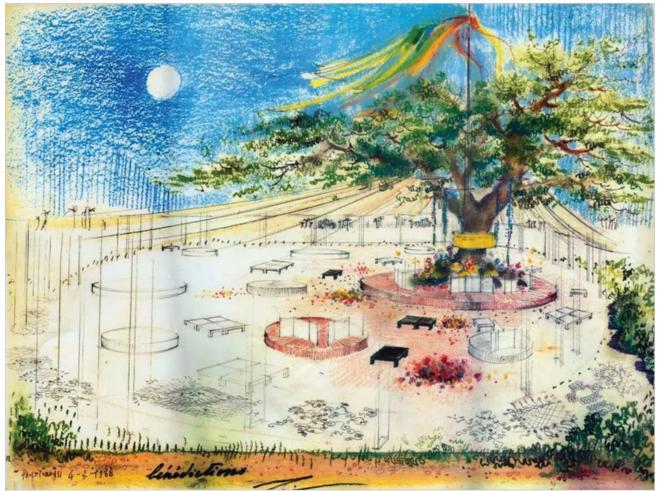


#1024 A weekly bulletin for residents of Auroville 25 April 2024



Paolo Tammasi

He who knows this Self who is the eater of the honey of existence and the lord of what is and shall be, has thenceforward no shrinking. Katha Upanishad

He whose self has become all existences, for he has the knowledge, how shall he be deluded, whence shall he have grief, he who sees everywhere oneness? Isha Upanishad

Pondering



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

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

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BASIC ANALOGUE PHOTOGRAPHY Darkroom Workshop by Sasikanth Somu 25, 26, 27 April



Date 25th, 26th and 27th April 2024

Venue Centre d'Art Gallery, Citadines, Auroville

- 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: <u>centredart@auroville.org.in</u>

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 <u>sasi@auroville.org.in</u>, +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

House of Mother's Agenda

(continued from last week)

How many times, how many times have I seen that he had written down my experiences.... Because for years and years I didn't read Sri Aurobindo's books; it was only before coming here that I had read *The Life Divine, The Synthesis of* Yoga, and another one, too. For instance, *Essays on the Gita* I had never read, Savitri I had never read, I read it very recently (that is to say, some ten years ago, in 1954 or '55). The book *Sri Aurobindo on Himself and on the Mother* I had never read, and when I read it, I realized what he wrote to people about me—I had no idea, he had never told me anything about it!... You see, there are lots of things that I had said while speaking to people—that I had said just like that, because they came (gesture from above) and I would say them—and I realized he had written them. So, naturally, I appeared to be simply repeating what he had written but I had never read it! And now, it's the same thing: I had read this passage from *Savitri*, but hadn't noticed it—because I hadn't had the experience. But now that I have had the experience, I see that he tells it.

It's quite interesting.

Maybe we'll have to reread Savitri?...

In fact, if we wanted to be really good, we would try to translate the whole of Savitri, wouldn't we? What we are doing now with the end [Book X], we would do with all the rest. There is a part I tried to translate all alone, but it would be fun to do it together. We could try. Not for publication! Because there is immediately debasing: everything that is published is debased, otherwise people don't understand. We would do it for ourselves.

But it's very interesting.

Just the other day I noted something down on the subject (Mother looks for a note, then reads it):

'Very rare and exceptional are the human beings who can understand and feel divine Love, because divine Love is free of attachment and of the need to please the object loved.'

That was a discovery.

That's why people don't understand; for them, love is so much like this (Mother intertwines the fingers of her two hands) that they cannot even feel or believe that they love if there isn't an attachment like this (same gesture). And necessarily, the consequence of attachment is the will, the desire, the need to please the object of one's love.

If you take away the attachment and the need to please, people scratch their heads and wonder if they love. And it's only when you take away those two things that divine Love begins!

This, mon petit, we'll talk about again, it's a revelation.

That's why they don't understand and that's why they can't feel it.

The Mother's Agenda, September 8, 1965 https://incarnateword.in/agenda/6/september-8-1965

> With love and gratitude, Gangalakshmi (HOMA)

Townhall Speaks

REVISED Additional Guidelines For DCG—23.04.24

- 1. Release of Funds: We are waiting for updated Guidelines for book-keeping specific for donations from the Auditors. Once received, approved and communicated to the Community, the release of funds will start. This will be subject to scrutiny and conditions already informed—Payment of unit and executives City Contributions, being part of ROR, unit audit etc.
- 2. Transfers from One Unit to Another:
 - a. Payments and receipts between AV entities for goods and services are to be treated as expenses/receipts and are subject to GST rules.
 - b. No other transfer or loan is permitted from one unit to another.
 - c. No loans or in-kind donations can be made from one unit to another.
- Carry over next years and Corpus Funds: Balance of donated funds may be carried forward to the next financial year without any letter from the donor. Corpus Fund donations must have a letter from the donor here also no need of specifying the duration of years.
- 4. Corporate Social Responsibility (CSR) Donations: To book-keep meticulously the expenses and the sharing of the accounts with the donor is required. To follow all applicable CSR rules, one rule being- to return the unutilised amount at the end of FY back to the donor. All CSR funds to be received via Unity Fund only.
- Outreach charitable work outside Auroville bio-region geographic area: To reduce the expenses (and donations) for the work outside. FAMC is revisiting the policy regarding new registration of units or activities engaged in these works.
- 6. In-kind donations: All In-kind donations (gold, jewelry, machines etc) received are to be informed to the Unity Fund with their nominal value. Their assessed / invoice value needs to be taken on the ledger.

Donation Channeling Group, dcg@auroville.org.in, Naren & Sundeep

Community .

Matrimandir News

CONCERNING THE MATRIMANDIR LAKE PETITION To All Aurovilians and Newcomers



The city will be built by what is invisible to you. The men who have to act as instruments will do so despite themselves. They are only puppets in the hands of larger Forces. Nothing depends on human beings—neither the planning nor the execution—nothing! That is why one can laugh.

The Mother on Auroville, September 1969

The executive team of Matrimandir wishes to inform all Aurovilians and Newcomers that on 17 April we received the following email from the email address: <u>the.city.the.earth.needs@gmail.com</u>:

'Dear Matrimandir Executives,

Recently a petition seeking the halt in lake digging was circulated within the community.

More than 400 people have signed asking you to pause the work and refer back to the community to see what the future of the lake could be.

Some community members would like to meet you on Thursday at 11 am to hand over the petition.

Please make yourself available to receive us. It will be short, cordial, and hopeful.

Concerned Residents'

At 11am on Thursday a delegation of 5 Aurovilians came to the Matrimandir office and placed the petition in front of a photograph of the Mother as requested by the executives. The delegates politely and cordially requested a speedy response from the executives, who gave no reply at that time.

Later in the afternoon of Thursday, one of the executives received a WhatsApp from one of the delegates, A., threatening the executive team with either a court case or dismissal if the executives decide not to comply with the petition.

Having read the text of the petition, the executives find it contains fundamental errors regarding the impact of the approved design of the Lake on the environment and the water resources of the surrounding villages.

The executives wish to express that, especially in such a bullying and threatening atmosphere, it feels absolutely wrong to break the amazing momentum of the on-going work on such a flawed basis.

Lake Section 2 has reached its full length, width and depth and therefore there is no logic in stopping the work without completing the work on this section.

The executives of Matrimandir are working with the Lake design approved by Roger Anger, Chief Architect of Auroville appointed by The Mother. This design was also followed for the Test Lake by the previous executive team. It is not the role of the executives to choose or change the design of the Lake.

It is also important to bear in mind that donors for the Lake are giving their offerings on the basis that this is the approved design of the Lake and that it will be followed.

The executives of Matrimandir sincerely believe that all Aurovilians and Newcomers should clearly understand that if work stops on the Lake now, the construction of the Lake, and maybe even the Matrimandir itself, will almost certainly be taken out of Aurovilian hands.

The executives wish to convey, with due respect to all the signatories of the petition, that it is for these reasons that we do not feel able to call a halt to the Lake work right now.

We understand that the construction of the Lake, as well as the rest of the City, is bound to be a dusty, noisy business but we are here for that. In the early days we used to revel in the redness of the earth on our skins as we moved great mountains of earth for the foundations of the Matrimandir. Now we all love the beautiful Lotus Pond that sits there. Let's stop worrying about all the possible downsides to every step we take; let's stop poisoning our minds and our hearts listening to false rumors and get back a spark of that Great Spirit of Adventure with which we set out all those long years ago.

> At the Service of the Truth, Antoine, Divya, John, Judith and Sundar, Matrimandir Executives

> > 🕑 🗸 1024 - 25 April 2024

EXTRACT FOR A CONVERSATION on 31 December 1969

Roger's idea is an island at the center, with water around, running water which will be used for the whole water supply of the city; and when it has flowed through the city, it will be sent to a plant, and from there to irrigate all the cultivated lands around. So this center is like an islet, and at this center, there is what we first called the 'Matrimandir'which I always see as a very large hall, absolutely bare, you understand, and getting a light from above: it should be so arranged that the light from above gets concentrated on a spot where there would be... what we want to put as the center of the city We first thought of Sri Aurobindo's symbol, but we can put anything we like. Like that, with a ray of light constantly striking from above-revolving and revolving... to follow the sun, you understand. If it's done well, it would be very good. And then, below, people would be able to sit and meditate, or just rest, but there would be NOTHING—nothing except something comfortable below so they can sit without getting tired, probably with pillars acting at the same time as backrests. Something like that. That's what I always SEE. A hall with a ceiling high enough to allow sunlight to come in as a RAY, depending on the time of the day, and fall on that center which will be there. If that is done, it will be very good.

So then, for the rest, it's the same to me, they will do as they like. They first thought of building a dwelling for me, but I'll never go, so it's no use, it's quite unnecessary. And to watch over the islet, it was agreed there would be a small house for H. who wanted to be there simply as a guard Then R. had arranged a whole system of bridges to link that to the other bank. The other bank would be entirely made of gardens all around. Those gardens... we thought of twelve gardens (dividing the distance into twelve), twelve gardens with each of them concentrated on one thing: a state of consciousness with the flowers representing it. And the twelfth garden would be in the islet, around (not around but beside) the 'Mandir' with the tree, the banyan which is there. That's what is at the center of the city. And there, there would be a repetition of the twelve gardens around, with the flowers arranged in the same way... There are now two Americans here, husband and wife, and the husband studied there for more than a year the art of gardening, and he came here with that knowledge. So I asked him to start straight away preparing the plan for the inner garden: they're working on it.

Not enough water?

There is water, but it's enough for one or two houses, anyway not enough to create a permanent flow. We would need transformed sea water. In Israel they have found a way to do it economically (we even have brochures on this), but you understand, economical for a city, not economical for an individual! So then, we'd need to have water to make this islet, that's the difficulty.

But before building the islet, we can begin building the 'temple' itself... Begin by lifting a pebble.

Yes, we could do that.

That's the important point, it's for people to take a first pebble in their hands, put it there, and unite in that-because they'll never unite through their huts and little stories.

Yes, that would be much better.

Oh, yes, certainly!

Naturally, logically, or psychologically rather, it's an error to build around first, and the center afterwards.

> The Mother's Agenda, December 31, 1969 Submitted by Roy

REGARDING THE PETITION

to halt the excavation of the Matrimandir Lake

The Working Committee appreciates the Massbulletin report of the Matrimandir Executives and their conviction and dedication to carry on with the work in the face of incorrect accusations, threats and bullying.

The atmosphere of petitions, threats, boycotts and blockades that has poisoned Auroville and held it hostage for the last two and a half years has no place in Matrimandir. This is the place of the Mother's work: the Inner Chamber, the Gardens, the Lake, and it is our immense collective privilege to be able to realize it.

While the Mother had invited the local villagers to carry out the excavation and had even sanctioned the construction company, ECC, to build the Matrimandir (which did not materialize after Her passing), She preferred that the work be done without 'paid labour' or outside workers, so that it was sure to continue under all circumstances: beyond difficulties, threats, obstructions or unreasonable demands to stop the work.

We are grateful to the Matrimandir executive team for taking up this challenge with sincerity, and ensure that the work continues while integrating a range of workers and experts needed to accomplish this daunting but wonderful task.

As the world once again confronts a potential conflagration, let us remember that the Matrimandir and its Lake signify the Peace Area. It is our responsibility to carry that Peace inside us, for Auroville and for the world and accomplish the work given to us along the dusty roads of this Great Adventure.

> Sincerely, The Working Committee, Anu, Arun, Joseba, Partha, Šelvaraj, Tine

Awakening Spirit



Schedule 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

Regular Activities

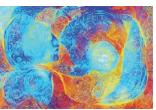
- Sundays 10:30-12noon: Savitri Study Circle led by Larry Seidlitz
- Mondays 3—4pm: The Knowledge and Ignorance—The Spiritual Evolution in The Life Divine led by Dr. Jai Singh
- Tuesdays 3-4pm: Readings of the words of The Mother on Aims and Ideals of Auroville led by Dr. Jai Singh
- Tuesdays, Fridays, 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

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, un-



veiling the transformative power of mathematical exploration.

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

Facilitated by Team Enlight and Savitri Bhavan.

The Journey from Mind to Supermind

• Saturday, 4 May, 4—5pm @ Sangam Hall

Arun Kumar will speak about The Journey from Mind to Supermind.

Arun Kumar is a follower of the Integral Yoga and is connected with the Sri Aurobindo Spiritual Centre in Gurdaspur. He has visited the Ashram and Auroville several times in the past.



The Dream Divine Series:

Savitri is a Mantra for the Transformation of the World, Presentation by Divyanshi

• Wednesday, 1 May, 4:30—5:30pm, @ Sangam Hall

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



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, <u>b.deb253@gmail.com</u>

> Everyone is welcome 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

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, नदिध्यासन (Listening, Reflecting, Selfenquiry & 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: <u>tinyurl.com/gitasatsanga</u>

 To know more, feel free to connect with us <u>devabhasha@auroville.org.in</u>

> Deven For Vidyamandir and Samskritam Auroville Team

To The Content

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, lpads, cell phones, etc. No Photos.

Dear Guests, please carry your Guest Card with you and note that access is for the Amphitheatre only from 5:45pm and until meditation ends.

> Surya for Amphitheater team

BHARAT NIVAS PRESENTS

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

> 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

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 Monisha, BN Team



POSITIVE NEWS FROM AUROVILLE FARMERS

This report is to celebrate that despite the obvious recent setbacks, challenges, and all the negativity, Auroville farmers continue to do what they have always done and will do for as long as we can—grow healthy food for Auroville in ways that support the local ecosystem.

Last month, Auroville farmers sent 3,128kilos of vegetables and 3,301kilos of fruit to Foodlink to be distributed to the Auroville community, mainly through PTPS and Solar Kitchen, with 46 different sorts of vegetables and 24 different sorts of fruit harvested last month. In addition, nearly 20,000 (19,764) eggs were sent to Foodlink, along with 6,327litres of milk, 846kg of various sorts of rice and 327kg of polished and unpolished varagu (the latter procured from the bioregion and processed in Auroville).

When you think of how all this food has been produced/ grown using farming methods that benefit both our natural environment as well as our bodies, the benefits to us both individually and collectively go far beyond the financial units in which this food is counted. Next month, we hope to also include produce from Auroville farms distributed through other channels, some of which spreads the blessings from our farms to Puducherry and beyond.

- If you would like to learn more about the fruit and vegetables grown in Auroville, you can download this digital book for free at: <u>https://tinyurl.com/3kxm9kx8</u>
- You can also download this poster about seasonal food in Auroville created by Isabelle <u>https://tinyurl.com/3m5pvyd8</u>
- To explore the whole world of food in Auroville, which includes not only how it is grown but its cultural meaning in this international township, please visit Isabelle's new website: <u>https://foodpathsauroville.com</u>
- If you have any feedback or questions you would like to ask us, please contact us at <u>aurovillefarmers@gmail.com</u> Priya and all Auroville farmers

A4A NEWSLETTER DELAYED

Dear friends and Well-wishers of A4A, Greetings!



Securing & Protecting Priority Plots In the City & Master Plan Area

Following our decade old tradition, we send you our A4A

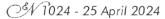
newsletter on four auspicious occasions in a year—21 February (the Mother's birthday), 24 April (the Mother's permanent return to Pondicherry), 15 August (Sri Aurobindo's birthday & India's Independence Day), 24 November (Victory or the Siddhi Day).

Due to personal circumstances of our team, our April issue will be delayed, and we will send you our newsletter at the end of May, and then our August 15th issue as usual.

Meanwhile, if you have any query, kindly let us know at <u>Ifau@auroville.org.in</u>

Looking forward to sending our April issue to you next month, we thank you for your understanding and support, and we are sending you our warm wishes of 24 April.

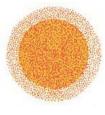
> Aryadeep and Mandakini for Lands for Auroville Unified (LFAU) and Acres for Auroville (A4A)





INTEGRAL APPROACH TO PHYSICAL EDUCATION One year course in Auroville

The Auroville Physical Education Board (AVPEB, SAIIER) 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 0
 - 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: 0
 - Teaching Games for Understanding (TGFU)
 - Lesson Planning and Implementation 0
 - Assessment and Evaluation Techniques 0
 - Classroom Management Strategies
 - Mentorship and Feedback Sessions 0
 - Project Implementation in Physical Education Settings
 - First aid training 0

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 at 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 SAIIER Nilima For SAIIER

SAIIER CALL FOR PROJECT PROPOSALS

Dear community, SAIIER, the Sri Aurobindo International Institute of Educational Research, supports innovative education-re-lated 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.

SAIIER 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 SAIIER 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).

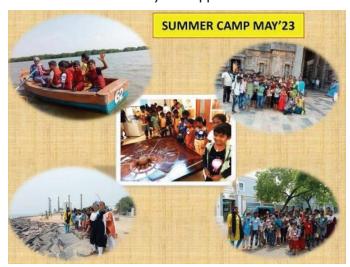
The timings will be 9am to 12pm in Nandanam Kindergarten and Centerfield Kindergarten.

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 Kuilai Creative Centre—May'24 Need your support!



At our Kuilai 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:

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

For contact: +91 8608473385,

- <u>kuilaicreativecentre@auroville.org.in</u> or
- kuilaicreativecentre.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, <u>avlib@auroville.org.in</u>.

Kristen, for the Auroville Library



SUMMER CAMP WITH ENLIGHT



May and June

Age 10—15, Activities: Art and craft workshop, Drumming workshop, Swimming class

- Contact Anand:
 - <u>enlight@auroville.org.in</u>, +91 9159468946

Arun, Anand and Balaji



NEW CO-WORKING SPACE!

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



WiFi Chairs Tea

- 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, <u>european.house.auroville@gmail.com</u> Marie



SANTÉ SERVICES, MAY 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: Monday/ Tuesday/ Wednesday/ Friday	Integrative Psychotherapy with Juan Andres: Monday to Friday
Acupuncture with Andres: Monday/ Tuesday/ Wednes- day/ Friday/ Saturday	Homeopathy with Michael: Monday/ Wednesday/ Saturday
Physiotherapy & Massage with Galina: Monday to Friday	Physiotherapy with Arun Monday to Saturday
Bio-Well Assessment (Evalu- ation of your well-being) with Helena: Inquiry through email adminsante@auroville.org.in	Soundbed Session with Sandhya/ Thilagam: Monday to Saturday

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

AUROKIYA INTEGRAL EYE CENTRE Arka, Auroville Therapeutic Eye Compress Sessions (For) Digital Eye Strain & Dry Eye

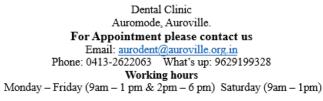
- Digital screen exposure reduces Meibomian (tear) gland secretion, leading to tear-film instability and Dry Eye. Dry Eye damages the eye surface causing eye strain, itching, irritation, redness, watering or headache
- Therapeutic Eye Compress offer protection and relief from Digital Eye Strain and Dry Eye

Consult us for More Information

<u>aurokiya@gmail.com</u>, <u>www.aurokiya.com</u>

Aurosugan for Aurokiya Eye Care





MAATRAM Closing For The Month Of May

Maatram will not conduct any OCH sessions (Open Consultation Hours) as we will remain closed for the month of May 2024.



Megha for Maatram mad



TALKIN' TRASH



Dear Community, we appreciate your efforts in helping get Auroville up to net zero waste. Please do not send Books and clothes here. Your friends, neighbors and Freestore will be thrilled to have them.

Thanks for reading and collaborating with us day by day. *B* for Ecoservice Team

D TOT LEOSETVICE TEUT

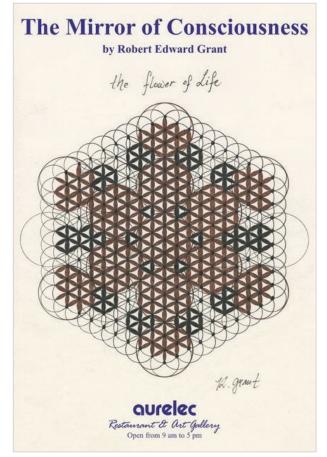
MATRIMANDIR LAKE An Alternative Design Concept, April 2024

Dear community, we are happy to share an alternative design concept for the Matrimandir Lake with the community, proposed by a team of Indian landscape planners and architects. The vision calls for the Matrimandir and its gardens to be surrounded by a lake, a challenge on many levels; ecological, aesthetic, functional and technical. This alternative landscape design concept for the Matrimandir lake and its surrounding park, not only addresses these challenges but also sets out a direction of design that is inclusive and aesthetic while providing for a living water body.

Please <u>take 5 minutes to watch this video</u>, as this could be the way forward to harmonize and unify the different views on the design of the lake surrounding the soul of Auroville.



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.

Claudine Pare

Please enjoy it, Claudine

5 april - 4 May

A CONTEMPORARY DANCE CREATION Weight of Time

April 27, 7pm @ CRIPA Choreography & Performance by Prashant More & Deepak Kurki

'Weight of Time' invites you to question the traditional idea of art having a purpose. Instead, it encourages you to be present and enjoy the performance for the sake of the experience. This dance piece offers a space for relaxation and immersion in the art, composition, and shared emotions. It explores moments of boredom,



silence, pleasure, solitude, anxiety, and vulnerability, illustrating how time transforms in the face of life's routine.

> +917507588719, Krishna



BHARAT NIVAS Regular Workshops, Classes & Exibitions



BHARAT NIVAS मारत निवास प्राग्नुकुं क्रियाल्फ The Pavilion of India, Auroville



REGULAR WORKSHOP, CLASS & EXHIBITION

MONDAY to FRIDAY 06:00 AM - 07:00 AM KALARIPAYATTU CLASS at Bhumika Hall

TUESDAY & THURSDAY 06:30 PM - 08:30 PM FENCING CLASS at Harmony hall

MONDAY, WEDNESDAY & FRIDAY 06:30 PM - 09:30 PM

TANGO CLASS at Harmony hall TUESDAY



04:30 PM - 05:30 PM THE SYNTHESIS OF YOGA at Resource Library

- FRIDAY 11:00 AM - 12:00 PM SAVITRI STUDY CIRCLE at Resource Library
- WEDNESDAY
 05:45 PM 06:55 PM
 INTEGRAL HEALING at Bhumika Hall
- MONDAY TO SATURDAY 09:30 AM - 12:30 PM

RESOURCE LIBRARY at 1st Floor - Bhumika Building

EXHIBITIONS - MONDAY TO SUNDAY



THE DAWN OF AUROVILLE - PHOTO EXHIBITION at Kala kendra

WILDLIFE ART GALLERY at Old LOE Building (old post office)

09:00 AM - 04:30 PM THE CITY THE EARTH NEEDS at India Space

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

> Submitted by Monisha for BN Team

& 1024 - 25 April 2024



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

Class EVERY TESSAY 6:50PM BIGGINERCLASS BIGKINGCLASS DEVERY SATURDAY AND LEVEL 6:200M US podemics and There is a card do adaption (and There is a card)

Salsa dance

Mani, @bakisata_dance

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



@ 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, <u>tango@auroville.org.in</u>
 Submitted by Maud

TANGO DANCE CLASS

Every Monday, Cripa, 6:30pm

- By apointment: any time you can do class
- Bring water bottle, socks, Every month new batch beginner, Minimum commitment 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

ZUMBA

- <u>www.angamtree.com/workshops</u>
- Kindly WA to be added to the Salsa WhatsApp +91 9751395939

Submitted by Raja

JOIN OUR BOLLYWOOD DANCE SESSION

@ Auromode! Every Tuesday, 5—6pm



Learn How To Dance Bollywood & Kollywood, Tosalion, Aurzmedt! For more information and to reserve your spot, contact: <u>balaganesh.siva@gmail.com</u>, +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



Every Mondays!

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







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, Col-



lage, 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

TANJORE ART CLASSES

Every Saturday, 10am—12noon @ Ilaignarkal Education center

Tanjore Paintings Hold Cultural And Religious Signiflcance, originating In Tamil Nadu, India. They Depict Hindu Deities And Mythology With Vibrant Colors and Intricate Details. The Use Of Gold Leaf Adds Opulence, Reflecting the Region's Artistic Heritage. These Paintings Serve Representations Of South Indian Art, Preserving Traditional Techniques and Contributing to The Rich Tapestry Of India's Cultural History

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

TANJORE ART Lasses Fory Saturday Ibigarkal Education Ibigarkal Education

EXPLORE WaterColor Techniqu

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



WITH Mr. K. JANAKIRAMAN - ARTIST Wednesday & Saturday 10am To 12pm At Unity Pavilion Aurovilie

LIGHT FISH PROFESSIONAL PHOTOGRAPHY STUDIO

Photography Services

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

Samvit Blas, Light Fish,

sales@light-fish.com

9442526287,

LiGHT FISH Studio Aurelec PHOTOGRAPHY Services Fashion Photography Froduct Photography Froduct Photography Froduct Photography

SOUND JOURNEY

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



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

Timon for SVARAM

The Sound	of Bambo	0 😨
Various Styles o	f the Indian Flute	- Cal

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: <u>michael@sound-of-bansuri.com</u> +91 9150567003 WA
- More Info:<u>www.the-sound-of-bamboo.com</u>
- To Donate: <u>https://pay.auroville.org/divine-arts</u>
- Learn More About Divine Arts:
 - <u>https://auroville.org/page/divine-arts</u>

Michael

& 1024 - 25 April 2024





SWIMMING CLASS

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

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 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.

Every Monday, Wednesday, Friday 7-8am @ Budokan, Dehashakti Jisung, +917094339490 WA

ULTIMATE FRISBEE

Regular Sessions

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

No prior experience needed!

Selvi for Auroville Women's Team

KSHETRA KALARI, ASPIRATION @ Aspiration Sport Ground

- Kalari Class for Beginners
 - Morning classes: 6:30-7:30am Monday, Wednesday, Friday
 - Evening classes: 5-6pm, 0 Tuesday, Thursday, Saturday
- Kalari Classes for Advanced People
 - Morning classes 6:30-7:30am 0 Tuesday, Thursday, Saturday
- Kalari Massage Available
 - 0 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 be-



ing: 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 contribu-tion 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,

Surva 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

Ultimate Frisbee

Ultimate Frisbee

BHARAT NIVAS PRESENTS Kalaripayattu Class in Collaboration with Kalarigram

Bhumika Hall, 6—7am, Monday to Friday

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



EARTH THROUGH INTERACTIVE WORKSHOPS



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: <u>https://registration.earth-auroville.com/</u>

 T. Ayyappan, Co-Director

WELLNESS WOODCRAFT ACTIVITY OF AUROVILLE Carpentry & Wooden Craft Workshops



Start your woodworking journey with hand & power tools. Carpentry and woodworking allows you to express your creativity by designing and building unique & personalized projects.



Whether you're creating a piece of furniture, kitchenware or a home decor, woodworking gives you the freedom to design and build something that reflects your personal style and interests.



Woodworking can also provide a sense of community and connection with other like-minded individuals.

 Advance Booking Is Necessary: wellnesswoodcraft@auroville.org.in, +91 9952589649WA Anand For Wellness Woodcraft

PAPER CRAFT WORKSHOP @ Wellpaper, Auroville

10am—4pm, Every Day Except Sunday

Join our workshop to learn & enjoy the process of turning waste paper into art. Create your own unique upcycled products from old newspapers to take home. • Contact Zeevic,



call +91 9385744744, 0413 2969722

Zeevic





+91 9159468946, <u>enlight@auroville.org.in</u>

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.
 - and crafts, units and activities. **Township Cycle Tour**: Learn about the Four Zones and Green Belt each focussed an important aspects of the township life.



• **Bioregion Village Tour**: Take a break from your city life and dig deep into the heart of rural villages around the Auroville, where a land of history and culture can be experienced.

Wellness

- Heart Chakra Massage: This massage helps to relieve tension, open your heart center and move stagnant energy out.
- Ashtanga Yoga: Yoga can be very effective in developing coping skills and reaching a more positive outlook on life.
- **Sound Healing**: Balances your chakras by using specific frequencies that reverberate through the body.



• Karlakattai: Karlakattai using wodden clubs restores vitality and youthfulness, strengthen and condition the whole body, you feeling energised and focussed in everyday life.

Programs

• Agri Holidayism: Experience and Enjoy visiting working farms or other for the purpose of recreation and active connecting with one's rural agricultural roots. Learn about farming, food production and sustainability, and the village farming



culture Live an authentic village and farm life by interactive experiences of rural life.

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

• Fire Side Drumming: The Power of The Healing Drum Circle. When you gather people in a circle around a fire and add the rhythmic beat of the drum, the result is the perfect environment to



develop social bonds. Learn how to use these community-building tools for the healing drum circle.

 Musical Instruments Workshop: Tune into the joy of music through the journey of creating your own instrument and the delight of playing it and feeling contentment. The mentioned instruments are representative only one can choose from our offerings in our



Outstation Trips

centre.

Thiruvakkarai (also spelled as Tiruvakkarai) is a village in the Vanur taluk of Viluppuram district of the Indian state of Tamil Nadu. Situated on the periphery of Auroville global township, it is the home of National Fossil



Wood Park, Sanstone Canyon Stream and Chandramouleeswar temple. Dating back to the 12th Century, the Tiruvakkarai Vakrakalli Amman Koil is a temple dedicated to a form of Hindu Goddess Kali known as Vakra Kali.

• One Day Advance Booking

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 <u>enlight@auroville.org.in</u>



& 1024 - 25 April 2024

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

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

JEWELLERY, TOYS, MUSICAL INSTRUMENTS, PLANTER, ARCHERY



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

For more information, special requirement, and prebooking contact:

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

Flexible training dates offered to groups

Murugan, <u>www.aurovillebamboocentre.org</u>

April 2024

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

Tours

- Auroville Northwest Tour
 Every day
- 10:3́0aḿ—1pm except Sunday
- Mohanam Campus Tour

10am—4pm, every day except Sundays

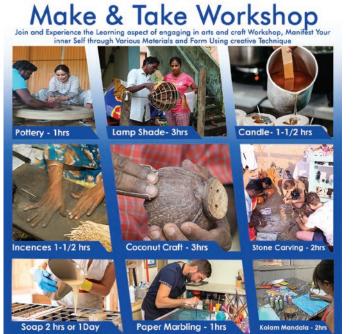
All above Tours One Day Advance booking is necessary **Contact**:

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

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: +91 8300949081
 - Preferred: <u>mohanamprogram@auroville.org.in</u>

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: +91 8300949081

Preferred: mohanamprogram@auroville.org.in

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: +91 8300949081

• Preferred: mohanamprogram@auroville.org.in

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.

Contact: +91 8300949081

Preferred: mohanamprogram@auroville.org.in Balu



+91 9791896488 WA /0413-2963034 @ Egai, Isaiambalam



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

Incense

Making

Workshop

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

Egai Kaivinai







Coconut Shell

Wooden Crafts

Incens









Bamboo Weaving

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

Submitted by Arun



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 Bioregion. 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 $7^{\rm th}$ to $10^{\rm th}$ grade.

If you are interested in volunteering, please contact us at <u>avagoffice@auroville.org.in</u> 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 heartful 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!

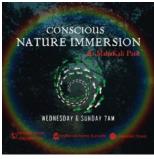
The Sadhana Forest team, Aviram

Nature Activities

CONSCIOUS NATURE IMMERSION

@ 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

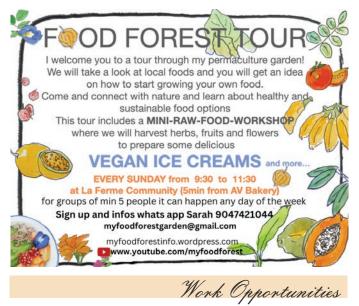


space for a direct connection with the organic 'Web of Life' brings, in turn, insights for our self-study and yoga of work.

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

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

Gmap link: Revelation forest Auroville
 Arun



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 <u>dcg@auroville.org.in</u>. Naren & Sandeep

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: <u>communication@earth-auroville.com</u>

T. Ayyappan, Co-Director

To The Content

Animal Care

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 SAIIER (equipment, repairs) and BCC (maintenance and running costs).
- Organize and supervise the purchasing of equipment and summer repairs yearly, following all the steps SAIIER requires.
- Communicate with SAIIER. Keep records, history and files, of activities for SAIIER: 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



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 Aurenne 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:

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

Shaalini on behalf of Aurienne's sister Durgaura

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

URGENT APPEAL FOR HELP

The infrastructure of our old dog shelter is deteriorating rapidly, posing serious risks to both our workers and the wellbeing of our dogs. This month the roof of our kitchen collapsed, forcing us to hastily convert a half-finished dormitory into a temporary cooking area. Years of neglect and the use of substandard materials and unprofessional work have contributed to the shelter's current state, with internal fences, en-



closures, roofs, and electrical lines in urgent need of repair. With only Rs. 50,000 in monthly funding from BCC against running costs of Rs. 3 lakh, we are unable to cover the necessary expenses. We urgently appeal to Aurovilians, dog lovers, and friends for support in repairing and temporarily fixing up the old shelter until the construction of the new facility is complete. Your donations of building materials, as well as your time and energy, are crucial in extending the life of the old shelter for a few more months. Please join us in ensuring the safety of our dogs.

You can contact us through our new website:

<u>http://www.aurovilledogshelter.com</u>

or message Arthur directly: 8122225266 WA

Arthur for Auroville Dog Shelter

MONTHLY TRANSPARENCY REPORT April 2024

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

Overview

- New admissions: 15 (215 since April 2023)
- Rabies suspect cases: 0
- Adoptions and Releases: 7
- Vaccinations administered: 9
- ABC shelter dog sterilizations: 17 (66 since February)
- Deworming: 56

Donations

This month was a disaster as we only received Rs. 82.800 in monetary contributions which includes Rs. 50.000 funds from BCC which is the second month in a row where we don't come even close to covering our monthly running costs of Rs. 3 lakh. We urgently need support! Please donate!

Expenditures

- Animal Food: This month we fed our dogs 1.8 tons of rice, 2 tons of chicken, and 600 eggs, supplemented with donated food items like vegetables and daal which cost us approx. 1.35 lakh.
- **Staff Costs**: Total staff costs for this month for our workers, paid animal care staff, 2 veterinarians, and volunteers was Rs. 1 lakh this month.
- Medical Costs: This month we spent Rs. 40.000 on urgently needed medicines, syrups, blood tests, hospital visits and materials for sterilizations.

Kitchen Roof collapse

The infrastructure of the old shelter is continuing to deteriorate at an alarming rate. This month the kitchen roof collapsed as the old support beams broke posing a severe threat of life to our workers. We had no option but to convert a half-finished dormitory into a temporary kitchen. As in the last few years, the infrastructure of the shelter had never been maintained properly and only sub-standard materials were used for construction, it is a race against time until it becomes unsafe to house animals there. We kindly ask Aurovilians and dog lovers to help us with their time, energy and donated materials to fix up the shelter.

Temporary halt of free sterilizations

Regrettably, despite our best efforts to secure funding, we are unable to continue offering free sterilizations for dogs adopted from our shelter and for financially disadvantaged dog owners. Until additional funds become available, we must suspend this service. However, we will continue to provide sterilizations every Monday at our cost price of Rs. 3,000 (Rs. 2,500 for Aurovilians). We apologize for any inconvenience and remain committed to ensuring the wellbeing of all dogs in the AV community and bioregion.

Inspection of the Department of Animal Husbandry

Our new neighbor, the Red Earth Riding School raised an objection that the shelter would relocate to the allotted Auroville land next to it, stating incorrect facts about the dog shelter. We have invited a delegation from the Department of Animal Husbandry on April 17th, 2024, to inspect the allocated site for the construction of the new Auroville Dog Shelter. The delegation was presented with architectural plans crafted by esteemed architects, which were thoroughly reviewed and found to meet all safety standards, particularly in relation to the adjacent Red Earth Riding School, ensuring the well-being of both horses and dogs. Following the site inspection, the delegation visited the existing Auroville Dog Shelter, where it was confirmed that, contrary to complaints raised by the Red Earth Riding School, the actual number of dogs residing at the shelter is presently 250 (plus 33 puppies), not 1.000 as falsely stated. Moreover, it was affirmed that all dogs are microchipped, vaccinated, dewormed, and sterilized, and are maintained in good health and good condition despite the challenging situation of the deteriorating old shelter facility. The Department of Animal Husbandry approved the new site and recommended starting the construction of the new Auroville Dog Shelter immediately.

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

> Auroville Dog Shelter Team, Tine, Joseba, Arthur, Mar

Taxi Share

Taxi to Sri Ma once a week in May

If you're interested to share a taxi to Sri Ma once a week in the month of May get in touch to reserve a place

Isha, message +91 96555 34514

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



Housing Loan Repayment Assistance

Dear Community Members & Friends, We, Vinai & Rama, are working in the Service Units & staying in Petite Ferme Auromodele. We are currently reaching out to request your assistance with our housing loan repayment. Due to unforeseen circumstances, we are currently facing financial challenges that make it difficult for us to meet our repayment obligations. Your support would greatly alleviate this burden and



help me ensure the stability of my housing situation.

Any contribution, no matter how small, would be sincerely appreciated by my FS account no:106445.

Thank you for considering my request during this time of need.

Vinai.m & Rama

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.



Bala

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

Well Paper Needs Sculpting Tools

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

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

Seeking A House-Sitting

Hello, I am seeking a house-sitting opportunity! I am a Website Designer. I will take good care of your house and any pets with lots of love! I have been living in Auroville for the past 2 years. To know more, +91 9820154320 WA or ashishchandy88@gmail.com



Viji for Wellpaper



Asish Chandy

To The Content

Looking For Long-term House Sitting

Dear Community, I am a confirmed Aurovilian and looking for a long-term house sitting, starting from end of July or earlier. I am single, originally from Italy and I contribute to the Community through various activities. I am a clean, reliable, quiet and respectful person. Please reach out on 8667648515 or solespazio@gmail.com Enzo



Bhuvana Looking for a Housekeeping Job

Bhuvana from Kuilapalayam is looking for a full time housekeeping job. She speaks quite well in English, is regular and honest.



Tine, Aurogreen +91 9843984181 WA or call

Looking for a Wet Vacuum Cleaner

I am looking to borrow or rent a wet vacuum cleaner to clean a carpet. Please let me know if you do have one. I need it for 1 day.

Beber, 6385635943



Available

Samsung Galaxy A71 Available



Bunk Bed Available

Bunk bed to sell, We still have a couple of bunk beds to sell from our previous boarding. Beber 638563 5943



Glass Shelves Available

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

Pls contact <u>Grace@auroville.org.in</u>





Jesse for The Maroma Team

Grace

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!



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

KINDNESS KITCHEN Sunday, 28 April, 10am until Lunch (Included)



HOMEMADE FOOD?

+917045128901

+91 9223379171

Kindness Kitchen is an experiment in generosity and heartfelt connections. No prices, no strings attached. Guests are invited to contribute from the heart, not for what they received, but for those who come after. At the end, everyone has an opportunity to keep the chain alive and pay it forward with money, time or other expressions of wealth for future quests. Please come, learn to cook, eat and bless.

Sunday 28 April

- 10am—Learning & Preparing
- 12noon—Chit-chat and /or games
- Lunch -1pm. 0
- Menu: Andhra Style South Indian Vegan Thali
 - Baghara Annam (mildly spiced rice)
 - Paalakura Pappu (spinach lentil curry)
 - Tamata Charu (tomato sour thin curry) 0
 - Guttu Vankaya (stuffed brinjal thick curry)
 - Avakaya (pickle) & Parvannam (dessert)
- Hosted at the home of Nirmala & Naresh: • Pushpanjali, Kottakarai, Bioregion Auroville.
- To RSVP please call or WA:
 - +91 7045128901, 9082486890

We request you to RSVP at the earliest (by April 26) so we can prepare accordingly.



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 & Volunteers)

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



Break-fast, Lunch & Dinner available Open-Mic night every Saturday from 7pm to 9:30pm! Sunday—Holiday

Near New Creation, Kuilaplayam, Auroville 0413 2623071, 9786772209 <u>yatraartistecafe@gmail.com</u>, Yatra Srinivassan

QUTEE ELECTRIC SCOOTER SERVICE

Many in Auroville are not aware that a quality service for all brands of electric scooters, and especially the ones (Humvee) made here over the years, is conveniently available. The Qutee service center is located near the Certitude entry of Auroville across from the Road



Service just off the tar road before the Puncture Service.

New and old electric scooters can be repaired, maintained or replaced. Also battery services (recycle, repair, replace), Uninterrupted Power Supplies (UPS) and solar system services can be conveniently arranged. All work is coordinated by Govindaraj (Aurovilian) with decades of experience.

• You may call Qutee 9443372418 for any of your requirements. Upgrade to electric transport and solar power. **B**

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:

- <u>surabhisupplies@auroville.org.in</u>
- +91 98438 46458 WA, Phone: Iyyappan

Let's simplify and optimize your sourcing process together! Iyyappan, 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

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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
 - 0413 2622295
 - 9443090082/ 8098193820
 <u>newwaves@auroville.org.in</u>, <u>newwavesauroville@gmail.com</u>
 - Office open afternoons only Monday to Saturday at 2—5pm

JOIN DROPZY



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

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



Dhanda

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, sariblouses and kurtas.

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

Rupavathi Joy

TRAVEL NEWS FROM INSIDE INDIA (Tuesday, 23 April, 2024)

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: <u>travelshop@inside-india.com</u>
- We can also help you build the dream tour of India in general, Southern India in particular. You may send us your request by <u>emailinsideindia@auroville.org.in</u> or <u>insideindia@inside-india.com</u>

Some current offers

- Malaysian Airways offer fares from Chennai to Seoul.
- Air India special fare from Chennai to Milan, Sydney and Melbourne.
- Aeroflot flight offer fare is available from Delhi—Moscow—Delhi.
- The new Premium Economy cabin features on Emirates new A380 now flying between Dubai and the following destinations: Auckland (AKL), Bengaluru (BLR), Christchurch (CHC), Houston (IAH), London Heathrow (LHR), Los Angeles (LAX), Melbourne (MEL), Mumbai (BOM), New York John F Kennedy (JFK), San Francisco (SFO), São Paulo (GRU), Singapore (SIN), Sydney (SYD), Tokyo Narita (NRT)
- 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

Trip ideas

- Looking for a weather change, why not Nepal, Kashmir, or Ladakh... and of course closer to Auroville, Kodai-kanal 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 Tips

- 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.
- Please note that It is now mandatory for the applicants to attain a pre-approved ETA before traveling to Sri Lanka. Also note—Sri Lanka immigration has stopped issuing Visa on Arrival to Indian nationals.
- The Embassy of the Republic of Turkey announces that Turkish authorities have commenced requiring the 'Electronic Airport Transit Visa' (e-ATV) for Indian & Nepalese passport holders traveling to Mexico, Panama, Colombia and Venezuela, Transiting via the Istanbul Airport Joster

FREE STORE SUMMER OPENING HOURS

In the months of **May and June** we will be open from 8:30am to 1pm

Kindly note: **No afternoon**



Kamala for Free Store Team

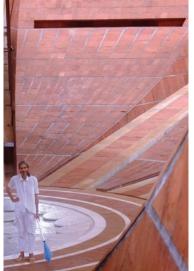
Voices and Notes

AUROVILLE'S GOLDEN AGE: Georges (Vikas)

The Avatar's opus is society; all types must be represented, in the alchemical crucible of transformation: the demons and the angels – and the mediocre too. Auroville parades all of them.

'Georges was an exceptional person, a kind soul, sincere and with nothing but goodwill for all' wrote an Aurovilian at his passing, eight years ago, when he reached the other shore.

Memories surface, fragments of reminiscences, like autumn leaves reminding me the wonder of springtime. Georges



hailed from a remote village in the mountains of Southern France, a terrestrial paradise where wild horses roamed free. As a child, he walked for hours in the woods, with his father and his little sister, picking up pebbles, leaves, grasses, flowers, and anything that stroked their tender imagination; his father chose the winner of the day. As a teenager, Georges sat with a book on the branch of a tree on the edge of a cliff, lost to the world for hours. His mother was a pious Christian with strong social concerns, true to the Gospel – and his father an idealistic communist: this was Georges' initiation to life. When one is well-born, half of the work is done, the early Ashram sadhaks used to repeat. Surely Georges was one of them.

Pondering over the mysterious antinomies of the universe, Georges chose philosophy as his university subject but the grand questions of existence kept eluding him. Confronted with the injustices of society, he started working instead in a factory, while spending entire Sundays (the access was free) in museums, the Louvre in particular, mesmerized by immortal masterpieces.

Striving for a just, humane society, Georges was a typical 1968 offspring seeking a truer life. Traveling widely in haphazard ways he lived in esoteric communities; making his synthesis with no other guru but his inner self, he explored many paths. Repairing houses without charging, content with what people gave him, for years he made a dignified living. Offered money and gifts he didn't seek, to succor someone in need Georges was always ready to give whatever he had at that moment. Taking sides with the poor and the oppressed, he was a friend to the gardener, the worker, the villager, shared meals with the humbles and attended their weddings.

Asked how he could leave behind the idyllic surroundings where he grew up and those genuine people, Georges's reply was unwaveringly the same: he was happy, in his small flat in Vikas he had all he needed. 26 square meters, a porch, a minuscule garden which he attended, the green cycle he painted... He refused any maintenance and was so honest that the only time, because of the deluge, he shared a free taxi for seniors he insisted on paying. He was well versed in the art of parsimony and wore clothes (gifted by his sister) till their very end; recycled objects and every scrap of paper; used water and electricity sparingly; did the house cleaning and laundry himself, first thing in the morning. His simple way of living, consistent with his beliefs, made him a happy free bird.

Endlessly giving for the sake of giving, looking for harmony and balance in impossible situations, Georges was cogently aware of Auroville's impossibilities. He sat as a silent observer at the Council's meetings and was a member of the Temporary Feedback Review Committee. When needed, he publicly raised issues, calm and firm.

Georges had a solid culture of art, was widely read on most varied subjects and published two books. He worked at the Seagull bookstore and made new friends, discussing titles with people. He was an avid reader of spiritual matters and particularly of Sri Aurobindo, who often came up in our discussions, with Georges referring to poignant, enlightening texts.

He was his own guru and never compromised, his innate goodness shattered all obstacles. In moments of distress, feeling the downfall was unstoppable, I turned to him, solid as a rock, and hope returned. Compassionate, selfeffaced, relentlessly giving, a wise man with no claims whatsoever, irreplaceable, Georges belonged to the higher realms the Mother describes and to them has returned. May his luminous example not be in vain.

Submitted by Paulette

MATRIMANDIR—TEMPLE of the Supreme Divine Mother

A new video showing an alternative design for the Matrimandir Lake has appeared:

<u>https://youtu.be/moFaD2iJXyU</u>

The presentation is quite appealing, but upon careful scrutiny seems to lack in depth, both technically and figuratively. These following comments came up earlier in the morning of 19 April 2024 as a response to fellow Aurovilians, and based on unfolding events that were announced to the community later that day, were premonitory:

It's very beautiful in concept, but then the problematic questions come:

How to implement this, now that the current one is ongoing?

- Will another court case be lodged to stop the current works?
- This proposal says it's rain-fed only, which will not be enough at such shallow depths. Water will evaporate and dry off in the rainless season (I have experienced this for six years living in our family-owned 4-hectare place in the Philippines, the whole stream in our district dries off).
- Thus the needed depth of the current works. We are on an elevated plateau, remember?
- Did you watch the presentations by Michael Bonke at Savitri Bhavan, on why this depth and the use of plastic sealing of the lake bed? Why bentonite clay was rejected? Why a hill is needed for the circulation of water?
- The Mother in Her Vision of Auroville also mentioned a hill emerging for a specific purpose, and of course the lake, which are happening. Should we not rejoice that these are happening and that someone is funding them?
- Folks talk of not using machines in building and maintaining the lake, but who amongst the Aurovilians will do this with their bare hands these days? We are in Year 2024, are they really living in the modern present preparing for the future, or stuck in the dead past?
- Please consider carefully before organising another protest movement, as the Mother said, protests and resistances to change create disharmony¹, a recognisable stamp of the false-separative egomind.

- We can take the constant development and progress of successful Auroville commercial units thanks to their proactive and forward-looking Executives. Will the Executives allow the workers to make the crucial decisions? The workers can make suggestions, but the final decisions must be made by the Executives. The hierarchical governance structure of any organisation must be respected and imposed. The same with building the City of Dawn, the willing servitors have to allow the Executives of particular units upto Auroville's overall collective management to move it forward.
- We are invited to participate in the Auroville of the Supramental Kalki Avatar Sri Aurobindo and the Mother primarily to hasten the advent of the new species the Supramental being, which will take many generations. This is our Primary Vision-Goal as outlined in our Three Core Ideals² and our Aims and Principles³, as it is very obvious globally the deteriorating corruption of the old mental world of falsehood of the humans. We have been warned many times by the Mother, 'collaborate... or crashing circumstances', 'Truth or the abyss'. This is why the building of the modern and future-oriented City of Dawn is most important for the whole world, the whole of Mother India and not just for a few. We are meant to prepare a modern spiritual sanctuary, a Gurukul revealing and applying the Integral Knowledge which include the understanding of the hidden Cosmic Forces of Life⁴, preparing a transformative cradle for all the incoming Sun-eyed Children from all over the world.
- Bharat Mata, the Guru of the World, is in a renaissance and we have to do our bit to help make Her great and prosperous again, to bring back to global prominence Her Dharma of Divine Love and Oneness, which clearly reflect the Five Dreams of Sri Aurobindo⁵. We have to make Auroville the Great City of Dawn the Mother envisioned, upgrading the living standards of everyone in and around this community, spiritually and materially. Salvation is physical, after all, and we are here to manifest this divinity by first collaborating with each other according to our shared Vision-Goal.

Now we offer all of these, our successes and difficulties and our very selves to the Supreme Divine Mother Maha-Shakti who will modulate us all including the building of the City of Dawn accordingly.

Also, again as a reminder, 1988 happened and Auroville came under the legislated and legal administration and governance of the Government of Mother India through Her Ministry of Education. This happened for a reason which has the blessings of the Supreme Divine Mother MahaShakti, otherwise it would not have happened. This is very obvious and very true to this day.

The Supreme Divine Mother MahaShakti knows better than any ordinary human, thus our Sunlit Path of Bhakti, of Surrender⁶ to Her, which is the easiest and the most joyful path.

Whoever is in a position of executive power has the blessings of the Supreme, or as the saying goes the 'Mandate of Heaven', until such time that this mandate is handed over to the next Son or Daughter of Heaven.

So before going against this or any Mandate of Heaven, especially the building of Auroville according to the Mother's guidance, please pray very deeply and sincerely to Her, as any resistance or protest to this Mandate creates disharmony and sufferings.

The Mother invited us all here together from all over the world for a specific purpose:

'Now for me, things are no longer exclusive, not at all. I very clearly see the possibility of using the most opposite tendencies AT THE SAME TIME... with some slight deftness, that's all. It's not exclusive, I don't say, 'Ah, no, not this!' No, no, no: everything, all of it together. That's what I want, to succeed in creating a place where all contraries can be united.'⁷

The painful experiences are integral parts and parcel of the evolutionary process of awakening and Supramental transformation. No pain no gain. We co-learn from each other, and the way of suffering shows through individual and collective experiences the imbalance and disharmony resulting from intentions and actions that are out of sync with the Vision-Goal of Auroville.

There is Only One and we are all THAT unfolding as one evolutionary movement. Some move forwards while others get dissolved in the constant creation-destruction Dance of Shiva. To be in a constant state of inner soul equality within this ever-unfolding movement of diverse forces and beings, to be in the state of Samata, is to be always in the Sunlit Path of Bhakti to the Supreme Divine Mother MahaShakti. We continue on...

Om Namo Bhagavate

- ¹ <u>https://incarnateword.in/agenda/08/may-6-1967</u>
- ² <u>https://auroville.org/page/core-documents</u>
- ³ <u>https://incarnateword.in/cwm/13/aims-and-principles</u>
- ⁴ <u>https://incarnateword.in/compilations/toc/the-hidden-forc-es-of-life</u>
- ⁵ <u>https://incarnateword.in/compilations/a-call-to-the-youth-of-india/five-dreams</u>
- ⁶ <u>https://incarnateword.in/cwsa/29/surrender</u>
- ⁷ <u>https://incarnateword.in/agenda/10/december-31-1969</u> Zech, 2024.04.22



SEA ROSE

Rose, harsh rose, marred and with stint of petals, meager flower, thin, sparse of leaf, more precious than a wet rose single on a stem you are caught in the drift. Stunted, with small leaf, you are flung on the sand, you are lifted in the crisp sand that drives in the wind. Can the spice-rose drip such acrid fragrance hardened in a leaf? HD (Hilda Doolittle)

sole on soil

Sole on soil Direct connection One step at a time

With joyful Gratitude, Anandi Z.



ACROYOGA

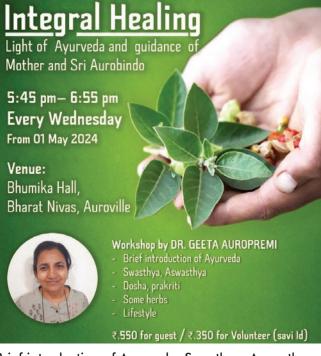
- For guests and beginners on appointment only,
- Monday, Wednesday, Friday, 1am—12:15pm or 3—4:15 pm
- Contact +91 9047722740 WA



Damien

○[&]N 1024 - 25 April 2024

BHARAT NIVAS PRESENTS Integral Healing



Brief introduction of Ayurveda, Swasthya, Aswasthya, Dosha, Prakriti, Some herbs, Lifestyle Enquiry Contact Monisha +91 8489347454 Submitted by Monisha for BN Team

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-alifetime' 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

It Matters

Schedule from Thursday, 25 to Saturday, 4 May

- Location: It Matters, Auroville Main Road next to Progress Transport Service
- More info: on <u>itmatters.auroville.org/activities</u> or instagram @auroville.curated



 All activities are Rs./600 for guests, Rs./150 for Aurovilians/ Volunteers. Discount vouchers available.

Date	Activity
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—4pm	Intuitive painting with Marie-Claire Barsotti*
29 April, Monday, 9—9:30am	Monday Smart Start with Ange Sabine Blanchflower
29 April, Monday, 5—6pm	Tai Chi, the way of the leaf with Kaarthikeyan Kirubhakaran
1 May, Wednesday, 10:30—11:30am	Dynamic Flow & Yoga Nidra Sound bath with C.D.
2 May, Thursday, 5—6pm	Laughter yoga with Ancolie Dove
3 May, Friday, 5—6pm	Mystery Activity—Reveal on insta the same day
4 May Saturday, 10—11am	Upcycled DIY with Abhipsa
4 May Saturday, 2—4pm	Intuitive painting with Marie-Claire Barsotti*

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

KARMA YOGA Learning By Doing



• <u>cafe.vilcegmail.com</u>

Isha

Kathir for Verite Learning Center

C[&]N 1024 - 25 April 2024



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.

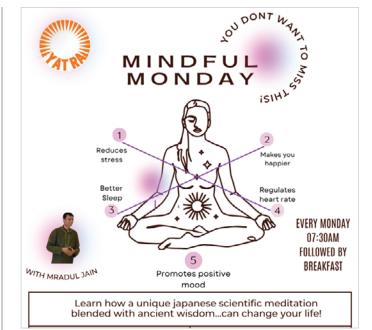
The course will be held at Maloka, Anitya community and is hosted by Inner Sight (a LEAD activity).

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



- Scientific Meditation with sound healing for destress 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 0

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



Every Monday, 7:30am, followed by breakfast

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

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

KOLAMYOGA IS NOW SHARING

For free! The first five! Only this year 2024!

Foundation tutorial/ course videos. Filmed/edited by skilled videographer Park Song-Wan. Music by Anungla Radha Longkumar, Danny Becher, Joy Legrand.

Content creation, Kolam syllabus development and distribution (youtube account name) Grace Gitadelila KolamYoga The aim is to give better/ freer access to whoever feels a call to dive into an integral understanding of an essential part



of Tamil culture, a Universal code language, gain knowledge and access to tools of empowerment and self development. And bring forth an awakened call to reconnect consciously with Source its resonance FIELD of all creation!

- Introduction to KolamYoga
- Lesson 1 Threshold Guardians
- Lesson 2 Temple, Gopuram and Kulam
- Lesson 3 Vaishnavite Padi Kolam
- <u>Lesson 4 Sun Disc & Swastika/ Suvastika</u> (release full moon 25 April)

Every Month around the full Moon of this year 2024 will see the release of the next 7 KolamYoga foundation videos! Concluding in December with the last of the 12 (13 including the Introduction). If this sparks in you a commitment to learn and practice the foundation Kolam tasks.. I make myself available to give time and encouragement to your learning through for example communication

- +918072449091 WA
- all this free of charge!
- If you additionally wish to see me personally I will need to request a monetary contribution of INR 1500/- per session.

On completing all tasks given of the entire foundation course and well communicated with me, I hand out a KolamYoga Foundation course certification! Grace

YOGA WITH RACHEL



One to One lessons—Small groups

Weaving a tapestry of gentle gidance, 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 retunne with yourself, aligning your body, mind and spirit.

Clases particulares—Pequeños grupos

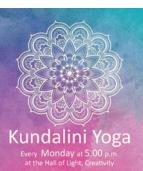
Tejiendo un tapiz de suaves movimientos, guiándote verbalmente a través de cada asana con detalle, como un hilo dorado que conecta la respiración y el movimiento con tu propia Esencia. Cada Asana, como expresión de equilibrio, invitándote a resintonizar contigo misma, alineando cuerpo, mente y espíritu.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

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.



Bel Jimenez

- Contact: Bel +91 7598892065 WA
- Certified Kundalini Yoga teacher.

QUIET HEALING CENTER Summer Break



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

YOGA CLASSES in Bharat Nivas

D**aily 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



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

il edillellis				
Treatment	Therapist	When		
Body Logic, Soft Massage & Deep Tissue Massage.	Рере	Monday. to Satur- day by Appointment 9943410987		
Cranio-sacral, Lomi Lomi Kahuna massage, Barefoot body massage	Silvana	Monday to Saturday by Appointment 9047654157		
Psychospiritual Introspec- tive 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
lyengar 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 <u>arka@au-roville.org.in</u> 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



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 old-



est systems of medicine in India.

- The certificate course has three levels:
 - Basic: 10 Hours,
 - Intermediate: 20 Hours, 0
 - 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.



Karlakattai

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

Karlakattai (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, coanitive, 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 <u>www.angamtree.com/therapies</u>

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 In-
- Conduct postural assessment and evaluation

formation Form

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

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 <u>www.innersightav.org</u> or WA Kardash on 9940934875.

Submitted by Kardash

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 (Re-

inforcement 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 exercices & 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.

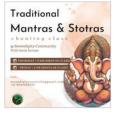
- Start promptly 7pm, finish 8:30
- Info: +917639761930 WA, <u>satyayuga@auroville.org.in</u>
 - French and English speaking.
 - Location on request.

Satyayuga

TRADITIONAL Mantra and Stotra Classes @ Serendipity Community with Sonia Novaes Thursday, 9am, Drop-In Class Friday, 5pm, Regular Class

• <u>serendipityauroville@gmail.com</u>, +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 @Vérité - 5 pm - with Nadim

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



KUNG FU PANDA II

Saturday, 27 April, 7pm @ Unity Pavilion

Get ready to embark on another adventure with Po and the gang! Join us for a screening of Kung Fu Panda Part 2 on Saturday, 27 April at 7pm. Prepare for laughter, action, and a whole lot of panda-monium! Arun





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

- Reminder: Friday, 26 April, **The Night Of The Iguana** by John Huston, US, 1964
- Friday, 3 May, 8pm Good Will Hunting

Directed: by Gus Van Sant, US, 1997

With: Robin Williams, Matt Damon, Ben Affleck, Stellan Skarsgård

Synopsis: A psychological drama about Will Hunting, a gifted young man whose great intellectual capacity and acuity for mathematics is counterbalanced with his impulsive and arrogant character. Will meets a therapist who challenges him to see life differently, revealing to him what matters most.

The film was nominated nine times for the 1998 Academy Awards winning Best Original Screenplay for Affleck and Damon and Best Supporting Actor for Robin Williams. A touching story beautifully filmed with gorgeous landscapes! **Mikhail Sokolin** will introduce the film and is inviting the audience to 'embark on a journey into the nature of the human condition: its beauty and difficulties.'

Original version in English, with sub-English—duration: 2h.05'

Surya & Susana for Aurofilm



CINEMA PARADISO Multimedia Center (MMC) Auditorium Film Program 29 April to 5 May 2024

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

Indian—Monday 29 April, 8pm Aachar & Co

India, 2023, Writer-Dir. Sindhu Sreenivasa Murthy w/Sindhu Sreenivasa Murthy, Anirudh Acharya, Harshil Koushik, and others, Drama, 105mins, Kannada w/ English subtitles, Rated: U(G)

The 1960s was a time of change especially for women breaking stereotypes. Set in 60s Bangalore, the film follows Suma and her nine siblings in a traditional conservative family headed by Madhusudan Aachar. When Madhusudan Aarcher passes away, Suma finds herself in a new role of shouldering family responsibilities, facing challenges, and discovering herself in the process. A must watch!

Potpourri—Tuesday 30 April, 8pm Nuovo Cinema Paradiso (Cinema Paradiso)

Italy-France, 1988, Writer-Dir. Giuseppe Tornatore w/ Philippe Noiret, Enzo Cannavale, Antonella Attili, and others, Drama-Romance, 174mins, Italian w/ English subtitles, Rated: PG

In this classic tale, famous film director Salvadore returns to this native Sicilian Village following death of his mentor Alfredo. He remembers the hours he spent at the Cinema Paradiso with Alfredo nurturing his skills in filmmaking. It highlights the dying trade of traditional film making, as it also explores a young boy's dream of leaving his little town to foray into the world outside.

Interesting—Wednesday 1 May, 8pm Alternativa

Spain, 2023, Dir. Agustí Corominas & Juan del Río, Documentary, 115mins, Spanish-Catalan-English w/ English subtitles, Rated: NR (PG)

From Latin Alter (other) and Nativus (born) this film showcases innovative initiatives of transition made by ordinary people as they redesign their lives in alignment with the values such as earth's health, equity, and solidarity, responding to the systemic crises at various levesl—energetic, economic, ecological, social, cultural and epistemic. This film is sourced and contributed by The Green Silk Road, an Auroville Activity. Gijs from the Activity will briefly introduce the film.

Selection—Thursday 2 May, 8pm Persepolis

France-USA, 2007, Dir.Vincent Paronnaud & Marjane Satrapi w/ Chiara Mastroianni, Catherine Deneuve, Gena Rowlands, and others, Animation-Biography, 96mins, French(primarily) w/ English subtitles, Rated: R

Based on autobiographical graphic novels series by Satrapi this film narrates the story of the political and cultural evolution of Iran through the eyes of a young girl. It is filled with moments of joy and grief as the story is simply told through illustrations. It is a brave, humorous and honest insight into life in a theocracy.

International—Saturday, 4 May, 8pm Chlopi (The Peasants)

Poland-Serbia-Lituania, 2023, Writer-Dir. DK Welchman & Hugh Welchman w/Kamila Urzedowska, Robert Gulaczyk, Miroslaw Baka, and others, Animation-History, 114mins, Polish-Latin w/ English subtitles, Rated: R

The film tells the story of Jagna, a young woman determined to forge her own path within the confines of a late 19th century Polish village—a hotbed of gossip and on-going feuds, held together, rich and poor, by pride in their land, adherence to colorful traditions and deep-rooted patriarchy. When Jagna finds herself caught between the conflicting desires of the village's richest farmer, his eldest son, and other leading men of the community, her resistance puts her on a tragic collision course with the community around her.

Children's Matinee—Sunday, 5 May, 4pm The Little Mermaid

USA, 2023, Dir. Rob Marshall w/ Halle Bailey, Jonah Hauer-King, Melissa McCarthy, and others, Family-Fantasy, 135mins, English w/ English subtitles, Rated: PG

A young mermaid makes a deal with a sea witch to trade her beautiful voice for human legs so she can discover the world above water and impress a prince.

Marcel Pagnol Film Festival @ Ciné-Club

In his films, Pagnol transfers his playwriting talents onto the big screen. His editing style is somberly reserved, placing emphasis on the content of an image. As a pictorial naturalist, he relies on film as art to convey a deeper meaning rather than solely as a tool to tell a story. Like his plays, Pagnol's films emphasize dialogue and musicality. The themes of many of Pagnol's films revolve around the acute observation of social rituals.

Ciné-Club Sunday 5 May, 8pm Marius

France, 1931, Dir. Alexander Korda w/ Raimu. Pierre Fresnay and others, Drama—Romance, 130 mins, French w/ English subtitles. Rated: NR.

The film takes place mostly in the waterfront bar of César, Marius's father. Marius works in the bar and his good friend since childhood, Fanny, works outside the bar selling cockles. Marius has a hidden desire to travel to exotic places with the ship crews that depart from the docks of Marseille. This is a part of the Marseille Trilogy which includes the films Fanny and César.

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 onetime or recurring donations to 'Cinema Paradiso' (account #105106) or set up for a monthly contribution.

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

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, 3rd May Best Decision Ever

2018 / 35 mins / Built4Anything

A unique look into what happens next when you decide to go vegan. This documentary will dive into the different social aspects of making this decision. Aviram



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:

• Vandrevala Foundation +91 9999666555

India Emergency Response Service (24/7): 108



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, <u>NewsAndNotes@auroville.org.in</u>

avbus@auroville.org.in, +91 9443074825

Accessible Auroville Public Bus



Auroville TO PONDICHERRY

Trip 1	Trip 2	Trip 3
7:00	8:50	14:50
7:02	8:52	14:52
7:06	8:56	14:56
7:10	9:00	15:00
7:12	9:02	15:02
7:17	9:07	15:07
7:19	9:09	15:09
7:23	9:14	15:14
7:26	9:17	15:17
7:36	9:30	15:30
7:38	9:33	15:33
7:40	9:35	15:35
	7:00 7:02 7:06 7:10 7:12 7:17 7:17 7:19 7:23 7:26 7:26 7:38	7:00 8:50 7:02 8:52 7:06 8:56 7:10 9:00 7:12 9:02 7:17 9:07 7:19 9:09 7:23 9:14 7:26 9:30 7:38 9:33



Pondicherry TO AUROVILLE

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

Bus passes

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

AV account / Cash / UPI Transfer :

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

Bus passes are available

At Auroville Vehicle Service, Townhall, Auroville.

• 9am—12:30pm & 2—5pm

Contact

• 0413 2623302

Below link to join On WhatsApp group

- of Auroville Bus to get the regular updates of the bus:
- https://chat.whatsapp.com/Lt43wBCBno1E6CTwoaUt2x