



News Notes

#1023 A weekly bulletin for residents of Auroville 18 April 2024



Pranic energy is the life of creatures; for that is said to be the universal principle of life.

Taittiriya Upanishad

The Lord is seated in the heart of all beings turning all beings mounted upon a machine by his
Maya

Pondering



Equally, man, as he develops, becomes acutely aware of the discord and ignorance that governs his relations with the world, acutely intolerant of it, more and more set upon finding a principle of harmony, peace, joy and unity. This too can only come to him from above...For only by developing a mind which shall have knowledge of the mind of others as of itself, free from our mutual ignorance and misunderstanding, a will that feels and makes itself one with the will of others, an emotional heart that contains the emotions of others as its own, a life-force that senses the energies of others and accepts them for its own and seeks to fulfill them as its own...For not towards the Godhead concealed in the 'inconscious ocean where darkness is wrapped within darkness', but towards the Godhead seated in the sea of eternal light, in the highest ether of our being, is the original impetus which has carried upward the evolving soul to the type of our humanity...Unless therefore the race is to fall by the wayside and leave the victory to other and new creations of the eager travelling Mother, it must aspire to this ascent, conducted indeed through love, mental illumination and the vital urge to possession and self-giving, but leading beyond to the supramental unity which transcends and fulfills them;

The Problem of Life, The Life Divine Sri Aurobindo

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NOTICE

from the Working Committee

Dear Community, in News and Notes 966, 16 March 2023, the so-called Auroville Council along with some other groups had issued a warning to the News and Notes Team threatening to remove them from office and eventually, of their intention to take over their office and lock them out. Naturally, this had to be stopped though a lot of harassment continued for the team for some time.

Once again, we understand this group has been contacting different units and people asking them not to send their announcements to News and Notes which is our main and longest serving internal newsletter with a hard-working and dedicated team. Encouraging such boycotts, maligning our working teams and issuing threats or court cases to hamper their work has only testified to the bad will that has been generated in Auroville by such attitudes and actions of such groups.

We urge all Aurovilians and groups to continue sending their articles and announcements to the News and Notes as usual and support their work for the community.

*Warmly, The Working Committee
Anu, Arun, Joseba, Partha, Selvaraj, Tine*



House of Mother's Agenda



*The great stars burn with my unceasing fire
And life and death are both its fuel made.
Life only was my blind attempt to love:
Earth saw my struggle, heaven my victory.*
(X.III.638)

She says, *Life and death are the fuel. Then, In my blind attempt LIFE ONLY was my attempt to love.*¹
Because my attempt to love was blind, I limited it to life—but I won the victory in death.

It's very interesting. (Mother repeats:)

Earth saw my struggle, heaven my victory.

Yet, earth should see the victory? The victory should be on earth, shouldn't it?

Yes, but she couldn't win the victory on earth because she lacked heaven—she couldn't win the victory in life because she lacked death and she had to conquer death in order to conquer life.

That's the idea. Unless we conquer Death, the victory isn't won. Death must be vanquished, there must be no more death.

That's very clear.

(silence)

According to what he says here, it is the principle of Love that is transformed into flame and finally into light. It isn't the principle of Light that is transformed into flame when it materializes: it's the flame that is transformed into light.

The great stars give light because they burn; they burn because they are under the effect of Love.

Love would be the original Principle?

That seems to be what he is saying.

I didn't remember this passage. But I told you, my experience² is that the last thing as one rises—the last thing beyond light, beyond consciousness, beyond...—the last thing one reaches is love. 'One,' this 'one' is... it's the 'I'—I don't know. According to the experience, it's the last thing to manifest now in its purity, and it is the one that has the transforming power.

That's what he appears to be saying here: the victory of Love seems to be the final victory.

(silence)

He said, Savitri, a Legend and a Symbol; it's he who made it a symbol. It's the story of the encounter of Savitri, the principle of Love, with Death; and it's over Death that she won the victory, not in life. She could not win the victory in life without winning the victory over Death.

I didn't know it was put so clearly here. I had read it, but only once.

It's very interesting.

1. Mother later stressed again, 'It's not Life was only, but Life only.'

2. The experience of the 'great pulsations' of divine Love (in April, 1962).

(to be continued next week)

The Mother, Agenda, September 8, 1965

<https://incarnatoword.in/agenda/6/september-8-1965>

Submitted by Gangalakshmi (HOMA)

Townhall Speaks

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.

Sandjivy on behalf of S.E.W.A

Community News

Matrimandir News

MATRIMANDIR DIARY



‘What is happening at Matrimandir?’ This seems to be the question on many people’s lips these days.

Large piles of earth are appearing on the north axis, trucks full of earth are seen leaving the compound and cluttering the roads, everything is becoming covered with a fine layer of dust.

Those of a pessimistic and doomsday disposition foresee imminent disaster. But those who embrace the spirit of the great adventure, those who are no longer satisfied with dreaming of the City of Auroville, those who are determined to grasp the unique opportunity of these times, are filled with joy to see the very rapid progress of the construction of the second section of the Lake.

Why are there great piles of earth appearing to the north of Matrimandir, obstructing the view from the Town Hall? Well the first reason is of course that somewhere is needed to dump the earth from the 2nd section of the Lake which has already reached its full 10 meters depth for more than 150 meters. But why dump it in an area which is itself part of the Lake? Surely it will all have to be moved again and isn’t that terribly wasteful in terms of time, energy and money?

The earth excavated from the Lake is destined, according to The Mother’s wish, to create a large Hill somewhere to the north east of the City. So far nearly all the earth excavated from both the Test Lake and Lake Section 2 has had to be deposited within the Lake area itself because the site for the Hill is not yet fully secured. However this does not mean that a lot of unnecessary duplication of work is going to be done. In order to build a strong and stable Hill of the excavated earth, the strong gravel and clay to be found at

the bottom of the Lake will need to be placed as the foundations for the Hill and the lighter red earth will be needed for the top, so it is unavoidable that the earth will have to be moved twice. Nevertheless securing the site for the Hill and constructing a conveyor belt to bring the soil there is very high on the list priorities of the Lake team.

In the meantime, work continues on the Test Lake, where the dam walls, built of concrete Lego blocks, are being thickened and raised to their full height of 10.6 meters, in order to harvest the rainwater from both the summer and winter monsoons. It is envisaged that the Test Lake will have reached its full depth by the end of 2024.

On Lake Section 2, preparations are being made to put down the foundation for another Lego block wall at around 170 meters from the Test Lake. However if the work continues as smoothly as it does at present it should be possible to place the next wall, which will not need to be so high, at around 300 meters, before this year’s monsoon. This would be ideal for reaching the goal of completing the Lake by 21.02.2028, as a gift to The Mother for Her 150th birth anniversary.

Nothing has changed in regard to the intention to fill the Lake with a combination of harvested rainwater and desalinated water. Rumors that the Lake will be filled from deep bore wells tapping the groundwater aquifers on which the whole bioregion depends are false. On the contrary the Lake will be a precious resource for both the City and the neighboring villages in times of shortage.

With regard to the 4 year plan and the goal to complete the Matrimandir by 21 February 2028, we are on schedule with the Lake, a bit behind with the Gardens but not too much, the new AC is almost finished, the sliding Golden Doors for the four entrances of Matrimandir are coming along even if a bit slowly, a new design for the Heliostat is under research and half the Oval Road will be completed by the end of April. The Garden of Light is nearing completion and the Garden of Wealth has been started. The atmosphere amongst the workers, the coordinators and the executives on site is full of good energy and enthusiasm and it is a profound joy to be at Her Service here and now.

*With love from the Matrimandir Team,
Antoine, Divya, John, Judith, Sundar, Vinay*

Awakening Spirit

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*

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 22: Centenary of the Mother's Return to Sri Aurobindo (24.4.1920—2020)** A documentary slideshow by Sri Aurobindo International Centre of Education recounting the Mother's journey in Her words from childhood till Her final arrival in Pondicherry. Duration: 48min.

Full Moon Gathering

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

Regular Activities

- **Sundays 10:30—12noon:** Savitri Study Circle led by Larry Seidlitz
- **Mondays 3—4pm:** The Knowledge and Ignorance—The Spiritual Evolution in The Life Divine led by Dr. Jai Singh
- **Tuesdays 3—4pm:** Readings of the words of The Mother on Aims and Ideals of Auroville led by Dr. Jai Singh
- **Tuesdays, Fridays, Saturdays 4—5pm:** L'Agenda de Mère: listening to recordings with Gangalakshmi
- **Tuesdays 5:30—6:30pm:** OM Choir led by Narad
- **Thursdays 4—5pm:** Videos of The English of Savitri led by Shraddhavan
- **Fridays 3—4pm:** The Return to Earth (Epilogue) in Savitri led by Dr. Jai Singh
- **Saturdays 4:30—5:30pm:** Mudra-chi led by Anandi
- **Saturdays 5—6:30pm:** Satsang, led by Ashesh Joshi
- **Exhibitions, Main Building and Office** are open Monday to Saturday 9—5
- **Library and Digital Library** is open Monday to Friday 9—5

Everyone is welcome

*Dhanalakshmi
for Savitri Bhavan Team*

CENTENARY

**of The Mother's Return to Sri Aurobindo
1920-2020**



Monday, 22 APRIL 2024, 4pm at Savitri Bhavan.

Duration: 48min.

The Mother was born on the 21 February 1878 in Paris as Blanche Rachel Mirra Alfassa. Her mother was Egyptian and her father Turkish, and they had emigrated to France a few months before Mirra's birth but became French citizens only in 1890.

This impressive documentary slideshow by the Sri Aurobindo International Centre of Education recounts the Mother's journey in Her own words from childhood till Her final arrival in Pondicherry. The Mother mentioned that her conscious inner life had begun very early. She liked to sit in her small, cushioned armchair when she was five years old. She had the

experience of consciousness above the head, which she felt like a Light and a Force, a pleasant and luminous sensation. And she felt, 'That's what I have to live, what I have to be.'

And during her sleep she had many out-of-the-body experiences. When she was about thirteen, she went out of her body and saw herself clad in a magnificent golden robe rising very high above her house and the city. The radiance of her golden robe gave solace to the suffering and the sick, the children, the old, the women and men. Referring to this experience, she remarked

'Nothing seemed more beautiful for me, nothing could make me happier; and all the activities of the day seemed dull and colorless and without any real life, besides this activity of the night which was the true life for me.'

She recounted also: *'Between 11 and 13 a series of psychic and spiritual experiences revealed to me not only the existence of God but man's possibility of uniting with Him, of realising Him integrally in consciousness and action, of manifesting Him upon earth in a life divine. This, along with a practical discipline for its fulfillment, was given to me during my body's sleep by several teachers...'* With one of these teachers, she had a special relationship, and she was led to call him Kirshna.

Along with these inner activities, Mother pursued her outer development, and her favorite activities were music and painting.

When the Mother was twenty or twenty-one, an Indian man gave her a translation of the Gita: *'He said, 'Read the Gita and take Krishna as the immanent God, the inner God-head.... the God who is within you.'* Well, in one month the whole work was done! *The first time I knew that there was a discovery to make within me, well, that was the most important thing! This had to be put before everything!'*

Around 1903, when she was twenty-five, the Mother had several visions of a man in Indian dress. Later she found that the man in her visions was Sri Aurobindo.

Then, between 1911 and 1914, Mother had a whole series of inner experiences, which, she said, prepared her for the meeting with Sri Aurobindo. About one such experience she remarked: *'The first contact, when you go within and THAT's it... that concrete reality, that intensity beyond any possible physical intensity. And then the sense of: THAT's it—the Divine... to enter into contact with the immanent God. I did nothing but that, thought of nothing but that, wanted nothing but that.'* The Mother practiced a one-pointed aspiration for the 'Union with the inner Divine'. And finally, she experienced *'...that light, that dazzling light, that light and immensity. And the sense of THAT willing, THAT knowing, THAT ruling the whole life, THAT guiding everything...'*

In 1910, the Mother saw a picture of Sri Aurobindo. And in spring 1914 she traveled to Pondicherry arriving there in the morning of the 29 March. She saw Sri Aurobindo in the late afternoon: *'I climbed up the stairway and he was standing there, waiting for me at the top of the stairs.... Exactly My Vision! Dressed the same way, ... and I saw his eyes and I saw in his eyes that it was He.'* The Mother had met Krishna, the one whom she knew she would meet one day in the body. They shared their spiritual experiences and worked together on the monthly philosophical review Arya published in French and in English.

In February 1915, because of the First World War, the Mother had to leave for France. Then from 1916 and for four years, she lived in Japan and was exploring its unique and profound culture. Finally, on the 24 of April 1920 the Mother came back to Pondicherry and to Sri Aurobindo. About their meeting the Mother said: *'We were standing side by side like that, gazing out through the open window, and then Together, at exactly the same moment, we felt 'Now the Realization will be accomplished' ...I felt the Thing descending massively within me, with the same certainty I had felt in my vision. From that moment on there was nothing to say—no words nothing. We knew it was THAT.'*

The documentary can be seen also [at the Sri Aurobindo Ashram website](#).
Submitted by Margrit

SAVITRI BHAVAN



The Dream Divine Series: Dr. Alok Pandey will speak about Victory over the Adverse Forces

• Wednesday, 24 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

Integral Mathematics: A Journey of Insight and Inspiration

Saturday, 27 April, 4—5pm @ Sangam Hall

Explore the qualitative essence of mathematics through ancient Sanskrit scriptures, revisiting Sri Aurobindo's illuminating insights, and tracing the paths of history's greatest mathematicians. This series invites you to nurture qualities of insight, intuition, and intellectual depth, unveiling the transformative power of mathematical exploration.



• Sankhya Philosophy By Kapila Muni
• Understanding Prakriti and it's Vikaras

Everyone is welcome

Facilitated by Team Enlight and Savitri Bhavan.

Dhanalakshmi for Savitri Bhavan



BRAHMANASPATI KSHETRAM
The Mother Sri Aurobindo Centre

Calendar of regular events of April 2024

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

Every Thursday 6:00 - 6:30pm
Meditation

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

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

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

6.00 - 6.30pm

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

Location



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*




BHARAT NIVAS PRESENTS

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

A weekly study circle on

The Synthesis of Yoga

- Sri Aurobindo



By Deepti Tewari

The Mother's very last message to Auroville

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


"To live in Auroville means to do the Yoga of Work. So all Aurovilians must take up a work and do it as a yoga."
27.03.1973

"Programme: Research through experience of Supreme truth. A Life Divine. But no religions."
02.05.1970

4:30 pm - 5:30 pm
Every Tuesday

Venue :
Resource Library,
Bharat Nivas, Auroville

Scan for Location



The Mother's very last message to Auroville

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

'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

Pathway To Divine Consciousness by Arun Kumar

• Saturday, 20 April, 6pm @ Harmony Hall



PATHWAY TO DIVINE CONSCIOUSNESS



by Arun Kumar
please come and explore with me on
06:00 pm
Saturday, 20th of April, 2024

Venue:
Harmony Hall,
Bharat Nivas, Pavilion of India, Auroville

All are welcome to attend with their Questions .
Thank you All

Enquiry Contact: Krishna at +91 97878 80211

Parking available outside at the Bharat Nivas Main Gate

All humans have different levels of consciousness and growth of consciousness is the only purpose of life.

Through life, all of us have a great opportunity to grow in consciousness till we reach super-consciousness. How to grow in consciousness ...

• Enquiry Contact: Krishna at +91 97878 80211

Oppenheimer Vs. Arjuna

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

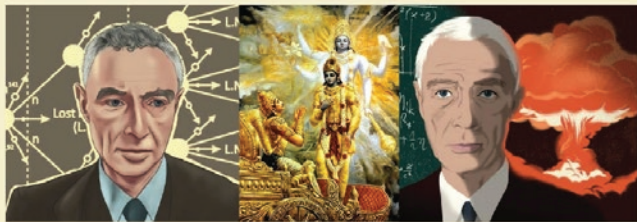
Fate of the Earth & The Freedom of Conscience
Contemporary and Eternal Moral Dilemmas

OPPENHEIMER VS. ARJUNA

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

A Discussion and Screening of the film *Oppenheimer*

Presentation and Discussion
By
Prof. Sehdev Kumar
Nuclear Physicist and Historian of Science



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

Please note: The content of the movie presentation in Session II is advised to be viewed by 18+ adults.

All are Welcome.

Parking available outside at the Bharat Nivas Main Gate

Monisha, BN Team

THE OM CHOIR

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

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

Noel Parent

SAVITRI SATSANG BY NARAD

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



MUDRA CHI

We have our classes

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

Everybody Welcome!

Anandi

Thank You!

EXPRESSING GRATITUDE

Dear friends, I'm ever so grateful for everyone that supported me for my upcoming dental procedure! I'm very moved by that kindness and community spirit still present within Auroville!

*Much love and gratitude,
Ingrid from 9 Palms*

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

Ecology

TALKIN' TRASH

Thanks for your support in reducing landfill

Please remember that Ecoservice is a recycling center not a waste disposal service. All organic waste is to be managed by the residents of Auroville. Also clothes and shoes go to the Freestore. PDTC will accept clean Annapurna jars and bottles, Aurosoya milk bottles, Kojimba bottles (5 rps credit), and other items according to their designated categories. Please don't send any of these things to Ecoservice.

In Ecoservice everything is hand sorted. Dirty and mixed waste goes to landfill. We can work together to repurpose what is valuable for the Community and the Earth.

B for Your Ecoservice Team

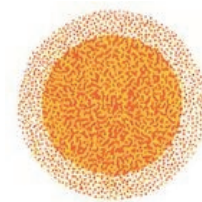


Education

INTEGRAL APPROACH TO PHYSICAL EDUCATION

One year course in Auroville

The Auroville Physical Education Board (AVPEB, SAIER) has designed a teachers' training foundation course for physical education (PE) teachers in Auroville (AV). This comprehensive program has been designed to cover basic aspects of PE teaching in AV as well as understanding physical education in the Light of Sri Aurobindo and The Mother.



The aim is to create, in years to come, a new sports teaching squad for AV, with sports teachers having knowledge of sports science as well as practical training, with a deeper understanding of the spiritual significance of the human body. This new squad will be better equipped and more effective in implementing physical education, conducting research and in offering services to AV schools and community.

Key Components of the Course

Integral Education Principles

- **Main Facilitator**
 - Praveen, Member of PE Committee of Sri Aurobindo Ashram
- **Major Topics**
 - 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

Sports Sciences

- **Main Facilitator**
 - Savitri, BSc Sports Science/Nutrition
MSc Sports Nutrition
- **Major Topics**
 - Anatomy and Physiology
 - Biomechanics
 - Exercise Physiology
 - Sports Nutrition
 - Sports Injuries and Rehabilitation
 - Sociology of sports

Practical Training

- **Main Facilitators**
 - Pedro, BSc Sports Science, MSc Sports Science, PhD Sports Science
 - Ruben, Mental Health Educator, Martial Arts trainer and practitioner,
- **Major Topics**
 - Teaching Practicum in Auroville Schools
 - Pedagogy and Teaching Methodologies:
 - Teaching Games for Understanding (TGfU)
 - Lesson Planning and Implementation
 - Assessment and Evaluation Techniques
 - Classroom Management Strategies
 - Mentorship and Feedback Sessions
 - Project Implementation in Physical Education Settings
 - First aid training

Criteria for Participation

- The course is open to ALL and will prioritize those who wish to become PE teachers in AV.
- The foremost task from the participants for this program is:
 - Commitment to learn
 - Commitment to attend fully

Requirement on enrolment

To begin with, the course is designed for those who can give a part time commitment six days a week, including practicum/teaching sports at various AV schools from 2.30 to 5pm Monday through Friday. Throughout the year, there will be ongoing assessment of participants' quality of work as well as at the end of the year an assessment and review in order to reach a PASS grade.

Support for Aurovilians and Newcomers

In order to make it possible for as many participants as possible to attend this course AVPEB will work towards ensuring material support for the participants. We would like no aspirant to miss this opportunity due to a financial constraint or concern.

At the end of this course each participant will be able to integrate the new PE teaching squad in AV and be a teacher on par with the other teachers of AV.

Contact

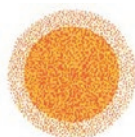
All those you feel called and those who would like to know more, please click on the link or scan the QR code below to [fill the form](#)



Nilima for SAIER
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

VOLUNTEERS FOR SUMMER PROGRAM For Kindergarten Children

6 to 31 May, Mondays, Wednesdays and Fridays

We would like to invite the volunteers who are interested in taking part in the summer program from 6 to 31 May 2024 for 3 alternative days in a week (Monday, Wednesday and Friday).

The timings will be 9am to 12pm in Nandanam Kindergarten and Center-field Kindergarten.

Meeting will be held on Thursday, 25 April at 1:30pm at Nandanam Kindergarten to discuss the details of the program and overview

Warm regards, K.Lakshmi



SUMMER CAMP at our Kulai Creative Centre—May'24 Need your support!



At our Kulai Creative Centre, we conducted a Summer Camp each year in May for our students who are participating in various Activities throughout the year. And we wish to delight them by conducting many types of fun activities and outings during their summer holiday breaks including lunch and snacks, while their parents are still working.

Most of the children are from our AV Bioregion. These children will range in age from 10 to 17.

- Trip to Kodai for Four Days (A Hill Station in South India)
- Visit to Matrimandir and Many other places in Auroville.
- Eye care sessions by Aurokiya Eye Care.
- Many fun games and activities
- Free lunch and free snacks

Any sort of support is welcome! **For your support:**

- <https://aviusa.org/?form=Kulai>
- <https://auroville.org/page/donate-from-india>
- **From Auroville: FS account 240051, Kulai Creative Centre Collection**

For contact: +91-8608473385,

- kulaicreativecentre@auroville.org.in or
- kulaicreativecentre.auroville@gmail.com

Selva from KCC

AUROVILLE LIBRARY

Weekly Timings

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

Story time At the Auroville Library!

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

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

Kristen, for the Auroville Library



Grant Proposals

CALL FOR GRANT PROPOSALS SDZ FUNDING IN 2024

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



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

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

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

Pala, for the Project Coordination Group

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

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 advanced 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>

FATHERHOOD

Get Together With Morning Star

Saturday, 20 April, 4:30—6pm.

@ Morningstar Office Space, Auromode Apartments
Auroshilpam, Auroville.

Vanakam to expectant fathers, and fathers of Auroville! We are extending an invitation for a get-together.



This gathering marks the beginning of our initiative to offer more classes, counseling, and supportive spaces for fatherhood both for fathers and expected fathers. We envision a simple evening including yoga stretching, martial arts, followed by a group discussion on fatherhood topics and a general sharing circle.

- **Facilitators** Alan and Bala
- Babies are welcome!

Please send us what you have

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

Morning Star is an unit under Health and Healing trust, run by midwives and doulas to support pregnancy, child birth and women's & family wellness in Auroville.

Bala

AURO DENT

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.

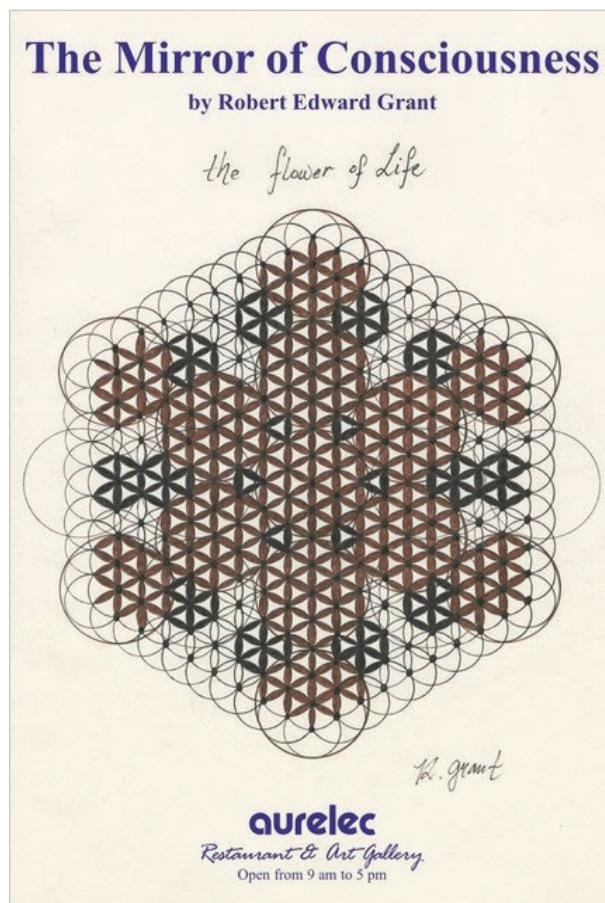
- Message or call: 90877 09434
- maatram@auroville.org.in, maatram.org.in

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

ART EXHIBITION

by Claudine Pare

5 April—4 May @ Pitanga

Nature is the source and resource of humanity.

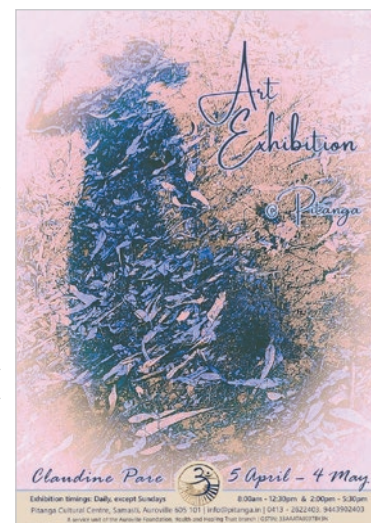
It seems that humanity has shifted from being cradled by Nature to a kind of triumphant dominating attitude towards Nature that disdains the consequences of over-exploitation and destruction.

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



A CONTEMPORARY DANCE CREATION

Weight of Time

April 27, 7pm @ CRIPA



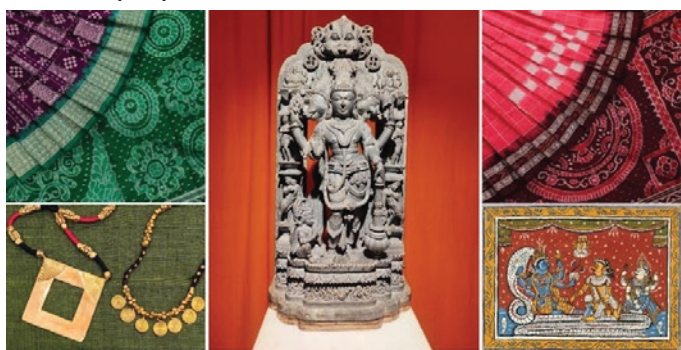
Choreography & Performance by Prashant More & Deepak Kurki
+917507588719, Krishna

BHARAT NIVAS PRESENTS



Exhibition of Odisha Handicrafts

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



Wildlife Art Gallery & Educational Centre

- 9am—4:30pm @ Old Loe Building / Old Post Office, Bharat Nivas, Auroville, Sunday Open



Monisha, BN Team

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**
 - More Info <https://linktr.ee/prashantmore369>
- **Deepak Kurki Shivaswamy**
 - More info <https://deepakkurkishivasw.wixsite.com/dancer>
- For details, contact aurovilleartworld@gmail.com

Love, Krishna

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 redefine 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.



Discover The Boundless Potential Of Collaborative Improvisation
Krishna



afanna
STUDY
TANGO

AUROLLE TANG
APRIL
New batch starts
the first week of each month

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

HARMONY
Bharat Nivas

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

@ 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

Submitted by Maud

TANGO DANCE CLASS

Every Monday, Cripa, 6:30pm

By appointment: any time you can do class

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

Submitted by Mani



La Style Salsa Dance

Every Thursday, 7:30pm @ CRIPA, Kalabhumi

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

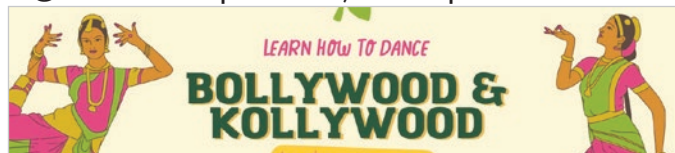
• Kindly WA to be added to the Salsa WhatsApp +91 9751395939

Submitted by Raja

JOIN OUR BOLLYWOOD DANCE SESSION

@ Auromode! Every Tuesday, 5—6pm

@ Auromode Apartments, Near Upassana and CSR

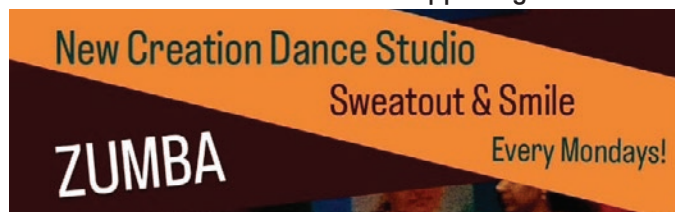


Learn How To Dance Bollywood & Kollywood, Tosalion, Au-rzmedt! For more information and to reserve your spot, contact: balaganesh.siva@gmail.com, +919446762034 WA only

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**

ZUMBA WITH PREETI

Zumba classes are happening



@ New Creation Studio, every Monday, 6pm

For regular classes DM: 8281746763

Submitted by Vega

Music and Art Activities

CREEVA ART ACTIVITIES

Centre for Research Education
Experience In Visual Arts



Our Art Activities:

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

Open Studio is

a creative space where individuals can explore various forms of visual art, such as Printmaking, Drawing, Painting, Recycled art, Installation, Collage, Sculpting, 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

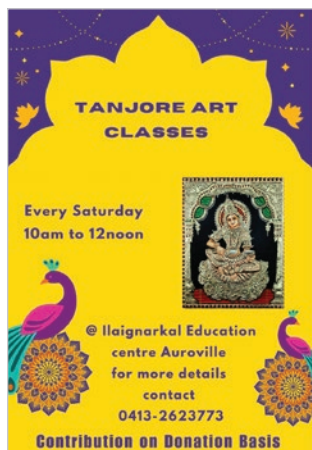
Facilitated by Nikita Gandhi

- 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

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



Ayyanar

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

EXPLORE

WaterColor Techniques

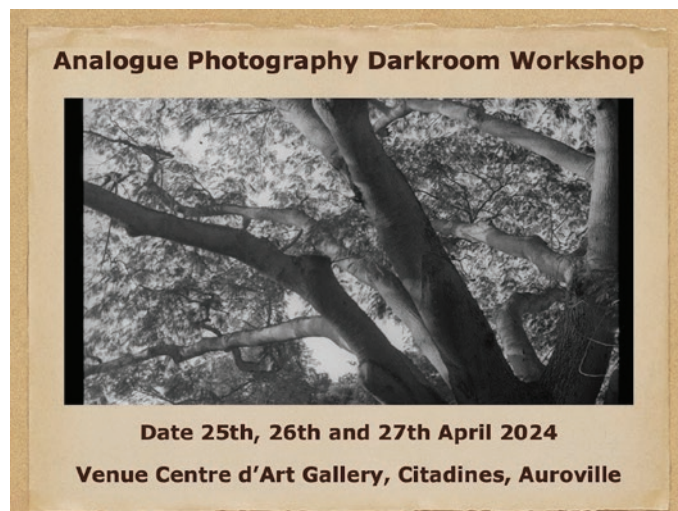
- Wednesday & Saturday, 10am—12pm @ At Unity Pavilion
- Art with Mr. K. Janakiraman
- For More Details 9443648774, 7558401106



Submitted by Arun

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

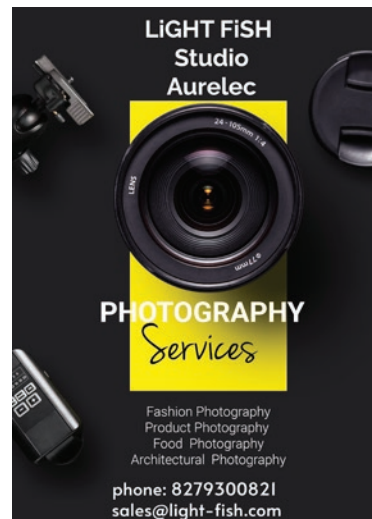
- **Number of participants is limited to six.** While subscribing for the workshop please share your full name and your mobile number. Kindly write a few words about yourself and your interest in Analogue Photography.

Regards, Sergey, Centre d'Art

LIGHT FISH PROFESSIONAL PHOTOGRAPHY STUDIO

Photography Services

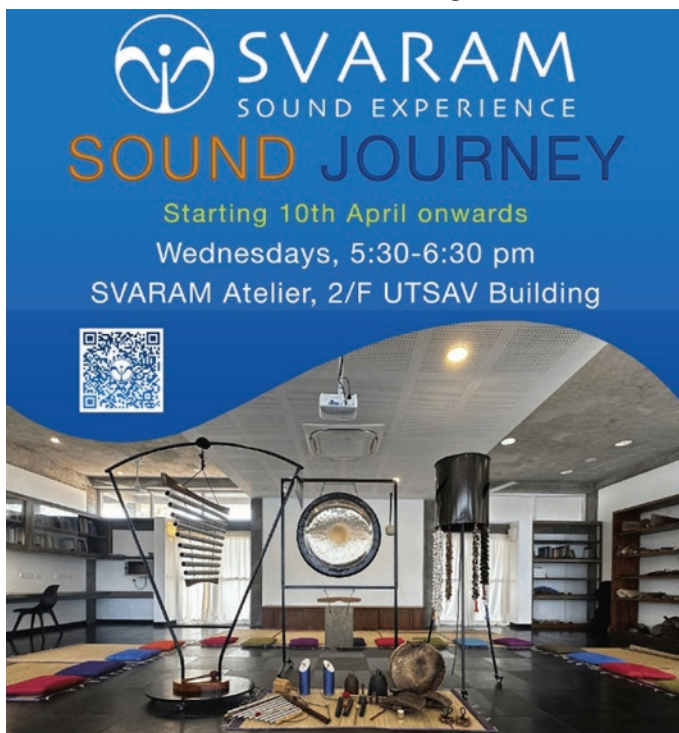
- Fashion Photography
- Product Photography
- Food Photography
- Architectural Photography



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

SVARAM SOUND EXPERIENCE

Wednesdays, 5:30—6:30pm 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



GIRL FUTSAL/FOOTBALL CLUB

Every Wednesday at 5:10pm @ Dehashakti

We started a girl's football team in dehashakti. We are training every Wednesday at 5:10pm, already 10 girls. If you like football and you want to learn, play and have fun, come and enjoy it for the other girls.



- Just contact Beber 6385635943 for more details

Beber

YANG STYLE TAICHI 50 FORM

Every Monday, Wednesday, Friday 7—8am
@ Budokan, Dehashakti

YANG STYLE TAI-CHI 50 FORM

Facilitated by Park Jiseong

Tai-Chi is the art of change.
Learning how to drive your energy.
Also called "Moving Zen"
Tai-chi is a mental & physical training method.

from 22nd of April
Every Mon, Wed, Fri 7AM-8AM

Register on WA +91 70943 39490 📍 Budokan, Dehashakti

Jisung, +917094339490 WA

ULTIMATE FRISBEE

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

No prior experience needed!

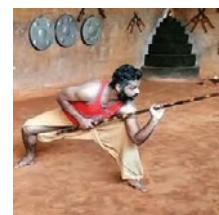
Selvi for
Ultimate Frisbee
Auroville Women's Team



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 apointment, 9042009200, Maneesh



Where Body Becomes Eyes,
Maneesh For Kalari Team

AUROVILLE AIKIDO

@ Auroville Budokan, Dehashakti near Dana:

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



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

Looking forward to see you at the Budokan dojo,
Surya for Auroville Aikido

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 2622253

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

TAI CHI HALL DAILY CLASSES

The Tai Chi Hall in Sharnga community offers daily classes, six days a week.

- **Mondays & Saturdays**
 - 7:30—8:30am: Chi;
 - 8:30—9:30am: Form
- **Tuesdays—Fridays**
 - 7:30—8am: Chi; 8—9am: Form



We practice three forms (24, 108 and 127) in the Yang style, as taught by the Inner Way School—Stevanovitch Method (artduchi.com). All are welcome to drop in.

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

Warmly, Krishna

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

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 conciouness. 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 villeges 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.

• **Karлакattai:** Karлакattai using wdden 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:** Adu-pankarai Cooking Experience. Learn to make Tamil Traditional foods with our Akka Cuisine—Only Veg Dishes



◦ **Every Thursday, Saturday and Sunday**

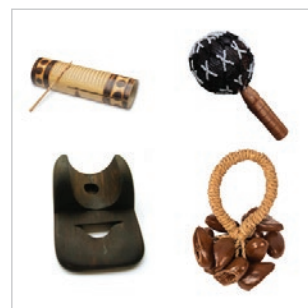
◦ **10am—12:30pm**

• **Fire Side Drumming:**

The Power of The Healing Drum Circle. When you gather people 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.



Outstation Trips

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 Chandramouleswar 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

Fun with Pottery

• 10—11:30am & 3—4:30pm

◦ **Muddy Mondays,**
◦ **Wonderful Wednesdays,**
◦ **Satisfying Saturdays**

Join us for our Pottery workshops to experience working with clay and gain one-on-one guidance on how to create your piece of work. We offer a natural and relaxed environment to immerse yourself in pottery and its earthly experience. Our workshops are for all those who want have fun and experience the joy of Getting your hands muddy and creating happiness.



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

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.

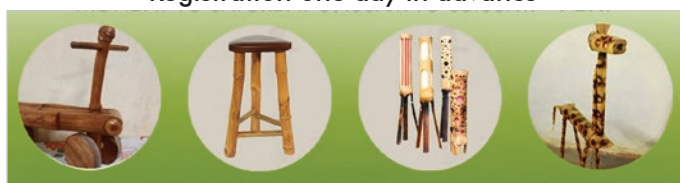
Training and workshop

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 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.

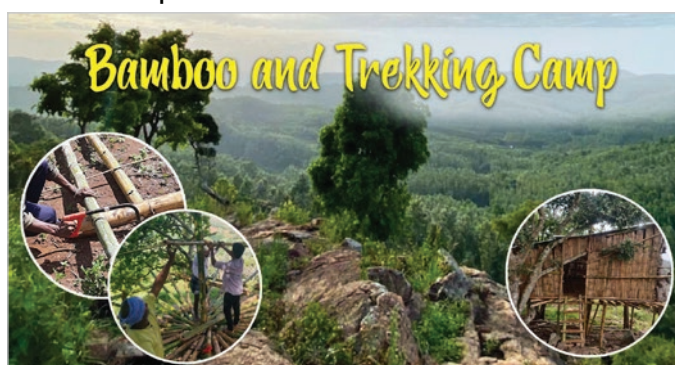
The Bamboo Camp is perfect for Travellers, Architect and anyone who wants to gain skills and hands-on experience working with bamboo, one of the most eco-friendly building materials, while also exploring various aspects of sustainable living. It is for anyone who is concerned about building a more environmentally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

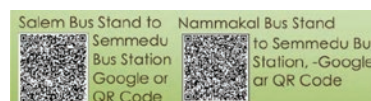
• 26—28 April 2024



- 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:

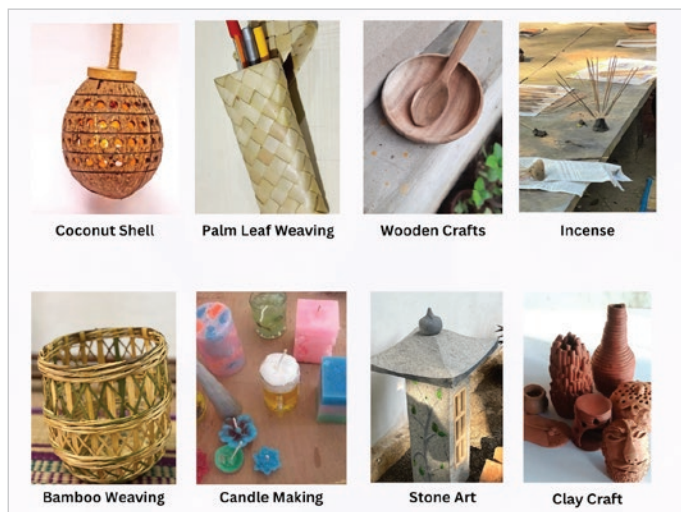
- Preferred bambooworkshop@auroville.org.in or bamboocentre@auroville.org
- or +91 8300949081 Voice call and WA, 0413 2623806, 2964727

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

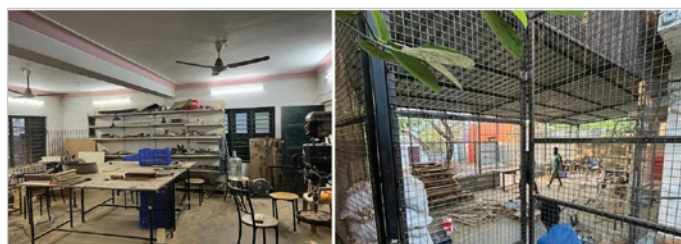
Cooking class

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



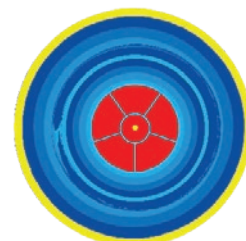
Egai craft products are earth friendly made from coconut shell
 Contact: Anand egai@auroville.org.in +91 9159468946

Submitted by Arun

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



MOHANAM PROGRAM
Soul of Soil

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
Aurunachala—Auroville (Tour, Retreat space, Camping, Temple visit, Ashram, Girivalam Full Moon Experience)

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

- **For more information, contact us:**
 - Preferred mohanamprogram@auroville.org.in, or
 - Call +91 8300949081

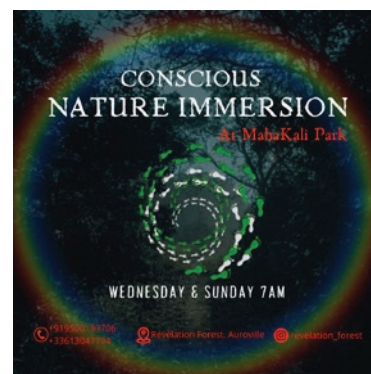
Balu for Mohanam

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

Honorary Voluntary

MARTUVAM

Is Looking For Website Designer

We need volunteer who knows about website designing and posting, our work about is introduction to Natural healing herbal plants, If any body is interested please contact

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

Thank you, Sivaraj



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

WELLPAPER NEEDS A VOLUNTEER

Wellpaper



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

- You can contact us 9385744722.

Viji for Wellpaper

GAU SEVA AT SADHANA FOREST!



Your heartfelt service is needed at the Sadhana Forest Gaushala!

You are most welcome to join us on any day from **7am onwards**, and have a vegan breakfast at **8:45am**.

Breakfast is offered as a gift, and there is no need for prior booking. If you would like to contact us:

sadhanaforest@auroville.org.in,
8525038274WA or call 8122274924

*Looking forward to welcoming you!
The Sadhana Forest team, Aviram*

Work Opportunities

DONATION CHANNELING GROUP

Seeks Executives to Implement Approved Process

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

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

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

- We also need some members who can work part-time also.

Please write to dccg@auroville.org.in. *Naren & Sandeep*

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 jessamiijn@ecofemme.org. Looking forward to hearing from you!
Jessamiijn, Co Founder

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

AUROVILLE EARTH INSTITUTE

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

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 Aurene 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

Taxi Share

To Chennai Airport, Tuesday, 7 May

Dear friends, I am looking for someone to share a taxi to Chennai airport. I leave Auroville at 7pm on Tuesday, 7 May for a flight which leaves at 1:50am on the 8 April. Let me know if you want to come with me.



- shanti@auroville.org.in, landline: 0413 2623314

Shanti

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

Looking For A Guitar

Hello, I am a volunteer in Auroville and I am looking for a **Steel String Acoustic Guitar** to borrow, rent or buy. I would like it to be playable.

- Brian, nairbigya@gmail.com, +91 8489440581



Brian Gygi

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

Glass Shelves Available

Dear friends, The glass shelves are for sale. The money is going to Alice's Healthcare.

- Pls contact Grace@auroville.org.in

Grace



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*

SPROUT CLOSED ON ELECTION DAY



The Sprout will be Closed Friday, 19 April due to elections.

Akash

Vérité

TASTE OF YOGA

NOW OPEN AT VÉRITÉ

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

Monday to Saturday

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

Kathir



Milk on Election Holiday

Dear community, the Election Commission of India has designated 19 April 2024 as the polling day for the General Elections to the Lok Sabha, 2024.

On Friday, 19 April, FoodLink will receive milk as usual. Please come to collect your order between **8:30 and 9:30am**.

On this day, there will be **NO** fresh produce delivery, and the FoodLink office will also remain closed.

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

*Isabelle M.
on behalf of Foodlink team*

ARTISTE CAFE
Opening from Monday to Saturday,
8:30am—9:30pm

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, Kulaplayam, Auroville

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

Break-fast, Lunch & Dinner available

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

Near New Creation, Kulaplayam, Auroville

0413 2623071, 9786772209

yatraartistecafe@gmail.com,

Yatra Srinivassan

**ANITYA:
Community Lunch**

ANITYA
JOY OF IMPERMANENCE

**JOIN OUR
COMMUNITY LUNCH**



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

SURABHI SUPPLIES

Your one-stop shop for quality materials and equipment in Auroville! We offer discounted prices on construction supplies, appliances, machinery, and more through bulk purchases, saving you time and money.



Contact us for all your procurement needs:

- surabhisupplies@auroville.org.in
- +91 98438 46458 WA, Phone: lyyappan

Let's simplify and optimize your sourcing process together!
lyyappan, Surabhi Supplies

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

Products and services from in and around Auroville.

Developed by iStock

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.
- **Air France** and **KLM** have launched promotional fares in the Premium Economy Cabin and Premium Comfort Class from India to select destinations in Europe, Central & South America. Offer valid for sales until 30 April for travel commencing between 1 May—30 June 2024
- **Airindia** and **Malaysian** airways have special fares from Chennai to Seoul.
- **Ethiopian airways** has attractive fares from Chennai to Africa and South America.
- **Gulf Air** adds Munich to its European network starting 1st July 202.
- **US Bangla airline** operates 11 direct flights from Chennai to Dhaka.
- **Malaysia Airlines** is pleased to announce Ex-India Public Promo Fares for all routes in Economy & Business class except Australia and New Zealand.
- **Japan e-visa** starts in India from 01 April 2024. Applicants have to submit applications to the Visa Application Centers (VFS Global) as before but receive a visa issued in electronic form instead of a visa sticker on their passports.

Trip ideas

Looking for a weather change, why not Nepal, Kashmir, or Ladhak... and of course closer to Auroville, Kodaikanal is there too...

A change of scenery only one short flight away, Cochin maybe... Sri Lanka of course... Andaman Islands? Maldives...

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

THESE BUGS

These bugs
Red and black
Walk 'twined

One steps forward
One steps backward

As a couple
They still manage to
Move on

With joyful Gratitude,
Anandi Z.

I ALMOST WENT TO BED

I almost went to bed
without remembering
the four white violets
I put in the button-hole
of your green sweater
and how i kissed you then
and you kissed me
shy as though I'd
never been your lover

Leonard Cohen

Voices and Notes

AUROVILLE'S GOLDEN AGE: BHAVANA/DEE

One of the first Aurovilians I met, in December 1973, was Bhavana; her name was still Dee. Cycling from Northern India, she reached Auroville in 1971. Born in a well-off family and university educated, her first job was measuring milk at Aurodairy; she slept



in the barn with the cows and planted trees. Afterwards she created a leather workshop that originated small village units, and in 1983 founded the Auroville Village Action Group enrolling thousands of villagers. Alain Bernard wrote: '... when she felt to move on to other endeavors, she gave the small units to the young Tamil men whom she had trained and had become valuable assistants. To some of these now no longer so young men, she was like a mother and remained in close contact with them and their families.'

Bhavana co-founded the Verite' community; the therapies, free, were reserved to the Aurovilians. She introduced the

Vipassana meditation to Auroville, and retreats were regularly held in Verite'. In 2008 she made the experience to temporarily live in a cave, but afterwards opened up completely to Integral Yoga.

In 1975, for one revealing week, she had been our guest in Rome, in whose historical centre I lived with my husband, a director of the cultural programs of Italian television. Sharing our same idealistic imprint, she impressed him too. Bhavana represented the original soul of the American nation: its ethics and true sense of democracy, as Sri Aurobindo points out.

One of the rare residents having offered right away to Auroville—at that time a desert with scanty huts—whatever she had, Bhavana/Dee was taken in charge on the basis of minimum needs, the way the Mother had wished for everyone here. Living in a few square meters of space without a bathroom, in Verite', Bhavana fully embodied the spirit of that bygone age: a collective youth-dream whose Auroville was pure idealism. In 2004 the keet roof was changed into a tiled one, bricks were added to the mesh walls; occasionally, during the weekends, she moved to the bamboo house nearby. Her previous abode was a capsule; in Fertile Windmill, she inhabited a tiny pavilion whose walls were mainly empty spaces.

The second time I met her after surgery (thyroid cancer), Bhavana told me that she had no physical energy, even to rise from the bed was an achievement. Yet she remained committed to her spartan lifestyle, merrily commenting that to live in that 'room' was her way.

At the beginning of March 2011 she told me that her fatal illness was a grace: she was now spiritually reborn. I replied that, after so many years of meditation, certainly she was not 'born just now'. With the honesty and humility of a seeker, Bhavana replied, 'It was a facade. But from now on whatever time is left to me will be spent threading the way of the spiritual heart'. As if all that she had gifted to the villagers and fishermen, uplifting the poor and the oppressed, was not pure psychic being...

Empathy, solidarity, compassion, uplifting education, training—along with humor and optimism, as typical of Bhavana... In the magnificent video by Julian/AVI USA¹, when Bhavana recalls the tsunami tragedy and bows to the transforming power of Mahakali, fulfilling Auroville's mission to humanity at large, it is the Mother who speaks. Concern for society at the forefront, the Avatar's mission shines throughout, the true Auroville!

Around Christmas 2010 I visited Bhavana; all wrinkled, she looked like an old parchment. But three months later, at the age of 67, she had not one wrinkle and her skin had a unique luster. In May, on her deathbed, she still had that same smooth, luminous complexion, and an imperceptible smile. There are no words to describe that new existence.

Above money, power, prestige, material comfort, consumerism, world recognition and all the sins that strangle the Ideal, Bhavana—aren't idealists often born amidst the nobles and wealthy?—embodied the spirit of that bygone age. I feel as an atomic survivor; the pioneers have left and, with their departure, hardly anything of that world remains. Is it really the end of a collective youth-dream whose Auroville was pure idealism: living the Mother's way?

The Dream never dies, Idealism is immortal.

For those who are called, Auroville is a tremendous catalyst. Bhavana-Dee underwent the alchemical transmutation and on her deathbed, majestic, transfigured, she had a pale golden hue.

¹ <https://youtu.be/GwvViMGr5w?si=jgl652j7JZGMfxb>

THE ONGOING BATTLE

'Maintaining the existing con-sensus is the name of this BS game.'

That was the defining sentence from an Aurovillian brother that triggered this post:

Now we are going to the core of the human problem, puppet species of adverse and hostile hidden cosmic forces. This and all the ongoing human drama are mirroring exactly what has been and is happening here in Auroville.

The never-ending brutality of the Homo sapiens species since its advent on this planet, wars of all sorts, WWI, WWII, the Cold War of the Nuclear Age...

Enough! Time for a paradigm shift.

That's why our Avatar founders Sri Aurobindo and the Mother incarnated on Earth at that precise point in evolutionary time when humans are at the verge of self-annihilation, and declared '*Man is a transitional being... not final*', and fully revealed the Great Cosmic Play of forces and beings, ushered in the Supramental Consciousness-Forces to eventually take Divine Control of this pesky mental BS undivinely dominating the Earth using these weak human instruments. Even creating this City of Dawn as a sanctuary for all who share their common Vision-Goal to hasten the advent of the new apex species the Supramental being that will govern the Earth divinely.

But lo and behold, these gross vital-mental beings will not easily surrender without a fight, even if they had admitted their eventual defeat.¹ Thus the ongoing intense battle of forces Divine and undivine here in this concentrated battlefield we call Auroville, inaugurated 56 years ago on 28th February 1968 in the bosom of Bharat Mata the Guru of Nations, a symbolic central field of Supramental transformation that reverberates all over Earth. Even as we are already in Year 2024, sentinels of '*the past that seeks to endure*'² are very much here in Auroville preventing you from waking up, trying to keep you under their hypnotic spell. They will try all means to keep you enslaved in the Falsehood and the Ignorance, beguiling you with gross animalistic sensual pleasures, or stupefying you with fear, anger and division, stuck in '*the incapacity to grow and progress*'³. Beware! This City of Dawn was not created for that. Go back to the old undivine world if these grossness is what you want.

But each must play one's unique role in the Unity in Diversity of us all.

And 1988 happened, Auroville was legislated under the administration and governance of the Ministry of Education of Mother India, paving the way for this City of Dawn to become the largest Gurukul for the living study and proactive application of the Integral Supramental Yoga of the Kalki Avatar Sri Aurobindo and the Mother who ushered in the Golden Age, Satya Yuga, on 29th February 1956.

To all conscious participants, willing servitors and Hero Warriors, We continue on in the Sunlit Path of Bhakti to the Supreme Divine Mother MahaShakti⁴ who knows exactly how to guide each one of us, who bestows the Supreme Protection and Grace, who has the Supreme Creative Power to transform us, Her infinitely diverse children, and to dissolve the adverse and hostile forces for good.

Here⁵ for the clueless and the unsatisfied, to all you who are tired of the BS, had had enough of being stupid puppets, as illuminating guidance on the play of hidden forces, from our Supramental Kalki Avatar founders themselves, so that you may have a deeper understanding of the surface happenings, and you can be useful and effective superconscious players in this Great Cosmic Battle towards the Life Divine.

We continue on...Om Namo Bhagavate

¹ <https://incarnateword.in/agenda/06/january-12-1965>

² <https://incarnateword.in/cwm/15/darshan-messages>

³ <https://incarnateword.in/cwm/03/old-age>

⁴ <https://incarnateword.in/cwsa/32/the-mother-vi>

⁵ <https://incarnateword.in/compilations/toc/the-hidden-forces-of-life>

WELL BEING SURVEY

As humans we live short lives and do not have a lot of time on this planet. While we are here, we are conditioned to focus on the wrong things. We are distracted by life. We created a society that makes us focus on the attainment of money for our basic human needs such as food, shelter etc.

This is not sustainable and prevents us from focusing on our true purpose. If we could live in a society or community that was organized in a manner that allowed us to focus on our true purpose, then we have the potential to evolve. Short minded thinking by people of power, has held back our evolutionary progress.

Auroville holds the promise to be a model for future societies that allows us to focus on our true purpose. The survey measures eudaimonia, or purpose, or flourishing or well-being of individuals who have the opportunity to focus on living a more purposeful life.

There are demographic questions in the survey. They are needed because they link to the current research on subjective well being. They also add validity to the study because I need to show that I am measuring what I am supposed to measure. i.e., I need to show I am sampling Auroville Residents and not holiday makers in Miami.

Sooo... I hope that clarified what the research is on, and some of the context.

There is much more, but too much for a text...

I hope this helps...

- Link: https://eaecu.au1.qualtrics.com/jfe/form/SV_3eKlmDYtP7o22iO

- QR: Just letting you know that the survey for eudaimonia is now on-line. Eudaimonia means a sense of purpose, wellbeing, happiness, a feeling of living one's life fully, and flourishing.



Why participate?

- This is the first study to measure eudaimonia in any alternative community.
- It will show whether Aurovilians are living their purpose, in the current situation.

It usually takes only 10-15mins. You are anonymous.

Metta, Ian Clayton-Smith,

ascalpius@inet.net.au, iclayton@our.ecu.edu.au

Submitted by Giri

UPDATE

regarding the GB appointed ATDC

On the 15 March, the order pronounced by the High Court invalidated the Standing Order 01/2022 by which Govind, Hemant, Jaya, Jothi Prasad, Ponnusamy, Seetharaman, Sindhuja, Toby were appointed to the ATDC.

The court has said the Auroville Foundation may frame new regulations that conform to the Act and to the order of the court.

Effectively this means there is no ATDC, that maintenances and remunerations to Govind, Hemant, Jaya, Jothi Prasad, Ponnusamy, Seetharaman, Sindhuja, Toby need not be disbursed from City Service, that access by them to the emails associated with ATDC may be halted, that they may not be allowed access to ATDC files/data/information, they may be barred from occupying the ATDC office, and that they may not communicate with CPWD/ AVF/ATDC employees with regard to the planning and development of Auroville.

This is for the information of the community.

Krishna & Natasha

EDITOR'S NOTE



High Court Madras judgment struck down as “ultra vires” (Beyond the Powers) and illegal the Standing Order of the Governing Board (GB) whereby it had constituted the Auroville Town Development Council (ATDC) and subsequently had nominated its members. The bench judged that the Auroville Foundation Act (Act) entrusted the functions of formulating the Master Plan to the Residents’ Assembly (RA) and the final preparation and approval thereof to the GB. It also found that the Act does not authorize the GB to constitute committees that have no GB member as committee member.

The bench found that the Standing Order enabling the GB or the Secretary to appoint ATDC members, without the nomination/selection emanating from the RA does not align with the Scheme of the Act, nor with the scheme laid out in the Auroville Master Plan. For the same reason the court also judged the constitution of the Advisory Group by the GB as ultra vires of the Act. The bench stated that with this Standing Order, the GB had arrogated the entire powers of the RA to itself and had virtually nullified its existence and role vis-à-vis the Master Plan.

The Bench, while setting aside the Standing Order, stated that it will be open for the GB to frame fresh regulations in tune with the provision of the Act and the observations made in the order of the Bench.

Roy and Agnijata

Languages

NEWS

From Auroville Language Lab

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



Something New: Evening Programs!

From 1 February 2024, we launched a new experiment.

- **The Language Lab has extended its opening summer hours from 5—6pm, Monday to Friday.**

We are offering special evening programs which include conversational practice with native language speakers, talks, poetry readings as well as self-learning and guided study in different languages with our mediatheque.

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

Conversation Practice sessions

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

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

Sanskrit Chants with Vishawanathanji

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

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

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

Our first full-length publication

We are delighted to share that our first full-length publication, 'From Resonance to Bonding' by Dirk Beckedorf & Franz Müller, is now available on Amazon! The book gives an in-depth explanation of the Alfred Tomatis method, its scientific basis, how and why it works, along with detailed case studies.

- Order through our website: <https://books.aurovillelanguagelab.org/>

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

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

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

Looking for

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

Tomatis

There are spaces available for both language & therapeutic programmes!

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

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

- <https://www.aurovillelanguagelab.org/tomatis-method.php>
- <https://www.aurovillelanguagelab.org/tomatis-kids.php>
- <https://www.youtube.com/watch?v=wnpXprTl3m0>
- <https://www.youtube.com/channel/UCeTiG0y-sBMlly-wZNdZcAng/videos>
- <https://www.listenwell.com/>

Language Courses at ALL

- New Beginner Hindi with Kaushal end of March

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

- Wednesdays, 2—4pm, Starts early June 2024 (TBA)
- Duration: 16 hours (over two months)

- New Beginner Sanskrit with Kaushal end of March

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

- Thursdays, 2—4pm, starts day early June 2024 (TBA)
- Duration: 16 hours (over two months)

There's a language you would like to learn but it's not listed ... please let us know!

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 Started 9 April	4—5pm	Tuesday & Thursday
	Conversation Pre-Intermediate Started 8 April 2024	4—5pm	Monday & Wednesday
	Beginner Started 8 April 2024	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 2024	2:30—3:30pm	Monday & Thursday
Tamil	Spoken Beginner Completed	9:30—10:30am	Tuesday & Friday
Sanskrit	Beginner, June, (tbc)	2—4pm	Thursday
Hindi	Beginner, June, (tbc)	2—4pm	Wednesday
German	A1.1 Beginner Completed	9:30—11am	Monday & Wednesday
Spanish	Beginner Completed	2:30—3:30pm	Monday
	Intermediate Completed	2:30—4pm	Tuesday
Japanese	Beginner—TBA	TBA	TBA
Italian	Beginner Completed	4—5pm	Wednesday & Friday
	Intermediate Completed	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

HOW WOULD YOU EVOLVE THE HUMAN SPECIES?

Sunday, 21 April, 2:30—4:30pm

@ Maloka Hut, Anitya Community



Ever heard of The Institute for Aliveness? Curious about the topic of aliveness, fasting, epigenetics, colonics, initiatic hero's journeys and under-world explorations of trauma and consciousness? A few Aurovilians received scholarships over the past 4 years to undertake a 1.5 year online Masters in Applied Epigenetics and Lifestyle Medicine.

We would like to share with you some of the core tenets of this program, our personal journeys, what has been birthed in Auroville through this program, and what is coming in the future. We will also have some embodiment practices through movement and writing exploring the themes of pleasure, vitality and aliveness. Come if you are curious to hear more!

- For more info: +91 9488512889

Lucas, Shilpi and Nikethana

MINDFULNESS



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

LEELA THERAPY

Leela therapy is available for those wanting to resolve their personal issues or dealing with mental or emotional challenges, such as depression or trauma. It can also support those looking to deepen their personal & spiritual growth. Therapy is offered by Kardash in person or on-line, through Inner Sight (an Activity under LEAD).



- For more details see www.innersightav.org or WA Kardash on 9940934875.

Submitted by Kardash

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

Submitted by Isha

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, 18 to Sunday, 28 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. Discount vouchers available.



Date	Activity
18 April, Thursday 10am—11am	Expressive Arts with Sandra*
18 April, Thursday, 5—6pm	Laughter yoga with Ancolie Dove
19 April, Friday, 5—6pm	Mystery Activity
19 April, Saturday 11am—12pm	Self-care for the voice with Shalini
20 April, Saturday 2:30—14:30am	Intuitive painting with Marie-Claire Barsotti*
20 April, Saturday, 6—7pm	Speed painting & dating from 18 to 99 years old
22 April, Monday, 9—10am	Monday Smart Start with Ange Sabine Blanchflower
22 April, Monday, 5—6pm	Tai Chi, the way of the leaf with Kaarthikeyan Kirubhakaran
24 April, Wednesday, 10.30—11.30am	Dynamic Flow & Yoga Nidra Sound bath with C.D.
24 April, Wednesday, 5—6pm	Upcycled DIY with Abhipsa
25 April, Thursday, 10am—11am	Expressive Arts with Sandra*
25 April, Thursday, 5—6pm	Laughter yoga with Ancolie Dove
26 April, Friday, 5—6pm	Mystery Activity Reveal on insta the same day
27 April, Saturday, 2:30—14:30am	Intuitive painting with Marie-Claire Barsotti*

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

QUIET HEALING CENTER Summer Break



Friday, 26 April till Monday, 17 June

Quiet Healing Center will be closed from Friday, 26 April till Monday, 17 June for annual repair and maintenance works. With our apologies for any inconvenience,

Guido
for Quiet Healing Center Team
www.quiethealingcenter.info/quiet@auroville.org.in
+91 9488084966 Mobile & WA

KARMA YOGA LEARNING BY DOING

KARMA YOGA LEARNING BY DOING

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

VOLUNTEER HOURS

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

WHAT WE OFFER

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

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

- cafe.vilce@gmail.com

Kathir for Verite Learning Center

YOGA CLASSES in Bharat Nivas


Daily drop-in Yoga Classes in Bharat Niwas.

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

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




MINDFUL MONDAY



YOU DON'T WANT TO MISS THIS!

MINDFUL MONDAY



EVERY MONDAY
07:30AM
FOLLOWED BY
BREAKFAST

WITH MRADUL JAIN

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

Every Monday, 7:30am, followed by breakfast

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

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

Yatra Srinivassan

YOGA WITH RACHEL



- One to One lessons—Small groups
Weaving a tapestry of gentle guidance, leading you through each asana with detail. Verbal cues as a golden thread connecting breath and movement to the essence of your being. Each Asana as an expression of balance, inviting you to return with yourself, aligning your body, mind and spirit.
- Clases particulares—Pequeños grupos
Tejiendo un tapiz de suaves movimientos, guiándote verbalmente a través de cada asana con detalle, como un hilo dorado que conecta la respiración y el movimiento con tu propia Esencia. Cada Asana, como expresión de equilibrio, invitándote a resintonizar contigo misma, alineando cuerpo, mente y espíritu.

Submitted by Rachel

DETOX YOUR MIND & BREATHE
Heal your Body



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

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



Traditional Massage Therapy Classes

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



- **The certificate course has three levels:**
 - Basic: 10 Hours,
 - Intermediate: 20 Hours,
 - Advanced: 30 Hours
- **Course modules:**
 - Varma Massage Therapy,
 - Varma Touch Therapy,
 - Varma Myology (Muscles),
 - Varma Defense Methods

Angam Tree Wellness Hut is reaching out to people interested in learning massage therapy techniques. You can learn more about us at www.angamtree.com. Kindly share your profile with us at the below mentioned email address. We will call you for an interview to assess the correct fit between you and the positive intention towards the energy of therapy.

Wellness Wood Products

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



Karakattai

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

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

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

Therapies

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

Sound Healing Therapy

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



Massage Therapy

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



Dance Movement Therapy

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

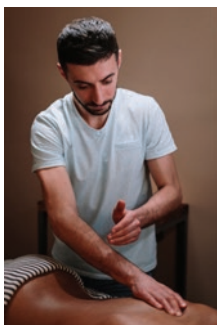


- You can learn more about us and register at www.angamtree.com/therapies

Student Internship Program: Traditional Bodywork

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

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



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

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

Kindly email your resumes with the subject title Internship Program at angamtree@auroville.org.in

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

Contribution based, Submitted by Raja

TRADITIONAL

Mantra and Stotra Classes

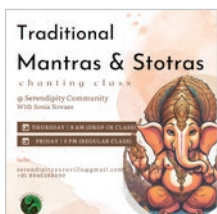
@ Serendipity Community with Sonia Novaes

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



Regeneration Circle: Voices of Wholeness

Tuesdays @Verité - 5 pm - with Nadim

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

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@au-roville.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

• **Info:** +917639761930 WA, satyayuga@aurovillle.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
Saturday, 20 April	Food is Medicine—Lifestyle Health Practices	9:15am—12pm	Parvathi
Learn about your body's constitution (Tridosa) & the plants, foods, spices & lifestyle practices that benefit your constitution & help prevent health complications. Parvathi will also demonstrate the proper way to prepare decoction/ infusion teas.			

Yoga & Re-creation Programs

Days	Drop-in Classes	Timings	Presenters
Mondays	Yoga Breath & Meditation Practice for Beginners (no class 29 Apr)	7:30—8.30am	Mamta
	Yoga for Inner Alignment—Pranayama & Asanas (no class 29 Apr)	9:15—10:15am	Radhika
	Deep Sound Bath	5—6pm	Satyayuga
	Yoga Asana for Core Strength: Building a Strong Foundation	5—6pm	Radha
Tuesdays	Sivananda Yoga	7:30—8.30am	Mani
	Yoga Asana: Deep Stretch & Relaxation	9:15—10:15am	Radha
	Vocal Improvisation & Circle Singing	5— 6:30pm	Lola
	Regeneration Circle: Voices of Wholeness (contributions are voluntary, no class 23 Apr)	5— 6:30pm	Nadim
Wednesdays	Yoga Asana: Deep Stretch & Relaxation	7:30—8.30am	Radha
	Gentle Hatha Yoga	9:15—10:15am	Claire
	Kirtan- Songs for Your Soul (contributions are voluntary, no class 17 & 24 April)	5—6pm	Mamta
	Hatha Yoga	5—6pm	Claire
Thursdays	Sivananda Yoga	7:30—8.30am	Mani
	Pranayama & Meditation	9:15-10:15am	Radhika
	Gentle Hatha Yoga	5—6pm	Claire
	Face & Eye Yoga (no class 18 & 25 April)	5—6pm	Mamta
Fridays	Yoga Asana: Deep Stretch & Relaxation	7:30—8.30am	Radha
	Hatha Yoga for Beginners	5—6pm	Mamta
	Deep Sound Bath	5—6pm	Satyayuga
Saturdays	Gentle Hatha Yoga	7:30—8.30am	Claire
	Deep Sound Bath	5—6pm	Satyayuga
	Sivananda Yoga	5—6pm	Mani

Therapies (by appointment only)

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

*Kathir
for Vérité Programming*

Cinema



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

• Friday, 26 April, 8pm, **The Night Of The Iguana**

Directed by John Huston, US, 1964

With: Richard Burton, Ava Gardner, Deborah Kerr, Grayson Hall, Cyril Delevanti

Synopsis: Shannon is a defrocked clergyman who took up work as a tour guide. While taking a group of Baptist school teachers around Mexico, tension flares up after the group's leader accuses him of seducing her niece... The Night of the Iguana is a great piece of drama that examines the human condition through a brilliant script adapted from Tennessee Williams' play of the same name (1961). With a superb black and white photography by the great Mexican cameraman Gabriel Figueroa, here comes an intelligent insight into the human condition, loneliness and the overwhelming need to love and be loved. Thanks to all this, the film can be considered one of the best pieces of classic cinema!

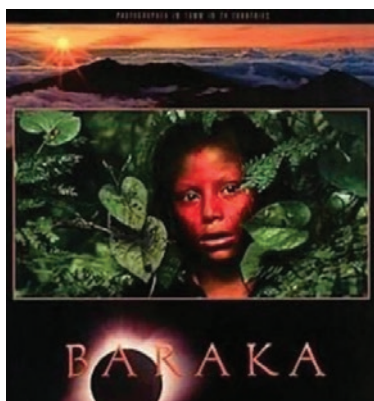
Original version in English with English Subtitles, duration 2h.05'

Surya for Aurofilm

BARAKA

Saturday, 20 April, 4pm
@ Cinema Paradiso

Baraka is a 1992 American non-narrative documentary film directed by Ron Fricke. The film is often compared to Koyaanisqatsi, the first of the Qatsi films by Godfrey Reggio for which Fricke served as cinematographer. It was photographed in the 70mm Todd-A format, and is the first film ever to be restored and scanned at 8K resolution.

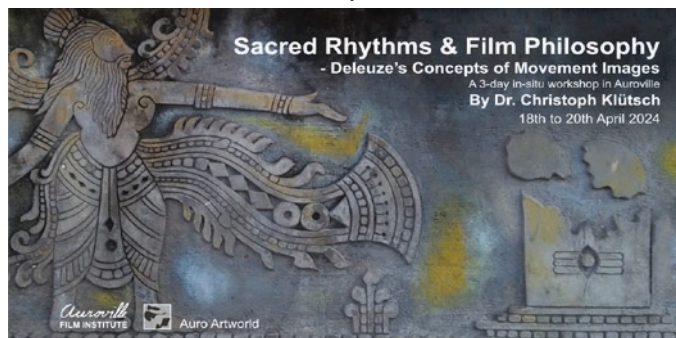


Zaini Claudio

AUROVILLE FILM INSTITUTE

Sacred Rhythms & Film Philosophy—Deleuze's Concepts of Movement Images

18—20 April 2024



A 3-day in-situ workshop in Auroville by Dr. Christoph Klüttsch as a part Open Space Documentary Arts Programme
To know more, please visit:

- <https://filminstitute.auroville.org/2024/04/13/sacred-rhythms-and-deleuze/>
- Or call +919769976898 WA & Telegram Richa

ECO FILM CLUB

Every Friday at Sadhana Forest

Schedule of Events

- 16:00 Free bus from Solar Kitchen to Sadhana Forest for the Tour
- 16:30 Tour of Sadhana Forest
- 18:00 Free bus from Solar Kitchen to Sadhana Forest for the Eco Film Club
- 18:30 Eco Film Club begins with 'previews' of short Sadhana Forest films
- 20:00 Dinner is served
- 21:15 Free bus from Sadhana Forest back to Solar Kitchen



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

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

****Note:** Families and children are welcome! Dinner for children will be served at 19:00:)

Friday, 26 April

Infinity and Back/ 73 Cows

2018, 22 + 15 mins

The first docu-movie is 22 minutes long and showcases the first man, Kuntal Joisher, to climb Mt. Everest with 100% vegan gear and food.

The second film is a touching story of a UK cattle farmer who became the first person in the UK to trade beef for sustainable organic vegan farming.



Aviram



CINEMA PARADISO
Multimedia Center (MMC) Auditorium
Film Program
22 April 2024 to 28 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 2024

**Eco Film Fest—Monday 22 April, 8
COMMON GROUND**

Please see the details in the Eco-Film Fest announcement. The last of the weeklong Eco-Film Fest is on Monday, 22 April. This is a premiere screening in India for this brand-new and topical film from the makers of films like Kiss the Ground!



**Potpourri—Tuesday 23 April, 8pm
Time To Kill**

USA, 1996, Writer-Dir. Joel Schumacher w/ Matthew McConaghey, Sandra Bullock, Samuel L. Jackson, and others, Crime-Thriller, 149mins, English w/ English subtitles, Rated: R

In Canton, Mississippi, a fearless young lawyer Jake Brigrance struggles to defend a black man, Carl Lee Hailey, accused of murdering two white men who raped his ten-year-old daughter, inciting violent retribution and revenge from the Ku Klux Klan. This long but absolutely engrossing, well-acted courtroom tale, based on John Grisham's novel by the same name, was inspired by reality. If you are a fan of court room drama and haven't seen this film on a big screen—here is your chance!

**Interesting—Wednesday 24 April, 8pm
Ice On Fire**

USA-Costa Rica-Croatia-France-Germany-Iceland-Norway-Switzerland-UK, 2019, Dir. Leila Conners w/ Raymond Baltar, Leonardo DiCaprio, Ottmar Edenhofer, and others, Documentary, 88mins, English w/ English subtitles, Rated: PG-13

How does the melting of arctic ice affect us? The film explores the cause, effect, and if we can reverse climate change? In offering the possible, and available solutions, here and now, the film offers a message of hope with a roadmap of how to achieve. At the time of climate despair, it is a film to watch!

**Selection—Thursday 25 April, 8pm
The Great Dictator**

UK, 1940, Writer-Dir. Charles Chaplin w/Charles Chaplin, Paulette Goddard, Jack Oakie, and others, Comedy-War, 125 mins, English-Esperanto-Latin w/English subtitles, Rated: G

After dedicated service in WWI, a Jewish barber spends years in an army hospital recovering from his wounds, unaware of the simultaneous rise of fascist dictator Adenoid Hynkel and his anti-Semitic policies. When the barber, who bears a remarkable resemblance to Hynkel, returns to his quiet neighborhood, he is stunned by the brutal changes and recklessly joins a beautiful girl and her neighbors in rebelling. Made during WWII, the film is a bold critique of the real-life fascist dictator of the time. It is a classic to be revisited. Charlie Chaplin and Adolf Hitler were born only four days apart. This film is a tribute to Charlie Chaplin on his recent 135 years birth anniversary.

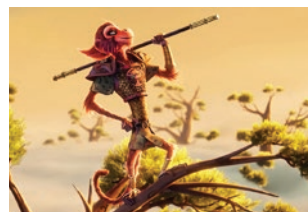
**International—Saturday, 27 April, 8pm
Nyad**

USA, 2023, Dir. Jimmy Chin & Elizabeth Chai Vasarhelyi w/ Annette Bening, Jodie Forster, Anne Marie Kempf, and others, Biography-Sports, 121 mins, English-Spanish w/ English subtitles, Rated: PG-13

Decades after giving up marathon swimming for a prominent career as a sports journalist, 60yrs old Diana Nyad, gets obsessed with completing an epic swim that had eluded her: the 110-mile trek from Cuba to Florida, referred to as the "Mount Everest" of swims. Determined to become the first person to finish the swim without a shark cage, Diana goes on a thrilling journey with her coach and sail team. A film to watch!

**Children's Matinee—Sunday, 28 April, 4pm
The Monkey King**

China-Hong Kong-USA, 2023, Dir. Anthony Stacchi w/ Jimmy O. Yang, Bowen Yang, Jolie Hoang-Rappaport, and others, Animation-Adventure, 97mins, English Chinese w/ English subtitles, Rated: PG



Inspired by an epic Chinese tale, in this story, a charismatic Monkey and his magical fighting stick team up on a quest during which they must go head-to-head against gods, demons, dragons and the greatest enemy of all, Monkey's own ego.

Kenji Mizoguchi Film Festival @ Ciné-Club

**Ciné-Club Sunday 28 April, 8pm
Uwasa No Onna (The women of rumor)**

Japan, 1954, Dir. Kenji Mizoguchi, w/ Kinuyo Tanaka, To-meomon Otani, and others, Drama—Romance, 83 mins, Japanese w/ English subtitles, Rated: NR.

The film revolves around a geisha house run by a widow. The daughter's attempts commit suicide when her boyfriend finds out about her mother's profession. But later she understands the compulsion that made her mother and other women choose the profession and decides to look after all the women in the business. Between mother and daughter mediate a young doctor who also takes part in the business, taking good care of the geisha.

Rating codes we often use are from Motion Picture Association of America (MPAA): G=General Audiences, PG=Parental guidance suggested, PG-13=Parents strongly cautioned, R=Restricted (equivalent to Indian rating: A i.e., for Adults), NR=Film Not rated, Rating awaited.

To organize a seminar/program at MMC kindly email us at mmcauditorium@auroville.org.in. Our projector is crawling towards the end of its life, making us to look for a new one. You could financially support through a one-time or recurring donations to 'Cinema Paradiso' (account #105106) or set up for a monthly contribution.

Thanking You, Nina
MMC/CP Group Account# 105106,
mmcauditorium@auroville.org.in

Emergency Services

Ambulance (24/7): Auroville—9442224680

- PIMS—0413 2656271

Security (24/7):

- Auroville Police Station—0413 2677318
- Kottakuppam Police Station—0413 2236148
- Vanur Fire Station—0413 2677368

Health:

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

Mental health 24/7 support:

- Vandrevalla Foundation +91 9999666555

India Emergency Response Service (24/7): 108

N&N Guidelines



Hard deadline for submissions

TUESDAY 3pm

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

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

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

Editors' Note



Dear readers of paper version!

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

The only excuse of late delivery is rain on Friday.

Light and Peace,
Roy and AgniJata

Accessible Auroville Public Bus

avbus@auroville.org.in, +91 9443074825



Auroville TO PONDICHERRY

	Trip 1	Trip 2	Trip 3
Svaram Musical Center	7:00	8:50	14:50
Veite Guest house—Junction	7:02	8:52	14:52
Town Hall—Main Parking	7:06	8:56	14:56
Solar Kitchen (Round About)	7:10	9:00	15:00
Certitude Enterance	7:12	9:02	15:02
New Creation Road	7:17	9:07	15:07
SBI Bank—Kuilapalayam	7:19	9:09	15:09
ECR Junction—Aroma Guest House	7:23	9:14	15:14
Quiet Healing Center—Junction	7:26	9:17	15:17
Lotus Hotel—S.V Patel Salai	7:36	9:30	15:30
Ashram Road Junction	7:38	9:33	15:33
Ashram Dinning Hall	7:40	9:35	15:35



Pondicherry TO AUROVILLE

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

Bus passes

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

AV account / Cash / UPI Transfer :

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

Bus passes are available

At Auroville Vehicle Service, Townhall, Auroville.

- 9am—12:30pm & 2—5pm

Contact

- 0413 2623302

Below link to join On WhatsApp group

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

- <https://chat.whatsapp.com/Lt43wBCBno1E6CTwoUt2x>