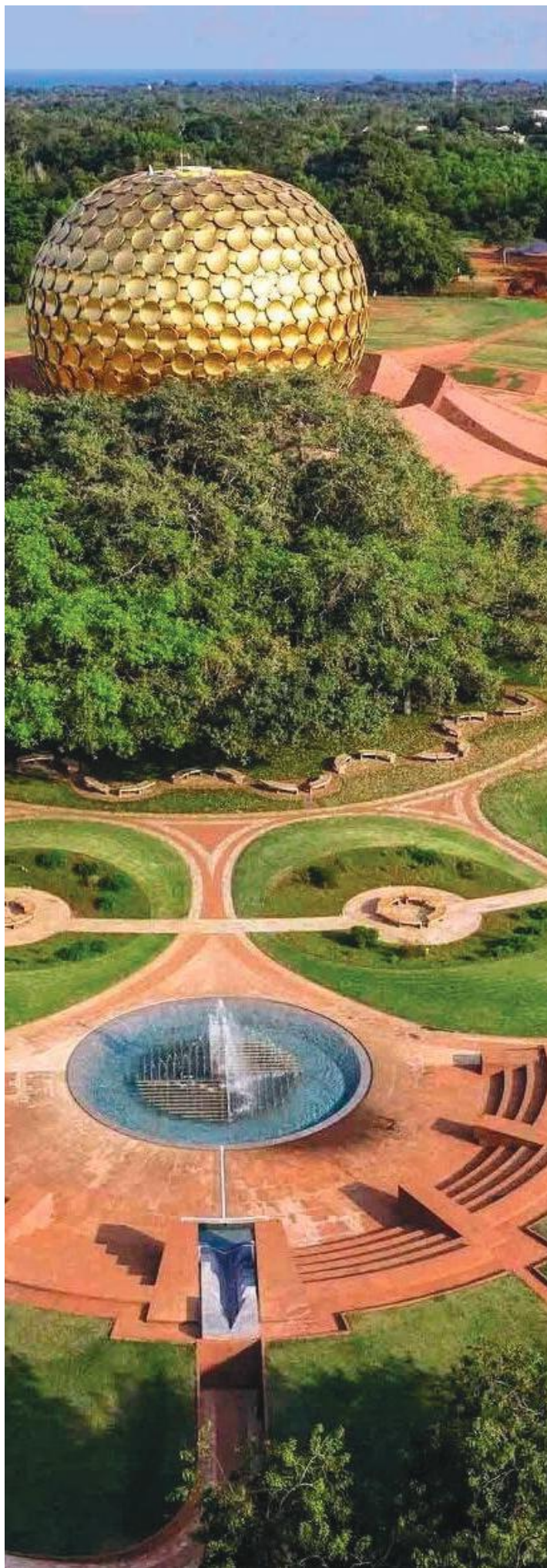
- **Tuesday, 23 April, 7:15—8:15pm**
in front of Sri Aurobindo's statue

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



MEDITATIONS ON SAVITRI, BOOK 1

**The Book of Beginnings,
Canto 4: The Secret Knowledge, Part 2**



Monday, 8 April 2024, 4pm at Savitri Bhavan.
Duration: 32min.

The Powers of the Spirit who inhabit the highest levels of existence are ruling the manifested world, and secretly collaborating to bring about the transformation of earth and man. The One Supreme and his Conscious Force, the Mother—the Two-in-One—play out their drama across the universe having us for roles.

*The master of existence lurks in us / And plays at hide-and-
seek with his own Force; / In Nature's instrument loiters
secret God. / The Immanent lives in man as in his house; /
He has made the universe his pastime's field, / A vast gym-
nasium of his works of might. (p.66)*

He, the Purusha, moves here as Soul, and She, the Shakti, as Nature. The Lord has become the human soul, the Traveler through time. 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. That is the Secret Knowledge.

*Lifting our finite minds to his infinite, / Touching the moment
with eternity. / This transfiguration is earth's due to heaven:
/ A mutual debt binds man to the Supreme: / His nature we
must put on as he put ours; / We are sons of God and must
be even as he: / His human portion, we must grow divine. /
Our life is a paradox with God for key. (p.67)*

The Traveler through time is following the secret mission the great Mother gave, and he voyages through many different worlds.

*As long as Nature lasts, he too is there, / For this is sure
that he and she are one;.../ For this he left his white infin-
ity / And laid on the spirit the burden of the flesh, / That
Godhead's seed might flower in mindless Space. (p.72,73)*

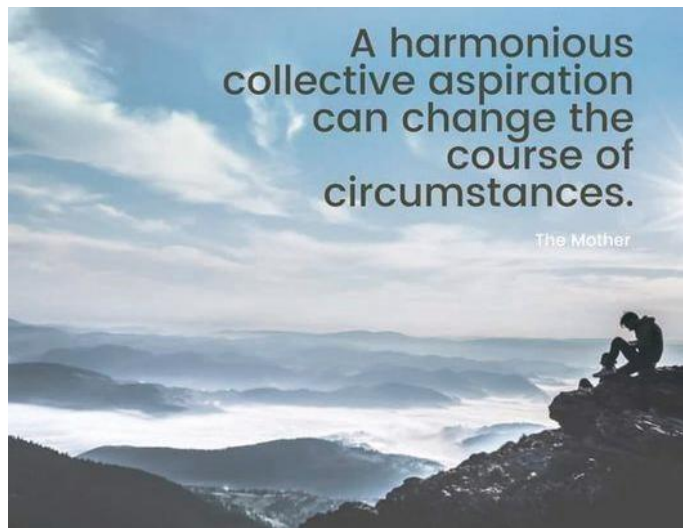
A meditative film of Huta's paintings illustrating passages from Savitri read by The Mother and accompanied by her own organ music which can connect us to the Divine Presence within and lead us towards the spiritual truth and New Consciousness.

In the beginning there is also 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 on 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 BHAVAN



**The Dream Divine Series:
Auroville & the Ideal of Human Unity**

- Wednesday, 10 April, 4:30—5:30pm,
@ Sangam Hall of Savitri Bhavan



We are going to show videos connected to Auroville & the Ideal of Human Unity

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—11 am

'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—11 am

Venue: Garden Room, Savitri Bhavan

- For more details, contact Debashish,
7678208825 WA, b.deb253@gmail.com

Everyone is welcome!
Dhanalakshmi for Savitri Bhavan

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

MUDRA CHI

We have our classes

- on **Saturdays** at 4:30pm
@ Savitri Bhavan

• Facilitator Anandi Ayun
Everybody Welcome!

Anandi





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

We welcome you for 5-day experiential camp with Dr. Arun Sarma 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

@ Sincerity Guesthouse (ex Auro-Oceanic)

• tinyurl.com/avnaturalhealth

Dhanyavaad

SAVITRI SATSANG BY NARAD

Thursdays, 6:30pm @ Kalpana

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

Cordially inviting you all.

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

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 Srimad Bhagavad Gita in our day-to-day life.

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

• **Why and What:** Absorb all the 18 chapters of the Gita and hold space for individual and collective reflections, practices, experiments and above all—Divine Grace.

• **How:** श्रवण, मनन, नदिध्यासने (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.

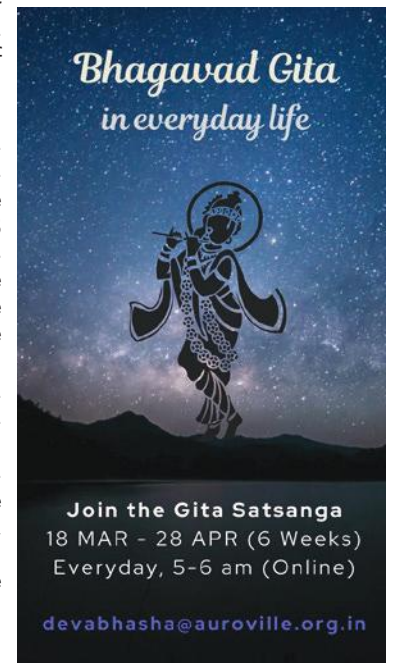
• **Who:** Whether you are a beginner or well-versed with Gita, the format welcomes all to learn and share together.

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



Bhagavad Gita
in everyday life


Join the Gita Satsanga
18 MAR - 28 APR (6 Weeks)
Everyday, 5-6 am (Online)

devabhasha@auroville.org.in

BHARAT NIVAS PRESENTS

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

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."
27.03.1973


"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



The Mother's very last message to Auroville

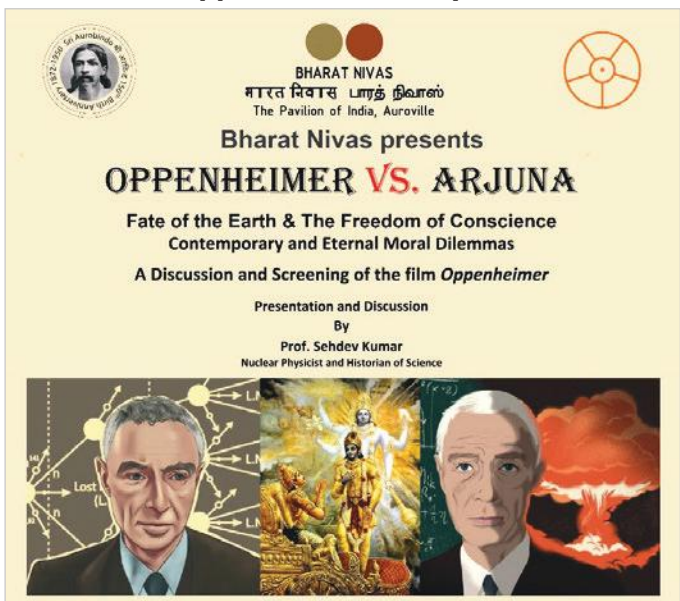
'Auroville is created to realise the ideal of Sri Aurobindo who taught us the Karma Yoga. Auroville is for those who want to do the Yoga of Work'

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02.05.1970

Parking available outside at the Bharat Nivas Main Gate

Oppenheimer Vs. Arjuna



BHARAT NIVAS
भारत निवास பாரத் நிவாஸ்
The Pavilion of India, Auroville

Bharat Nivas presents
OPPENHEIMER VS. ARJUNA
Fate of the Earth & The Freedom of Conscience
Contemporary and Eternal Moral Dilemmas
A Discussion and Screening of the film *Oppenheimer*
Presentation and Discussion
By
Prof. Sehdev Kumar
Nuclear Physicist and Historian of Science

Sunday, 21 April, Bharat Nivas Auditorium, 11am—6pm

**Fate of the Earth & The Freedom of Conscience
Contemporary and Eternal Moral Dilemmas**

A Discussion and Screening of the film *Oppenheimer*. Presentation and Discussion By Prof. Sehdev Kumar Nuclear Physicist and Historian of Science

Some acts are questioned before they are committed. Some others are questioned after they have been committed. Most of them are never questioned. Are Forces of Justification and Rationalization, and Self-interest, far stronger than any Moral Impulse of dharma and the Human Conscience?

No event in human history has impacted in more devastating ways, on the Fate of the Earth, than the unleashing of Nuclear Energy in 1945. In the light of the film *Oppenheimer* about the 'Father of A-Bomb', and the eternal Arjuna-Krishna dialogue in the *Bhagavad Gita*, this presentation explores questions of Global Peace and Human dharma.

- **Session I:** Oppenheimer & Arjuna: Conscience & Moral Dilemmas 11am—12pm, Bhumika Hall
- **Session II:** Screening of the film 'Oppenheimer' 1—4pm, Auditorium
- **Session III:** Comments and Q/A, 4:15—5:30pm, Bhumika Hall

All are Welcome.

Parking available outside at the Bharat Nivas Main Gate

Monisha, BN Team

For Your Information

**A NOTE FROM INTERNATIONAL ADVISORY COUNCIL
to the Auroville Residents**

28 March 2024

Over the last few weeks, the International Advisory Council has received numerous reports regarding the unequal value of land being exchanged by the Auroville Foundation, and the losses these exchanges are causing for Auroville. We have been alarmed by these reports and two weeks ago the four of us sent a strongly worded statement to the Governing Board expressing our concerns. We are awaiting their response.

We have stressed the importance of transparency regarding all land exchanges and requested the Governing Board to put them on hold until the community is reassured that effective steps to ensure transparency and fairness to all stakeholders have been taken.

Dena Merriam, Chairperson, IAC | H.P. Rama | Gabi Gillessen | Michel Danino

EDITOR'S NOTE

Madras High Court Writ Petitions

The Madras High Court on 28th March ordered an issue of notice to Auroville Foundation on Writ Petitions and Writ Miscellaneous Petitions filed by an Auroville Resident on 26th March and registered by the court the same day.

The Court orders the Auroville Foundation to refrain from 'proceeding with any transaction of land transfer, including land exchanges without following the procedures laid down in the Auroville Foundation Rules 1997 and General Financial Rules 2017' and direction to the District Registrar to 'cancel the relevant entry of registrations to all land exchanges entered into' by Auroville Foundation from 2021 till date which have been undertaken without following the said rules.

Auroville Foundation Rules referred to state;

In consultation with the Working Committee and the FAMC of the Residents Assembly to acquire by purchase, lease, gift or otherwise any immovable property which may be necessary or convenient for the purposes of the Foundation;

To sell, transfer, lease or otherwise dispose of any immovable property of the Foundation in consultation with the Working Committee and the FAMC:

Roy and Agnijata

COURAGE ENTRANCE

Will Be Closed On Weekends

Saturdays, 10pm till Mondays, 6am



Dear Community, Courage entrance will be closed weekly

Please plan on alternate entrance during these times.

Kaliananda

for Auroville Security & Emergency Services,
(ASES)

ases@auroville.org.in

Emergency: 9443090107

Office Phone: 04132623400

Vehicle Access: 9488752435

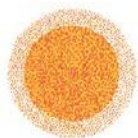
Vehicle Access email: vehicleaccess@auroville.org.in

Education

INTEGRAL APPROACH TO PHYSICAL EDUCATION

One year course

We are opening registrations for the upcoming one-year course in Physical Education. This comprehensive program is especially designed to promote an integral understanding of physical education in the Light of Sri Aurobindo and The Mother for Auroville.



Key Components of the Course

- **Foundations of Integral Education:**
Main Facilitator—Praveenji
 - Introduction to Integral Yoga
 - Auroville Aims and Ideals
 - Understanding the Integral Approach to Education
 - Spiritual and Mental Well-being:
 - Yoga and Meditation Practices
 - Psychological Aspects of Physical Education
 - Stress Management Techniques
- **Physical Fitness and Sports Sciences:**
Main Facilitator—Savitri
 - Anatomy and Physiology
 - Exercise Physiology
 - Sports Nutrition
 - Sports Injuries and Rehabilitation
 - Pedagogy and Teaching Methodologies:
 - Teaching Games for Understanding (TGFU)
 - Lesson Planning and Implementation
 - Assessment and Evaluation Techniques
 - Classroom Management Strategies
- **Practical Training:**
Main Facilitator—Pedro and Ruben
 - Teaching Practicum in Auroville Schools
 - Mentorship and Feedback Sessions
 - Project Implementation in Physical Education Settings

The course is open to All.

If you are a fitness and sports enthusiast and see yourself as a physical education teacher/facilitator, or if you are simply interested in this course and would like to know more, [fill the form](#).

Join us in this transformative journey towards fostering physical, mental, and spiritual well-being through education.

Nilima For SAIER

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.

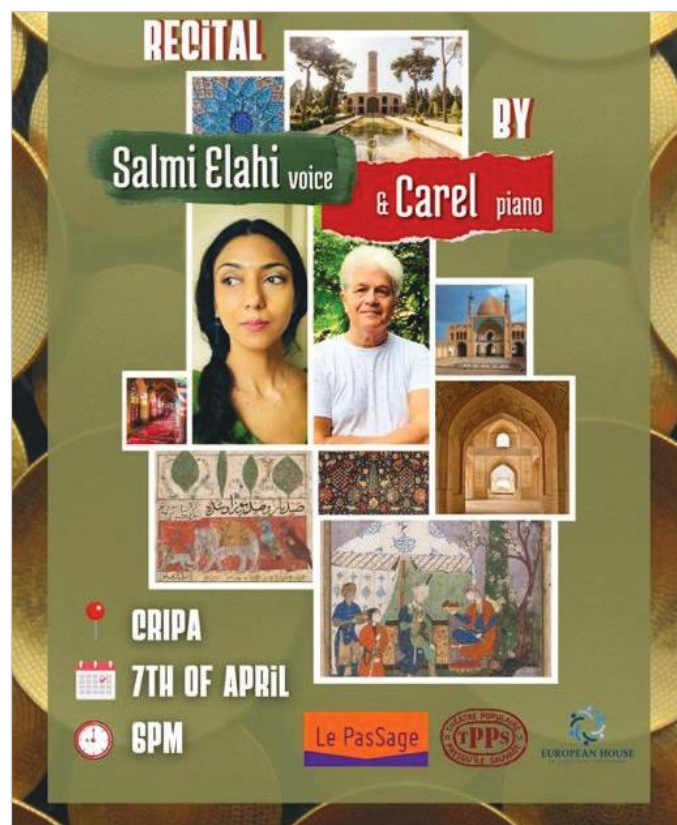
- **Contact:** 0413 2622894, avlib@auroville.org.in.

Kristen, for the Auroville Library

International

THE EUROPEAN HOUSE PRESENTS:

Songs From Iran



A Recital by Salmi Elahi (voice) and Carel (piano)

Sunday, 7 April, 6pm @ CRIPA

Join us for an enchanting evening as we delve into the rich musical heritage of Iran with singer Salmi Elahi Shirazi and pianist Carel. From the illustrious halls of Tehran to the stages of Paris, Salmi's journey is a testament to her remarkable talent and dedication.

Experience the timeless melodies of renowned composers such as Morteza Neydavood, Majid Vafadâr, and Ardalân Sarafraz and many more ! Don't miss this captivating recital on Sunday 7th April 6PM at CRIPA, where the essence of Iran's musical tapestry comes alive!

About Salmi: After beginning her career as a chorister at the Tehran Opera at a very young age, Salmi arrived in France and joined the Choir of the Paris Orchestra, where she has been singing since 2006. Graduating from the Cycle Supérieur vocal program at the Rachmaninoff Conservatory of Paris, she joined the advanced class at the Ecole Normale Supérieure de Musique. She has performed at the Avignon Festival, at the Théâtre de l'Épée de Bois in Paris, as well as in South India, in Pondicherry and notably in Auroville in 2018 and 2019.

Dan for the European House

**NEW LIFE IN THE INTERNATIONAL ZONE!
European House**



My name is Marie, I am a volunteer at the European House until next December. My mission is to bring more life to the place! So if you have any suggestion, or if you need a place to host an event, don't hesitate to come and find me :))

On site: Monday, Tuesday, Thursday, 9am—12pm
+33 695524430 WA
europa.house.auroville@gmail.com

Marie

Ecology

TALKIN' TRASH

Veteran readers will remember the wise and witty Talkin' Trash that was a regular feature of N&N for a couple of years. Well, the Ecoservice is still trying to do something about our overload of landfill (see photo). We're still dumping 3 tons a month into a hole in the ground that will pollute the water-table and contaminate the soil. Not acceptable for a city the Earth needs.

Our Masterplan contradicts itself by virtually calling for zero waste while positioning a dump near the Visitors' Centre. Now we're dumping on some Auroville land out past the Botanical Garden.



Six village ladies and a couple supervisors poking through our daily waste accumulation won't do it without the support of each person living here. Segregation has to begin at home. Paper, plastic, metal and

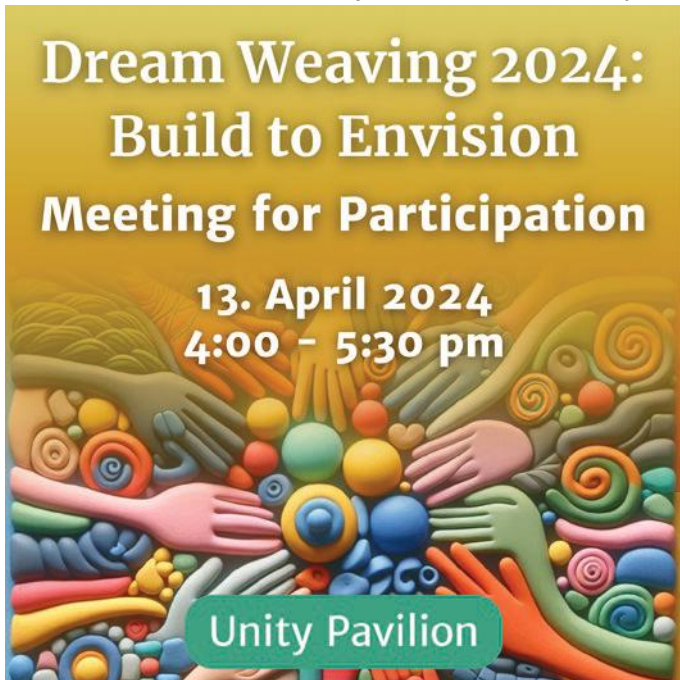
glass. Clean and dry. That's valuable. That's not waste. San Francisco got to zero waste. Auroville can too. Stay tuned for all the tips and tricks.

We hope having our weekly pickup schedule come to you by mass mail is helpful. Ecoservice is open daily. All are welcome to be involved in whatever way you can.

Submitted by B
for Your Ecoservice Team



Projects & Gatherings



We thank all the 50 + people who have signed up for different areas of participation for the upcoming Dreamweaving project 2024: Build to envision. We are hosting a short meeting at Unity Pavilion on 13th April (Saturday) from 4—5:30pm. The main agenda of this meeting will be to create the support team and channel the participation to the specific part/s of the process. This agenda will be preceded by an update on the project and an introduction to the next steps.

This meeting is specifically for people who want to get directly involved in the process and a summary of the meeting will be shared with the community as an update.

- [Please access this form](#) to participate at the event in case you haven't signed up already.

You are welcome to come to the meeting even if you haven't signed up through the form but are interested in one or more categories of participation. At this moment, we especially seek support in the facilitation, fundraising and accounting areas

- [Please watch the community presentation here](#), for an update on the process till now in case you were not present or haven't seen this as yet.

We are looking forward to having many participants for this meeting and hoping that we are able to create the needful support team so as to move forward with the process.

*Dreamweaving Team,
Bhavya, Henrik, Radhika, Shivangi*

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, Rakhil & Sandhya.



Submitted by Dan

YOUTHLINK'S VISION:

A Vocational Training Centre

YouthLink has served as a bridge to existing facilitators and organisations, offering logistical support for their programs and activities. We strive to address gaps in youth by supporting individuals to discover their passions, fostering community, and encouraging active contributions towards the Auroville community and beyond. Over the past two years, YouthLink has focused on building internal team development, organising courses, programs and community events, and establishing connections with individuals and organisations.



YouthLink's 10-year dream is to create a safe environment where Auroville youth and youth coming to Auroville can explore, learn, and develop various skills and contribute to positive change without the need to leave the community. Through workshops and courses, we aim to equip young people with the skills to thrive within the community, pursue their ventures or train them for the units. The Vocational Training Center (VTC) will serve as both educational and social, welcoming people from around the globe and within Auroville.

After two years, the YouthLink team feels confident in our ability to hold space. We have cultivated connections and embarked on various projects. After the first year, we realigned our 10-year dream to our 5-year goal instead. Our efforts for the next 6 months will be centred around 'software' development (i.e., the courses and the workshops) for our goal, utilising space and resources in Auroville while we assess the need and possibility of building the 'hardware', a physical space. We aim to have a rough curriculum by July 2024, with various courses and gatherings offered on a semi-regular basis.

We had planning sessions over the last weeks and have developed a new organisational structure that will work towards our dream. Our new organisational structure is divided into 4 teams that look into various aspects of education and the physical centre:

- **Hard skills**—Skills for the body and mind, which can eventually lead to a means of livelihood or an increase in quality of life (woodwork, mechanics, accounting, physical education, etc)
- **Softskills**—Skills for regulating feelings and emotions, which aid in interpersonal connection (communication skills, negotiation, public presentation, facilitation skills, etc)
- **Community building**—possibilities for interpersonal bonding and providing a safe space (sharing circles, cooking food together, events, etc)
- **Outreach**—Opportunity for external entities and individuals to connect to Auroville (tours, exchange programs, info centre, seminars by external experts, etc)

The Vocational Training Center (VTC) will be a campus that nurtures individuals through interpersonal bonding, and safe space, provides information through the form of courses, seminars, and lectures and to try out different things like a skill or a passion that can become a way of livelihood or a hobby.

If you would like to offer courses or workshops, host events together, or brainstorm more about the Vocational Training Center (VTC), kindly reach out us

• Youthlink@auroville.org.in, +91 8524825120
Gwjwn for YouthLink

AUROVILLE YOUTH WORK SURVEY, PART 2D

Version: 2024-03-12, Done by YouthLink

Introduction

This is part 2d of a survey conducted by YouthLink on the working youth perspective on Auroville itself. Part 1 was published last year in News&Notes 971 and 972, part 2a-c were published in last weeks. The survey results are 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**

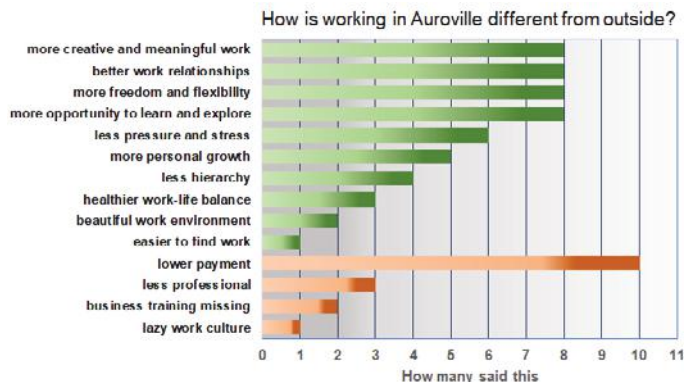
Part 2 is based on detailed in person interviews with 51 young Aurovilians between the ages of 18-30 in the second half of 2023. We consider this study representative of young Aurovilians aged 18-30, only the very young Indian females in the age bracket 18-21 are underrepresented.

A working youth perspective on Auroville itself

This is the last chapter of the Auroville working youth study, answering the questions how working in Auroville is different from working outside, whether low payment is a reason to leave Auroville and about the influence of Sri Aurobindo and the Mother on them.

Work in Auroville versus external work

We asked those who experienced working both within and outside Auroville (31 out of 51) an open question: what are the differences? The big majority (28 of 31) expressed positive sentiments regarding work within Auroville. They cited among others and in different wording: more creative and meaningful work, better work relationships, more freedom and flexibility and opportunities to explore and learn, less pressure and stress, more personal growth, less hierarchy, healthier work-life balance, beautiful work environment, easier to find work.

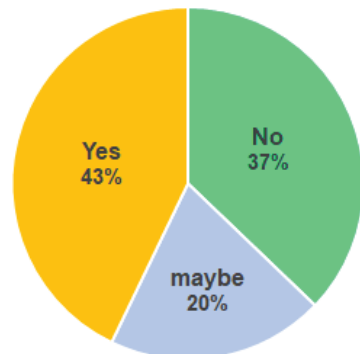


The main criticism centered around lower payment. A few critics (3) described the work culture in Auroville also as less professional, lazy, stagnant;—all of them are working outside AV and in a commercial context. The findings on average working hours according to respondents do not support the criticism of being lazy, see the analysis part on working situations: average working hours do not differ much between Auroville and outside.

Is low payment a major reason to leave Auroville?

Considering the main criticism on low payment in Auroville, we also asked the question, whether this is a reason to leave Auroville.

From the 35 working respondents, 15 (43%) said, low payment is a major reason to leave Auroville in the future and 7 (20%) said, this may be a reason.



If the education degree is higher, there is a slightly higher tendency to answer Yes on this question.

There is some correlation with the place of work: working outside of Auroville makes it more likely to answer this question with Yes or Maybe (6 out of 6), working self employed in Auroville makes a No more likely (3 out of 5).

Other analyzed factors like gender, nationality (Indian versus Non-Indian), which Auroville highschool they visited or the reported impact of the writings of Sri Aurobindo and the Mother had no clear correlations with the answers on this question.

Influence of Sri Aurobindo and the Mother

Of all respondents there were 48 that answered the open question "Do the works of Sri Aurobindo and the Mother have an impact on your current life? In which way? ".

Only 2 said that their works did not really impact them. Some said they are somewhat (7) or indirectly (7) impacted. The majority of the interviewed youth (32 of 48 = 66%) answered with a clear yes, some enthusiastically.

How were they influenced? About half of the answers (20) mention reading Sri Aurobindo and the Mother, and a similar number said by living in Auroville. Education was also named, but to a lesser degree (10). Another influence named were people and mentors in Auroville (5).

How they feel and express the impact is very diverse and individual. The answers range from seeing work as yoga, motivation to grow and for lifelong learning, conscious living, human unity and world view; to guidance, clarity, compassion and emotional security.

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

Grant Proposals

CALL FOR GRANT PROPOSALS

SDZ Funding in 2024

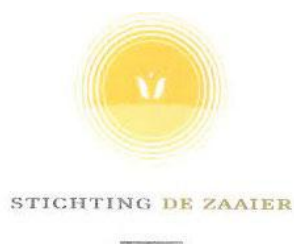
The Project Coordination Group (PCG) will be meeting to process grant proposals for possible funding by Stichting De Zaaier in 2024. **The last date to submit proposals for this call is Monday, 22 April 2024.** You are welcome to submit earlier or to send us a draft version of your proposal for comment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



Health Care

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

Free Diabetic Retinopathy Camp at Aurokiya

11 April, 9am—1pm @ Aurokiya Integral Eye Centre, Arka
In celebration of the upcoming Tamil New Year on April 14

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

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.

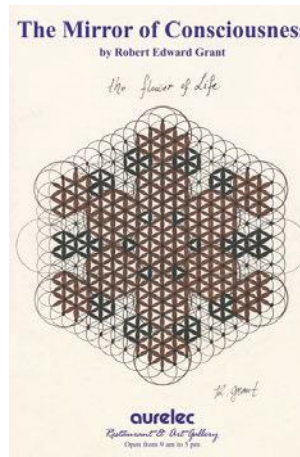
- Message or call: 90877 09434
- maatram@auroville.org.in, maatram.org.in

Megha for Maatram

The Arts

MIRROR OF CONSCIOUSNESS

For many years, I sought to delve deeply into life's most profound questions: Who are we? Why are we here? What is next and ultimately where are we going? Does life end in a dark oblivion or is it simply a transition to another evolution? What does self-actualization actually mean? Why do we judge others (and ourselves) so harshly? What is the nature of love? What is the language of consciousness?



In order to address these very difficult questions, I attempted to mentally reconstruct the language of mathematics, arguably the most objective of sciences. Starting with $1+1 = 2$, I proceeded to question everything I had come to assume over almost fifty years of both formal education and autodidactic learning. I was determined to assume nothing, reconstructing both the objective and the subjective from the most basic to the most complex of mental and physical constructs.

More than ten thousand sketches and pages later and ten white paper publications (in mathematics and physics), I am publishing this curated compendium of my work spanning mathematics, physics, music, language and art. In fact, I've often found that my most significant self-realizations and discoveries in science almost always found their expressions through an artistic medium.

I strongly believe that the balance of art, science and number can have a powerful impact on human consciousness and evolution. I hope you sincerely enjoy this work, seeking to feel the sincere intention with which it has been both organized and conveyed.

Above all, I hope that it inspires you to ask life's most significant of questions and to realize that the most enigmatic answers may ultimately be found in the wonder of self-discovery.

Robert Edward Grant

A CALL TO CO-CREATE

Multidisciplinary Improvisation Lab. through dance, move, visual arts, poetry, spoken word, theater, and music. Step beyond labels and redefine your art form. Embrace the unknown and explore the interplay between disciplines. Safe space for artistic exploration. Self-motivated creation. Unbridled inventiveness. Spaciousness for individual expression. Recognition of equal value in every movement, sound, and word

Emotional storytelling through embodied movement and music. Collaborative, non-hierarchical creation.

Robert Edward Grant

EXPERIENCE SEELCTED WORKS OF SAMBITA

@ 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.

ARTIST LINE UP

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

adiShakti
LABORATORY FOR THEATRE ART RESEARCH

Wellpaper
Artist of the earth

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 frineds, family and bring yourselevs. 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.

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



Saturday, 13 April, 10—11am

Are you an artist with the idea to bring a change? Well this brainstorm session at eco awareness garden at Wellpaper is perfect for you. Wellpaper Auroville is organizing a brainstorming day to celebrate the creativity of artists across the globe. If you are an artist who is ready to share ideas to upcycle waste products including wall installation, sculpture or any other form of awareness art piece then join us!

All you have to do is bring your body and soul to Wellpaper where we shall open our horizon by sharing great upcycle idea for the ecological awareness garden by creating your own piece of art

- PS. Tea and cookies on us
- Wellpaper, Behind Bamboo Centre, Kottakkarai
- For more info contact
 - +914132969722 call or +919385744722 WA

Any artist can register including Aurovillians, Volunteers, Guest and visitors

Zevic

ART EXHIBITION BY CLAUDINE PARE

5 April—4 May @ Pitanga

Nature is the source and resource of humanity.

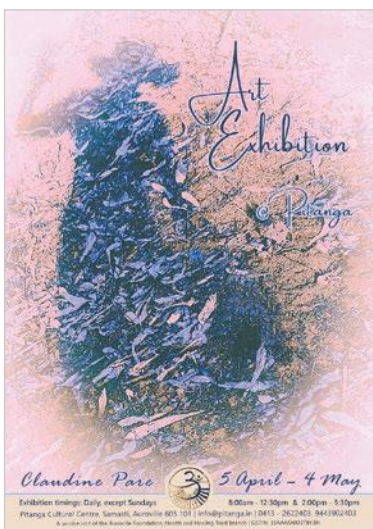
It seems that humanity has shifted from being cradled by Nature to a kind of triumphant dominating attitude towards Nature that disdains the consequences of over-exploitation and destruction.

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



BHARAT NIVAS PRESENTS

Feelings of Vasant: Sitar Concert by Soham Munim

• Sunday, 7 April, 6:30pm @ SAWCHU, Bharat Nivas

Sitar Concert
By Soham Munim

06:30 pm
07th April
Sunday

Venue :
SAWCHU,
Bharat Nivas, Auroville.

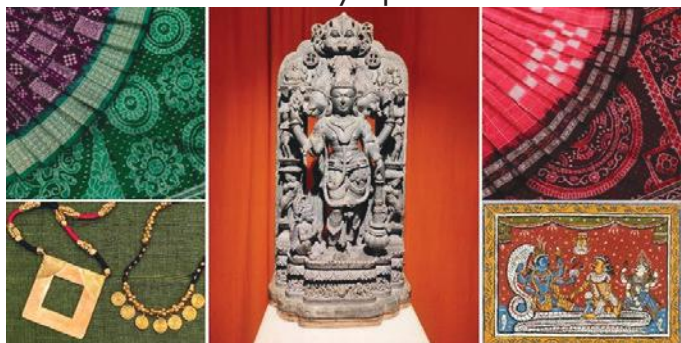
Scan for location

All are Welcome..

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

Exhibition of Odisha Handicrafts

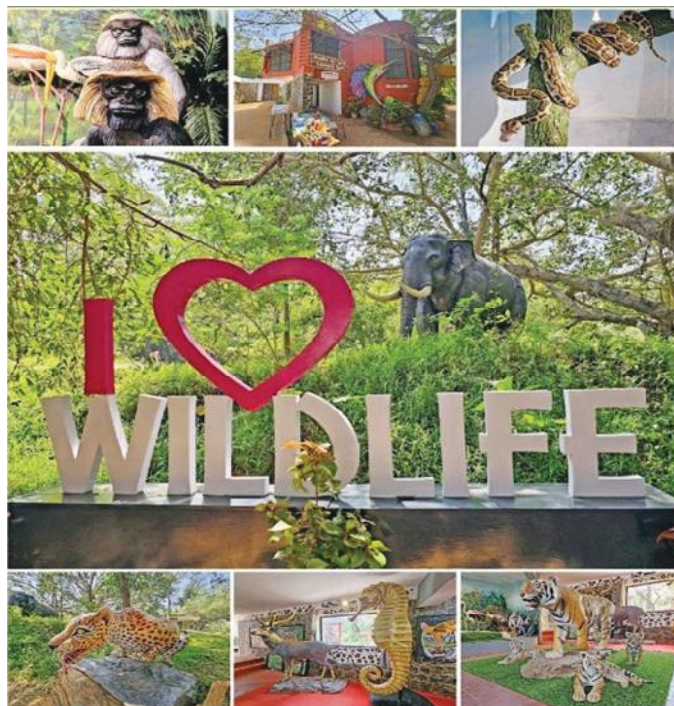
9am—4:30pm @ Kala Kendra, Bharat Nivas
Sunday Open



Wildlife Art Gallery & Educational Centre

9am—4:30pm

@ Old Loe Building / Old Post Office



Bharat Nivas, Auroville, Sunday Open

Monisha, BN Team

KALABHUMI GOES LIVE!

Saturday, 6 April, 7:30—10pm

KALABHUMI Goes LIVE!
A Live Concert event powered by Sunshine Music - Unit of Auroville Foundation

SATURDAY
APRIL 6 2024
7:30 PM - 10 PM

AT KALABHUMI MUSIC STUDIO

The Stiffs
Kalabhumi Music Studio Youth band
Yam, Gulli, Ishan, Lorenzo & Elmo

Blues Deluxe
The History of Blues Music in 20 famous songs
Swaha, Rando, Edo, Rolf, Sami, Santosh & guest musicians

KALABHUMIMUSICSTUDIO_AV

FOOD
DESSERTS
BEVERAGES

Visitors from outside Auroville: scan here and fill the form!

drugs/alcohol prohibited

Parking only at Cripa Gaia field / Cripa back entrance

A Live Concert event powered by Sunshine Music:
Unit of Auroville Foundation @ Kalabhumi Music Studio
Edo for Kalabhumi Music Studio

Dance Activities

@ Harmony Hall, Bharat Nivas

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
- No partner required. Bring socks or dance shoes. And plenty of joy!
- +91 9821166082, tango@auroville.org.in Maud

TANGO DANCE CLASS

Every Monday, Cripa, 6:30pm

By appointment: any time you can do class

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

ZUMBA WITH PREETI

Zumba classes are happening

@ New Creation Studio, every Monday, 6pm
For regular classes DM: 8281746763

Submitted by Vega

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



La Style Salsa Dance

Every Thursday, 7:30pm @ CRIPA, Kalabhumi

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



Beginner:

- Basic steps, Front and back, Side to side, Cross legs, Front turning, Back turning
 - Practice with Partners with all basic steps, Partner sequences, Turning and leading
 - How to get the beats or rhythms, Dance with Partners
 - Feedback sessions
- Contact:** Instructor Raja, +91 9751395939, Voice and WA
- Contribution Based
 - www.angamtree.com/workshops
 - 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, Aurmed! 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

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

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/zQU8vLTeJVsnVvR8>

Nimmy Raphel, Adishakti



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

LIGHT FISH PROFESSIONAL PHOTOGRAPHY STUDIO

Photography Services

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

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



CREATIVE WRITING

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



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

- The sessions will take place at the European House.
- Duration of the session: 1h30min.
- For the Info and to book your session, write at ijustwannawrite.email@gmail.com

If you want to know more about me, check my Vlog 'I Just Wanna Write' at

- <https://www.youtube.com/@IJustWannaWrite-ht9ql/videos>
- Or my blog <https://ijustwannawrite.com>

Let's keep up with the good writing!

Francesca

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

EXPLORE WATERCOLOR TECHNIQUES

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

Submitted by Arun



The Sound of Bamboo

Various Styles of the Indian Flute



Group Classes With Michael

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

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

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

- **Connect:** michael@sound-of-bansuri.com +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

- **Regular Sessions**
 - Wednesday, Saturday, 4:30—6:30pm @ Gaia Field

No prior experience needed!

Selvi for Ultimate Frisbee Auroville Women's Team



SWIMMING CLASS

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

Mani



KSHETRA KALARI, ASPIRATION

@ Aspiration Sport Ground

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



- **Kalari Massage Available**

- By appointment, 9042009200, Maneesh Where Body Becomes Eyes, Maneesh For Kalari Team

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

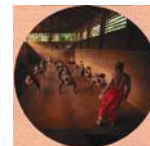
BHARAT NIVAS PRESENTS

Kalaripayattu Class in Collaboration with Kalarigram

Bhumika Hall, 6—7am, Monday to Friday

- For Registration: Contribution is applicable for the class
- bharatnivas@auroville.org.in, 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

KALPANA GYM

Kalpana Gym is open 7—9am & 5—8pm

- Monday To Saturday

All Are Welcome!

Satyakam

LOOKING FOR

Volleyball players



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

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

and enjoy the game.

- WA to 7598869223 if you would like to join.

Slava

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



Bioregion Activities



+91 9159468946, enlight@auroville.org

Enlight in this journey is focused on 'Creating awareness about responsible tourism and slow travel. Encouraging alternative and more mindful experiences and interactions.

Tours

- Journey Auroville:** Experience the international township and travel through it's cultural consciousness. It's art and crafts, units and activities.
- Township Cycle Tour:** Learn about the Four Zones and Green Belt each focussed an 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 the Auroville, where a land of history and culture can be experienced.



Wellness

- Heart Chakra Massage:** This massage helps to relieve tension, open your heart center and move stagnant energy out.
- Ashtanga Yoga:** Yoga can be very effective in developing coping skills and reaching a more positive outlook on life.
- Sound Healing:** Balances your chakras by using specific frequencies that reverberate through the body.
- Karalakattai:** Karalakattai using woden clubs restores vitality and youthfulness, strengthen and condition the whole body, you feeling energised and focussed in everyday life.



Programs

- Agri Holidayism:** Experience and Enjoy visiting working farms or other for the purpose of recreation and active connecting with one's rural agricultural roots. Learn about farming, food production and sustainability, and the village farming culture Live an authentic village and farm life by interactive experiences of rural life.



- Cooking Class:** Adupankarai Cooking Experience. Learn to make Tamil Traditional foods with our Akka Cuisine – Only Veg Dishes
 - Every Thursday, Saturday and Sunday
 - 10am—12:30pm



- Fire Side 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. The mentioned instruments are representative only one can choose from our offerings in our centre.



For Enlight team, Arun, Anand and Balaji
 +91 9159468946, +91 8270071581
enlight@auroville.org.in

VĒLAI CRAFT CO-WORK SPACE

EGAI VĒLAI

CRAFT CO-WORK SPACE

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



Stone Art



Clay Craft

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
- **Contact Anand:** egai@auroville.org.in, 09791896488






Coconut Shell Craft Workshop




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

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



Incense Making Workshop



One Day Prior Booking Required
www.egai.co.in

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

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
- Mohanam Campus Tour
 - 10am—4pm, every day except Sundays

All above Tours One Day Advance booking is necessary

Contact:

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

Make and Take Workshops

- 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

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



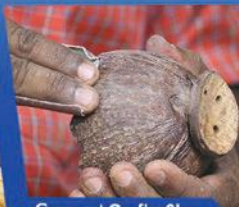
Pottery - 1hrs

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)

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
- **Saree and Vesti Experience**
 - 10am—4pm, every day except Sundays
- **Tamil Siddhars Ongara—Five Elements Yantra Chanting Therapies with Anandou**
 - 11am—12pm, every Thursday
- **Indo African Drumming Circle with Mohanam Youth**
 - Every Thursday, 6—7:30pm

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 (Irbumbai 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 ning / 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

- 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

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
- Bamboo Lampshade
- Bamboo Giraffe
- Bamboo Bicycle (For Kids)

3 Hours Make and Take Workshops



9am—12:30pm or 1:30pm—5pm

Every day except Sunday, walk-in registration available

- Bamboo Toys
- Bamboo Musical Instruments
- Bamboo Jewellery

10am—12:30pm or 2:30pm—5pm

Every day except Sunday, walk-in registration available

- Bamboo Planter
- Bamboo Archery

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

Nature Activities

FOOD FOREST TOUR

Submitted by Sarah

MEDICINE WALK

Saturda, 6 April, 7—9:30am @ Revelation

Is there a question that is alive in your heart? A medicine walk is an ancient earth-based practice for soulful inquiry. The Earth Mother, along with our collective wisdom council, conspire to guide you so that you may discover the soul-level 'medicine' needed to discern your next most aligned steps in life.

- **Facilitator:**
Niharika Sanyal
- **Register now:**
contact@auroville-jiva.com or +91 9443619403 WA.

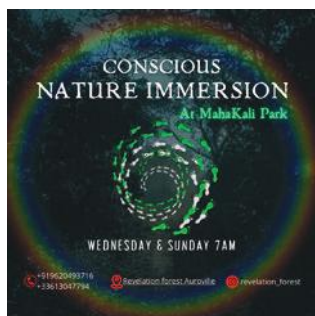
Niharika



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

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

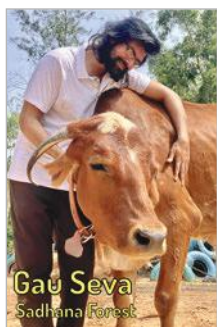


Wellpaper needs a Volunteer for doing physical work in the garden, for art sculpture installation.

- 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, Aviram*

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 jessamijn@ecofemme.org. Looking forward to hearing from you!
Jessamijn, Co Founder

Animal Care

AUROVILLE DOG SHELTER

Nobody Wants To Have A Maintenance?

Despite offering an available maintenance position for many months, it seems that Aurovilians or Newcomers for some reason or another think that the Yoga of Work at the Auroville Dog Shelter is not worth their time or energy.

Yes it's hard work, you get sweaty, and wearing white is not recommended as a lot of lovely dogs will jump up on you, but we can guarantee you that if you understand what the real yoga of work is about, you will enjoy every second of it. If there are any individuals in Auroville who are not shy of giving themselves to the Yoga of Mother, contact us either for a full maintenance (5 days a week, 9 to 5) or two individuals can split one. No air conditioning provided, no time to read Savitri, just pure hands-on work. Are you ready for it?

- Contact Arthur at +918122225266 WA.

Arthur for Auroville Dog Shelter



Available

Antique Furniture Available

Various antique furniture is for sale. Cupboards, Boxes, Bed, Tables, Desks, Chairs. Prices are according to the value of the antiques. Please contact julietta.kuehle@gmail.com to receive more info.

Julietta

Inversion Table and Elliptical Trainer Available



- Inversion table, never used, excellent condition
 - Elliptical cross trainer in very good condition
- If interested contact 9787759677 WA



Prema

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

Laptop RAM Available



SK hynix 2 X 8GB DDR5 5600MT/s Laptop RAM Available
Contact: martin@auroville.org

Martin

Organic Waste Converter To Make Compost



Matrimandir acquired 6 years back a waste converter to process kitchen waste, it was almost never used. It can grind vegetables as well as bones.



It includes:

- The main processor, 380V 3 phases
- 4 composting bins
- Its initial cost was 5 lakhs.

Matrimandir gives it against contribution.

Antoine, Matrimandir Executives

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

Fridge and Scooter Available

- LG Fridge, Model: GL-B201APZX, Gross volume: 190 liters, Smart Inverter Compressor, 4 Stars.
- Vespa scooter silver color, VLX-125 cc, 2018, in good shape and condition.
- Call Sol: 8148790563 Soheil



Looking For

Exploring Records

Dear community, I am excited to announce that I am creating a space dedicated to listening to music and exploring records. This initiative will be a part of the Marc's Coffee Music Program that I am spearheading. The aim is to provide a platform where people can come together to enjoy, play, and appreciate the rich culture of music and vinyl records.



If you have any records that you are willing to donate or sell, or if you have a record player to contribute, please let me know. Your support and contributions will be invaluable in making this project a success.

- contact me @ eden@marcsc coffees.com or 7598394821

Eden Uirel Tormo Mir

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, starting from the end of July or earlier. I am single, originally from Italy and I contribute to the Community through various activities. I am a 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

Taxi Share

To Chennai Airport, Monday, 15 April, 8 pm

To Chennai Airport Monday, 15 April, leaving Auroville at 8pm. The flight is at 1:50am the next day with Lufthansa to Frankfurt. Contact +91 8940567857 or sigapro@web.de

Sibylle

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 SRIMAA221@gmail.com or +917289907792 only SMS
- Sunny

To Chennai Airport, 13 April, 7:30pm

On April 13, I will go to the Chennai airport, leaving Auroville between 7—7:30 pm. Anyone wishing to share a taxi with me, please contact me.

- Contact 2622262 or 9443469330
- Tineke

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 IN VERITE



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

KINISI COWORK

Scrum & Agile Project Management Workshop

6 & 7 April, 9:30am—12:30pm

Maximum 8 participants

Join us for an immersive journey into the world of Scrum framework/Agile project management. Over the course of 2 x 3 hours, we'll delve into the core principles of Agile, explore the intricacies of Scrum roles, artifacts, and events, and gain some hands-on experience through simulations. Whether you're new to Agile or seeking to deepen your understanding, this workshop will equip you with the knowledge and skills needed to navigate in today's dynamic project environments.



Register Here

- https://docs.google.com/forms/d/e/1FAIpQLSfxDaOf_eQrivJsLE2nXOYLYUme7bwtcJsV2X-kW8Mn4CB4Z_g/viewform
- CSR Campus, Auroshilpam, Auroville—605101
- (Voluntary contribution accepted)

Prabhakar

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



New price list and abundance of AV produce

Dear community, we are sharing with you the updated price list for 2024. As you may know, the Auroville farmers adjust their prices annually based on production cost as well as the average market price. This method of setting and freezing prices for the year ensures a fair and secure income for the farm, enabling better planning.

Foodlink monitors the weekly forecasts, receives, weighs, conducts quality checks, manages delivery, and handles billing without any additional charge for providing the produce to Solar Kitchen, PTDC and PTDS.

The price list includes the vegetables, fruits, grains, eggs, milk, and processed products from the farms. The printed list is also available at Foodlink and PTDC.

Furthermore, the early summer crops are arriving on the shelves: ladyfinger, long beans, brinjal, sweet potatoes, sweet corn, tapioca, papaya, banana, to name a few. Enjoy the abundance and quality of AV organic products.

- Our landline 0413 350994
- [Foodlink basket order form here](#)

Isabelle M. on behalf of Foodlink team

RAPID CARE SERVICES

Dear Residents, we are happy to announce that Rapid Care Services have successfully completed one year. We began operations in December 2022. We take this opportunity to thank all the people who believed in us. Reach out to us for any enquiries that need our assistance in home and yard work. Look forward to your continued use of our services in the future.



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

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

For Rapid Care, Balaji & Arun

NEW WAVES

Offering PCB Assembly and appliance repairs at Aurelec.

If you have any requirements, please contact Dhanda

- Office Landline 0413 262295
- 9443090082/ 8098193820
- newwaves@auroville.org.in, newwavesauroville@gmail.com



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

Submitted by Dhanda

JOIN DROPZY

Dropzy is a mobile app platform for ordering and accessing information from a wide range of in and around Auroville eateries, grocers, bakers, farms, expertise/experts, therapists etc. Dropzy riders will pick up the orders from the outlets/stores and deliver them to the customers at their doorstep and convenience.



Dropzy works by providing a complete ordering and delivery solution that connects the existing neighborhood outlets/stores with the comfort and convenience of ordering from home.

Find new customers, build your business and grow your sales. Increase your visibility and order volume, drive more revenue and improve profitability with help from Dropzy.

- Contribution based
 - Register your Unit/Activity
- Click on this link:
www.dropzy.in/join-dropzy



Know more about Dropzy on www.dropzy.in

Sathish Arumugam For Dropzy
+91 8098144686

FREE STORE Opening Times

Morning hours:

- **Monday to Saturday:**
8:30am—1pm

Afternoon hours:

- **Tuesday and Thursday:**
2:30—4:30pm



We kindly request that you bring clean, washed, and usable clothes for exchange at the Freestore. Your cooperation in this regard would be greatly appreciated.

Kamala for Free Store Team

RUPAVATHI JOY ACTIVITIES

Bio-Region Temple Tour

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

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

South-Indian Cuisine—Cooking Class

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

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

Thai Massage

- **Monday—Saturday, 9am—5pm**

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

Tailoring

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

- For any of the above services, contact
Phone/WA 8098845200, rupavathijoy@gmail.com

Rupavathi Joy

LATEST NEWS

from Inside India Travel Shop

Namaste, Bonjour, Hello and Vanakkam from Inside India!

We are open and ready to take the hassle away from you when it comes to booking your travels, be it in and out of India, as well as Inside India itself...



- Mr. Ganesh our Travel Consultant will be at our Kalpana office from 10:30am till 4pm,
- Landline 2623030 Monday to Friday. Saturdays on appointment only.
- He can also be contacted anytime
 - via mobile or WA: +91 9894598686
 - and by email: travelshop@inside-india.com
- We can also help you build the dream tour of India in general, Southern India in particular. You may send us your request by emailinsideindia@auroville.org.in

Some current offers:

- **Aeroflot** flight offer fare is available from Delhi—Moscow—Delhi.
- **Gulf Airways** special fare from Chennai to Athens.
- **Etiihad Airways** special fare is available from Chennai to Rome, Frankfurt.
- **Emirates** offers fares from Chennai to Milan.
- **Air India** and **Thai Airways** have special fares from Chennai to Seoul.
- **Ethiopian Airways** has attractive fares from Chennai to Africa and South America.

We are accepting both Indian and International debit and credit cards, as well as UPI IDs and QR code payments at our office. #Conditions apply. And of course transfers on our Financial Service Account are very welcome...

Travel Tip

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

Joster

Poetry

THEY DON'T SMILE. I DON'T MIND

They don't smile. I don't mind.
I will smile.

They don't laugh. I don't mind.
I will laugh.

They don't sing. I don't mind.
I will sing.

They don't dance. I don't mind.
I will dance.

Pappara pa! Pappara pa! Pappara pa!
I will smile, I will laugh, I will sing, I will dance

As the April Neem flower does.

Pappara pa! Pappara pa! Pappara pa!

As the April Neem flower does.

Anandi ayun

From a CD.AV.2015.

One day will sing like birds

DUST OF SNOW

Dust of Snow
The way a crow
Shook down on me
The dust of snow
From a hemlock tree
Has given my heart
A change of mood
And saved some part
Of a day I had rued.

Robert Frost

QUESTIONING DRIVES ME ON WILD

Questioning drives me on wild
Quest drives me onward

With joyful Gratitude
Anandi Z.

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

- [An Appeal from Ian Clayton-Smith](#) (Culture)
- [Soul Tracks Se. 5, Ep.24—Farewell Party!](#) (Music)
- [Seeking Our Inner Being Se. 1, Ep. 12.](#) (Spirituality)
- [Marlenka's weekly Offering—Ep.116](#) (Literature)
- [Une série hebdomadaire de lectures par Gangalakshmi—462.](#) (Integral Yoga)
- [Exploring Education in Arts, Animation and Film-making—Ep. 29 'Steps to Create a Cartoon Character'](#) (Arts&Culture)
- [Soul Tracks Se. 5, Ep. 23—A Bond Fantasia!](#) (Music)
- [La Vita Divina Ep. 44. Libro II—Cap. V Parte II—L'illusione cosmica; Mente, Sogno e Allucinazione.](#) (Sri Aurobindo)

...and more! on www.aurovilleradio.org.

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

Peace and love, Wobbli

Languages

ITALIAN CLASS

Ciao! If you want to learn Italian from scratch or have already studied it but would like to continue practicing it, know that Francesca will start giving individual or group lessons from July! And because Francesca is intimately connected to the world of art and culture, the lessons will not only explore the use of the Italian language but will be an enjoyable introduction to different aspects of Italian culture, art and history. Yes I know, it is still only April. But you know, Francesca likes to plan ahead. So if you plan to take advantage of this opportunity, this is the email where you can contact her: avgateofdreams@gmail.com.

See you when I get back from Rome then!

Francesca

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 Sanskrit, 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

Language	Level	Time	Day(s) of Classes
English	Pre-Intermediate & Intermediate	11am—12pm	Tuesday & Thursday
	Conversation Intermediate Starts 9 April	4—5pm	Tuesday & Thursday
	Conversation Pre-Intermediate Starts 8 April	4—5pm	Monday & Wednesday
	Beginner Starts 8 April	10:30am—12noon	Monday & Wednesday
French	Beginner Completed	2:30—4:30pm	Saturday
	Conversation Post Beginner Completed	10:30am—12noon	
	Conversation Intermediate Will continue until 29 April	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 11 April	2—4pm	Thursday
Hindi	Beginner Starts 10 April	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
Italian	Beginner Started 7 February	4—5pm	Wednesday & Friday
	Intermediate Started 15 February	4—5:30pm	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, New-comers, 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

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 10 April
- Duration: 16 hours (over two months)

New Beginner Sanskrit with Kaushal

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 11 April
- 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 Sanskrit 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 Sanskrit chants and in turn the chants are a great help in their sadhana. They feel blessed to share these traditional Sanskrit 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.aurovillelanguage.org/>

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

This book has information for a wide variety of professionals in different fields, as well as laypeople. For example, midwives, doulas, gynaecologists, as well as pregnant women, parents-to-be and recent parents, will find the chapter on 'Resonance in the Womb' full of incredibly fascinating information. It is an excellent summary of all the research since Dr. Tomatis' pioneering work in the early 1950s, on the development of listening in the womb. For now, in India, it is only available as a Kindle e-book. You can use a free kindle app to access it (mobile, tablet or desktop). We are looking for sponsors to cover costs of the first print run, so that it can be available as a paperback.

WAR AND CONQUEST

Why exactly have our Avatar founders declared these revolutionary statements the core of which is the very foundation and raison d'être of Auroville, this City of Dawn?

'Man is a transitional being, he is not final.'

'Humanity is not the last rung of the terrestrial creation. Evolution continues and man will be surpassed. It is for each individual to know whether he wants to participate in the advent of this new species.'

'For those who are satisfied with the world as it is, Auroville obviously has no reason to exist.'

And the reasons are crystal clear to all who have, against all odds, pushed intensely forward on their Existential Quest for Freedom, Joy and Peace on this most beautiful paradise that is Earth:

It is the imperfect mortal modality of the mind-born human being itself that is dragging us down in the dungeons of slavery, powerless by its obvious limitations against the brutal hidden forces and perverse puppet-masters of a mentalised universal nature.

Sri Aurobindo elucidates and reveals again the limiting factors:

'War and conquest are part of the economy of vital Nature, it is no use blaming this or that people for doing it—everybody does it who has the power and the chance. China who now complains was herself an imperialist and colonising country through all the centuries in which Japan kept religiously within her own borders. If it were not profitable, I suppose nobody would do it. England has grown rich on the plundered wealth of India. France depends for many things on her African colonies. Japan needs an outlet for her overabundant population and safe economic markets nearby. Each is pushed by forces that use the minds of rulers and peoples to fulfil themselves—unless human nature changes no amount of moralising will prevent it.'

'There has been almost continuous war in the world—it is as in the history of the Roman Republic when the gates of the temple of Janus were closed only once or twice in its many centuries—a sign that the Republic was at peace with all the world. There have been in modern times long intervals between long wars, but small ones have been generally going on somewhere or another. Man is a quarrelling and fighting animal and so long as he is so how can there be peace?'

- <https://incarnateword.in/cwsa/28/morality-and-yoga>

Thus the blazing hope that sprang upon the discovery of these two non-ordinary beings, the Supramental Avatars Sri Aurobindo and the Mother, who have not only brought down the Supramental Consciousness-Forces and generously left us with an Integral Revelation, the full operating manual for the hastened evolutionary transformation of consciousness and life beyond the mental animal-human, but also lovegifted us with a city-wide sanctuary, a living Gurukul now legally protected by the Guru of Nations Herself, to continue on with the seemingly impossible yet unstopably inevitable Life Divine for All.

As willing servitors and Hero Warriors of the Divine Consciousness-Forces we march on against the now-almost obsolete gasping past that seeks to endure. With total certitude and faith to the Supreme Divine Mother MahaShakti we consciously consent to be Her instrumental bridges, fully involved in whatever unique role we each shall play that is our Swabhava and Swadharma, for the supremely decreed Divine Manifestation of the new apex species the Supramental being who will fully usher in the Golden Age, Satya Yuga. In Samatā¹, we Her True Aurovilians courageously continue on establishing Her City of Dawn for all the incoming Sun-eyed Children.

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.
- 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=wnpXprTl3m0>
- <https://www.youtube.com/channel/UCeTiG0y-sBMlly-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

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

¹ <https://renaissance.aurosociety.org/what-is-yogic-samanta-sri-aurobindo-explains/> Zech, 2024.03.31

Classes, Workshops & Healing Arts

MINDFULNESS

Mindfulness—Kindfulness Half day Retreat

- Saturday, 13 April, 9:15am—12pm



This half-day retreat provides a chance for you to drop-in to yourself, to unplug from the stresses of everyday life, and shift from doing into being. In this session we will focus on kindness, which is one of the foundational attitudes of mindfulness. Specifically we will be exploring how we soften, and be kinder and more compassionate towards ourselves.

Participants will be guided through a series of practices (in either seated or lying position) along with some gentle movement practices.

It is suitable for everyone—those new to meditation as well as experienced meditators looking to deepen their practice, but places are limited.

- WA Helen on 7094753054 to register. The session is hosted by Inner Sight (a LEAD activity).

Mindfulness for Stress Reduction (MBSR)

1 week course

- 29 April—5 May

This secular course synthesizes the ancient Eastern wisdom on mindfulness with the Western science on stress reduction, positive psychology & neuroscience.

The course has been found to improve participants' ability to cope with the stresses of everyday life—giving space to respond to situations rather than react. It has been found to help with anxiety & depression, to help manage chronic pain & lower blood sugar levels, to improve emotional regulation; increase attention, focus & memory; and plant inner seeds of happiness, resilience, kindness & acceptance.

It is suitable for those new to meditation as well as experienced meditators looking to deepen their practice.

'It's actually something akin to a radical act of love just to stop in your life, just to drop in on the moment and be aware of what is going on' Jon Kabat-Zinn

- We will meet daily from Monday, 29 April to Sunday, 5 May.
- **Course timings are**
 - 7:30—9:30am, daily, Monday, 29 April till Saturday, 4 May
 - 8:30am—12pm on Sunday, 5 May.

The course will be held at Maloka, Anitya community and is hosted by Inner Sight (a LEAD activity).

Registration is required. Message Helen 7094753054 WA for booking and details. *Helen*



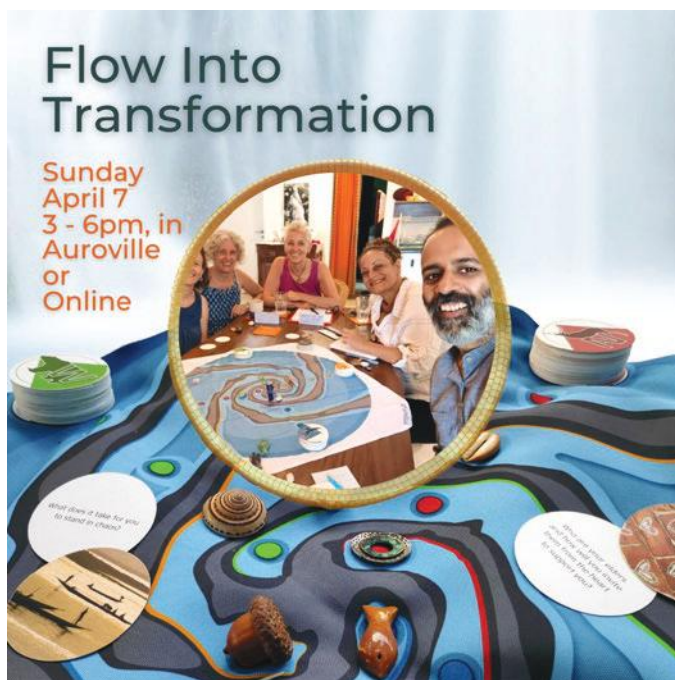
Regeneration Circle: Voices of Wholeness

Tuesdays @Verité - 5 pm - with Nadim

- Contributions are voluntary
- +914132622045, +919363624083
programming@verite.in, www.verite.in
Nadim

FLOW INTO TRANSFORMATION

Sunday, 7 April, 3—6pm, In Auroville or Online



Flow Into Transformation

Sunday
April 7
3 - 6pm, in
Auroville
or
Online

Is there a question that is burning inside you? The Flow Game is a powerful tool used worldwide to transform stuckness. Within every challenge, there often lies a transformative potential. Bring a question that's alive in your heart. Discover your way to greater flow with life. Choose any 1 game:

- **In-Person in Auroville**
 - **Theme:** What is my role in these times of transformation? **Host:** Sandhya
- **Online**
 - **Theme:** what needs to transform to align with my True Purpose? **Host:** Niharika
- **Register now:** contact@auroville-jiva.com
 - +91 9443619403 WA.

Niharika

THE UNIVERSE IN A CUP OF TEA



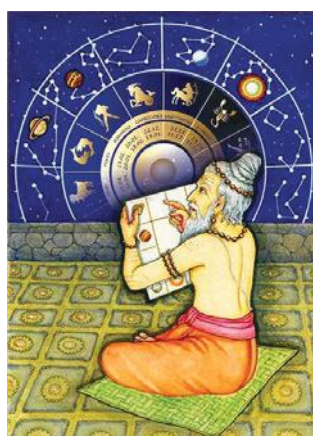
The unreal veil of, enchanted embroidery lifted, the cup of tea appears, glittering ... (Full poem recited at the ceremony.) Discover a spiritual journey with a Sencha Style Tea Ceremony During this unique experience (acknowledged by renowned Asian Tea Masters especially in Taiwan), you will also explore 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 Thursday, 4 to Sunday, 14 April

Thursday, 4 April, 5—6pm	Laughter and relaxation with Ancolie Dove
Friday, 5 April, 5—6pm	Mystery Activity
Saturday, 6 April 9:30—11:30am	Intuitive painting with Marie-Claire Barsotti*
Sunday, 7 April, 10—11:30am	Discover Acroyoga with Damien
Tuesday, 9 April, 5—6pm	Fit Fusion with Dasha
Thursday, 11 April, 10am—11am	Expressive Arts with Sandra*
Thursday, 11 April, 5—6pm	Laughter and relaxation with Ancolie Dove
Friday, 12 April, 5—6pm	Mystery Activity
Saturday, 13 April, 9:30—11:30am	Intuitive painting with Marie-Claire Barsotti*
Saturday, 13 April, 11:45am—12:45pm	Self-care for the voice with Shalini
Sunday, 14 April, 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

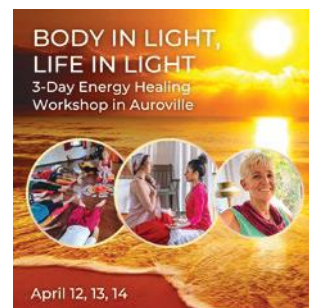
BODY IN LIGHT:

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 Niwas.

- 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

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

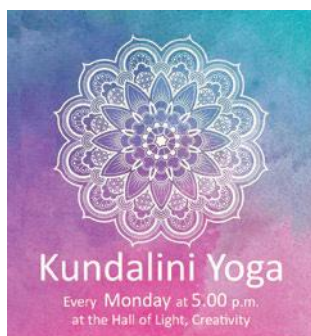
Yatra Srinivassan

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

YOGA WITH 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

**DETOX YOUR MIND & BREATHE
Heal your Body**

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

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

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 Sunday	5:30—7pm	Vinyasa flow Asanas Classes until 10 April
Sunday April 7	4 pm to 5 pm	Yoga Nidra with Rukmini

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.



- All days of the week until April 10

Discover Deep Relaxation: Yoga Nidra with Rukmini

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

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

New Space: We like to inform you that we have moved to the second floor of Hive Building inside Auromode apartment complex, Auroshilpam.

Summer break

We will break for summer **from April 10** and we would like to thank everyone who walked with us this year.

We will have regular Yoga classes from **June first week**. Keep an eye here for announcements. **Bala**

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



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



Dance Movement Therapy

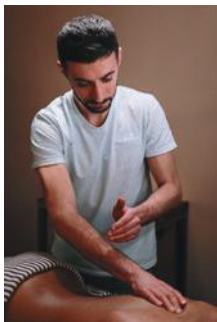
Uses movement to help individuals achieve emotional, cognitive, physical, and social integration. Beneficial for both physical and mental health, dance therapy can be used for stress reduction, symptoms prevention, and mood management. In general, dance therapy promotes self-awareness, self-esteem, and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



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

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

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	
4pm–5:15pm	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
Not on 19 & 26 April	
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.

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.

Workshop—With prior registration

- **Natural Eye Healing, workshop ‘Eye Yoga’ with Aurosugan** Monday, 22—Friday, 26 April, daily 3–4pm, for 5 days

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



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

- Registration required

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

TRADITIONAL MANTRA AND STOTRA CLASSES

@ Serendipity Community with Sonia Novaes

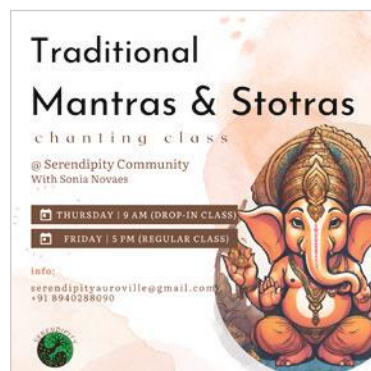
Thursday, 9am, Drop-In Class

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



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 Introspective 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, Breathwork, Energy healing.	Niyati Thakkar	only by Appointment niyatithakkar2112@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

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

VERITÉ PROGRAMS

April 2024

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



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

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

Kathir
for Vérité Programming

VERITÉ WORKSHOPS

March 2024

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



Food is Medicine—Lifestyle Health Practices with Parvathi

- Friday, 5 April, 9:15am—12pm

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

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.

Understanding Pranayama & its Practice in Asanas & Meditation with Radhika

- Friday, 12 April, 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.

Ayurveda for Self-Harmony with Claire

- Friday, 12 April, 2pm—4:30pm

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

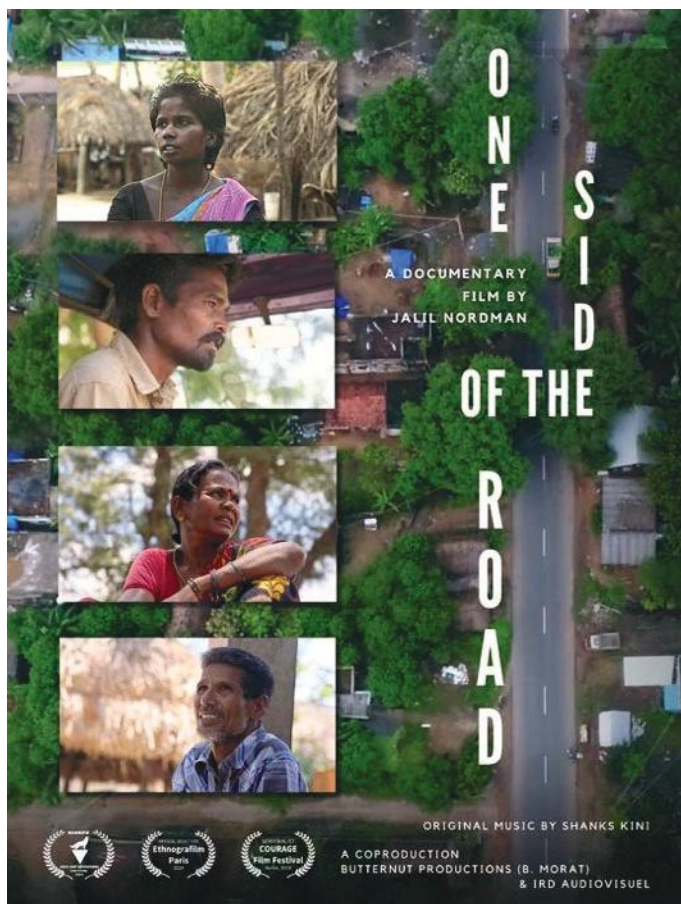
Synchronize your Moon Cycle with Yoga—Radha

- Saturday, 13 April, 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.

Kathir for Verite Programs

**PAVILLON DE FRANCE
et de la Francophonie presents
One side of the road**
A documentary film by Jalil Nordman
Saturday, 13 April, 4:30pm
@ Cinema Paradiso



Language: Tamil, English/ Subtitles: English. 87 minutes

A road runs through a village in Tamil Nadu. This road is a frontier that divides habitats, and it is a gateway to a wider world, the nearby industrial cities, a means of emancipation for some, but the enslavement of others in these rural areas. Between 2019 and 2022, four Dalits reveal their ongoing struggle to survive. These four characters from the same village, with their intertwined destinies, describe their daily lives through intimate and rare testimonies, which form a life journey around three extraordinary years marked by the international pandemic and its harsh economic and social consequences in rural India. *One Side Of The Road* is recently submitted to film festivals and has received some awards.

Jalil Nordman is PhD in Economics from University of Paris Sorbonne. He is Director of Research at the French Research Institute for Sustainable Development (IRD) and affiliated since 2004 to several research Institutions, among them the French Institute of Pondicherry (IFP). Jalil entrusted the musical direction of the film to Shanks Kini. Shanks is a professional Indian musician, independent music producer and multi-instrumentalist based in Auroville. Both will be here during the projection to present the film and answer questions after.

Vivekan

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.

Aviram



At Multi Media Centre Auditorium (MMC, Town Hall)

- **Reminder: Friday, 5 April—'Frances Ha' By Noah Baumbach, United States, 2012**
- **And Friday, 12 April, 8pm 'Shower' (Original Title: 洗澡; Xǐ Zǎo)**

Directed by Zhang Yang, China, 1999

With: Zhu Xu, Pu Cunxin, Jiang Wu

Synopsis: The film revolves around a family-run bathhouse in Beijing. An aged father and his younger, mentally challenged son have been working hard every day to keep the bathhouse running for a motley group of regular customers. When his elder son, who left years ago to seek his fortune in the southern city of Shenzhen, abruptly returns one day, it once again puts under stress the long-broken father-son ties... Presented as a light-hearted comedy, Shower explores with a lot of sensibility the values of family, friendship, and tradition... After its premiere at the Toronto International Film Festival, Shower was selected for numerous film festivals, including Sundance, San Sebastian and Seattle, where it received many awards.

Original version in Mandarin with Engl. Subtitles, duration 1h.32'

Surya for Aurofilm



CINEMA PARADISO
Multimedia Center (MMC) Auditorium
Film Program
8 April 2024 to 15 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 8 April, 8pm
12th Fail

India, 2023, Writer-Dir. Vidhu Vinod Chopra w/ Vikrant Massey, Medha Shankr, Anant Joshi, and others, Biography-Drama, 147mins, Hindi w/ English subtitles, Rated: U (G)

Manoj Kumar Sharma belongs to Chambal village, which is known more for notorious decoits. Cheating in exam is a common thing. Naturally he too cheats in his 12th grade exam aspiring for a peon's job in the future. But a strict police officer DSP Dushyant Singh poses an obstacle. He reported the cheating and Manoj, and his friends failed the exam. Undaunted Manoj tries his hands on rickshaw business with his brother and gets hassled by political goons. However, this time the same Dushyant Singh comes to their rescue. Impressed by his honesty and integrity Manoj starts idolizing him and nurtures a dream to be an IPS officer like him. The following year he clears his 12th standard exams and starts his long and arduous journey to clear UPSC deemed as one of the toughest exams in the world. This well-made film gets more endearing because it tells the real-life story of IPS Manoj Kumar Sharma, as documented in Anurag Pathak's bestselling book. *You can't miss this film dedicated to handful of honest officers in the country. Wait till the credits for a glimpse of the real Manoj Sharma!*

Potpourri—Tuesday 9 April, 8pm
Ye Habe Ghand (A Cube Of Sugar)

Iran, 2011, Writer-Dir. Reza Mirkarimi w/Reza Kianian, Negar Javaherian, Farhad Aslani, and others, Comedy-Drama, 116mins, Persian w/ English subtitles, Rated: PG

Somewhere on the outskirts of modern Iran, at a traditional old house with a fragrant tree-shaded internal yard, a whole family is ceaselessly making nuptial preparations. Being the youngest in the family, the bright-eyed bride-to-be, Pasantideh, can't wait for the arrival of her older sisters; after all, her wedding with the grandson of a friendly family is a marvellous opportunity for a great reunion. Eventually, amid careful bridal arrangements, an unplanned but exciting treasure hunt, and thrilling ghost stories, everything will be soon ready for the joyous event; however, is a single cube of sugar enough to bring sweetness and happiness?

Interesting—Wednesday 10 April, 8pm
Israelism

USA, 2023, Dir. Erin Axelman & Sam Eilertsen w/Peter Beinart, Jeremy Ben-Ami, Noam Chomsky, and others, Documentary, 84mins, English w/ English subtitles, Rated: NR (PG-13)

When two young American Jews raised to unconditionally love Israel witness the way Israel treats Palestinians, their lives take sharp left turns. Their stories reveal a deepening generational divide over modern Jewish identity.

Selection—Thursday 11 April, 8pm
Ship Of Theseus

India-Netherlands, 2012, Writer-Dir. Anand Gandhi w/ Ayadh El-Kashef, Yogesh Shah, Faraz Khan, and others, Drama, 140mins, English-Arabic-Swedish-Hindi w/ English subtitles, Rated: NR (PG)

The film explores questions of identity, justice, beauty, meaning and death through an experimental photographer, an ailing monk and a young stockbroker. If you know the film, you will not miss it. If you have not watched it before, you cannot miss it!

International—Saturday, 13 April, 8pm
Kuolleet Lehdet (Fallen Leaves)

Finland-Germany, 2023, Writer-Dir. Aki Kaurismäki w/ Alma Pöysti, Jussi Vatanen, Janne Hyytiäinen, Comedy-Drama, 81mins, Finnish-Arabic w/English subtitles, Rated: NR (PG)

The director returns after 6yrs with his 20th film set in modern-day Helsinki. Two lonely souls, Asna and Holappa in search of love meet by chance in a karaoke bar. However, their path to happiness is beset by obstacles—from lost phone numbers to mistaken addresses, alcoholism, and a charming stray dog. A film to watch!

Children's Matinee—Sunday, 14 April, 4pm
Ruby Gillman, Teenage Kraken



USA, 2023, Dir. Kirk DeMicco & Faryn Pearl w/Jane Fonda, Lana Condor, Toni Collette, and others, 90mins, Animation-Action, English w/ English subtitles, Rated: PG

A shy adolescent learns that she comes from a fabled royal family of legendary sea krakens and that her destiny lies in the depths of the waters, which is bigger than she could have ever imagined.

Kenji Mizoguchi Film Festival @ Ciné-Club:

Ciné-Club Sunday 14 April, 8pm
Chikamatsu Monogtari (A Story From Chikamatsu)

Japan, 1954, Dir. Kenji Mizoguchi, w/ Kazuo Hazegawa, Kyôko Kagawa, and others, Drama—Romance, 102 mins, Japanese w/ English subtitles, Rated: R.

Based on a classic of eighteenth-century Japanese drama, the film traces the injustices that befall a Kyoto scroll maker's wife and his apprentice after each is unfairly accused of illicit romance, they go on the run-in search of refuge from the punishment. Shot in gorgeous, painterly style by master cinematographer Kazuo Miyagawa.

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

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

N&N Guidelines



Hard deadline for submissions

TUESDAY 3pm

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

Disclaimer: The views expressed on these pages are those of their respective authors or work groups and do not represent the position of the editors or of the community as a whole. The News & Notes serves as a channel for the publication of material coming from trusted sources within Auroville. The editors cannot be held accountable for any alleged misinformation given or offense caused. In case of any dispute, the Auroville Working Committee may be consulted and publishing of disputed material suspended.

*Roy & Agnijata, News & Notes,
Media Centre, Town Hall,
NewsAndNotes@auroville.org.in*

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



Pondicherry TO AUROVILLE

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

Bus passes

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

AV account / Cash / UPI Transfer :

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

Bus passes are available

At Auroville Vehicle Service, Townhall, Auroville.

- 9am—12:30pm & 2—5pm

Contact

- 0413 2623302

Below link to join On WhatsApp group

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

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