



News Notes

#1022 A weekly bulletin for residents of Auroville 11 April 2024



Let the path of the Word lead to the godheads, towards the Waters by the working of the Mind ... O Flame, thou goest to the ocean of Heaven, towards the gods; thou makest to meet together the godheads of the planes, the waters that are in the realm of light above the sun and the waters that abide below

The Lord of Delight conquers the third status; he maintains and governs according to the Soul of universality; like a hawk, a kite he settles on the vessel and uplifts it, a finder of the Light he manifests the fourth status and cleaves to the ocean that is the billowing of those waters

Rig Veda

Pondering

In the physical world she lays much stress on the former impulse; for she needs to create stable separate forms, since it is her first and really her most difficult problem to create and maintain any such thing as a separative survival of individuality and a stable form for it in the incessant flux and motion of Energy and in the unity of the infinite

The whole crux and difficulty of human life lies here. Man is this mental being, this mental consciousness working as mental force, aware in a way of the universal force and life of which he is part but, because he has not knowledge of its universality or even of the totality of his own being, unable to deal either with life in general or with his own life in a really effective and victorious movement of mastery

*The Ascent of Life,
The Life Divine, Sri Aurobindo*



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BROTHERHOOD PAVILION PRESENTS
COSMOS DAY

12
APRIL
FRIDAY

@ EUROPEAN HOUSE
3 PM TO 9 PM

FUN FOR THE WHOLE FAMILY
*QUEST * MUSIC *
*ANIMATION * CINEMA*
*INTERGALACTIC DRESS CODE
(PRIZE FOR THE BEST COSTUME)

CONTACT +352 691 239 717

House of Mother's Agenda



Chapter XXVII, The Gnostic Being Sri Aurobindo, *The Life Divine*, Pages 1041-1043

(continued from last week)

In a gnostic being there could be no conflict between self-affirmation of the ego and a control by super-ego; for since in his action of life the gnostic individual would at once express himself, his truth of being, and work out the Divine Will, since he would know the Divine as his true self and the source and constituent of his spiritual individuality, these two springs of his conduct would not only be simultaneous in a single action, but they would be one and the same motor-force. This motive power would act in each circumstance according to the truth of the circumstance, with each being according to its need, nature, relation, in each event according to the demand of the Divine Will upon that event: for all here is the result of a complexus and a close nexus of many forces of one Force, and the gnostic consciousness and Truth-Will would see the truth of these forces, of each and of all together, and put forth the necessary impact or intervention on the complex of forces to carry out what was willed to be done through itself, that and no more. In consequence of the Identity present everywhere, ruling everything and harmonising all diversities, there would be no play of a separative ego bent on its own separate self-affirmation; the will of the self of the gnostic being would be one with the will of the Ishwara, it would not be a separative or contrary self-will. It would have the joy of action and result but would be free from all ego claim, attachment to action or demand of result; it would do what it saw had to be done and was moved to do. In mental nature there can be an opposition or disparity between self-effort and obedience to the Higher Will, for there the self or apparent person sees itself as different from the supreme Being, Will or Person; but here the person is being of the Being and the opposition or disparity does not arise. The action of the person is the action of the Ishwara in the person, of the One in the many, and there can be no reason for a separative assertion of self-will or pride of independence.

On this fact that the Divine Knowledge and Force, the supreme Supernature, would act through the gnostic being with his full participation, is founded the freedom of the gnostic being; it is this unity that gives him his liberty. The freedom from law, including the moral law, so frequently affirmed of the spiritual being, is founded on this unity of its will with the will of the Eternal. All the mental standards would disappear because all necessity for them would cease; the higher authentic law of identity with the Divine Self and identity with all beings would have replaced them.

There would be no question of selfishness or altruism, of oneself and others, since all are seen and felt as the one self and only what the supreme Truth and Good decided would be done. There would be in the action a pervasive feeling of a self-existent universal love, sympathy, oneness, but the feeling would penetrate, colour and move in the act, not solely dominate or determine it: it would not stand for itself in opposition to the larger truth of things or dictate a personally impelled departure from the divinely willed true movement. This opposition and departure can happen in the Ignorance where love or any other strong principle of the nature can be divorced from wisdom even as it can be divorced from power; but in the supermind gnosis all powers are intimate to each other and act as one. In the gnostic person the Truth-Knowledge would lead and determine and all the other forces of the being concur in the action: there would be no place for disharmony or conflict between the powers of the nature. In all action there is an imperative of existence that seeks to be fulfilled; a truth of being not yet manifested has to be manifested or a truth manifesting has to be evolved and achieved and perfected in manifestation or, if already achieved, to take its delight of being and self-effectuation. In the half-light and half-power of the Ignorance the imperative is secret or only half-revealed and the push to fulfilment is an imperfect, struggling, partly frustrated movement: but in the gnostic being and life the imperatives of being would be felt within, intimately perceived and brought into action; there would be a free play of their possibilities; there would be an actualisation in accordance with the truth of circumstance and the intention in the Supernature. All this would be seen in the knowledge and develop itself in act; there would be no uncertain combat or torment of forces at work; a disharmony of the being, a contradictory working of the consciousness could have no place: the imposition of an external standardisation of mechanised law would be entirely superfluous where there is this inherence of truth and its spontaneous working in act of nature. A harmonic action, a working out of the divine motive, an execution of the imperative truth of things would be the law and natural dynamics of the whole existence.

(to be continued next week)

Chapter XXVII—The Gnostic Being — Sri Aurobindo,
THE LIFE DIVINE, Pages 1041-1043

https://sri-aurobindo.co.in/workings/sa/37_21_22/the_life_divine_21_22.pdf

With love and gratitude,
Gangalakshmi (HOMA)

Townhall Speaks

GROUND RULES OF DONATION CHANNELLING GROUP (DCG)

1. Transfer of funds from one Auroville Entity to another Auroville Entity—
a) Till Financial Year 23-24, it may have been considered as a donation. But from the new FY 24-25, it will not be considered as a donation, but as an internal transfer, without the involvement of the DCG / Unity Fund. b) It will not be considered for deduction for CS Contribution. c) Such transactions may likely raise an audit point for both the units involved and it is best to book-keep it judiciously.
2. Contributions by individual Aurovilians or by AV Entities towards Auroville services / goods cannot be treated as donations. No Aurovillian or Entity will channel funds via Unity Fund towards their normal contributions towards services & goods .
3. Individual Aurovillian can donate funds to a registered Auroville Entity only through their personal bank accounts and are to be sent to the Unity Fund via the official donation procedure of Unity Fund.
4. Donations likely to be spent in subsequent financial year/s will require a supporting letter from the donors, specifying that the donation support is for a multi-year project spending. It may be allowed, subject to the affirmation by auditors.
5. Expenditures done on Outreach projects outside of Auroville from the received donation funds are to be treated as expenses in the books and NOT as donations to the outside entity and prior permission of FAMC (if not mentioned in PRF) is required. This is also subject to affirmation from the auditors.
6. No external donation is to come directly to a unit accounts. The donors must also be informed to send any funding support to the unit only via the Unity Fund.
7. Donor Information Forms—To be filled for donations above Rs 5,000.
 - a. Fund Release Form (FRF) needs to be filled for release of above Rs 20,000.
 - b. FRF has also a Self-Declaration section about audit / GST enquiries, NGO status etc.
 - c. The project holder has to sign these ground rules for their first FRF.
8. All requests for release of funds are to come to DCG via FRF. If the entity has not registered as yet, no funds will be released until the entity has registered with DCG.
9. Links to the forms are as follows:
 - [Project Request Form \(PRF\)](#)
 - [Donor Information Form \(DIF\)](#)
 - [Fund Release Form \(FRF\)](#)

Thanks for your kind cooperation to begin organising the donations for Auroville.

Donation Channelling Group,
Naren & Sandeep
dcg@auroville.org.in
04.04.2024

GENERAL ELECTIONS POLLING DAY DESIGNATED

As per Memorandum No. S4/9336/2024 dated 27 March, 2024 issue by the Principal Secretary/Commissioner of Labour, the Election Commission of India has designated April 19, 2024 (Friday), as the polling day for the General Elections to Lok Sabha, 2024. In accordance with Section 135(B) of the Representation of the People Act, 1951, mandates the provision of a paid holiday to employees to enable them to exercise their franchise on the day of the poll.

All employers are kindly requested to ensure that all employees under your supervision are granted a paid holiday on Friday, April 19, 2024, in accordance with the statutory requirement outlined above.

For any further details or clarifications in this regard, please do not hesitate to write to us at sewa@auroville.org.in.

Sandjiv on behalf of S.E.W.A

Community News

Passing On

EVELINE PREIBSCH

passed away on 26 March 2024



Eveline together with Ulf and Staffan took over the work with Auroville International in Sweden around 1983, and Eveline kept holding in the centre over the years, being a stable contact and connection between Sweden and Auroville. This work she did over many years with only periodic support of others. The Auroville presence has been in Sweden and Scandinavia since the 60-ties, with a formal centre since

1974 and thanks to Eveline, up till now. For this we have much gratitude.

In Auroville Rajaveni, Balu and Samaran were her special close family and being a grandmother to Samaran meant a lot to her, her thoughts and care for him were always there.

Eveline had gone through cancer in 2005 and since some years it had come back. The last two years she has lived a quiet life, giving up her regular winter visits to Auroville.

Eveline was a very strong woman who walked her path in life. Her leaving us makes a gap, the space she held was one of stability, straightforwardness and kindness and thinking about her it feels like she always, in her contained and quiet way held Auroville's special four qualities of goodness, generosity, equality and peace in her movements and actions.

She will be sorely missed by her daughter Sara and her family and friends in Sweden, Auroville and AVI.

She walks in the Light.

Jaya

Baby Born

JOYFUL ARRIVAL

We are happy to inform our community that we are blessed with a baby girl.

With love, Aswini and Vigneshwar From Transition

Awakening Spirit

SAVITRI BHAVAN
April 2024



Exhibitions

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

Films

Mondays at 4pm in the Sangam Hall

- **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 slide-show 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*

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*

SAVITRI BHAVAN



**The Dream Divine Series:
Auroville Botanical Gardens**

- **Wednesday, 17 April, 4:30—5:30pm,**
@ Sangam Hall of Savitri Bhavan



We are going to show videos connected to Auroville Botanical Gardens

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

**Bases of Yoga—The Mother's Talks,
An Interactive Book Reading Circle**

- **Every Saturday, 10—11am**

'One must truly say, Yes I want to progress with sincerity ... whatever happens, I want to progress. Then it comes'. The Mother

During September 1954—May 1955, the Mother took up Sri Aurobindo's book 'Bases of Yoga' in her Wednesday classes for comments and answers to questions. In this reading circle we will explore those powerful and transformative words expressed by the beloved Mother, to understand the meaning of 'Yoga' and how we can adopt the teaching in our daily life (*This Book is part of collected works Vols. 6 and 7*).

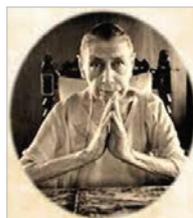
- Free for all. Join us every Saturday 10—11am

Venue: Garden Room, Savitri Bhavan

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

Everyone is welcome

Dhanalakshmi for Savitri Bhavan



MUDRA CHI

We have our classes

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

- Facilitator Anandi Ayun

Everybody Welcome!

Anandi

THE OM CHOIR

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

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

Noel Parent

COLLECTED POEMS OF SRI AUROBINDO,

Part 1—4



Monday, 15 April, 4pm @ Savitri Bhavan.

Duration: 30min.

On poems and sonnets published in the Collected Poems Sri Aurobindo worked over seven decades. The first poem was published in 1883 when he was ten. Until 1947 he composed or revised poems. Though he continued to expand and perfect until his last days his major literary work *Savitri—A Legend and a Symbol*.

In videos **Jhumur Bhattacharya** from the Sri Aurobindo Ashram reads the following poems warm and truthful: *A God's Labour, Bride of the Fire, Hell and Heaven* (Baroda and Pondicherry, c. 1902–1936), *I have a hundred lives* (Baroda, c. 1898-1902), *Jivanmukta* (Pondicherry, c. 1927–1940), *Musa Spiritus* (Baroda and Pondicherry, c. 1902–1936), *O Will of God* (Pondicherry, c. 1910–1920).

A God's Labour is one of Sri Aurobindo's autobiographical poems and casts light on his aspiration to bring the immortal light on earth and on his immense struggles and works with the darkness, the evil, and with men until Heaven's fire and the undying suns were established on earth.

Here are some lines of the poem:

I had hoped to build a rainbow bridge / Marrying the soil to the sky / And sow in this dancing planet midge / The moods of infinity. /...

I have been digging deep and long / Mid a horror of filth and mire / A bed for the golden river's song, / A home for the deathless fire. / I have labored and suffered in Matter's night / To bring the fire to man; / But the hate of hell and human spite / Are my meed since the world began. /

For man's mind is the dupe of his animal self; / Hoping its lusts to win, / He harbours within him a grisly Elf / Enamoured of sorrow and sin. / The grey Elf shudders from heaven's flame / And from all things glad and pure; / Only by pleasure and passion and pain / His drama can endure. /...

But the god is there in my mortal breast / Who wrestles with error and fate / And tramples a road through mire and waste / For the nameless Immaculate. / A voice cried, 'Go where none have gone! / Dig deeper, deeper yet / Till thou reach the grim foundation stone / And knock at the keyless gate. /...

The gulf twixt the depths and the heights is bridged / And the golden waters pour / Down the sapphire mountain rainbow-ridged / And glimmer from shore to shore. /...

I shall leave my dreams in their argent air, / For in a raiment of gold and blue / There shall move on the earth embodied and fair / The living truth of you. /

The videos of the poems are subtitled. They can also be seen on YouTube under the title **Collected Poems of Sri Aurobindo—Part 1 until Part 4**.

- https://www.youtube.com/watch?v=jeJGKc_d6QA

Submitted by Margrit

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 English23rd, Tuesday at 6:30pm full moon, reciting
Sri Aurobindo's Gayatri Mantra for 30min24th, 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

Submitted by Rajan

SATSANGA ON BHAGAVAD GITA

in everyday life

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

Online Zoom Call

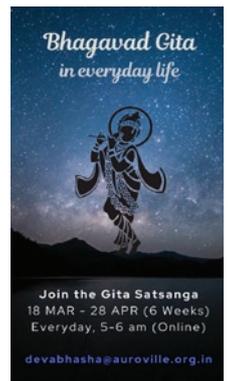
We warmly invite you for an online Satsanga to integrate the teachings of Srimad Bhagavad Gita in our day-to-day life.

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, नदिधियासन (Listening, Reflecting, Self-enquiry & Embodiment)
- **Which Language:** English will be the primary means of communication and we will listen to Sanskrit slokas and the reflections can be shared in any language preferred by the participant.
- **Who:** Whether you are a beginner or well-versed with Gita, the format welcomes all to learn and share together.

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

- To know more, feel free to connect with us
devabhasha@auroville.org.in

Deven For Vidyamandir and
Samskritam Auroville Team

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



BHARAT NIVAS PRESENTS

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

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’
‘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

Parking available outside at the Bharat Nivas Main Gate

Oppenheimer Vs. Arjuna

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

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

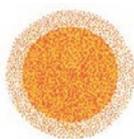
Office Phone: 04132623400

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.

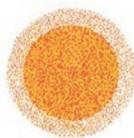
If you are a fitness and sports enthusiast and see yourself as a physical education teacher/facilitator, or if you are simply interested in this course and would like to know more, [fill the form](#).

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

Nilima For SAIER

SAIER CALL FOR PROJECT PROPOSALS

Dear community, SAIER, the Sri Aurobindo International Institute of Educational Research, supports innovative education-related projects to be conducted and completed during the financial year. Individuals, sub-units and groups can propose projects. Support can be requested for human resources as well as material costs.



SAIER is accepting project proposals for 2024—25 under three headings:

1. Research
2. Activities
3. Publications.

Please write to saiier@auroville.org.in to request these application forms.

The deadline for proposals is 30 April 2024 to be considered in the first batch.

Kristen SAIER office

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—11 am: Children’s storytime.

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

Kristen, for the Auroville Library

International

NEW CO-WORKING SPACE!

The **European House** is pleased to welcome you in its co-working space. Come benefit from our wifi and the quiet of our place to focus and get your work done !



- **What you can offer?:**
 - Free contribution
 - Help us pay our internet bills and improve the place !
- **What you Get**
 - A quiet environment
 - Come enjoy the quiet of our conference room 3 mornings a week !
- **A place you can privatize!**

Do you need a place to host a meeting? A workshop? Or any other group activity: Send a request and book the place!

- **Good WiFi—20 Chairs—Free Tea**
- +33 695524430, european.house.auroville@gmail.com

Marie

AMERICANS ELIGIBLE for Supplemental Security Income



Greetings, I am Gary, a Friend of Auroville, from America whose career was with the Social Security Administration, the primary USA retirement system. Should any in Auroville be potentially eligible or receiving its benefits and have questions/problems I would be happy to volunteer my assistance. Its Supplemental Security Income (SSI)

program may also be of interest should future US residence be contemplated.

Please first email me a synopsis of your concerns at gary@ionet.net as well as your WhatsApp number. In the email subject line write **Auroville/SSA**. I will be in Auroville till 30 April but can respond remotely once back in the US. **Gary**

Projects & Gatherings

Dream Weaving 2024: Build to Envision Meeting for Participation

13. April 2024
4:00 - 5:30 pm

Unity Pavilion

Thank you to the 50+ participants who've signed up for Dreamweaving 2024. Join us for a brief meeting at Unity Pavilion on 13 April, Saturday, 4—5:30pm.

- **Agenda:** Creating support teams, Channeling participation, Updates on the project, Introduction to next steps

The Dreamweaving process requires representatives from specific focus areas who can bring in the key challenges, questions and considerations from that focus area. These areas are: Health, Youth, Art/Culture/Social, Food, Bio-Region, Green, Tourist and Volunteer Sector, Economy (service oriented).

If you would like to be a representative, we invite you to attend the meeting and join the team! We also request you to share this invitation with other community members who may be interested in becoming representatives.

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.

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—Designweave Team
Bhavya, Henrik, Radhika, Shivangi*

Grant Proposals

CALL FOR GRANT PROPOSALS SDZ FUNDING IN 2024

The Project Coordination Group (PCG) will be meeting to process grant proposals for possible fundina 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.



STICHTING DE ZAAIER

- **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
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>



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

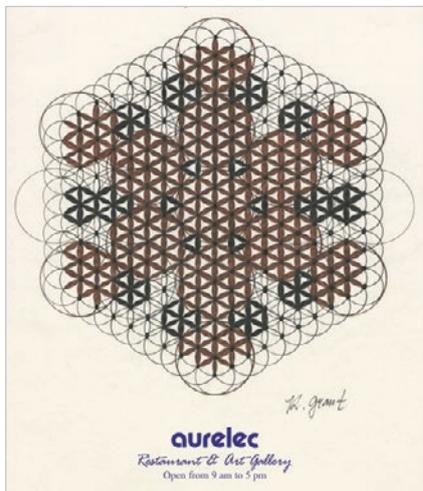
OCH is a walk-in session where anyone can come without an appointment. If the therapist is already seeing someone by the time you walk in, please leave your contact details and we will revert.

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

Megha for Maatram

The Arts

MIRROR OF CONSCIOUSNESS: THE FLOWER OF LIFE
 By Robert Edward Grant



@ Aurelec Cafeteria
 Open 9am—5pm
 Submitted by Robert Edward Grant

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**



Wellpaper
 Artist of the earth

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.

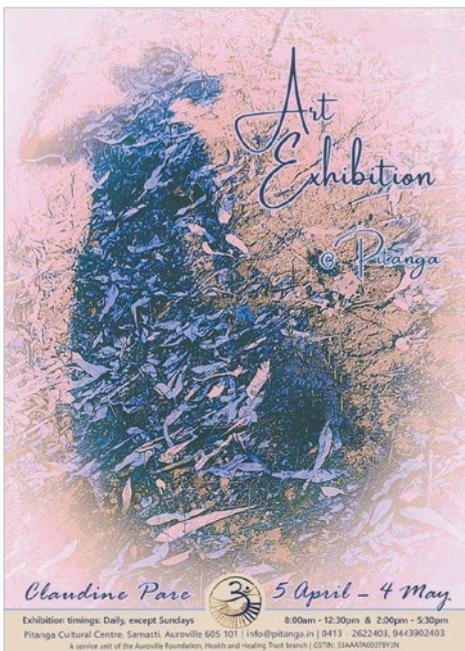
It seems that humanity has shifted from being cradled by Nature to a kind of triumphant dominating attitude towards Nature that disdains the consequences of over-exploitation and destruction.

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



**The Rhythm Of Life: Music Workshop
By Mahesh Vinayakram & Arnab Bishnu Chowdhur**

• Saturday, 13 April, 10am—12pm
@ Sri Aurobindo Auditorium

TOPICS COVERED

- Introduction to Carnatic music system
- Introduction to Mantra Yoga
- Know your voice and rhythm
- Interesting fun facts on Indian music with practicum
- Jam session

Venue : Sri Aurobindo Auditorium, Bharat Nivas, Auroville.
10:00 am - 12:00 pm
13th April 2024
Saturday

Enquiry Contact: Monisha, 0413 2622253

The Rhythm Of Life: Celebrating Tamil New Year

• Sunday, 14 April, 7pm
• @ Sri Aurobindo Auditorium

THE RHYTHM OF LIFE
Celebrating Tamil New Year

Music concert led by
Mahesh Vinayakram
Vocal & Percussion

Arnab Bishnu Chowdhury
Vocal, Keyboard & Percussion

Featuring
- Arjita Bishnu Chowdhury – Vocal
- Srinivas Sriram – Mrudangam
- Kedar Vignesh – Violin
- Along with SVARAM MUSIC ENSEMBLE

Venue : Sri Aurobindo Auditorium, Bharat Nivas, Auroville.
07:00 pm
14th April 2024
Sunday

Ramatha Ka

• Friday, 12 April, 7pm
• @ Sri Aurobindo Auditorium

Rama Katha draws attention to the myriad characters that have impacted the life of Rama, This solo dance-drama is a visualization of the episodes that highlight the characters and their relationship with Rama.

Rama Katha
THE STORY OF RAMA

Rama Katha draws attention to the myriad characters that have impacted the life of Rama. This solo dance-drama is a visualization of the episodes that highlight the characters and their relationship with Rama.

Concept and Visualisation
Usha Rk

Choreography and Dance
Sathyarajana Raju

Music Composition & Vocal
DS Srivatsa

07:00 pm
12th April
Friday

Venue :
Sri Aurobindo Auditorium
Bharat Nivas
Auroville

- Concept and Visualisation Usha Rk
- Choreography and Dance Sathyarajana Raju
- Music Composition & Vocal DS Srivatsa

Enquiry Contact: Krishna at +91 97878 80211

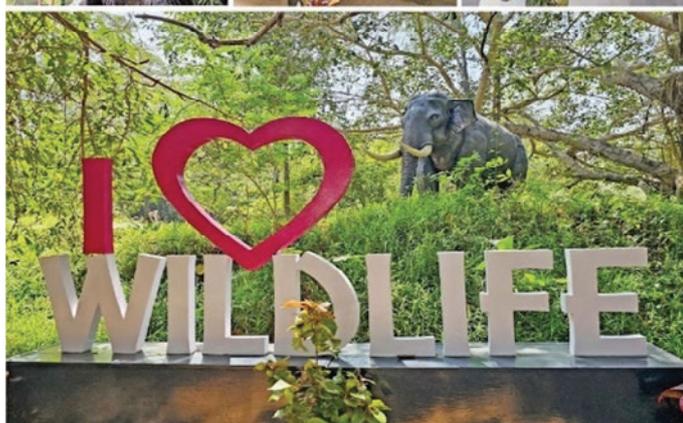
Exhibition of Odisha Handicrafts

- 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



Parking available outside at the Bharat Nivas Main Gate
Monisha, BN Team

KALABHUMI GOES LIVE: THANKS!

Kalabhumi Goes Live thanks:

Kalabhumi community, Auroville Access & Security, Gastronomica, Kajimba, Pangaea Cafe, Aurofilm, Sunshine Music, KMS/KGL crew and musicians, the volunteers, parking attendants and the spectators who came to this amazing event.

Be in touch with us for future live music shows and collaborations!
Edo for Kalabhumi Music Studio

Theatre & Dance Activities

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

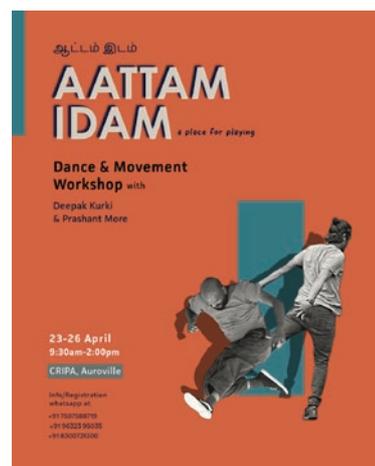


Mani, @bakisata_dance

AATTAM IDAM—A PLACE FOR PLAYING

23—26 April, 9:30am—2pm @ CRIPA

A 4-day dance and movement workshop focused on the concept of 'PLAY'. This workshop is designed for participants to explore, learn, and co-create memorable moments while unlocking their creativity and dance expressions. Through structured activities grounded in research, you will have the opportunity to develop new movement patterns and effective physical and communication skills in both individual and group dynamics.



Regardless of your background, Come! dive into this journey of play and creativity.

Make sure to reserve your spot now for this enriching experience!

About the Facilitators

- **Prashant More**

Prashant is an interdisciplinary artist from India. He engages in the field of dance as a performer, teacher, choreographer and dance filmmaker. He works towards creating immersive, intimate and experimental expressive physical performances. He studied dance in India and Europe. He graduated from Attakkalari, India, and worked as a company dancer. Later, he acquired intensive training in 'Physical Experimental Performances' & Choreography in Amsterdam and Berlin. As an educator, he teaches all ages and backgrounds as well as dancers, actors and performers of both professionals and non-professionals.

His current research module is 'Breaking Points' in which the approach is to find an authentic flow of the physical body.

- More Info <https://linktr.ee/prashantmore369>

- **Deepak Kurki Shivaswamy**

Deepak K.S is a Contemporary performing artist from India who has been engaged in artistic work as a performer, creator, and teacher since 2000. He is an experienced teacher and visiting professor for dance at multiple universities in India and has mentored creators and dancers in various residencies. Holding a postgraduate diploma in choreography from S.E.A.D in Austria, he has worked and presented dance works in India and Europe. Deepak's fellowship at Bhoomi College has allowed him to deepen his understanding of pedagogy in which he practices and explores a holistic approach to life and art.

- More info <https://deepakkurkishivasw.wixsite.com/dancer>

- For details, contact aurovilleartworld@gmail.com

Love, Krishna

ZUMBA WITH PREETI

Zumba classes are happening



@ New Creation Studio, every Monday, 6pm

For regular classes DM: 8281746763

Submitted by Vega



Upanna STUDY TANGO

AUROLLE TANG
New batch starts the first week of each month

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

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

HARMONY Bharat Nivas

@ 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

A CALL TO CO-CREATE

Multidisciplinary Improvisation Lab

Thursdays, 5—7pm @ Cripa Small Hall

Through Dance, Move, Visual Arts, Poetry, Spoken Word, Theater. And Music

- Step beyond labels and re-define your art form.
- Embrace the unknown and explore the interplay between disciplines.
- Safe space for artistic exploration.
- Self-motivated creation.
- Spaciousness for individual expression.
- Recognition of equal value in every movement, sound, and word
- Emotional storytelling through embodied movement and music.



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.
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- Recognition of equal value in every movement, sound, and word.
- Emotional storytelling through embodied movement and music.

THURSDAYS 5PM TO 7PM CRIPA SMALL HALL
DISCOVER THE BOUNDLESS POTENTIAL OF COLLABORATIVE IMPROVISATION

Discover The Boundless Potential Of Collaborative Improvisation Krishna

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



La Style Salsa Dance

Every Thursday, 7:30pm @ CRIPA, Kalabhumi

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



Beginner:

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

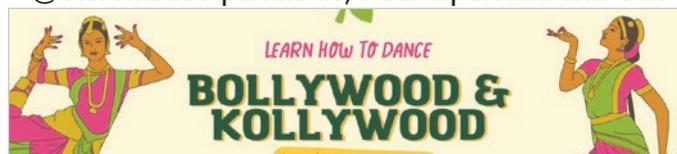
Contact: Instructor Raja, +91 9751395939, Voice and WA

- Contribution Based
- www.angamtree.com/workshops
- Kindly WA to be added to the Salsa WhatsApp +91 9751395939 Raja

JOIN OUR BOLLYWOOD DANCE SESSION

@ Auromode! Every Tuesday, 5—6pm

@ Auromode Apartments, Near Upassana and CSR



LEARN HOW TO DANCE
BOLLYWOOD & KOLLYWOOD

Learn How To Dance Bollywood & Kollywood, Tosalion, Auromode! 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

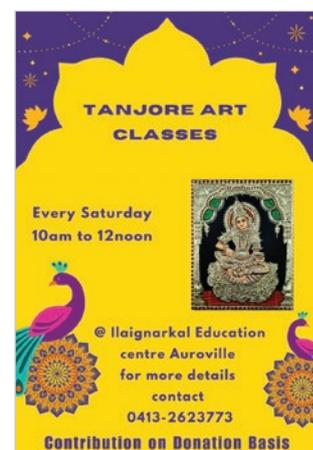
Music and Art Activities

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



TANJORE ART CLASSES

Every Saturday
10am to 12noon

@ Ilaignarkal Education centre Auroville
for more details contact
0413-2623773

Contribution on Donation Basis

- For more details contact 0413 2623773
- Contributions on Donation Basis

Ayyanar

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

MAKING NATURAL PAINTS

20—21 April @ Sacred Groves for Adults and Kids

A 2-day intensive Workshop focusing on foraging and making cost efficient, environment-friendly colors from plants and earth. It will also include making a mural with the colors made during the workshop.

You can learn how to identify plants, mud and stones that give colors, make your pigments and

how to make colors from these pigments.

List of Tasks during the workshop

- Foraging of natural materials for making pigments
- Processing of the natural materials to extract pigments
- Making colors from pigment extracts for mural and paper
- Learning about different mediums for wall murals
- Understanding of what are natural color mediums and their applications
- Wall mural painting

Facilitated by Nikita Gandhi

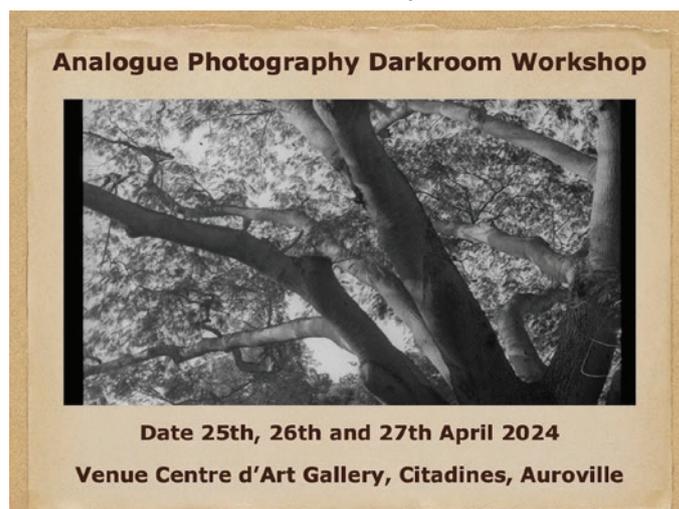
- Adults & kids(8+ yrs), all are welcome! A younger kid can simply accompany a parent.
- Contribution Required, Registration Required
- Contact for further details +919958500711 phone/WA
Silky Arora, +91 9958500711



BASIC ANALOGUE PHOTOGRAPHY

Darkroom Workshop by Sasikanth Somu

25, 26, 27 April



- **Program & Timings**
 - **Thursday, 25 April, 2—5pm:** Brief look at History of Photography & Introduction to Film Camera.
 - **Friday, 26 April, 9am—2pm:** Film photo shoot (in your own time), **2pm—5pm:** Develop your roll of film.
 - **Saturday, 27 April, 9am—12:30pm & 2—5pm** (one can choose either of these sessions): Printing Contact Sheets & Photos in the darkroom.
- **Registration Contact:** centredart@auroville.org.in

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

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



Centre d'Art
Auroville

All the material for the workshop is provided except the analogue camera. Analogue/Film cameras are available to the participants against a contribution.

Regarding the Analogue camera and any specific questions about the workshop please write directly to the teacher, Sasi sasi@auroville.org.in, +91 91593 55809 WA

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

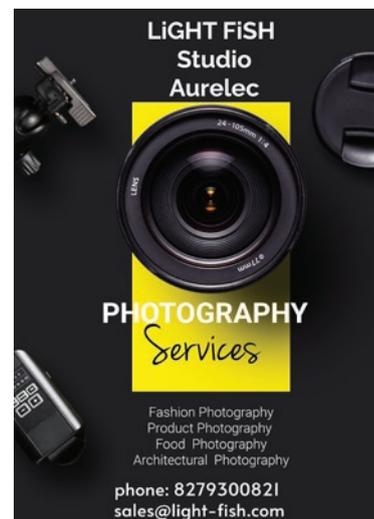
Regards, Sergey, Centre d'Art

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

ARTISTE CAFE

Invitation to Tamil New Year Celebration!

Invitation

We cordially invites you to the
Tamil New Year Celebration at Artiste Café

Open – Mic event
Classical Dance Performances &

Short film release titled
PUTHAANDU THEERMAANAM
(The New Year Resolution)

Written and Directed by
Yatra Srinivassan

13th Saturday April 2024
7 p.m. to 9.30 p.m.



Artiste Café
Yatra, Near New Creation, Kuilapalayam, Auroville

☎ 0413-2623071 ☎ 9751033162

All are Welcome

13 April, Saturday, 7—9:30pm

yatraartistecafe@gmail.com,

0413 2623071, 9786772209, 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

SVARAM SOUND EXPERIENCE

Wednesdays, 5:30—6:30pm SVARAM Atelier,
2/F UTSAV Building



SVARAM
SOUND EXPERIENCE

SOUND JOURNEY

Starting 10th April onwards
Wednesdays, 5:30-6:30 pm
SVARAM Atelier, 2/F UTSAV Building





We are inviting you to an especially curated Sound Journey Pre-registration required . Maximum 20 participants Please scan the QR Code below for details or email us at svaramprograms@auroville.org.in

Timon for SVARAM

BANSURI (FLUTE)

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

SWIMMING CLASS

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



Mani

AUROVILLE CYCLE RIDE—10

13 April, 6:15am @ Town Hall Main Parking

Dear All, We invite everyone to join us on 13 April 2024 at 6:15am In Town hall Main Parking for our monthly cycle ride for 20kms in and around Auroville. Let's pedal together to create awareness for sustainable mobility and the importance of cycling to our beloved ones and Let's save the mother Earth & Nature for our next generations.



Bring your own cycle and a water bottle. Let's Celebrate this ride in advance to the **Earth Day of 2024**.

Note: People who don't have a cycle could pick one from us and return it back after the ride (depends on the availability / First come gets priority).

Ride's Schedule

6:15am	Reporting at Town Hall Main Parking.
6:30am—7:30am	Cycling around Auroville
7:30am—8:00am	Breakfast at Town Hall campus

Raju

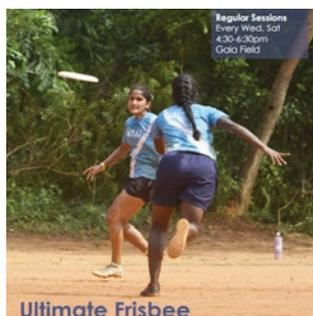
ULTIMATE FRISBEE

Regular Sessions

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

No prior experience needed!

Selvi for
Ultimate Frisbee
Auroville Women's Team



Ultimate Frisbee

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



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

Warmly, Krishna



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

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

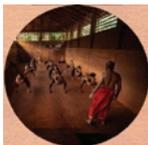
Giacomo

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 262253



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

KALPANA GYM

Kalpana Gym is open 7—9am & 5—8pm

- Monday To Saturday

All Are Welcome!

Satyakam

Work Activities

EARTH THROUGH INTERACTIVE WORKSHOPS

MAY ON-CAMPUS
Training Courses

CSEB Design : 06th May - 11th May
CSEB Intensive : 13th May - 18th May
AVD Intensive : 20th May - 25nd May

AUROVILLE EARTH INSTITUTE

Embark on this thrilling adventure with us and explore the untapped potential of Earth through interactive workshops! Limited seats are available on a first-come, first-served basis. Register now & Join the Clan!

- **Contact:** +91 8508181074 / +910413 2623330/ 2623064
- **Registrations are open:** <https://registration.earth-auroville.com/>

T. Ayyappan, Co-Director

FERROCEMENT WORKSHOP

- **22—25 April**

Embark on this thrilling adventure with us and explore the untapped potential of ferro-cement 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

FERROCEMENT WORKSHOP

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.



Historic Religious Site

- **Thiruvakkarai** (also spelled as Tiruvakkarai) is a village in the Vanur taluk of Viluppuram district of the Indian state of Tamil Nadu. Situated on the periphery of Auroville global township, it is the home of National Fossil Wood Park, Sanstone Canyon Stream and Chandramouleeswar temple. Dating back to the 12th Century, the Tiruvakkarai Vakrakalli Amman Koil is a temple dedicated to a form of Hindu Goddess Kali known as Vakra Kali.
- **One Day Advance Booking**

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

MOHANAM

Conscious & Cultural Tour, Workshops & Therapy April 2024

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



Tours

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

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 (Irumbai Shiva Temple & Panchavadi Hanuman Temple)	4hrs
Navagraha Temple visit (Moratandi Navagraha Temple & Prithyangara Temple)	3hrs
Wood Fossil Visit and Quarry Shower	6hrs

All above activities one day Advance booking is necessary

Contact:

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

Auroville Sunday Tour & Brunch Experience

- **10am—1pm every Sunday**

To unlock the full potential of youth and women through art, craft, culture and traditional knowledge. By connecting the local villages to the international community and reconnecting the locals to their traditional knowledge.

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

- **One Day Advance booking is necessary**

Contact:

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

Thiruvannamalai Eco & Spiritual Services

- **Thiruvannamalai—Mohanam Services**
Arunachala—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

Bal for Mohanam

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 and Take Workshops

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

4th to 6th of April 2024

BAMBOO CONSTRUCTION WORKSHOP WALL PANEL MAKING

Rs: 7000 | Days: 3 Days

18th to 20th of April 2024

BAMBOO FURNITURE DESIGN WORKSHOP

Rs: 7000 | Days: 3 Days

26th to 28th of April 2024

BAMBOO CONSTRUCTION WORKSHOP AT KOLLI HILLS

Rs: 13500 | Days: 3 Days

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 Workshop at Kolli Hill

- 26—28 April 2024

The Bamboo Workshop 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.

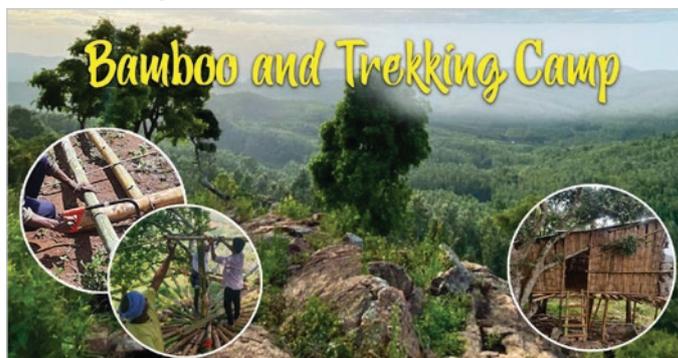
The Bamboo Camp is perfect for Travellers, Architect and anyone who wants to gain skills and hands-on experience working with bamboo, one of the most eco-friendly building materials, while also exploring various aspects of sustainable living. It is for anyone who is concerned about building a more environmentally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

What you Learn on the above all workshop

- Theory and practice of Working with Bamboo
- Bamboo Carpentry: bending, cutting, Joineries, Split and Weave Bamboo
- Natural Building with Bamboo
- Trekking, River Bath
- Camp Fire & Drumming Circle

Bamboo and Trekking Camp

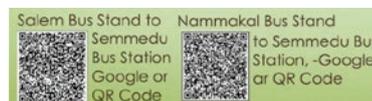
- 26—28 April 2024



- Trek Guide in bamboo forest.
- Nature walk and river bath.
- Drum Circle (Musical Evenings)

Meeting Point: Semmedu Bus Station

Inviting all adventure lovers and learners to our Bamboo and Trekking Camp. This is an immersive learning experience that offers the opportunity to learn the fundamentals of bamboo construction and sustainable living. Awareness about the enticing spirit of Kolli hills and its people, along with a number of adventurous activities.



Inclusions/ Attractions:

- Basic accommodation in tents or hut (sharing basis)
- Food, all meals (breakfast, lunch, dinner). Bamboo hands on workshop—mentor vegetarian for all days at camp site

Camp Details:

- Duration: 3 days
 - Location: Kolli Hills (Eastern Ghats) in Central Tamil Nadu Spread over the Namakkal district
 - Number of Participants: Minimum 5 maximum 15
- Rs. 13,500/- INR: Rs. 10,000/Special Summer Offer

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, www.aurovillebamboocentre.org



Egai Kaivinai



• **Monday to Saturday, 10am—4pm**

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

Coconut Shell, Palm Leaf Weaving, Wooden Crafts, Incense Bamboo Weaving, Candle Making, Stone Art, Clay Craft

- Book Your Workshop Now, talk to Anand: egai@auroville.org.in, 09791896488

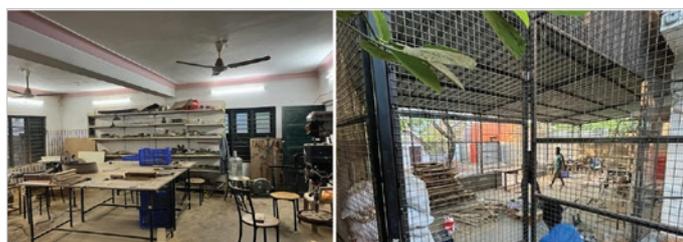
Cooking class

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



- 1 day pre-booking need to be done
- Every Saturday: Morning & Afternoon
- egai@auroville.org.in, www.egai.co.in
- 9629297514 / 9791896488

Egai Vēlai: Craft Co-Working Space



We Offer A Fully Furnished Workspace Infrastructure Available on hourly and daily basis

Contact: Anand egai@auroville.org.in +91 9159468946

Egai Kalai: Skill and Training

Learn a Craft and Build your Future. Conscious intent for youth of all needs. 'Dream' of Self Determination



- **Contact:** Anand egai@auroville.org.in +91 9159468946

Egai Craft Products



Egai craft products are earth friendly made from coconut shell
Contact: Anand egai@auroville.org.in +91 9159468946

Submitted by Arun

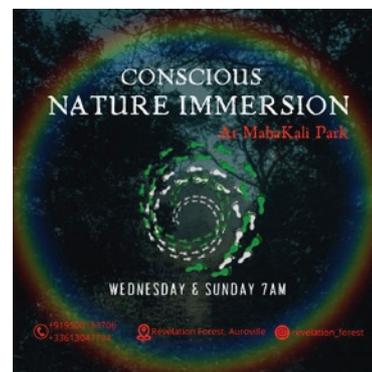
Nature Activities

CONSCIOUS NATURE IMMERSION

at MahaKali Park

Every Wednesday and Sunday 7am

MahaKali Park is one of the 4 parks of Auroville, which is developed as a place for holistic awareness and self-development through nature. We guide you into an educational and meditative walk in the forest. The historical experience of green spaces in the specific context of Auroville have led to a unique understanding of holistic ecology. Providing a space for a direct connection with the organic 'Web of Life' brings, in turn, insights for our self-study and yoga of work.



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

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

- Gmap link: Revelation forest Auroville

Submitted by Arun

FOOD FOREST TOUR

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

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

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

VEGAN ICE CREAMS and more...

EVERY SUNDAY from 9:30 to 11:30
at La Ferme Community (5min from AV Bakery)
for groups of min 5 people it can happen any day of the week

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

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

Honorary Voluntary

VILLAGE ACTION SUMMER CAMP

We are pleased to invite volunteers to join us at AVAG for our yearly summer camp for children from Auroville's Bio-region. The camp will take place from **22 April to May 6**, and we look forward to welcoming anyone interested in volunteering. This may include, but is not limited to, volunteering in general or holding specific workshops, classes such as art, science, sports, etc.

- We anticipate the participation of over 50 students from 7th to 10th grade.

If you are interested in volunteering, please contact us at avagoffice@auroville.org.in or 9443702387. Thank you for your support.

Anbu and Nadia for Auroville Village Action Group

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

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 dccg@auroville.org.in. *Naren & Sandeep*

CRIPA IS LOOKING FOR A NEW MANAGER

In view of the imminent departure of our dedicated manager Christophe B., CRIPA is looking for a committed person to take up the job. The work at hand is described below. Aurovilians and Newcomers who feel they can fulfill all the requirements, can write to cripa@auroville.org.in and ask for an appointment with our team.

Job Description: Cripa Manager

This is a full time job

• **Timings**

The person will need to be adaptable, especially at the beginning, till we find the best way to function.

• **The manager will:**

- Be responsible for opening and closing the building, and for being there whenever needed, especially when the room is in use by non-aurovilians or non-habitual users.
- Be aware that CRIPA is a space for performing arts and related activities: theater, dance and music.
- Welcome and deal with people. Reply to phone and email inquiries from Auroville and outside.
- Organize the schedules effectively, impartially and fairly. Maintaining weekly (or monthly) schedule for users. Be sharp, check often and update changes.
- Make sure that the hall and all facilities are in good condition and ready for use.
- Together with the technician, the person helps organize and prepare the room for performances and other events; lights set up, sound set up, props, acoustic templates.
- Create announcements for News and AuroNet, posters, etc for performances and other events (workshops, festivals...)
- Follow up/supervise the *amma's* work and pay wages.
- Follow up/supervise the watchman and pay wages.
- Receive payment and deposit to our account.
- Keep all accounts for SAIER (equipment, repairs) and BCC (maintenance and running costs).
- Organize and supervise the purchasing of equipment and summer repairs yearly, following all the steps SAIER requires.
- Communicate with SAIER. Keep records, history and files, of activities for SAIER: writing the annual report.
- Help to create a CRIPA website on the main AV website, Art & Culture section.
- Participate in regular CRIPA meetings (once weekly).

Christophe B. and the CRIPA 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



AUROVILLE EARTH INSTITUTE

Admin Secretary & Training Course Coordinator



Job Description:

- Training course coordination.
- Replying training emails, Phone calls and Follow ups for training course registrations.
- Feedback Updates, MS word, google doc and Summary
- Documentation of trainees like clicking photos during the course.

Secretary Job

- Replying emails for general visit, General enquiries, Phone calls for visiting, tours, appointments etc.
- Publication sales.
- Helping walk in visitors with needed information.

Assisting for various office works

- Office purchasing
- Collecting bills from various units in Auroville when needed.

Languages: Tamil, English and any other language is plus

Software's: MS Word, MS Excel, Photoshop any other software's are plus

Apply now and mail us at AVEI Communication: communication@earth-auroville.com

Communication & Website Specialist

Job Description

- Fine tuning and updating the new website under construction to be ready for launch;
- Writing and revising content about construction techniques and research for the new AVEI website;
- Curating content about our work, research and training for social media handles on Instagram, Facebook, LinkedIn, etc.
- Planning social media growth strategies to increase the audience that we can disseminate knowledge of sustainable technology to.
- Researching and writing articles about AVEI's projects and research for the AVEI newsletter and other publications;
- Proofreading reports of the Institution before publication;
- Maintaining the log of our Library;
- Responding to email and phone inquiries about AVEI activities.

Skills: English proficiency, copywriting, communication, digital design, content curation, web design, social media marketing, basics of video editing

Software: InDesign, Photoshop, Canva, WordPress (HTML knowledge would be a bonus), MS Word

Apply now and mail us at AVEI Communication: communication@earth-auroville.com

T. Ayyappan, Co-Director



Available

Indian Post Cards

Hi all I have about 400 brand new colorful Indian post cards to give away. Great for art work or for mailing your 400 friends. Call and come to pick +917598619731

Zevic

Help Needed

SEEKING MEDICAL FUNDS FOR AURIENNE

Aurienne (name given by The Mother, born in Auroville) presently residing in Nevada, USA, has suffered two strokes and is in a care facility. Her sister Durgaura (Aurovilian) would like to reach out to well wishers around the world to support the medical expenses and basic needs of Aurrene and her son Kanyen.

Many old Aurovilians might know her parents—Myrtle and Kenneth who moved to the Sri Aurobindo Ashram in Pondicherry in 1965, then later moved to Auroville in the very early seventies and were actively involved in building the Matrimandir.

If you are moved to contribute, here's a Go Fund Me page you could click on:

- <https://gofund.me/05a47525>

Shaalini

on behalf of Aurienne's sister Durgaura.

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

Looking For

Looking For Office Furniture & More

Morning Star Team is an unit under Health and Healing trust, run by midwives and doulas to support pregnancy, childbirth and women's wellness care in Auroville.



We are setting up a new office / activity space in Auromode Apartments and we need furniture.

We are looking for Office tables , office chairs, chairs, cushions, file cabinets , cup boards. Also we are looking for Yoga mats and props so that we can offer classes to pregnant women. We can come to pick it up from your place if you have something that you have not used in a long time. Its time for us to receive from the community to make our place warm and welcoming. We can offer some contribution in return if needed.

Contacts

- morningstar@auroville.org.in or
- + 91 9892699804 WA only

Submitted by Bala

Well Paper Needs Sculpting Tools

For sculpting projects in well paper we need. Condition and size are not important

- Eye wind protection goggles.
- Working gloves
- Female gloves.
- Dark big eye glasses
- Male /female hiking boots
- Female fancy high platform shoes/ boots



Viji for Wellpaper

Urgently Needs a Dog Sitter

Urgently seeking a compassionate caretaker for my 3-year-old Labrador, Nara, from 29 April for 1—2 weeks due to pressing bureaucratic commitments in Delhi. Nara, a bundle of joy, thrives on play and exploration. Local residents, could you lend a helping hand in fostering Nara? Prepared to offer support as needed. Whether you envision yourself as a future dog owner or simply have the time, space, and affection to share, Nara eagerly awaits your companionship.



- Contact 9415426134 WA or 9140132140 phone.

Let's arrange a meeting to ensure a harmonious connection. Your kindness is a priceless gift!

- Instagram: life_of_nara_lab Nitish Kumar Pal

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, 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 NOW OPEN AT VÉRITÉ

9:00 - 12:00

13:00 - 16:30

Monday to Saturday

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

Kathir

ARTISTE CAFE

Opening from Monday to Saturday, 8:30am—9:30pm
Break-fast, Lunch & Dinner available

ARTISTE CAFÉ

Opening from Monday to Saturday
(8.30 a.m. to 9.30p.m)
Break-fast, Lunch & Dinner available

Enjoy our traditional home-cooked South Indian food.
Open—Mic night every Saturday from 7pm to 9:30pm!
Sunday – Holiday

ARTISTE CAFÉ
Near New Creation, Kuilaplayam, Auroville

☎ 0413-2623071 ☎ 9786772209 ✉ yatraartistecafe@gmail.com

Open-Mic night every Saturday from 7pm to 9:30pm!
Sunday—Holiday

Near New Creation, Kuilaplayam, Auroville

0413 2623071, 9786772209

yatraartistecafe@gmail.com,

Yatra Srinivassan



12:30 on Thursdays and Fridays

Our Community Lunches Are Still Happening During The Summer! Contact Serena on WA to book one day in advance: +91 84897 60966

- Contribution required (discount for AV/ NC and Volunteers)

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

COMPUTER & NETWORKING

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

And I am happy to provide the below services to our Auroville community

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

Please feel free to contact Ramakrishnan:

- 9943919899, ramkrishna@auroville.org.in

Ramakrishnan



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 PTPS.

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 2622295
- 9443090082/ 8098193820
- newwaves@auroville.org.in, newwavesauroville@gmail.com



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

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

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.
- Etihad 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

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

Poetry

WHEN MR. H SAW THE LITTLE MEADOW BLOOMING

When Mr. H saw the little meadow blooming
on the steel table, he bowed to the starry faces of jasmine.

This is the first flower I've smelled in twenty years.
And when I slid each man a bouquet in a paper cup
Mr. M said, I'll have such a short time with these.

We spoke, then, about Beauty and Loss,
the great themes of poetry.

And when our time was done
and the guard said they had to leave the flowers,
most of the men acquiesced. But Mr. S
insisted he had, as a Native American, a right
to his rituals — sage, sweet corn, tobacco —
and no one could stop him — it was the law —
from taking these sacred plants back to his cell.

Then he raised his cup and drank
the water the flowers were drinking
and a small wind stirred in that windowless room
as we watched Mr. S. quietly bite
the heads off the Peruvian lilies,
crushing their pink sepals and the gold
inner petals flecked with maroon, swallowing
the silvery filaments, their dark
pollen-laden anthers, his mouth frothing with blossoms.

Ellen Blass

I PUT A HAND

I put a hand
Into the pond
Not to catch fish and fry them
But to fish for their tiny kisses.

O those soft itchininesses
How they pluck on
The cords of my heart!

With joyful Gratitude,
Anandi Z.

DIFFERENT STRATA OF HUMANITY

In Relation To The New Or Supramental Creation

You felt nothing special on Darshan day?

No.

Sri Aurobindo was there from the morning till the evening.

For, yes, for more than an hour he made me live, as in a concrete and living vision of the condition of humanity and of the different strata of humanity in relation to the new or supramental creation. And it was wonderfully clear and concrete and living... There was all the humanity which is no longer altogether animal, which has benefited by mental development and created a kind of harmony in its life—a harmony vital and artistic, literary—in which the large majority are content to live. They have caught a kind of harmony, and within it they live life as it exists in a civilized surrounding, that is to say, somewhat cultured, with refined tastes and refined habits. And all this life has a certain beauty where they are at ease, and unless something catastrophic happens to them, they live happy and contented, satisfied with life. These people can be drawn (because they have a taste, they are intellectually developed), they can be attracted by the new forces, the new things, the future life; for example, they can become disciples of Sri Aurobindo mentally, intellectually. But they do not feel at all the need to change materially; and if they were compelled to do so, it would be first of all premature, unjust, and would simply create a great disorder and disturb their life altogether uselessly.

This was very clear.

Then there were some—rare individuals—who were ready to make the necessary effort to prepare for the transformation and to draw the new forces, to try to adapt Matter, to seek means of expression, etc. These are ready for the yoga of Sri Aurobindo. They are very few in number. There are even those who have the sense of sacrifice and are ready for a hard, painful life, if that would lead or help towards this future transformation. But they should not, they should not in any way try to influence the others and make them share in their own effort; it would be altogether unfair—not only unfair, but extremely maladroit, for it would change the universal rhythm and movement, or at least the terrestrial movement, and instead of helping, it would create conflicts and end in a chaos.

(...)

I was seeing, I saw that in such a concrete way. Apart from those who are fit to prepare the transformation and the supramental realization, and whose number is necessarily very restricted, there must develop more and more, in the midst of the ordinary human mass, a superior humanity which has towards the supramental being of the future or in the making the same attitude as animality, for example, has towards man. There must be, besides those who work for the transformation and who are ready for it, a superior humanity, intermediary, which has found in itself or in life this harmony with Life—this harmony human—and which has the same feeling of adoration, devotion, faithful consecration to 'something' which seems to it so high that it does not even try to realize it, but worships it and feels the need of its influence, its protection, and the need to live under this influence, to have the delight of being under this protection. It was so clear. But not this anguish, these torments of wanting something that escapes you because—because it is not your destiny yet to have it, and because the amount of transformation needed is premature for your life and it is that then which creates a disorder and suffering.

The Mother, 27 November 1965, MCWCE 11



Note. 'Notes on the Way' (vol.11 of MCWCE and MCW) gathers all the texts from 'Mother's Agenda' that she approved for publication in the Ashram's Bulletin in three languages: French, English, and Sanskrit. **Paulette**

ECOVILLAGE IN SCOTLAND

Twice Aurovilians saw a movie about Findhorn. Both times the auditorium was full. Findhorn is a community older than Auroville. It was born November 17 1962. In 2022 its age reached sixty. Only three adult persons (husband, wife and another lady—their friend), with three boys, in 1962 started a community.



Findhorn is not as big as Auroville but it is still very active. They organized hundreds of seminars. Findhorn created the global network of ecovillages in 1995. There was a disaster in 2021—fire in the center of the community. But Findhorn was born again from this fire like a phoenix.



Daniel Greenberg from the USA is really green. He visited Findhorn, answered many questions after the film and received a lot of applause. Daniel has a high opinion about Findhorn and Auroville.

Some Aurovilians visited the ecovillage in Scotland too and the guests from Findhorn were sometimes in our city. **Boris**

MIRACLE—THE AIR OF AUROVILLE

Now blooming...

- <https://motherandsriaurobindo.in/The-Mother/spiritual-significance-of-flowers/miracle/>

And a voice speaks from within, ever reminding:

'Oh pitiful humans, you pray for blessings, and they are given. Miracles everywhere at each unfolding moment are happening. Yet you do not seem to see and keep rejecting them.'



To all willing servitors and Hero Warriors, do courageously continue on aspiring for the Divine Protection and Grace of the Supreme Divine Mother, as in your midst are still the undivine Falsehood and the Ignorance that resist change. To all you who are under their sinister influence, hypnotised, enslaved, blinded and deafened, hanging on to your past and to your limitations, understand that in this transitional stage all participants here in the Supreme Divine Mother's Auroville have been shown the Supramental Vision-Goal, simply asked, invited, to prepare this future-looking sanctuary the City of Dawn for all the incoming multi-generation Sun-eyed children who will continue to hasten the advent of the new apex species the Supramental being. All have been given the choice to consent and cooperate.'

To the clueless a reminder, regardless of your choices, evolution continues, with each of us playing our uniquely contrasting yet complementary roles, so that we may co-experience life and from each other co-learn. We have also been clearly warned by our Avatar founders that the evolutionary process will be intensified and hastened, which is clearly happening: collaborate via the easiest and most joyful Sunlit Path of Surrender to the Supreme Divine Mother or by crashing circumstances learn through the hard and difficult false-separative egoistic way of pain and suffering, to choose the Supramental Truth or the abyss, to be consenting instruments of creative transformation or its destructive and dissolution-bound contradiction.

The choice is yours.

And we continue on towards the Divine Manifestation...

Also in the vision-scene is the Supramental Avatar, the Two who are One, wielding the Sword of Knowledge and Revelation cutting the heads of Falsehood, Ignorance and Death, riding a White Horse symbolising the Supreme Divine Mother Mahashakti, the Supreme Creative Power, and together ushers in the Golden Age, Satya Yuga, the Life Divine: Kalki

- <https://incarnateword.in/search?query=Kalki&page=1>
Zech, 2024.04.03

Languages

ITALIAN CLASS

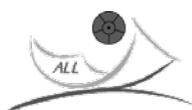
Ciao! If you want to learn Italian from scratch or have already studied it but would like to continue practicing it, know that Francesca will start giving individual or group lessons from July! And because Francesca is intimately connected to the world of art and culture, the lessons will not only explore 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 Sanscrit, Tuesdays for Spanish & Tamil, Wednesdays for French & Chinese, Thursdays for English (On the Auroville Charter and The Dream) and Fridays for German. Please come forward for other languages! All are welcome for these sessions.

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

Tomatis

There are spaces available for both language & therapeutic programmes!

- Please contact 0413 3509932 or 0413 2622467 or email us at tomatis@aurovillelanguagelab.org to schedule your Listening Tests & Consultations.

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

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

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

To join or enquire

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

The Language Lab is open

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

Enzo, for Language Lab Team

Classes, Workshops & Healing Arts



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

ACROYOGA

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



Damien

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.

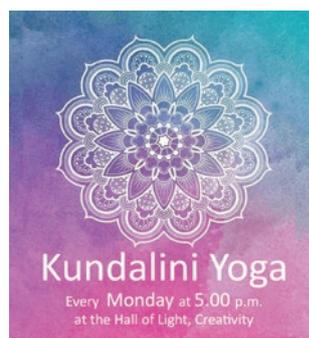
- For details, and to register, pls visit: <https://www.allthingsvedic.in/astrology101>

Vikram, 98343948288 WA

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.

Submitted by Bel Jimenez

IT MATTERS

Schedule from Thursday, 11 to Sunday, 21 April

- **Location:** It Matters, 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

It Matters

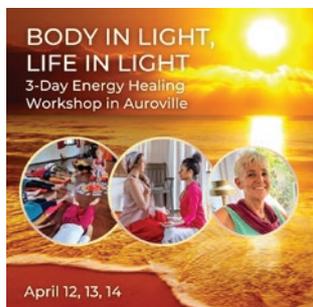
Date	Activity
April 11, Thursday, 5—6pm	Laughter and relaxation with Ancolie Dove
April 12, Friday, 5—6pm	Mystery Activity
April 13, Saturday, 9:30—11:30am	Intuitive Painting with Marie—Claire Barsotti*
April 13, Saturday, 11:45am—12:45pm	Self—care for the voice with Shalini
April 14, Sunday, 10—11:45am	Discover Acroyoga with Damien
April 15, Monday, 5—6pm	Tai Chi, the way of the leaf with Kaarthikeyan Kirubhakaran
April 16, Tuesday, 5—6pm	Kollywood Dance with Pranathi
April 17, Wednesday	DIY Upcycled Shopping Bag with Abhipsa
April 18, Thursday, 5—6pm	Laughter yoga with Ancolie Dove
April 19, Friday, 5—6pm	Mystery Activity
April 19, Saturday, 11am—12pm	Self—care for the voice with Shalini
April 20, Saturday, 2:30—4:30pm	Intuitive painting with Marie—Claire Barsotti*
April 21, Sunday, 10—11:45am	Discover Acroyoga with Damien

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

**BODY IN LIGHT:
Energy Healing Workshop**
12, 13, 14 April, 9am—5pm

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

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



Location: Bhumika Hall, Bharat Nivas, Auroville.
Facilitator: Sandhya, Energy Healer & Teacher since 25 years.
Register now: contact@auroville-jiva.com, +91 9443619403 WA. **Niharika**

**YOGA CLASSES
in Bharat Nivas**

Daily drop-in Yoga Classes in Bharat Nivas.

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

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



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, Kulapalayam
 - 0413 2623071, +91 9751033162

Yatra Srinivassan



**Regeneration Circle:
Voices of Wholeness**

Tuesdays @Verité - 5 pm - with Nadim

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

YOGA WITH RACHEL

INTEGRAL ALIGNMENT
ALINEAMIENTO INTEGRAL

Reservas en:
Bookings on: +91 7457085676, Rachel

- One to One lessons—Small groups

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

- Clases particulares—Pequeños grupos

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

Submitted by Rachel

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/>

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.vil@gmail.com

- cafe.vil@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.



Karalakattai

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

Karalakattai (wooden Indian clubs) training is a traditional form of body conditioning practiced originally by Tamil warriors and other parts of south India in the past. The history and origins of 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.

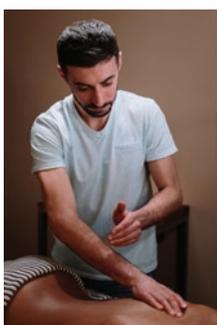


- You can learn more about us and register at www.angamtree.com/therapies

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



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 not on 15/4	Asanas with Rachel
8:30am–10am	Yoga Therapy with Gala
4pm–5pm not on 16/4	Doing No-Thing Consciously with Mike
Tuesdays	
4pm–5:15pm not on 17/4	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 not on 19/4	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 Not on 19 & 26 April	Feldenkrais with Shari
5:15pm–6:15pm	For Giving Love with Marie-Claire
Saturdays	
9am–10:30am not on 20/4	Asanas (Intermediate level, regular practitioners) with Rachel
11am–12:30pm	ATB Explorations with Isora, Rosario & Teresa
2:15pm–4:15pm not on 13/4	Truth Based Relationships—Practical Sessions with Juan Andrés
4:30pm–5:30pm not on 13/4	Body Music with Anandi Z.

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.

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.

- **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

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

Pitanga supports a cashless economy in Auroville. If you are hosting guests who would like to participate in our activities, please inform them that contributions must be made cashless.

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

- info@pitanga.in

Submitted by Andrea

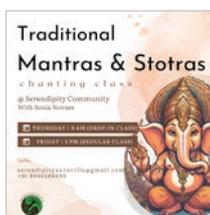
TRADITIONAL

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, April**

For Any Details And Queries, You Can Contact Us At
arka@auroville.org.in & 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
Psychospiritual Introspective Tarot Reading, Deconditioning Self Inquiry	Antarjyoti English & French	Monday to Sunday by Appointment: 0413 2623767 antarcalli@yahoo.fr
Chinese Fire Cupping and Moxibustion Therapy	Chun	Monday to Saturday by Appointment 8098900708

Classes

Classes	Teacher	When
Acro Yoga	Damien	For guests, only on appointment on Monday, Wednesday, Friday from 11am—12:15pm OR 3—4:15pm. Intermediate regular classes for long term stay: Aurovilian, Newcomer & Volunteer +91 9047722740 WA
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

**Arka Wellness Center:
Space For Therapies/Workshops/Training**

We are happy to announce that Arka Wellness Center has space available for wellness practitioners, therapists, healers, and yoga/bodywork teachers, with options for both short-term and long-term engagements.

Should you have any questions or wish to make a request, please don't hesitate to contact us via email at arka@auroville.org.in or by phone at 0413 2623799.

Our team is eagerly looking forward to the opportunity to meet you and explore how we can support your practice.

Ramana for Arka

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, 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 Vèrité Programming

VERITÉ WORKSHOPS

April 2024

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



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.

Food is Medicine—Lifestyle Health Practices with Parvathi

• Saturday, 20 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.

Kathir for Verite Programs

Cinema

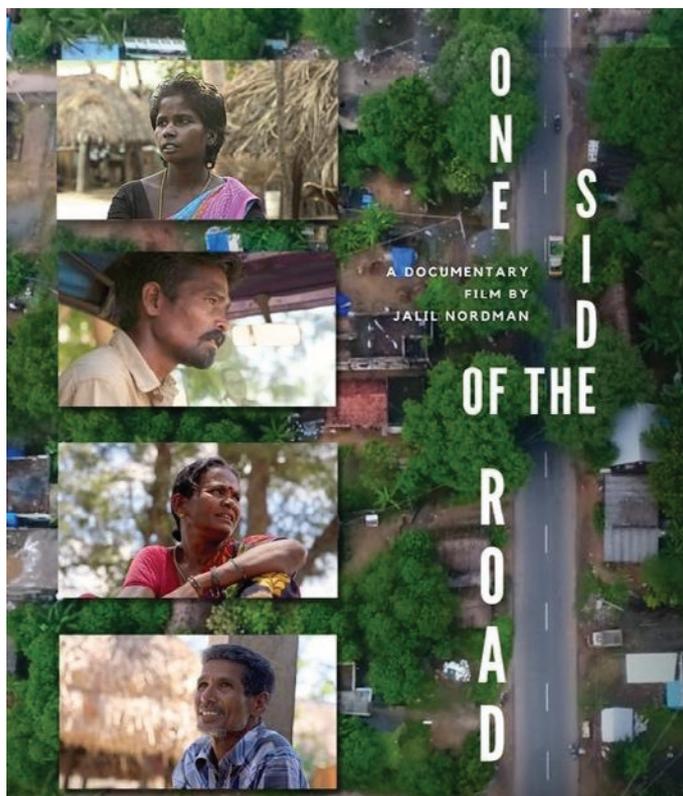
KUNG FU PANDA WEEKENDS

Saturday, 13 April, 7pm @ Unity Pavilion



Experience Kung Fu Panda at Unity Pavilion, bring family, friends for laughter, adventure. Don't miss this chance to relive the magic
Arun for Unity Pavilion

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 Pondichery (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



Aurofilm Presents At Multi Media Centre Auditorium (Mmc, Town Hall)

- **Reminder:** Friday, 12 April, at 8pm **Shower** by Zhang Yang, China, 1999
- **Aurofilm will not have a film show** during the Eco film festival week: so no film on Friday, 19 April

Rendez-vous the week after!

Surya for Aurofilm



CINEMA PARADISO
Multimedia Center (MMC) Auditorium
Film Program
15 April 2024 to 21 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 15 April, 8pm
KEDARNATH

India, 2018, Writer-Dir. Abhishek Kapoor w/ Sushant Singh Rajput, Sara Ali Khan, Nitish Bharadwaj and others, Drama-Romance, 116mins, Hindi w/ English subtitles, Rated: NR (PG-13)

Mansoor, a reserved and reticent Pithoo, helps pilgrims make an arduous journey upwards to the temple town. His world turns around when he meets the beautiful and rebellious Mukku who draws him into a whirlwind of intense love. Having the real-life flood events which forms the backdrops of the story, this is one of the few mainstream films, that highlights the erratic change in weather and extreme weather conditions that are hallmark of climate change.

Eco-Film Fest
Tuesday 16 April to Monday 22 April.

Please see separate announcement for the Eco-Film Fest 2024.

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



CINEMA PARADISO—ECO-FILM FEST 2024
Multimedia Center (MMC) Auditorium
Film Program
15 April 2024 to 21 April 2024

Kindly see here the rating Codes for the Eco-Film Festival, the [Festival Film Schedule please see on the Next Page](#)

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.

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CINEMA PARADISO – ECO-FILM FEST 2024

Multimedia Center (MMC) Auditorium

Film Program

16 April 2024 to 22 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.

Eco-Film Fest Since 2005, every-year except for 2020, we bring you Eco-Film Fest, a week-long series of ecological, socio-environmental film exploring various aspects of sustainable living, starting on the 16th and finishing on the 22nd, the Earth-Day. We usually add a comment for each film if we highly recommend it. We have not done so for these films since each one is a must watch. Moreover, we can only screen them one time only! So, definitely don't miss!

Eco-Film—Tuesday 16 April, 8pm

Kura Pokkhir Shunne Ura (The golden wings of watercocks)

Bangladesh, 2022, Writer-Dir. Muhammad Quayum w/Farzina Aktar, Mahmud Alam, Samiya Aktar Bristy, and others, Drama, 117mins, Bengali w/English subtitles, Rated: NR

This critically acclaimed and award-winning film is set in the vibrant and unique Haor region of Bangladesh where remnant patches of freshwater swamps and reed lands still exist. The once extensive forest of Hijal (*Barringtonia* sp) is now almost completely destroyed. In this background the film follows a labor on contract in the Haor region, who tries to assimilate and settle there, only to face the fury of nature! Habitat loss and the unpredictability of climate change are a reality that we often deny. *This screening is made possible by the filmmaker who will be present for a brief online Q&A.*

Eco-Film—Wednesday 17 April, 8pm

Agar Woh Desh Banati (If She Built a Country)

India, 2018, Writer-Dir. Maheen Mirza, Documentary, 59mins, Hindi w/English subtitles, Rated: NR (PG)

Rural, indigenous women from the villages of Raigarh, Chhattisgarh critique the country's grand plan of development. As mines and power plants mushroom around them, many are cheated of their land and compensation, their relationship with the forest and environment severed. They are left with toxic, polluted, gutted earth. They seek justice for themselves and their communities and share their thoughts about how a country should be. From the creator whose team also created Turup(checkmate), Ek Jagah Apni (A place of our own), etc, much appreciated in Auroville comes this film. The writer-director will be present for a brief online Q&A after the screening.

Eco-Film—Thursday 18 April, 8pm

Path Of The Panther

USA, 2022, Writer-Dir. Eric Bendick w/ Carlton Ward Jr., Betty Osceola, Elton Langford, and others, Documentary, 89mins, English w/ English subtitles, Rated: PG

Drawn in by the haunting specter of the Florida panther, a National Geographic explorer and a coalition of biologists, ranchers, conservationists, and Indigenous peoples find themselves on the front lines of an accelerating battle between forces of renewal and destruction that have pushed the Everglades to the brink of ecological collapse. This odyssey of hope and heartbreak is the culmination years of effort. *We thank the writer-director for this screening. If possible, he will be present for an online Q&A at the end.*

Eco-Film—Friday 19 April, 8pm

Youth V Gov

USA, 2020, Writer-Dir. Christi Cooper w/ James Hansen, Julia Olson, and others, Documentary, 110mins, English w/ English subtitles, Rated: PG-13

In 2015, twenty-one plaintiffs, ages 8 to 19, filed the lawsuit Juliana vs. United States, asserting a willful violation of their constitutional rights in creating a climate crisis. If they're successful, they'll make history and change the future. This screening is made possible by the writer-director who will be present for a brief online Q&A at the end.

Eco-Film—Saturday 20 April, 8pm

Plastic Earth

USA, 2023, Writer-Dir. Janice Overbeck & Jack Winch w/ Rob Riggie, Janice Overbeck, Clay Pearson, and others, Documentary, 100mins, English w/ English subtitles, Rated: NR (PG)

Worldwide plastic production from fossil-based sources continues to rise and contribute to climate change, pollution and environmental issues. Keeping with the theme of the Earth Day 2024, Planet vs Plastic comes a film where scientists, engineers, researchers and innovators tackle solutions to deal with the over-production of single-use plastics.

Eco-Film—Children's Matinee Sunday 21 April, 4:30pm

Planet Earth Iii: Desert and Grassland (Season1 Ep3)

UK, 2023, Dir. Tom Greenhalgh & Kiri Cashell w/ David Attenborough, Tom Greenhalgh, Luke Nelson, and others, Documentary, 58mins, English w/ English subtitles, Rated: PG

In deserts and grasslands nature puts on its most dramatic show. Alien-like saiga antelope battle in the frozen North and a handful of leopards have learned to hunt from trees on the African plains. *The United Nations declared 2024 the International Year of Camelids (Camel family). In its honor we show this episode that features the majestic camels. Yes, we will chronologically screen all episodes in our regular screening time eventually.*

Eco-Film—Sunday 21 April, 8pm

Deep Rising

USA, 2023, Dir. Matthieu Rytz w/ Jason Momoa, Documentary, 93mins, English w/ English subtitles, Rated: NR (PG)

Interwoven with awe-inspiring footage of the deep's most dazzling creatures, the film illuminates the vital relationship between our ocean's fragile and mysterious ecosystems and sustaining all life on Earth. It also exposes the secretive International Seabed Authority, with control over 50% of world's ocean floor, granting permission for massive extraction of metals deemed essential for electric battery technology. It nudges us to reflect on our choices and ask if they are sustainable. *We thank the film-team for allowing this screening.*

Eco-Film—Monday 22 April, 8pm

Common Ground

USA, 2023, Writer-Dir. Joshua Tickell & Rebecca Harrell Tickell w/ Ray Archuleta, Gabe Brown, Rick Clark, and others, Documentary, 105mins, English w/English subtitles, Rated: NR (G)

This is the highly anticipated sequel to the film Kiss the Ground (we screened at the last year) that had actually inspired USDA to invest USD20billion towards soil health. Like the previous film, this much acclaimed film fuses 'journalistic expose' with deeply personal stories, the dark web of money, power, and greed behind this system. It also reveals a dark web of money, power, and politics behind our broken food system. The film profiles a hopeful and uplifting movement of farmers who are using alternative "regenerative" models of agriculture that could balance the climate, save our health, and stabilize America's economy—before it's too late. *We thank the film-team for this premiere screening in India!*

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/Lt43wBCBno1E6CTwoUt2x>