



# News Notes

#1042 A weekly bulletin for residents of Auroville 29 August 2024

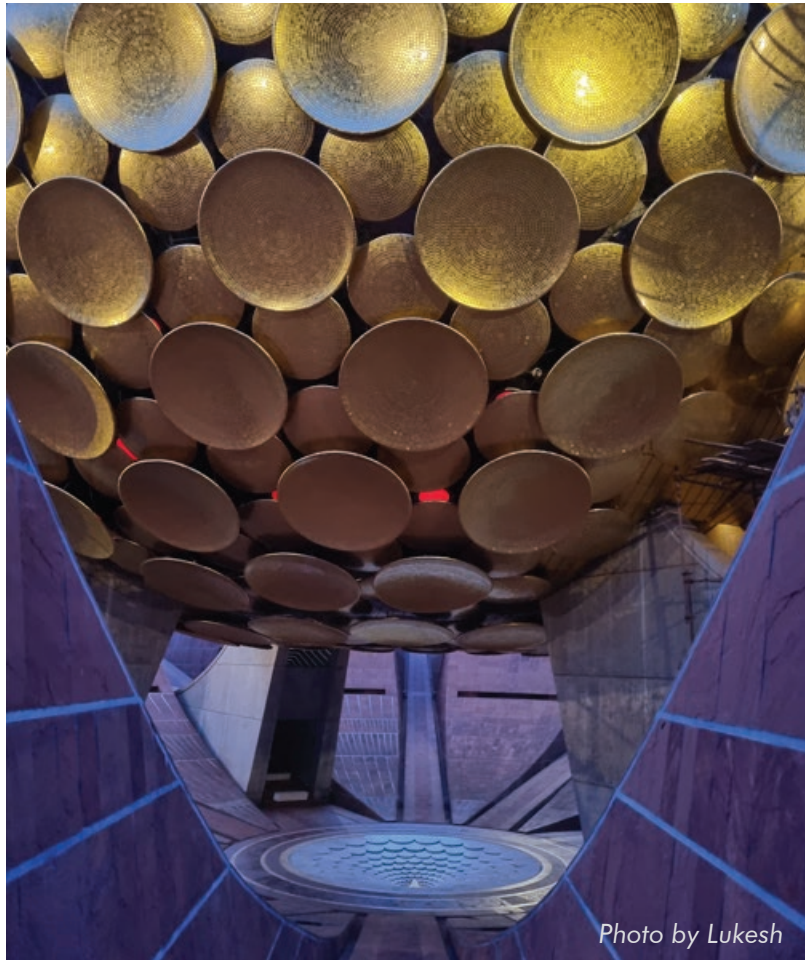


Photo by Lukesh

From the kindled fire of Energy of Consciousness Truth was born and the Law of Truth; from that the Night, from the Night the flowing ocean of being. *Rig Veda*

## Pondering



The origin of the Ignorance must then be sought for in some self-absorbed concentration of Tapas, of ConsciousForce in action on a separate movement of the Force;...

So it builds a wall of separation which shuts out the consciousness in each form from awareness of its own total self, of other embodied consciousnesses and of universal being. It is here that we must look for the secret of the apparent ignorance of the embodied mental being as well as of the great apparent inconstance of physical Nature...

Ignorance is therefore not the natural character of the consciousness of the soul, even of the individual soul; it is the outcome of some particularising action in the executive Conscious-Force when it is absorbed in its works and forgetful of self and of the total reality of the nature. This action cannot be that of the whole being or of the whole force of being...

Ignorance is Nature's purposeful oblivion of the Self and the All, leaving them aside, putting them behind herself in order to do solely what she has to do in some outer play of existence

The Origin of the Ignorance and the Exclusive Concentration and the Ignorance

*Life Divine, Sri Aurobindo*

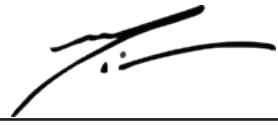
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# House of Mother's Agenda

In the long ever-mounting hierarchy,  
In the stark economy of cosmic life  
Each creature to its appointed task and place  
Is bound by his nature's form, his spirit's force.  
If this were easily disturbed, it would break  
The settled balance of created things;  
The perpetual order of the universe  
Would tremble, and a gap yawn in woven Fate.  
If men were not and all were brilliant gods,  
The mediating stair would then be lost  
By which the spirit awake in Matter winds  
Accepting the circuits of the middle Way,  
By heavy toil and slow aeonic steps  
Reaching the bright miraculous fringe of God,  
Into the glory of the Oversoul.  
My will, my call is there in men and things;  
But the Inconscient lies at the world's grey back  
And draws to its breast of Night and Death and Sleep.  
Imprisoned in its dark and dumb abyss  
A little consciousness it lets escape  
But jealous of the growing light holds back  
Close to the obscure edges of its cave  
As if a fond ignorant mother kept her child  
Tied to her apron strings of Nescience.  
The Inconscient could not read without man's mind  
The mystery of the world its sleep has made:  
Man is its key to unlock a conscious door.  
But still it holds him dangled in its grasp:  
It draws its giant circle round his thoughts,  
It shuts his heart to the supernal Light.  
A high and dazzling limit shines above,  
A black and blinding border rules below:  
His mind is closed between two firmaments.  
He seeks through words and images the Truth,  
And, poring on surfaces and brute outsides  
Or dipping cautious feet in shallow seas,  
Even his Knowledge is an Ignorance.  
He is barred out from his own inner depths;  
He cannot look on the face of the Unknown.  
How shall he see with the Omniscient's eyes,  
How shall he will with the Omnipotent's force?  
O too compassionate and eager Dawn,  
Leave to the circling aeons' tardy pace  
And to the working of the inconscient Will,  
Leave to its imperfect light the earthly race:  
All shall be done by the long act of Time.  
Although the race is bound by its own kind,  
The soul in man is greater than his fate:

Above the wash and surge of Time and Space,  
Disengaging from the cosmic commonalty  
By which all life is kin in grief and joy,  
Delivered from the universal Law  
The sunlike single and transcendent spirit  
Can blaze its way through the mind's barrier wall  
And burn alone in the eternal sky,  
Inhabitant of a wide and endless calm.  
O flame, withdraw into thy luminous self.  
Or else return to thy original might  
On a seer-summit above thought and world;  
Partner of my unhoured eternity,  
Be one with the infinity of my power:  
For thou art the World-Mother and the Bride.  
Out of the fruitless yearning of earth's life,  
Out of her feeble unconvincing dream,  
Recovering wings that cross infinity  
Pass back into the Power from which thou cam'st.  
To that thou canst uplift thy formless flight,  
Thy heart can rise from its unsatisfied beats  
And feel the immortal and spiritual joy  
Of a soul that never lost felicity.  
Lift up the fallen heart of love which flutters  
Cast down desire's abyss into the gulfs.  
For ever rescued out of Nature's shapes  
Discover what the aimless cycles want,  
There intertwined with all thy life has meant,  
Here vainly sought in a terrestrial form.  
Break into eternity thy mortal mould;  
Melt, lightning, into thy invisible flame!  
Clasp, Ocean, deep into thyself thy wave,  
Happy for ever in the embosoming surge.  
Grow one with the still passion of the depths.  
Then shalt thou know the Lover and the Loved,  
Leaving the limits dividing him and thee.  
Receive him into boundless Savitri,  
Lose thyself into infinite Satyavan.  
O miracle, where thou beganst, there cease!"  
(to be continued next week)

*Sri Aurobindo, Savitri,  
A Legend and a Symbol*

*Book Eleven: The Book of Everlasting Day  
Canto One: The Eternal Day: The Soul's Choice  
and the Supreme Consummation*

<https://incarnateword.in/cwsa/34/the-eternal-day-the-souls-choice-and-the-supreme-consummation>

*With love and gratitude,  
Gangalakshmi (HOMA)*

# Community News

## Baby Born



### HAPPY NEWS

We are happy to share that we are blessed with a baby boy on 31 July. Our little prince Vihaan.

*Happy parents Shakthi and Vidhya, Fraternity*

## Passing On

### YUVAL PASSING

Yuval (Govert Jan van den Eijk) came to Auroville from the Netherlands as a volunteer and joined Auroville in 2008. He lived in Utility and lately at Mahalakshmi Home.

At heart, Yuval was first and foremost a pioneering adventurer. Born in the Netherlands, he embarked on his first adventure at the age of 19, when he left for Israel, later moving to Egypt, Copenhagen and Istanbul and finally coming to Auroville in 2004.

Yuval contributed to many projects around Auroville but was best known for his work in the field of Family Constellations, where his intuitive and humble way helped people reach deep realisations.

As Yuval struggled with Parkinson's disease in the last years, his optimism and positive outlook were an inspiration to others around him.

He was loved and respected by many and the outpour of appreciation and love has been overwhelming.

Yuval left his body at the age of 77, on August 25, 2024, Sunday night, in his home, while held by his four children Oerie, Dana, Ido and Noa, and the mother of his children Amalia. There could not have been a more beautiful way for him to go.

He continues to be loved and will be missed dearly.

*Yuval's Family*

- [Honouring the memory of our Yuval](#)

### DANIELLE DE DIESBACH



Danielle de Diesbach, from Marseille, France, a long term friend of Auroville spending +/- 6 months a year in Auroville since the early 2000s, passed away in her house in France in the night of 18 to 19 August at the age of 84.

People will remember her as a sparkly, elegant, ever youthful lady, with white silvery hair, a big smile, and perfectly matched clothes. She was an active member of the Auroville Film Festival, and she took the initiative for several video documentaries, on different

themes, the most recent one being on the topic of Death, in collaboration with Aurora's Eye films: "[Conversations on Death](#)" where she interviews Aurovilians. Other documentaries by her include "[Diversity and Unity: The Auroville Choir](#)"....

*Annemarie*

## Matrimandir News & Schedules

### AMPHITHEATRE—MATRIMANDIR

#### Meditation at sunset with Savitri

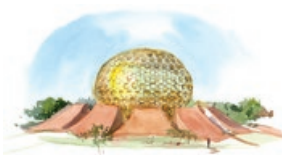
Every Thursday 6—6:30pm (weather permitting)

After the summer time with our meditations with Sunil's New Year Music, we restart the cycle of Savitri, Sri Aurobindo's long mantric poem, read by Mother to Sunil's incredible music. Enjoy the beautiful open space, 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 to use cameras, i-pads, cell phones, etc. No photos.
- **Dear Guests,** please carry your Guest Card with you. Access only for the Amphitheatre from 5:45pm and the time of the meditation. *Surya, Velmurugan and Vinay*

### MATRIMANDIR ACCESS INFORMATION



#### Access to the Park of Unity and Matrimandir

##### The Park of Unity

*The Matrimandir, the Petals, the Lotus Pond, Banyan Tree are areas of SILENCE.*

- The Park of Unity is open to **Aurovilians and Newcomers** daily, 6am—7:30pm
- **Aurovilians may bring close family and friends** to the Gardens daily, 9am—3:30pm

**Volunteers and Donors** require a pass to enter the Park of Unity. Timings will be indicated on the pass.

**Published events in the Park of Unity** are open to Aurovilians, Newcomers, Volunteers, Pass holders and Guests. Guests should bring their Auocards.

##### The Inner Chamber of the Matrimandir

*The Matrimandir is a place for silent individual concentration.*

- The Inner Chamber is open to **Aurovilians and Newcomers:**
  - Monday—Saturday: 6—8am, 4:30—7:30pm.
  - Sunday: 6am—12pm, 4:30—7:30pm.
- The Inner Chamber is open to **SAVI registered Volunteers:**
  - Wednesday—Monday, 8—8:40am. Arrival at 7:45am at the Office Gate.
- The Inner Chamber is **open to Aurovilians** wishing to accompany a **maximum of 5 close family and friends**, no more than once in two weeks, with booking 3 to 5 days in advance to [mmconcentration@auroville.org.in](mailto:mmconcentration@auroville.org.in):
  - Any day except Tuesday & Sunday: 8—8:35am. Arrival at 7:45am at the Office Gate.
- The Inner Chamber, the Petals and the Gardens are open to the **Children of Auroville and the Outreach Schools:**
  - Tuesday 9—11am.
- The **Auroville units can bring their staff** to the Inner Chamber with a prior booking to [mmconcentration@auroville.org.in](mailto:mmconcentration@auroville.org.in): Tuesday 8—8:30am.

##### The Petals of the Matrimandir

- The Petals are open to Aurovilians, Newcomers and Pass holders:
  - Monday—Sunday, 7—8am.
  - Tuesday morning, closed.
  - Daily 5—6pm.

## Access to Matrimandir for Visitors and Guests

### Matrimandir Viewing Point

- The Viewing Point is open to the general public on presentation of a Pass.
- Visits to the Matrimandir Viewing Point are free of cost.
- Free passes can be obtained at the Auroville Visitors Centre.
- The Viewing Point lies south of the Park of Unity and offers visitors a panoramic view of the Matrimandir and the Gardens and the Lake.
- Timings starting from the Visitors Centre:
  - Daily 9am—5:30pm.

### The Inner Chamber of the Matrimandir

The Inner Chamber is open to Visitors and Guests by prior booking only. Visitors and Guests seeking to concentrate in the Inner Chamber are requested to inquire at the Information Desk of the Visitors Centre after first visiting the Viewing Point. Prior booking is required to access the Inner Chamber at least one or two days in advance. Bookings for concentration are given for the following or the first free day as per availability and are accepted only up to one week in advance. Minimum age 10 years. The Petals are open to Visitors on the morning of their Inner Chamber visit.

*Antoine, Divya Karun, John H., Judith, Sundar K*

## Auroville Matters

### WELCOME TO AUROVILLE CONNECT

Dear Friends, welcome to Auroville Connect.

This is a space to share information about the city in the making—its vision & ideas, its Dream for humanity, its aspirations & its happening things, news and initiatives—through all its challenges, serious difficulties and its extraordinary beauty...

You can find us on:

- WhatsApp
- Facebook
- Instagram: auroville\_connect
- YouTube

Here are a few starting links:

- [Why Auroville Connect](#)
- [Auroville: How it all began & why](#)

We will bring you regular updates in this space the N&N has generously offered!



## Lands for Auroville

### ART FOR LAND EXHIBITION

#### Unity, Kindness, Friendship

Unity Pavilion presents Art for Land exhibition, August 2024

- **Featuring:** Amar, Ben, Crystal, Dilip Patel, Grace Gitadelila, Janakiraman, Jyoti Khare, Lara Boriotti, Marie Claire Barsotti, Marlenka, Mira Vard, Prabhat Biswas, Sunil Patel, Sreedevi Magulur, Vivechana.

In loving memory of Kratu, we present a special tribute exhibition showcasing his work, generously donated by him to Art For Land.



*We thank you immensely in advance,  
Doris, 7558401106*

## Awakening Spirit



### Schedule, September 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.
- **A Bilingual Exhibition on "Sri Aurobindo: A life sketch in photographs"** with texts both in English and Tamil is displayed in the upper corridor.
- **Glimpses of the Mother:** Photographs and texts in the Square Hall.
- **Special Exhibition:** The Living Symbol of The Mother in Garden Room 18—20 September 2024.

#### Films

**Mondays, 4pm in the Sangam Hall**

- **September 2:** Meditations on Savitri, Book 2—The Book of the Traveller of the Worlds, Cantos 5 & 6: Earth is a field of evolution and progress. Duration: 33min.
- **September 9:** Remembering Huta—The Offered One. Huta (1931-2011) was trained by the Mother in painting and in illustrating passages from Sri Aurobindo's epic Savitri. Duration: 20min. Followed by The Mother on "How to Read Savitri". Duration: 7min.
- **September 16:** Nirod-Da: An Inspiration—Honouring the memory of Nirodbaran. Nirodbaran (1903-2006) was the scribe and personal attendant of Sri Aurobindo. A film by the Gnostic Centre, New Delhi. Duration: 36min.
- **September 23:** Alexandra David-Nèel—1911-1924 Journey through India, China and Tibet. This remarkable woman (1868-1969) was a close friend of The Mother in Paris, and visited Sri Aurobindo in 1912. The film is in French with English subtitles. Duration: 104min.
- **September 30:** The Life Divine by Sri Aurobindo—Book 1: Ominipresent Reality and The Universe, Chapter III: The Two Negations, 2. The Refusal of the Ascetic—read by Shraddhavan. The original text will appear on the screen. Duration: 56min.

#### Full Moon Gathering

**Tuesday, 17 September, 7:15—8:15pm** in front of Sri Aurobindo's statue

#### Special Workshop

Science and Magic of Colour, the Living Symbol of The Mother

- 17 and 21 September, 4—7pm

#### 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
- **Mondays to Saturdays, 4—5pm:** L'Agenda de Mère: listening to recordings with Gangalakshmi
- **Thursdays, 4—5pm:** Videos of The English of Savitri led by Shraddhavan
- **Thursdays, 5:30—7pm:** OM Choir led by Narad
- **Fridays, 3—4pm:** The Return to Earth (Epilogue) in Savitri led by Dr. Jai Singh
- **Saturdays, 5—6:30pm:** Satsang, led by Ashesh Joshi

- Exhibitions, Main Building and Office are open Monday to Saturday 9am—5pm
- Library and Digital Library is open Monday to Friday 9am—5pm

Everyone is welcome

*Dhanalakshmi for Savitri Bhavan*

## Larry's Presentations

Fundamentals of Sri Aurobindo's Philosophy in Savitri"

### The first presentation is on

1. 'The Brahman: The Absolute, The Omnipresent Reality, the Divine'
2. The Involution and Evolution of the Spirit
3. The Psychic Being
4. Fate, Karma and Free will
5. Error, Falsehood and Evil
6. Supermind and the life divine
7. The Occult Worlds
8. Ishwara-Shakti
9. The Realisation of the Spiritual Self
10. The Hard Truth of the Mankind's Lower Nature
11. The Divine Mother

### Reflections on Passages in Savitri:

Started from February 2024

1. What is Fate?
2. The Psychology of Fate
3. The Supramental Worlds

*Dhanalakshmi for Savitri Bhavan*

## House of Mother's Agenda welcomes you

The House of Mother's Agenda at Savitri Bhavan informs that from August 2024:

- Monday—Saturday, 3—5pm Ganga Lakshmi is here to welcome you.

Moreover, those who want to listen to the Agenda of the Mother's in French. That will be possible:

- Every day, 3—5pm

Welcome to the Infinite Joy.

*Ganga Lakshmi*



## Meditations on Savitri, Book 2—The Book of The Traveller of The Worlds, Canto 5 & 6: The Godheads of the Little Life and The Kingdoms and Godheads of the Greater Life

- Monday, 2 September, 4pm at Savitri Bhavan. Duration: 33min.

On his journey through the Worlds, Aswapathi explores the realm of the Little Life, an unhappy place with rigid forms and ignorance. Wanting to understand its secret more deeply he tries to discern the Power that has created it and to grasp the creative Idea which has brought it into existence. He plunges his powerful gaze of consciousness through the mist of obscurity surrounding it. As if lit up by a searchlight, a multitude of tiny primitive beings appear moving about before his eyes: elves, imps, goblins, genii, and others, half-animal, half-god in their appearance and their nature. Their work only seems to spoil, deform, and pervert, and they amuse themselves in the process. Wherever there is narrowness, chaos and obscurity, these petty creatures exercise their influence. They lurk in the unconscious and half-conscious parts of man and lead him astray.

Earth is not a closed system or a set typical world: it is open to the action of powers from other worlds, and it is also a field of evolution and progress. On Earth, all powers have to move through strife and struggle towards eventual harmony and perfection. The way is long and leads through

belts of inconscience, blindness, and ignorance. But the Divine inhabits every corner of his universe leading its movement towards Freedom, Harmony, and Light. In truth, there is God within, unseen, the great Creative Force and all is his action and his will.

Aswapati escapes from the anarchic world of lower life and astral chaos where the only sure Light to be found is the flame of his own Spirit. Moving through the hostile region, he comes to the realm of Greater Life. He recognises that this realm inspires our vaster hopes, and its forces have made landings on our globe. All that we seek is prefigured there.

*All powers of Life towards their godhead tend.../ (p.185)*

*Our souls are dragged as with a hidden leash, /*

*Carried from birth to birth, from world to world, ... (p.197)*

Aswapati sees great achievements of the Life Power realised. All is a play of Life and Spirit. It is a universe of truths and myths. But he also notices that Reality is hidden from Life, it lacks eternity and misses the infinite. The world of Greater Life does not provide what he is seeking: a Power that can enable life on Earth to become divine.

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

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

The film *Meditations on Savitri—Book Two Canto Five and Six* can be found on YouTube.

With golden light and peace and gratitude... ..and in offering all to Mother and Sri Aurobindo...

*Margrit & Dhanalakshmi  
for Savitri Bhavan*

## BRAHMANASPATI KSHETRAM



BRAHMANASPATI KSHETRAM  
The Mother Sri Aurobindo Centre

*Work only for the Divine*



Calendar of regular events of September 2024

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

Every Thursday 6:00 - 6:30pm  
Meditation

12th & 26th Thursday 6:30 - 7.30pm, reading  
"The Mother's Questions & Answers- Vol-7"  
in English

17th, Tuesday at 6:30pm full moon, reciting  
Sri Aurobindo's Gayatri Mantra for 30min

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

kshetram2014@auroville.org.in





**A weekly study circle on The Synthesis of Yoga—Sri Aurobindo**



**By Deepti Tewari**

The Mother's very last message to Auroville

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

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

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

**4:30 pm - 5:30 pm  
Every Tuesday**

**Venue :**  
Resource Library,  
Bharat Nivas, Auroville

Scan for Location



The Mother's very last message to Auroville:

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

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

"Programme: Research through experience of the Supreme truth. A life divine. But no religions." 02.05.1970  
Monisha for BN Team



**BRAHMANASPATI KSHETRAM**  
The Mother Sri Aurobindo Centre



**Exhibition (Kolu) on Lord Ganapati**

The Auroville Bhramaspati Kshetram in Edyanchavadi will celebrate Ganesh's birthday on September 7, 2024 with an exhibition (Kolu) on Ganesh.

While we have texts on Ganesha from the Mother and Sri Aurobindo, as well as a small collection of Ganesha statues, we would like to widen the presentation's scope and are looking for depictions of Ganesha made with different forms and materials such as statues, paintings, stamps, prints, books and writings on Ganesha.

We would be happy to borrow such items for the exhibition, or receive as donation towards our collection.

Donations of funds towards the creation of the exhibition are most welcome; our account number is 252473.

If you have any questions or details, please contact me by WhatsApp. Rajan +91 7639 845 821



We are happy to inform you that seeds, seedlings and flowering plants, especially Marigold, are available at site from 9am to 6pm.

Rabi, 86088 54330 for MFG Team  
Jyoti, Naren, Poonam, Rabi & Satyakam  
[mothersflowergarden@auroville.org.in](mailto:mothersflowergarden@auroville.org.in)

*Education*

**BASIC PYTHON PROGRAMMING**

**Free for all**

Every Tuesday, 10—11 am @ The Sprout Cafe



If you are interested in learning Python then let's meet at The Sprout Cafe every Tuesday at 10—11 am

- If it rains then no class as laptops can get wet.
- To register please WA or call Pawan @ 90424 83649

PS: Please don't contact me regarding help with website development.  
Pawan

**KULAI CREATIVE CENTRE**

Next to Auroville Bakery, Kulapalayam  
[kulaicreativecentre.auroville@gmail.com](mailto:kulaicreativecentre.auroville@gmail.com)  
8608473385



	10—11:30am	12—1pm	3—4:30pm
Monday	English Class	Mother's 12 Quality Session, Tailoring (Flag Making)	Mother's 12 Quality Session (Gardening)
Tuesday	Tailoring (Flag Making)	Tailoring (Flag Making)	Mother's 12 Quality Session (Calendars Making)
Wednesday	Mother's 12 Quality Session (Painting)	Tailoring (Flag Making)	Mother's 12 Quality Session (Mural painting on walls)
Thursday	English Class	Tailoring (Flag Making)	Mother's 12 Quality Session (Embroidery work)
Friday	Tailoring (Flag Making)	Tailoring (Flag Making)	Mother's 12 Quality Session (Book making)
Saturday	Physical, Craft and Art Activities, Bharat Naatiyam, Silambam, Upcycling and many more from 9:30am to 4:30pm with free snacks and lunch for 30 kids from age 8 to 15		

Except English, all the others are FREE for everyone from the ages of 10 to 16, but please [register through this link](#) or scan QR code or call us 8608473385 WA

Volunteers are most welcome!



Selva for KCC



## BACHELOR'S DEGREE COURSES

### in Software Development and Machine Learning Offered



Auroville Institute of Applied Technology, situated at T.C. Koot Road, offers three-year Bachelor's Degree courses in Software Development and Machine Learning, Electric and Electronics Technologies (Renewable Energy), Mechatronics and Production Technologies, and Applied Electronics and Chip Design. All these B.Voc. courses are affiliated with Pondicherry University.

Please write to [principal.aiat@auroville.org.in](mailto:principal.aiat@auroville.org.in) or contact Lavkamad 9443238303

## AUROVILLE LIBRARY

### Opening Hours

Our timings are:

- **Mornings:** Monday—Saturday: 9am—12:30pm
- **Afternoons:**
  - Monday, Wednesday, Thursday, Friday & Saturday: 2—4.30pm
  - Tuesdays: 4—6:30pm
  - 0413 2622894, [avlib@auroville.org.in](mailto:avlib@auroville.org.in)

### Reading Circle on Thursdays

When Things Fall Apart: Heart Advice for Difficult Times by Pema Chödrön

- Started on Thursday, 8 August
- Thursdays, 6—7pm @ Auroville Library

Join us in reading this heart based guide on how to deal with life's challenges.

- For details WA Helen on 7094753054 or Serena on 8489760966



### Reading Circle on Tuesdays

Book "The Prophet" By Kahlil Gibran

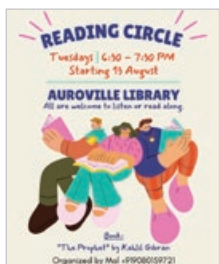
- Tuesdays, 6:30—7:30pm, started 13 August

All are welcome to listen or read along.

Organized by Mal

- +919080159721

Mal & Laura for Auroville Library



## KALVI SCHOOL

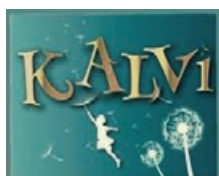
### for Integral Education

Kalvi School for Integral Education offers

- Spoken Tamil Lessons to Aurovilians and Newcomers
- The school also admits Children between 3-4 years for KG classes

Location: On Djaima—Dana Road.

For Details call Shankar, 8940193339



Shankar

## ACADEMIC TUITION OFFERED

With my 18 years of experience in education, I offer academic tuition sessions from grade 1 to university level in all subjects. Also I am a spoken English and Hindi language trainer. My contact number is 8270512606.

Ashwini, Aspiration

## SUPPORTIVE LEARNING AND SPECIAL NEEDS COURSE

### Hybrid Format

Teachers Centre-SAIER offers the Supportive Learning Satellite program to meet the needs of Auroville educators and parents. We have now developed a teacher's training course in inclusive education and special needs in alignment with Integral Education.

This is a foundation course of 10 months for all those who are interested in this

field of work and committed to meet the needs of Auroville education. The main purpose of this course is to create a pool of educators for Auroville equipped with a better understanding of inclusive education and neurodivergent children.

This course is open to all educators and Aurovilians, newcomers and volunteers with a deep interest in this topic.

The course aims to strengthen Auroville education and uphold the fundamental concepts of inclusivity and neurodiversity. Thus the course demands that participants are committed to the completion of regular assignments and acceptance to undertake necessary assessments.

Participants are required to:

- Attend 3 hours per week—online session
- Commit to self-paced study and assignments approximately 4-5 hours per week
- Attend 1 offline session of 4 hours (Physical attendance) per month
- Two Weekends internship tentatively scheduled in the month of January and September 2025
- Undertake assessments—some of the assessment criteria will include class participation, portfolio-assignments, individual assessments, study cases etc.

To register fill out the form at the link below:

- <https://tinyurl.com/slscourseauroville>

The course is open to all and selected participants will be offered a full course scholarship after undergoing the following stages of selection:

1. Registration through Google Forms in the link provided
2. Interaction meeting with members from Teachers' Centre—SAIER
3. Preliminary assessment before the start of the course (details for this will be shared at the time of the interaction.)

On successful completion of the course, candidates will receive a certificate from Teachers' Center—SAIER

For any queries or more details write to the Teachers' Center SAIER: [teacherscenter@auroville.org.in](mailto:teacherscenter@auroville.org.in)

Ana and Nilima on behalf of Teachers' Centre, SAIER

## BOOST YOUR AUROVILLE PROJECT WITH AI:

### Enthusiasts Ready to Help!

Have an established Auroville project using online channels? Looking to improve with AI? We're local GenAI enthusiasts excited to explore AI's potential with you!



For those ready to apply AI, we can explore custom solutions, help integrate AI tools, and brainstorm AI-driven strategies for your online presence. You're the expert in your field; we're passionate about AI. Together, we can discover new possibilities.

We're eager to help find ways to analyze your data, streamline tasks, personalize user experiences, and investigate AI-powered marketing—all tailored to your Auroville project.

Ready to collaborate?

- Contact us on WA: Manisha 9999955321, AL 9843941207.

Let's learn, grow, and innovate together with AI! **Manisha**

**ILAINARKAL EDUCATION CENTRE**  
**Auroville Further Learning Programme**  
**for All Age Groups**



Activities	Days	Timing	Resource Persons
Tailoring (sewing, craft )	Monday to Friday	10am—3pm	I.Pachaiammal
Spoken English class	Monday to Friday	session I: 3—4pm, session II 4—5pm	B. Anandou
Yogasana Class	Monday to Friday	5—6pm	B. Anandou
Tamil Typing class (computer)	Monday to Friday	2—4pm	C.V. Ramesh Karunakaran
Hindi class	Every Tuesday and Friday	4:30—5:30pm	Colonel Chandra Sekar (Retd)
French class	Wednesday	4:30—5:30pm	A. Arivan
Body awareness	Wednesday	10am—12noon	M. Muthukumari
Viyazhavattam circle-Tamil Literature	Thursday	4:30—6pm	R. Meenakshi
Entrepreneurship	Friday	4:30—5:30pm	S. Sivakumar
Art and Painting class	Saturday	10am—12noon	N. Janaki
Siddha Healing consultancy	Every month 2nd week Tuesday	9:30am—4pm	Vaithiar K.P. SelvamVellore

Contact Ilaingarkal Education Centre

- 0413 2623773, [tamil@auroville.org.in](mailto:tamil@auroville.org.in) R. Meenakshi

**COURSE**  
**on Programming Mobile Applications**

**C3STREAM LAND**  
 STREAM Land Designs  
 Learn. Grow. Work. Teach.

**COURSE**  
**PROGRAMMING MOBILE APP**  
 USING FLUTTER

**TOTAL 16 SESSIONS**  
**MONDAY AND THURSDAY**  
**2 SEP - 31 OCT**

**TIME**  
**04:30 PM - 06:30 PM**

**VENUE**  
**UDAVI SCHOOL CAMPUS**  
 OR  
**JOIN ONLINE**

**FOR REGISTRATION**

Monday & Thursday, 4:30—6:30pm  
 2 September—31 October

C3STREAM Land is excited to announce a course on **Programming Mobile Applications**. This 16-sessions course is designed to provide you with the skills and knowledge needed to **develop mobile apps** for both iOS and Android platforms using the Flutter framework.

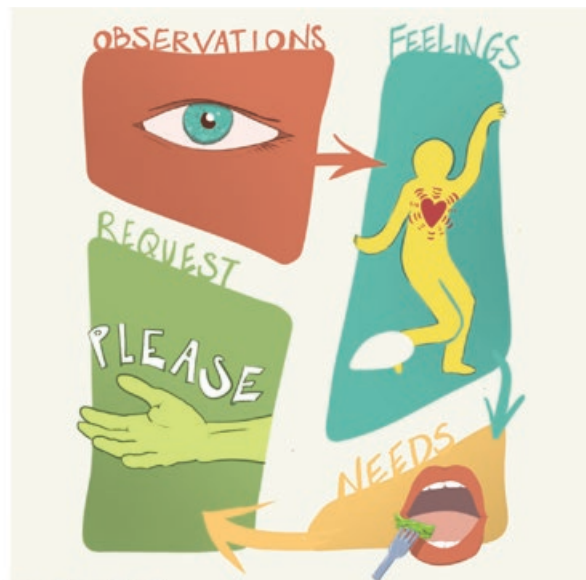
For more details, please check out the course announcement attached and fill out the registration form using the link below:

- Register: [https://tinyurl.com/ programmable](https://tinyurl.com/programmable)

If you have any questions, feel free to reach out to [nithyas-andhosh.ezee@gmail.com](mailto:nithyas-andhosh.ezee@gmail.com) or 9751241372

- Last day of registration **28 August 2024.** Sanjeev

*Youth Initiatives*



**NVC**  
**Practice sessions**

YouthLink would like to invite you to a Nonviolent Communication workshop, Facilitated by Vega (CNVC-certified trainer). NVC is a communication tool that helps us connect from our hearts. This tool can enhance connection and understanding and make us more aware so we can make choices from a conscious space.

During this workshop, you will learn to practice basic principles of Nonviolent Communication and explore different ways of connecting oneself and others from the heart.

register only



- **6-week Practice Sessions:**  
**From 5 September every Thursday, 4:30—6:30pm**

Practice sessions for those with basic NVC experience, for deeper understanding and daily application *Jisung*

**SOFT SKILLS TEAM**

We at YouthLink, and more specifically the **Soft Skills Team** in YouthLink are looking for facilitators, passionate people or anyone wanting to share their knowledge to reach out to us and see how we can collaborate!



The Soft Skills Team in YouthLink focuses on the mind, emotions, feelings, communication and all skills that will help one navigate through life more smoothly. If you work or are passionate in an activity related with what we do and want to share with the community of auroville and more specifically, Youth, please reach out to us through our email [youthlink@auroville.org.in!](mailto:youthlink@auroville.org.in)

Looking forward to working and co creating together!

*Madhu for the YouthLink team*

## MAKER SPACE

Monday to Thursday, 8:30am—12:30pm @ Youth Center

Dear Community, we are excited to share with you the news of our newly launched Maker Space! This collaborative workspace is a hub for creativity, exploration, and skill development for makers of all ages. We have already had 30 participants engage in exciting projects, and we are looking to expand our offerings.

In order to continue providing a dynamic and resourceful environment for our community, we are reaching out to ask for your support. We are seeking donations in cash or in kind, specifically materials such as wood, metal, and other upcycling materials that will help our makers bring their ideas to life.

Your generosity will help us provide a space where individuals can experiment, learn, and create in a hands-on, project-based learning environment.

- If you are interested in supporting our Maker Space with a donation, please reach out to us at [Youthlink@auroville.org.in](mailto:Youthlink@auroville.org.in) or for in cash donations you can directly transfer to our account 251048.

Your contribution will make a meaningful difference in the success of our program.

Thank you for considering supporting our Maker Space. We look forward to hearing from you and continuing to empower makers in our community. **Lucrezia & Youthlink team**



## Health Care

### AYURVEDA CLASSES RESUME

Every Monday, ongoing till end of September



We will learn how this Science of life can be directly applied on a daily basis to understand oneself and others' health, to understand imbalances/ diseases and what Ayurveda recommends to rebalance body and mind, also to gain knowledge on the medicinal plants that grow in our surroundings useful to sustain our health all through the year. Learn how the food, emotions, relations, environment, climate, seasons, season of life (from childhood to seniorhood) can influence the state of well-being in the physical, vital and mental.

- Ayurveda classes will be held in **Santé**:
- **Every Monday**:
  - **2pm, beginners**: basic principles, daily routine, routine through the seasons
  - **3:15pm, advanced**: reading of Ashtanga Hridaya Volume 1, one of the 3 main ancestral textbooks of Ayurveda that gives the basics of Ayurveda in Sanskrit with translation in English
- **Classes will run until end of September 2024**
- If you are interested please send me WA message +919489505691.

With much love and happiness to share this profound knowledge. **Be @ Santé Clinic**

## AURODENT DENTAL CLINIC:

### Results of Treatments based on Donations



Dental Clinic

Auromode, Auroville.

**For Appointment please contact us**

Email: [aurodent@auroville.org.in](mailto:aurodent@auroville.org.in)

Phone: 0413-2622063 What's up: 9629199328

**Working hours**

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

Dear Friends, we would like to share the results of our recent experiment conducted in July, where we offered filling treatments on a donation basis.

The objective was to provide affordable treatment options for all patients. During July, patients could receive filling treatments and then contribute an amount of their choice. We also encouraged those who could afford to pay more, with the understanding that their contributions could help cover the cost for patients who could not pay as much.

Here are the results:

38 patients received filling treatments in July.

- 2 patients paid an amount higher than our standard price list.
- 4 patients paid approximately the same amount as listed in our price list.
- 32 patients paid amounts significantly less than the standard price list (e.g., 200Rs, 300Rs, 500Rs, etc.).

From these results, we conclude that Aurodent cannot consistently offer treatments at amounts lower than our price list without compromising the quality of our services, equipment, and materials. Maintaining our standard of care and service requires adherence to our established pricing. We hope this information is helpful and provides a better understanding of our pricing structure.

*Sutha for Aurodent*

## AUROKIYA INTEGRAL EYE CENTRE @ ARKA

### Working Hours:

- **Monday—Saturday, 9am—5:30pm**

### Services Offered:

- First aid for eye conditions, including conjunctivitis, corneal abrasions, ulcers, trauma, and foreign bodies.
- Comprehensive eye examinations using advanced technology.
- Dispensing of glasses and contact lenses.
- Provision of eye medicines, including Homeopathy, Allopathy, and Ayurvedic drops.
- Personalized support for visiting Aravind Eye Hospital for surgeries and procedures.
- Natural eye healing sessions, including eye exercises, eye yoga, and vision therapy.
- Outreach programs, including screening camps and eye health education at schools, workplaces, and villages.



### Contact:

[aurokiya@auroville.org.in](mailto:aurokiya@auroville.org.in), [aurokiya@gmail.com](mailto:aurokiya@gmail.com)

[www.aurokiya.com](http://www.aurokiya.com), 8012305151 WA/ Mobile

**Aurosugan for Team Aurokiya**

**SANTÉ SERVICES, SEPTEMBER 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**

<b>Doctor Consultation</b> with Dr. Senthil: Monday to Friday	<b>Nurse Care:</b> Thilagam, Ezhil, Archana & SandhyapDaily: no appointment needed
<b>Ayurveda</b> with Dr. Be: Tuesday/ Wednesday/ Friday	<b>Integrative Psychotherapy</b> with Juan Andres: TOS
<b>Acupuncture</b> with Andres: TOS	<b>Homeopathy</b> with Michael: Monday/ Wednesday/ Saturday
<b>Physiotherapy &amp; Massage</b> with Galina: Monday to Friday	<b>Physiotherapy</b> with Arun: Monday to Saturday (except Friday)
<b>Women's Wellness</b> with Paula: Tuesday & Wednesday	<b>Soundbed Session</b> with Sandhya/ Thilagam: Monday to Saturday
<b>Bio-Well Assessment</b> (Evaluation of your well-being) with Helena: TOS	

*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 Santé Services,*  
[sante@auroville.org.in](mailto:sante@auroville.org.in), <http://sante.auroville.org.in>

**CHILDBIRTH PREPARATION CLASSES**

Hall of Light, Creativity community, on Wednesdays

Childbirth preparation classes, including fathers, are offered throughout the year, at Hall of Light, Creativity community on Wednesdays. We received much appreciation for our childbirth classes, which help pregnant mothers, and their families understand pregnancy from a more holistic perspective. Each week, we have different themes and concepts. You're welcome to join us for a consultation and then enroll in classes.



- 5—6pm, **movement classes** like yoga, dance, breath work, etc
- 6—7pm, **theory** on various aspects of pregnancy

Like to join the classes?

- [Join our WA group here](#) or send message to Bala +91 9892699804 to add you in the group

All classes are drop in/ out, if you are few minutes late or need to leave early we understand.

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

Our goal is to bring respectful maternity care to all.

- If you'd like to know more about our work email us [morningstar@auroville.org.in](mailto:morningstar@auroville.org.in)
- and **general administrative queries** to Bala + 91 9892699804 WA only. *Submitted by Bala*

**CHANGE OF NAME**

**AVHS into AVHS For Seniors**

We are providing healthcare to senior Aurovilians over 65 years old, at home and in our senior facilities.

- If needed, we provide caregivers (who need to be paid). The caregivers take care of the senior and his close environment, until recovery. Once recovered, they cannot be employed by the patient for private works; AVHS for Seniors needs them for care of the next seniors.
- We are NOT handling mental situations.

**Contact**

- Mechtild 9787626452 or
- Paula 9488239348
- E-mail [avhs@auroville.org.in](mailto:avhs@auroville.org.in)
- In case of emergency: AV ambulance 9442224680
- Other ambulances 108

*Submitted by Patricia*

**FREE DELIVERY**

**provided by Pharmacy of Auroville Health Centre**

The Pharmacy can provide free delivery by Dropzy for Aurovilians, Newcomers and Auroville guests staying in Auroville guest houses.



- The order should be sent to the following email: [pharmacyauroville@auroville.org.in](mailto:pharmacyauroville@auroville.org.in)

There are 4 ways to make an order by email:

- Medicines sold without prescription and other items:** only the name of the medicines or items
- Medicines prescribed by doctor:** photo of the prescription by email
- If the paper prescription is required we will inform you by email. The delivery agent will come first to your place to take the prescription.
- If the prescription is to be refunded by the Health Fund, we can also put it with the pharmacy bill in the Health Fund box at the Health Center reception. For that you need to write in your email that you require a refund from the HF, and take a photo of the prescription with your mobile before you give it to the delivery agent.

- You have to mention the mode of payment:** account, cash or UPI. You need to send your name, your address, your mobile phone number. *Lili and Dr Uma*

*International*

**LA VITA DIVINA**

Dear Italian friends, although Auroville Radio is going through a difficult period and is currently unable to continue publishing podcasts, I want to reassure you that you can still enjoy listening to Sri Aurobindo's The Life Divine in Italian. The reading is posted regularly on the Gate of Dreams Italia YouTube channel.



- Find it by clicking on: <https://www.youtube.com/@gateofdreamsitalia8047>

*Francesca*

**New co-working space!**

- Mon 8:00AM to 12:00PM
- Tues 8:00AM to 12:00PM
- Thur: 8:00AM to 12:00PM

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

Free contribution, Help us pay our internet bills and improve the place! 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!

Marie, +33 695524430,  
[european.house.auroville@gmail.com](mailto:european.house.auroville@gmail.com)

**WORKS ON THE INTEGRAL YOGA IN ITALIAN**

Dear Friends, in the last years I started publishing my works in Italian on Integral Yoga



- Le Sette Tetradi dello Yoga Integrale
- Devi—Viaggio tra gli avatar femminili del passato e del futuro
- Lo Yoga Integrale e i dodici archetipi
- Senhal—I doni oscuri

They are available on Amazon and I still have some copies with me.

I am now happy to share, after a lot of requests, that a copy of *Lo Yoga Integrale e i dodici archetipi* e *Senhal—I doni oscuri*, will be available very soon at our Auroville Library.

Giacomo

*Animal Care*

**AUROVILLE DOG SHELTER**

**FREE VACCINATIONS**  
(FROM 9.00 TO 13.00)

*Vaccinations save lives!*

WEDNESDAY 28.8.2024 EDAYANCHAVADI  
FRIDAY 30.8. AUROVILLE - SOLAR KITCHEN  
SATURDAY 31.8. KUILAPALAYAM  
SUNDAY 1.9. KOTTAKARAI - GANESH BAKERY  
MONDAY 2.9. ALLANKUPPAM  
TUESDAY 3.9. BOMMAYAPALAYAM  
WEDNESDAY 4.9. IRUMBAI

Contact: Dr. Vinoth  
88387 29061

THE AUROVILLE DOG SHELTER IS OFFERING FREE VACCINATIONS TO EVERY DOG AND CAT TO STOP THE SPREAD OF RABIES AND KEEP YOUR DOGS SAFE  
[WWW.AUROVILLEDOGSHELTER.COM](http://WWW.AUROVILLEDOGSHELTER.COM)

**Free Vaccinations, 9am—13pm**

- Wednesday, 28 August, Edayanchavadi
- Friday, 30 August, Auroville, Solar Kitchen
- Saturday, August, Kuilapalayam
- Sunday, 1 September, Kottakarai, Ganesh Bakery
- Monday, 2 September, Allankuppam
- Tuesday, 3 September, Bommayapalayam
- Wednesday, 4 September, Irumbai

**Vaccinations Save Lives**

- **Contact:** Dr. Vinoth 8838729061

The Auroville dog shelter is offering free vaccinations to every dog and cat to stop the spread of rabies and keep your dogs safe [www.aurovilledogshelter.com](http://www.aurovilledogshelter.com)

Arthur for Auroville Dog Shelter

*Festivals*

**HIBISCUS ART VILLAGE PRESENTS  
Evolution Festival**

**HIBISCUS ART VILLAGE PRESENTS**

**EVOLUTION**

**ART CAMP & FESTIVAL**

26-30 AUGUST 10AM - 5PM

31 AUGUST 12PM - 10PM

**SUDHA'S KITCHEN @ SVE DAME**

@ Sve dame Sudha's kitchen  
31 August 12—10pm

- 1:11 Keys by Hartmut on piano
- 4:30 Louis Rose. Return to your blossoming Poetry reading accompanied by Abtin on piano
- 5:00 Improvised solo on the piano and guitar by Abtin & Nathan
- 5:30 Handpan by Olga
- 6:00 Joyful folkly acoustics by Dave & Kaia
- 7:00 "NyDeNa we have a problem out" (Tomasso & Dhruv & Malcolm) (Electronic, Instrumental)
- 8:00 Evolutionary Dj set by Queen Priscilla
- 9:30 Spiral Dance by Prem Shakti

Submitted by Elena for Hibiscus Art Village  
@Hibiscus\_av

**WORLD COCONUT DAY**



2 September

[egai@auroville.org.in](mailto:egai@auroville.org.in)  
+91 9791896488, Anand

**THE MOBILE GIRLS KOOTTAM  
Festival Line-Up**



August 29—September 1, 2024

Over 25 Years of Celebrating the Arts  
India Foundation for the Arts IFA

- **The Mobile Girls Koottam: 29 August, 5pm**
- **Nooramma: Biriyan Durbar: 29 August, 7:30 pm**
- **Strategic Spins: 30 August, 5pm**
- **Concert: Sollisai Sistabs: 30 August, 6pm**
- **Parai Party: 30 August, 7pm**
- **Music and Dance Jam: 30 August, 8pm**
- **Santhimmi's Love Purana: 31 August, 5pm**
- **Naan Oru Pen: 31 August, 6pm**
- **Nazar Ke Saamne: 31 August, 6:30pm**
- **Hasivu-Kanasu: 31 August, 7:30pm**

AdiShakti Laboratory for Theatre Art Research  
AdiShakti Theatre Arts, No.121/4AB, Edayanchavady Road, Post, Auroville, Vanur Taluk, Tamil Nadu 605101

• Free entry, donations are welcome!  
Arts Practice Programme, made possible with support from Sony Pictures Entertainment Fund. This Foundation Project is implemented by the India Foundation for Arts (IFA).

*I would like to invite you for a festival by The Mobile Girls Koottam at Adishakti from August 29 till August 31. As a principle of Adishakti, the entry is free, it is first come, first served and the Donations are welcome and would help us out a lot.*

*A brief about the Festival :*

*The Mobile Girls Koottam Residency and Festival (August 29—August 31) brings together artists from various walks of life to activate individual and community-based artistic interventions. We invite you into our circle to celebrate art and arts practices through an array of performances, activities, food, concert, and more.*

*We would love to see you at the show. Have a lovely Day!! See you there*

**Vinay Kumar, Artistic Director, Adishakti**

*Theatre, Music & Arts*

**CENTRE D'ART CITADINES: EMERGING BY SRIDAR K.**

Ongoing till 7 September

Tuesday to Saturday 9:30—12:30, 1:30—5:30

Opening: Friday, 23 August, 4:30pm

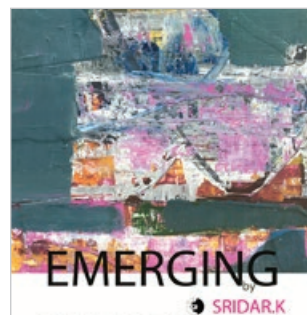
The unknown side of Sridar is a buried memory.

His father was a temple artist, of his childhood he keeps memories of marvels and an absolute devotion for the masterpieces he could admire throughout India, and make his own—the sculptures, the bas reliefs, the Ellora and Ajanta frescoes.

From childhood emerge, in layers, strips of memories, from the temples' peeling paintings, to the torn cinema posters, very vivid sensations of the age of learning that come up in many different shapes and colors on the walls of the village. Later, he blurred the tracks, pretending to forget this prodigiously ancient world whose echoes continue to filter through his porous-looking stratigraphies, like those of a mural.

Pretending to forget, in order to scratch these overlapping wonders with fingernails and rediscover every time with a thrill that beauty is everywhere, in these ravines of times and dirty walls, and that the divine is always there, within reach of artists eager for space and lost details.

What Sridar paints, he considers as a separate entity from which he acquires knowledge. He listens to the universe, he is the recipient of lost secrets, of forgotten passages. **Marco**



**GULDASTA**

*Garland of music as an offering to Sri Aurobindo*

By  
Sri Nilimesh Chakraborty (Tabla)  
Sri Monit Paul (Sarod)



*Join us for a mesmerizing evening of Guldasta, where the harmonious melodies weave together as a heartfelt offering to Sri Aurobindo.*

**07:00 pm**  
**Tuesday, 17<sup>th</sup> September 2024**  
**Venue:**  
**Sri Aurobindo Auditorium,**  
**Bharat Nivas, Auroville**



**PHOTO CIRCLE TO MEET**

Friday, 6 September, 5pm

@ Centre d'Art multimedia room, Citadines



After the summer break, Photo Circle meets again. The Photocircle brings together Auroville's photographers. We share our own work, we show the work of global photographers we admire, discuss the history of photography, and share techniques.

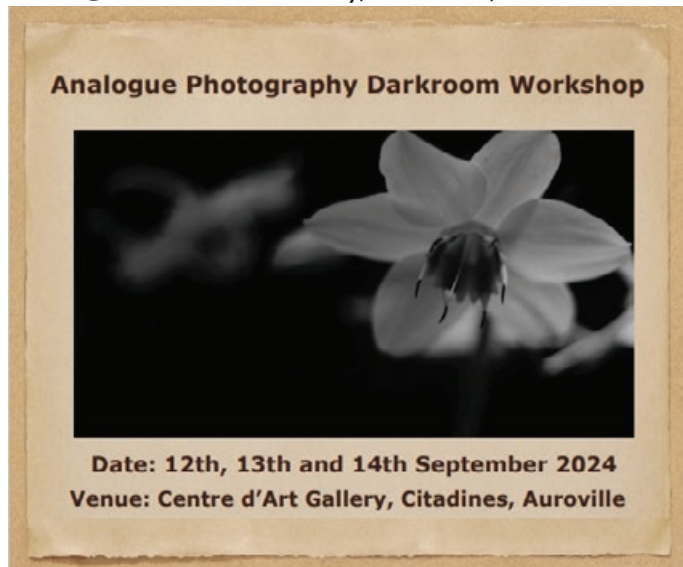
Anyone can bring and screen a small selection of images. You are all welcome. **Marco**

**BASIC ANALOGUE PHOTOGRAPHY**

**Darkroom Workshop by Sasikanth S**

12—13—14 September

@ Centre d'Art Gallery, Citadines, Auroville



**Program & Timings**

- Thursday, 12 September, 2—5pm: Brief look at History of Photography & Introduction to Film Camera.
- Friday, 13 September, 9am—2pm: Film photo shoot (in your own time), 2pm—5pm: Develop your roll of film.
- Saturday, 14 September, 9am—12:30pm & 2—5pm (one can choose either of these sessions): Printing Contact Sheets & Photos in the darkroom.
- Registration Contact: [centredart@auroville.org.in](mailto:centredart@auroville.org.in)
- The workshop fee for Guests: Rs.3000 incl. GST.
- The workshop is free for Aurovilians, Newcomers and registered volunteers, who are residing in Auroville. Registered Volunteers are requested to provide the details of their registration with SAVI Auroville.
- All the material for the workshop is provided except the analogue camera. Analogue/Film cameras are available to the participants against a contribution.

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

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

Sergey, Centre d'Art

**ART EXHIBITION THE SECRET SOUL**

**by Hufreesh Dumasia**

@ Tibetan Pavilion

Exhibition Extended: 8 August—7 September

9am—12:30pm & 2—5pm, Sunday Closed



Kalsang

*Multiple Activities*



**BHARAT NIVAS**  
भारत निवास ભારત કિવાસ  
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 1<sup>st</sup> Floor - Bhumika Building

**EXHIBITIONS - MONDAY TO SUNDAY**

- 09:00 AM - 05:00 PM  
**THE DAWN OF AUROVILLE - PHOTO EXHIBITION** at Kala Kendra
- 09:00 AM - 04:30 PM  
**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

*Dance Activities*



**AUROVILLE TANGO**  
New batch starts the first week of each month

<p><b>MON</b> 19:00 Introduction to Tango</p> <p>20:00 Opensource</p>	<p><b>WED</b> 19:30 Guided Practica</p> <p>20:00 Practilonga</p>
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Tango @ Harmony Hall, Bharat Nivas

New batch starts the first week of each month

- Monday
    - 7pm—Introduction to Tango, 8pm—Open Source
  - Wednesday
    - 7:30pm—Guided Practica, 8pm—Long Practice
- No partner required. Bring socks or dance shoes.

And plenty of joy!

- +91 9821166082, [tango@auroville.org.in](mailto:tango@auroville.org.in) Maud

**DANCE CLASSES BY MANI**

**Salsa Dance Class**

**Choose your Dance**

- ✓ Bachata Dance
- ✓ kizomba Dance
- ✓ Salsa Dance
- ✓ Tango Dance

Register Now  
 +91 86376 33696

**SALSA DANCE CLASS**

Tuesday salsa class 6:30 pm  
 Saturday workshop 7:0 pm

Bakisata\_dance  
 New creation, dance studio  
 Embrace the Rhythm and Let Go!

**Tango Dance**

**TANGO DANCE**

**MONDAY**  
 Beginner 6:30 to 7:30 pm  
 Intermediate 7:30 to 8:30pm

**FRIDAY**  
 Workshop 6:30 to 7:30pm  
 Open practice 7:30 to 8:30pm

Auroville, cripa

**CONTACT US BY**  
 +91 86376 33696  
 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.

**A CALL TO CO-CREATE MULTIDISCIPLINARY IMPROVISATION LAB**

THROUGH DANCE, MOVE, VISUAL ARTS, POETRY, SPOKEN WORD, THEATER, AND MUSIC

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

THURSDAY 5PM TO 7PM CRIPA SMALL HALL

Discover the boundless potential of collaborative improvisation  
 Submitted by Krishna

**New Creation Dance Studio**  
 Sweatout & Smile

**ZUMBA** Every Mondays!

Zumba classes are happening  
 @ New Creation Studio, every Monday, 6pm  
 For regular classes DM: 8281746763 Vega

**BALLET DANCE CLASSES WITH FLEUR**

@ New Creation Dance Studio



In a playful and attentive approach, each course is designed to allow children to experiment ballet movements, space and creativity.

We have batches for children from 3½ to 14 years old.

- **Dance initiation**
    - Age 4 to 5, every Monday, 2:30—3:30pm
  - **Classical ballet level 1**
    - Age 6 to 7, every Monday, 3:45—4:45pm
  - **Classical ballet levels 2 & 3**
    - Age 8 to 10: Every Saturday, 9:15—10:30am
    - Age above 10: Every Saturday, 10:30am—12pm
- Fleur, 9600225764

*Music & Art Activities*

**Sakhi Auroville Workshop**

**Botanical Printing Workshop**

Join us to get initiated into the world of botanical printing. You will learn about mordants and PH and print a bag with locally collected leaves and flowers. You will gain basic knowledge to explore botanical printing with leaves and flowers of your area.

31/08 9:30 am to 12:30 pm Registration required Rs./1500

Botanical Printing Workshop offered by Sakhi and Life Education Centre (LEC). You will learn about mordants and PH and print a bag with locally collected leaves and flowers. You will gain basic knowledge to explore botanical printing with leaves and flowers of your region.

- Registration required, 9489693827 WA.
  - Location: Opposite Isai Ambalam School
- Devi Namasivayam

**EXPLORE**

**WaterColor Techniques**

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

EXPLORE WATER COLOR TECHNIQUES

**ART CLASS**

WITH Mr. K. JANAKIRAMAN - ARTIST

Wednesday & Saturday 10am To 12pm

At Unity Pavilion Auroville

Submitted by Arun






**SVARAM**  
SOUND EXPERIENCE

# SOUND JOURNEY

We are back for our 2024-2025 Season!  
Every Wednesday  
5:30 - 6:30 pm  
Unity Pavilion, Auroville

In the meantime, we continue to offer our personalised Sound Experiences. Please scan the QR Code below for details

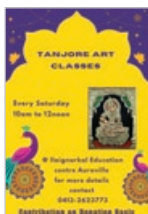



In the meantime, we continue to offer our personalized Sound Experiences. Please scan the QR Code for details. *Zech*

### TANJORE ART CLASSES

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

Tanjore paintings hold cultural and religious significance, originating in Tamil Nadu, India. They depict Hindu deities and mythology with vibrant colors and intricate details. The use of gold leaf adds opulence, reflecting the region's artistic heritage. These paintings serve as 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

*Submitted by Ayyanar*

### BHARAT NIVAS PRESENTS: SHADES OF LIGHTS 3 Day stage lighting workshop



3, 4 & 5 September, 10am—6pm

@ Sri Aurobindo Auditorium, Bharat Nivas

Come and learn the art and craft of stage lighting, enhance technical skills, explore creative design techniques, to transform any stage into a visual masterpiece. Whether you're an aspiring lighting designer, theater enthusiastic or a professional seeking to refine your skills, this workshop is designed for you.

Highlights of the workshop:

- Fundamentals of Stage Lighting, Lighting for Theatre/ Stage Performances, Designing and execution of lighting, Hands on practice, Advanced lighting techniques, Creative lighting

Registration Fee: Rs 5000/—

Facilitator: Dr. L. Binu Kumar, Lighting Designer, Bharat Nivas

- For registration: [bharatnivas@auroville.org.in](mailto:bharatnivas@auroville.org.in)
- For enquiries: +91 6383196503 *Monisha*

### CENTRE FOR RESEARCH EDUCATION EXPERIENCE In Visual Arts

#### Weekly Art Activities

- **Watercolor Landscape** class by Sathya
  - Wednesday, 5—7pm.
- **Figurative Drawing Session**,
  - Friday, 5—7pm.
- **Open Studio**—a space to explore your artistic expression. Art supplies are available.
  - Open from 12:30 to 4:30 PM, Monday to Friday.
  - If you plan to attend at other times, please inform us in advance. Contact Abi: +91 9042058981
- **Portrait**: For those who wish to have a portrait of themselves in sketch or painting, reach out to schedule a session.



CREEVA Studio, Creativity Community, Auroville  
[sathyacolour@auroville.org.in](mailto:sathyacolour@auroville.org.in),  
+91 9486145072 WA, Sathya

#### CREATIVE WRITING

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



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

Duration of the session: 1h30min.

- If you want to know more about me, check my Vlog I Just Wanna Write:  
<https://www.youtube.com/@IJustWannaWrite.channel/videos>
- For Info and to book your session, write at [ijustwannawrite.email@gmail.com](mailto:ijustwannawrite.email@gmail.com)

If you want to know more about me, check my blog:  
<https://ijustwannawrite.com>

Let's keep up with the good writing!

*Francesca*

### *Sports & Martial Arts*

#### ULTIMATE FRISBEE

The Auroville Women's team has regular practices:

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

Sessions are open to anyone who would like to try their hand at the sport.

*Uttara for Ultimate Frisbee*



#### 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*



### AIKIDO CLASSES

Aikido is a martial art created in the 1920s by Morihei Ueshiba, a master in traditional Japanese martial arts. Aikido is a path which aspires to the unity of mankind, the unification of the self with the universe, the union of Spirit and Matter.



#### Adult classes

- **Tuesday, Thursday and Saturday, 6—7:30am**, early morning. Beginners are most welcome. Girls and women are especially called to join us.

#### Children/ young students

- **Monday, Wednesday and Friday from 4 to 5pm**
- for the time being no Saturday 9 to 10am class are offered.

#### Contact for more info and registration

- [budokan@auroville.org.in](mailto:budokan@auroville.org.in)
- 8300643963 WA, Philippe G.
- 9952812843 WA, N. Murugan
- 83001 89062, Surya, no WA

*Cristo, Rita, Surya, and Philippe for Auroville Aikido*

### ABHAYA MARTIAL ARTS

Dear Community, Abhaya Martial Arts has trained more than 500 students of all genders, age and levels of experience, hosting also Muay Thai coaches, Brown belts (the higher degree we have in India) and Purple belt of BJJ and exposing our students to a series of highly transformative practices. We took our students to national competitions and 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.



#### Our regular classes

- **Monday:** MMA/ Grappling 5:30pm, coach Giacomo
- **Wednesday:** MMA/ Grappling 5:30pm, coach Giacomo
- **Friday:** Kickboxing 5:30pm, coach Ruben

If you wanna be updated about these changes and know how to participate, please contact +91 9487340778 WA. *Contribution required. Be punctual, short nails, in sportswear and no jewelry. Stay home if you are sick or if you have open wounds.* Giacomo

### SWIMMING CLASS by Mani

**Swimming class**  
Swim to Serenity: Waves of Strength!

Watersport\_mani  
**Book Now**  
+91 86376 33696  
20% Swimming class only

- water therapy
- open water
- Oceanic
- water dance
- water movie
- swimming in pool

Package swimming class

*Submitted by Mani*

### KSHETRA KALARI, ASPIRATION

@ Aspiration Sport Ground

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



*Where Body Becomes Eyes,  
Maneesh For Kalari Team*

### BHARAT NIVAS

presents **Kalaripayattu Class**

in Collaboration with Kalarigram:

Bhumika Hall,  
6—7am, Monday to Friday

- For Registration: Contribution is applicable for the class
- [bharatnivas@auroville.org.in](mailto:bharatnivas@auroville.org.in), office: 0413 2622253

*Monisha for BN Team*



### TAI CHI HALL IN SHARANGA



#### Schedule of classes after 24 August

- Every day except Sundays
- Mondays and Saturdays, 7:30—9:30am
- Tuesdays to Fridays, 7:30—9am
- Upcoming: no classes on 28, 29 August, 3 September  
*Krishna*

### KALPANA GYM

Kalpana Gym is open 7—9am & 5—8pm

- Monday To Saturday

All are welcome!

*Satyakam*

### Nature Activities

### FOOD FOREST TOUR

With Smoothie Bowls and More...

Every Saturday & Sunday, 9:30—11:30

**FOOD FOREST TOUR**  
WITH SMOOTHIE BOWLS...and more

EVERY SATURDAY & SUNDAY from 9:30 to 11:30

Come to an experience in my permaculture garden, learn about organic farming and get inspired to start growing your own food.

We are going to explore the wide diversity of edible plants that grow around us and harvest fruits, greens, herbs and flowers. After the tour we are going to create delicious nourishing **RAW VEGAN SMOOTHIE BOWLS**

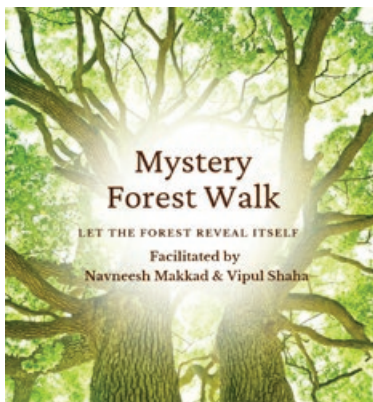
at La Ferme Community (5min from AV Bakery)  
Sign up and more Info [www.myfoodforest.in](http://www.myfoodforest.in)  
whatsapp Sarah 9047421044

For groups of min 4 people any other weekday is possible.

### MYSTERY FOREST WALK:

Friday, 30 August, 6:30—8:30am

Let the Forest Reveal itself! Experience deep nature immersion through your senses. Slow down, reconnect with yourself and with a community of forest beings! Many treasures await your presence!



- **Facilitators:** By Navneesh Makkad and Vipul Shaha (Pune)
- **Hosted by:** Révélation Forest, Mahakali Park, Auroville
- **Meeting point:** Révélation Gate, Adjacent to CSR and Auromode
- **Google Location:** search for [Revelation Forest](#)

**Contribution basis.** Walk-in permitted, however we suggest prior confirmation.

Please bring a bottle of water, mosquito repellent, wear comfortable walking shoes and wear full clothes if you prefer extra protection from mosquitoes.

Please plan to arrive on time to be able to find the group at the entrance of the forest! See you there!

- For registration and queries Contact on WA +91 95001 83706, Arun

Arun

### PERMACULTURE 360° FARM TOUR

Every Saturday, 11am—1pm @ Terra Soul

Join us every Saturday from 11am to 1pm for an immersive tour of our permaculture farm in Auroville!

**What to Expect:** Guided tour of our lush permaculture farm, hands-on experience with sustainable practices, delicious farm-to-table lunch made from our fresh harvest, a chance to connect with Nature and like-minded individuals.

- **Auroville Contact:** Juan 9443434182
- Limited spots available! Register now to secure your place before coming and step into a world of sustainability.

Follow us on Instagram [@terrasoul\\_community](#) for more updates and glimpses of farm life! *Juan*

### HERBAL MEDICINAL PLANTS COURSE FOR BEGINNERS

Monday—Friday, 9—11:30am

#### Workshop Highlights

- **Curriculum:** Learn how to identify the herbal medicinal plants and the names of the plants in 4 languages.
- **Expert Guidance:** Guided by 20 years experienced herbalists Shivaraj (Nutritionist), Dr. Geeta Auropremi MD, and Sylvie Roques.



Discover 35 medicinal plants and their health benefits to support your health and well-being. No prior experience is necessary.

- **Contact Us:** [martuvam@auroville.org.in](mailto:martuvam@auroville.org.in),
  - +91 9345454232 call/ WA,
  - @ Alankuppam. *Submitted by Shivaraj*

### *Bioregion Activities*

#### AUROVILLE BAMBOO CENTRE September Program 2024



#### Bamboo Centre Campus Tour

Bamboo centre campus tour offers a holistic experience into the world of bamboo all in one place. Takes you from the bamboo sapling, different species, varieties of raw materials, workshops, products, food and wellness services related to bamboo is curated into an educational tour with bamboo tea and refreshments.

- 11am—12:30pm, 2:30—4:30pm
- Every day except Sunday
- Registration one day in advance.

#### Every Saturday Auroville Bamboo Tour with Special Bamboo Lunch

Book your slot and enjoy our delicious Bamboo special lunch featuring a variety of fresh, local and organic ingredients. Reserve before Friday afternoon to secure your spot.

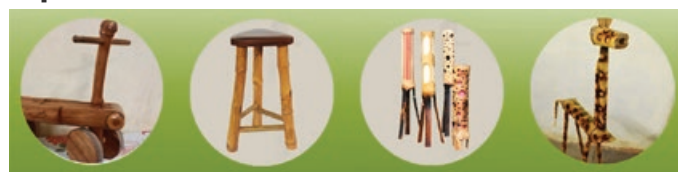
- 11:30am—12:30pm, every Saturday
- Registration one day in advance.

#### Training and workshop

The importance of Bamboo as an Eco-friendly raw material capable of meeting many needs and is gaining global acceptance among many people.

Being a natural gift to mankind, bamboo is very popular due to its multipurpose use, fast growth, easy propagation, soil binding properties and short gestation period.

#### Daily Make and Take Hands On Workshops Experiences



## One-Day, Make and Take Workshops

- 9am—12:30pm, 1:30—5pm
- Every day except Sunday
- Registration: One day in advance.

### • Furniture Workshop

This immersive learning experience that offers the opportunity to learn the fundamentals of furniture construction and then make and take the furniture piece back home. This unique workshop will take place under the guidance of an expert.

### • Bamboo Lampshade

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

### • Bamboo Giraffe

Come and learn to make your own Bamboo Giraffe at Bamboo centre and take home your own handmade giraffe at the end of the workshop.

### • Bamboo Bicycle (For Kids)

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

## 2 Hours Make and Take Workshops

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

### • Bamboo Toys

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

### • Bamboo Musical Instruments

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

### • Bamboo Jewellery

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

### • Bamboo Planter

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

### • Bamboo Archery

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

## Upcoming Workshops & Camps, September

### Bamboo Rammed Earth Workshop, Intermediate Course

- 5—7 September, 9am—5pm
- 3 days, full day intensive session

The Bamboo and Rammed Earth workshop is a 3 days immersive learning experience that offers the opportunity to learn the fundamentals of bamboo construction and rammed earth, while engaging in a unique self-inquiry in the company of an international team of mentors.

### Bamboo Furniture Workshop, Beginner Course

- 13—14 September, 9am—5pm
- 2 days, full day intensive session

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

The Bamboo Furniture workshop will take place over 2 days, covering full day intensive sessions offered daily from 9am to 5 pm.

### Bamboo Hyperbolic Paraboloid Dome Workshop, Advanced Course

- 26—28 September, 9—5pm
- 3 days, full day intensive sessions.

The Bamboo Hyperbolic Paraboloid Dome workshop is perfect for Architects, Students, Engineers, Environmentalists, Green Practitioners and anyone who wants to gain skills on sustainable lifestyle and hands-on experience working with bamboo, one of the most eco-friendly building materials, while also exploring various aspects of sustainable living. It is for anyone who is concerned about building a more environmentally sustainable world. (e.g. engineers, architects, technicians, supervisors, masons, students and laymen).

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

Preferred: [bambooworkshop@auroville.org.in](mailto:bambooworkshop@auroville.org.in) or [bamboocentre@auroville.org](mailto:bamboocentre@auroville.org)

or +91 8300949081, 0413 2623806, 2964727

Flexible training dates offered to groups

- Contact: Voice call and WA: 8300949081, <https://aurovillebamboocentre.org/>

Mani

## MOHANAM PROGRAM

September 2024

Mohanam Auroville Campus



MOHANAM PROGRAM

2min from Vérité,  
6min from Matrimandir,  
8min from Visitor's Center  
Experience, Explore, Energise

For more information and registration for all the tours, workshops, classes and events:

- Email: [mohanamprogram@auroville.org.in](mailto:mohanamprogram@auroville.org.in)
- Call/WA: 8300949079
- Office Timing: 10am—4pm
- Working Days: Monday to Saturday

## Tours inside Auroville

### Auroville Northwest tour

- 10:30am—1pm, every day, except Sundays
- 1 day advance booking is necessary.

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

### Mohanam Campus tour

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

- 10am—4pm, every day, except Sundays
- 1 day advance booking is necessary.

### Make & Take workshops at Mohanam Campus

- 10am—4pm, every day except Sundays
- 1 day advance booking is necessary.

Join and experience the learning aspect of engaging in the art and craft workshops. Manifest your inner self through various materials and form using creative technique.

- Pottery making \_\_\_\_\_ 1hrs
- Kolam mandala painting \_\_ 2hrs
- Coconut shell craft \_\_\_\_\_ 3hrs
- Incense making \_\_\_\_\_ 1.5hrs
- Lampshade making \_\_\_\_\_ 3hrs
- Paper marbling \_\_\_\_\_ 1hrs
- Candle making \_\_\_\_\_ 1.5hrs
- Soap making \_\_\_\_\_ 2hrs or 1 day

### Classes at Mohanam Campus

- **Cooking Class:** Learn how to cook traditional South Indian food and snacks with this cooking class. You'll start your experience by choosing what you want to make from around 10 different dishes, with lots of vegetarian options available.
  - 10am—12:30pm, every Saturday
- **Saree and Veshti Experience:** Choose a saree and veshti from a variety of beautiful sarees and veshtis in our library. Get your traditional south Indian look with help of our women's group members who will assist you to drape/ wear the saree & veshti. You can ask us for a photoshoot as an add on, south Indian style makeover—choose between kolam & cooking for an inclusive traditional experience.

### September month events @ Mohanam Campus

Event	Day	Time	Booking model
New Moon Ecstasy	3 September	5—6:30pm	Walk-in
Mohanam Drum Circle	Every Thursday	5—6:30pm	Walk-in
Herbal chai with Dr. Loganathan	Every Saturday	4—6:30pm	Pre-booking required
Tamil Chanting with Mr. Anandou	Every Saturday	5—6:30pm	Pre-booking required
Nila Soru—Moonlight Dinner	18th September	6—8:30pm	Pre-booking required



### Auroville Bioregion Experience with Mohanam Team

Soul of Soil: opening the gateway to the village program for August, conscious and cultural tour, Auroville bio-region hub for art, craft and culture to bridge and promote local Tamil culture: touch, ride, feel, taste, hear, discover, experience

- Village Tour \_\_\_\_\_ 3hrs
- Munnur & Perumukkal visit \_\_\_\_\_ 6hrs
- Salt Dune & Kaluveli Tank Visit \_\_\_\_\_ 6hrs
- Bio-region Village Temple Tour \_\_\_\_\_ 6hrs (Irumbai Shiva Temple & Panchavadi Hanuman Temple)
- Navagraha Temple visit \_\_\_\_\_ 3hrs (Moratandi Navagraha Temple & Prithyangara Temple)
- Wood Fossil Visit and Quarry Shower \_\_\_ 6hrs

### Volunteers Invitation

Join the Mohanam Team—Make a lasting impact! Mohanam is seeking passionate long-term volunteers to join our team on a full-time or part-time basis!

- We're looking for individuals with skills in: Facilitation and training, Written Documentation and Filing, Administration, Accounting, Teaching kindergarten children, WordPress Website Management, Newsletter Creation, Film Making, Canva Designing, Digital Marketing and Promotion, Physical Marketing and Promotion, Fundraising and Grant Writing, Program Coordination, Kitchen Management, Campus Logistics and Maintenance, Team building and leadership, Content Writing—blogs, social media posts, program descriptions, etc. Social media handling—Instagram, Facebook, Youtube and LinkedIn
- **Volunteering Duration**
  - Short term volunteers: Minimum 3 months
  - Long term volunteers: Minimum 6-12 months

- **Language you must know:** English
  - Optional languages (if you speak or understand, it will be beneficial): Tamil, Hindi
- **Campus Timings:** 8:30am—5pm
- **Working Days:** Monday to Saturday. We might require you to be there on Sunday in case of special programs/ events.

Do you share our passion for empowering village children, youth, artists, artisans and girls, while appreciating Tamil culture? Yes! We invite you to contribute your expertise and make a real difference in our community.

- **Benefits of Volunteering with Mohanam:** Be part of a meaningful cause, help fulfil Mother’s vision of bridging Auroville and villagers, gain valuable experience and develop new skills, work in a supportive and collaborative environment, campus lunch and beverages
- **Ready to join us?** [Submit your application through this link](#) or scan the qr code and submit your application.



Let’s build a brighter future together!

### Thiruvannamalai Eco & Spiritual Services

Thiruvannamalai—Mohanam Services, Aurunachala—Auroville: tour, retreat space, camping, temple visit, ashram, Girivalam full moon experience.

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

- For more information, contact us: [mohanamprogram@auroville.org.in](mailto:mohanamprogram@auroville.org.in), 8300949079, 04132190757, 04132622667

Submitted by Balu

### EGAI

+91 9791896488, [egai@auroville.org.in](mailto:egai@auroville.org.in)

### UTAVI Empowering communities

## UTAVI

Empowering communities

**Egai Vēlai**

Infrastructure support to space deficient community and village artisans and craftsmen

**Egai Kaiviṇai**

Assisting craftsmen of varied skill sets via materials and tools to offer workshops for the traveler community

**Egai Kalai**

Conscious intent for youth of all needs to learn a skill to build their future “Dream” of Self Determination

**Contact: Anand**  
[egai@auroville.org.in](mailto:egai@auroville.org.in) +91 91594 68946  
<https://auroville.org/page/egai>  
<https://auroville.org/page/donate-from-india>

### Workshops



#### Coconut Shell Workshop

Embark on a crafting journey with coconut shells



#### Incense Workshop

Come and make your own Agarbatties.



#### Toys Workshop

Craft toys made of wood and bamboo



#### Finger Painting Workshop

Tap into your inner child learn how to paint with your finger

### Our store in Auromode



+91 9791896488 WA/ 0413 2963034 Anand

**Explore Auroville**

- **Crown Road Tour: Connect Four Zones**  
10am—12:30pm, all days except Sunday

This tour educates the audience about the cultural consciousness of Auroville. The inspiring journey of the residents in their path of self-determination. Visit a wide range of units and activities which have coupled tradition and modernity.



- **Farm Tour: Organic Farming**  
7am—9am, all days except Sunday

This tour, will not be your average comfort-holiday activity, instead, it will be a rewarding experience—both tangible and intangible. It can best be enjoyed slowly while cherishing the freshly grown fruits and vegetables. At the end of the tour, you also shop for other value-added farm produces like spices and organic personal care products.

- **Forest Walk: Experiencing Nature**  
7—9am, all days except Sunday

Healing forest walks are meditative walks that we take in nature, either alone or in small groups. It is an effective way of finding calm and balance. Nature helps us in becoming free of negative thoughts that pull us down, and through the walks we find answers to difficult questions which brings clarity to our lives.

**Bioregion Tours**

10am—12:30pm, all days except Sunday

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.

- **Sri Mahakaleswarar Temple—Irbumbai:** Did you know Auroville’s existence was predicted 1000 years before its creation by a great Rishi named Kaduveli Siddar in Irbumbai, unlocking the secret with us.
- **Manjaneeswarar Ayyanar Appan—Keezhputhupattu:** Get to know one of the most famous Ayyanar temple in Tamil Nadu which hold great legends.
- **The Great Canyon—Bommayarpalayam:** Discover the beauty of the naturally formed Canyon in Auroville.
- **The Bat Village—Kazhuperumpakkam:** A village that has not celebrated Diwali for decades to support their co-family members to live peacefully. The history behind the Bat village.

**Workshops:**

Every day except Sunday, one day prior booking

- **Pottery Workshop**

Join us for our Pottery workshops to experience working in clay and gain one-on-one instructions on how to create your piece. Enlight offers a natural and relaxed environment to immerse yourself in Pottery. Our workshops are focused on Pottery for beginners, so no prior experience is required.

- **Instrument Making Workshop**

Introduction to uses of Instruments and how to make musical instruments like bamboo flute, bamboo scraper, rattles, bamboo whistle and bamboo tongue drum. “Make and Take”.

- **Stone Carving Workshop**

Introduction to uses of tools and materials. In this workshop, you will learn the making of statues out of stone. A basic method of carving any kind of statue.

- **Candle Making Workshop**

Dive into the art of candle making with our immersive workshop. Perfect for beginners and seasoned crafters alike, this hands-on experience will teach you how to create beautiful, aromatic candles from scratch.

- **Drumming Workshop**

Experience the rhythmic heartbeat of community and connection at our Drumming Circle. Whether you’re a seasoned drummer or a first-time participant, all are welcome to join in the joyous celebration of music and rhythm.

- **Cooking Class Workshop**

Complete your travel experience by learning the art of south Indian cuisine with native women. Learn to cook local native dishes using hand pound spices and earthen pots and pans.

**Wellness**

Every day except Sunday, one day prior booking

- **Music Therapy**

Embark on a journey of the alignment of mind, body and soul by exploring alternative forms of healing. Experience the healing powers of sound frequencies in your healing journey.

**Anand +91 9159468946/ Balaji +91 8270071581**

**TOUR TO THIRUVANMALLAI**



Again, starting a tour to Thiruvananthapuram, every Tuesday. Leaving at 6 or 6:30am from Visitors Center back at 6:30pm.

To register: 9090819998 WA. **Arabinda**

**EARTH INSTITUTE**

**On-Campus Training Course**

**CSEB Intensive : 09th Sep - 14th Sep**

**AVD Intensive : 16th Sep - 21st Sep**



**AUROVILLE  
EARTH INSTITUTE**

We are thrilled to invite you to embark on an exciting journey with us to explore the untapped potential of our Earth through interactive workshops! This unique adventure promises to be an enriching experience, full of discovery and learning. Limited seats are available on a first-come, first-served basis.

**Register now & join the clan!**

- **Contact:** +91 9159225078/  
0413 2623330/ 2623064

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

**T. Ayyappan, Co-Director**

*Craft Activities*

**WELLNESS WOODCRAFT:**

**Carpentry & Wooden Craft Workshops**

- Diy Woodworking, Kitchen & Home Decor
- Spoon Carving Workshop, beginner level
- Wood Joinery, beginner level: mortise & tenon, half-laps, bridle joints, hand & power tools



**MAKE & TAKE WORKSHOP  
Kitchenware & Home Decor**  
(Bowl, Chopping Board, Rolling pin, Candle & Incense holder)

**Fri & Sat** **DIY WOODWORKING**  
AGE: 15+ DM to Book spots: 9952589649  
wellnesswoodcraft@auroville.org.in

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](mailto:wellnesswoodcraft@auroville.org.in), +91 9952589649WA

Anand

**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, +91 9385744722, 0413 2969722 Zeevic



*Help Needed*

**SUPPORT FOR GIUSEPPE**

We are in need of financial support to continue to pay for the people that give their time and energy to look after Giuseppe. The food costs are also above what is received from Auroville. Any smaller or bigger contribution is most welcome.

- For contributions you may use FS ac.102518 (Giuseppe).
- For additional information, contact +91 9489601312, call or WA Shivaya and Enrica

**THAMARAI LEARNING CENTRE**

**Needs Sports Equipment**



Dear community, do you have any weights/ dumbbells, kettle bells, medicine/ strength balls, resistance bands, punching bags and or gloves etc that you are not using?

We could really make great use of these at the Thamarai Learning Centre!

To support our wellbeing activities with the children in our after-school and weekend programs, as well as for health programs with local youth and adults:

- Please contact us: [thamarai@auroville.org.in](mailto:thamarai@auroville.org.in) or +91 9566936746 WA
- Or maybe you would like to donate for us to directly purchase this needed equipment? If so, we welcome with gratitude any contribution to FS account number: 251633

Carla, for the Thamarai Team

**STUDIES:**

**Bachelor of Science in Nursing**

Dear Auroville Community, I hope this message finds you well. We are writing to share some exciting news about our younger daughter, Catherine. She has recently been accepted into her first year of college, where she will be pursuing a Bachelor of Science in Nursing. This is a dream come true for her, as she has always been passionate about helping others and making a difference in the world.

As you can imagine, starting college brings both excitement and financial challenges. The cost of tuition, books, supplies, and other necessary expenses is significant, and we are committed to doing everything we can to support Catherine in achieving her goals. However, we are reaching out to you all for assistance during this important time in her life. The Scholarship Fund of Auroville has no funds at the moment, therefore we request the community for help.

We are kindly asking for your support to help Catherine as she embarks on this journey. Your contribution, no matter the amount, will go directly towards her educational expenses and help ensure that she can focus on her studies without the added stress of financial concerns. She needs Rs.2.25 lakhs to pay for her first year of Bsc. Nursing urgently.

- If you would like to support Catherine, kindly transfer to her FS a/c 252137. Your generosity will make a meaningful impact on her ability to succeed in her chosen field.

Thank you for considering our request and for being a part of Catherine's journey to becoming a nurse. We are deeply grateful for your kindness and support.

Rina Raju, FS 7094384870, Raju, Auroville Printers, 9443202786, [raju@auroville.org.in](mailto:raju@auroville.org.in)

**FUNDS NEEDED  
to repair a roof**

Sathyaka, Last School's ama for more than 10 years, needs financial help for a roof which is broken. She has tried to fix it many times but with the monsoon coming soon and with the current rains it's essential for her to repair it for good.



The solution would be to install steel sheets to make it completely waterproof. But this comes to the cost of 47, 695rs with labor included. She can only afford to pay 10, 000rs and the school cannot help her much with the current financial situation of the schools in Auroville.

- If you're willing to help please contact this number (one of Last School teachers): +917598087947

Fanny



**SUPPORT**

**The Public Transport In Auroville**

Dear All, Accessible Auroville Public Bus service started in 2016 with help of an Italian donor, who contributed to purchase a public bus to Auroville, with the specific aim of creating a means of transportation for differently-abled individuals.



Since 2016, we have received good support from Aurovilians and Guests until the Covid pandemic started. The service was meant to be self-sustained by collecting contributions from the bus users to cover the running expenditure. We were supported by AVI Canada and well-wishers from Auroville to cover the yearly maintenance like Insurance, Fitness Certificate, Yearly Maintenance of the vehicle etc.

Since Covid-19, the users of the bus have reduced and it became hard to cover the running cost of the bus. Therefore, we often requested help from the community to support. We tried various options to increase the use of the bus but no real progress. Only during the season, the bus is filled with people. This shows that most Aurovilians are willing to use their individual vehicles to visit Pondicherry instead of using the public transport.

We do not get any financial support from BCC for our monthly running cost or yearly maintenance. We tried a few times to get support from BCC to encourage public transport in Auroville so as to avoid the steady increase of individual transport, taxis etc. It has not been accepted since 2016.

Therefore, we invite Aurovilians, Newcomers, Volunteers and Unit workers from Pondicherry to use this service to support the public transport in Auroville. The Service is provided from Monday to Saturday with 3 trips in a day between Auroville—Pondicherry—Auroville. While increasing the number of users, the service will be able to continue on its own without any financial crisis. So far, the service could function because financial gaps were generously covered by advance given by Auroville Vehicle Service & Aurocabs Taxi Service. But it can't continue as of now. Recently Aurocabs contributed new seats for the bus (which are yet to be fixed).

Financially, the bus service is in a bad debt of around 1.4 Lakhs (April—July 2024) as of now and the expense for the yearly maintenance of the vehicle is coming ahead in end of September, which will need around Rs.1, 06, 500 towards Fitness Certificate, Vehicle Painting, renewal of Insurance, replacement of tyres and other mechanical works.

Once again, we are seeking donations to keep the service going on. We request you to donate in our account no: 251675/ AV Accessible Bus.

Details of works to be done in end of September 2024:

- Re-Painting of Bus: Rs. 15,000
- Tinkering work: Rs. 13,000 (Body + flooring rear door)
- Tyres Replacement: Rs. 23,500 (2 Tyres)
- New seat fitments: Rs. 9,000 (14 seats)
- Renewal of Insurance: Rs. 30,500 (2024—2025)
- Mechanical works: Rs. 9,000
- Fitness Certificate: Rs. 6,500

**Total: Rs.1,06,500**

Let us join together to reduce the carbon footprint and the traffic around us. By supporting public transport, you could have a safe journey, reduce the carbon footprint and save money.

*Raju,  
for Accessible Auroville Public Bus*

*Work Offering*

**EXPERIENCED TEACHER SEEKING POSITION**

Kalaivani from Bommayapalayam village is a dedicated and qualified Tamil teacher with 4 years of teaching experience seeking a challenging role. She holds a Master's degree in Tamil and an B.Ed qualification, demonstrating her commitment to the Tamil language and education.

With a proven track record of engaging students and delivering effective lessons, Kalaivani is eager to contribute her expertise to a dynamic educational environment.

- **Key Qualifications:** M.A. in Tamil, B.Ed, 4 years of teaching experience, strong command of the Tamil language
- **Excellent** communication and interpersonal skills

If you are seeking a passionate and skilled Tamil teacher, please contact Kalaivani at 70948 42105, 7904210690

*Submitted by Giri*

*Available*

**Kitty needs a Home**

Kind indoors-outdoors home needed for young female cat, operated. Age 1—2 years, healthy, Calico, white/ orange/ black, friendly and playful.

I have to leave for Europe soon. 9751395232

*Althea*



**Office Spaces Available: Aurelec**

A well protected 47sqm building, opposite Aurelec, northern side, is available. This space is ideal for office or show room, with generator back-up, 24 hours security, parking, provision for air-conditioners, high speed fiber internet access (BSNL and Aurinoco) and canteen facilities.



Conveniently located office room (around 50 sqm.) inside Aurelec premises will be available from 1 August 2024, with generator back-up, 24 hours security, parking, provision for air-conditioners, high speed fibre internet access (BSNL and Aurinoco), canteen and sports facilities.

- **Interested people may contact** Mr. Siva at Aurelec in person, or by phone to 2622293/ 2622294 or e-mail [adps@auroville.org.in](mailto:adps@auroville.org.in) *Siva for ADPS Trust*

**Office Space Available: Auromode**

Office Space inside Auromode Premises with superb infrastructure, including Generator back-up, 24 hours Security service, Aqua Dyn drinking water, Car & Bike parking and restaurant.



Interested people may contact **Mr. Pandian** at Auromode in person, +91 99433 90391 or [pandian@auroville.org.in](mailto:pandian@auroville.org.in)

*Pandian*

*Looking For*

**Seeking Housekeeping Work**

Dhanalakshmi, age 40, is looking for a housekeeping or cooking job. She is looking for a full time job.

Work experience: 5 years worked in green guest house as cook and 2 years worked in Panism guest house also as a cook. Please call 8870851894 *Tine, Aurogreen*

### Looking for an Acoustic Piano

Looking to buy an acoustic piano second hand in good condition. Any offer via 9488239348 WA or [pauli@auroville.org.in](mailto:pauli@auroville.org.in)



Paula

### Looking for a full time Gardener

We are looking for a full time gardener in Aurogreen. We have another full time gardener but we need two full time gardeners every day. Please call or WA Tine 9843984181 for details.



Tine

### Taxi Share

#### To Chennai Airport, Tuesday, 10 September, 7pm

Looking to share a taxi from Auroville to Chennai airport evening on Tuesday 10 September. My flight is 23:30. Please send me a message if you would like to share.



[ivana.frousova@yahoo.co.uk](mailto:ivana.frousova@yahoo.co.uk)  
Ivana

#### To Chennai Airport, Saturday, 7 September, 7am

I'm looking to share a ride from Auroville to Chennai airport on Saturday, 7 September at 7am. Join me and let's both save some money!

Brian Gygi,  
8489440851, [nairbigyg@gmail.com](mailto:nairbigyg@gmail.com)

### Work Opportunities

#### BHARAT NIVAS

#### Looking for Office Assistance Full Time

This is to inform you that we are looking for office assistance full time. Basically the job will be to follow the communications, looking after the bookings of different venues, entire responsibility of communications, co-ordinations of events etc.

- **Note:** Experience of computer knowledge along with full experience of speaking and writing English is a must.

Janmejay Mohanty,  
BN Trustee, 8249335483

#### ECO FEMME IS LOOKING FOR an International Sales Coordinator!



Would you like to join our Sales team, working with International retail customers? We are looking for a full-time member. Skills and experience required:

- Proven experience in sales coordination or a related field.
- Competent written and verbal English communication skills with a dash of creativity.
- Proficiency in Google Workspace, specifically Google Sheets, Docs, and Slides.
- Ability to speak other languages, specifically European languages, is a plus.

We are based in Auroshilpam.

Starting date: Immediate

For more detailed information and applications, please write to [maha@ecofemme.org](mailto:maha@ecofemme.org) with your updated CV. Looking forward to hearing from you!

Submitted by Maha

### AIAT

#### is looking for a part-time faculty

Work opportunities for Aurovilians, newcomers or long-term Volunteers. AIAT is looking for a part-time faculty

- in English with a Masters Degree in English and
- in Hindi with a Masters Degree in Hindi.



Please write to [principal.aiat@auroville.org.in](mailto:principal.aiat@auroville.org.in)

or contact Lavkamad 9443238303

### Honorary Voluntary

**AuroOrchard**

## Volunteer and learn farming hands-on!

AuroOrchard is the oldest and one of the largest farms in Auroville, contributing significantly to the food needs of the community.

Join us to learn to work with the soil, plants and food while sharing with a diverse group of people. We offer breakfast made with farm produce.

JOIN US! PLEASE REACH OUT TO US FOR ANY QUERIES!

**MONDAY to SATURDAY** **EMAIL:** [auroorchard@auroville.org.in](mailto:auroorchard@auroville.org.in)  
**7AM TO 9AM and/or** **WHATSAPP:** 9566631079 (Nidhin)  
**9:30AM TO 12PM**

Nidhin for AuroOrchard team

### GAU SEVA

#### at Sadhana Forest!



Your heartfelt service is needed at the Sadhana Forest Gaushala!

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

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

[sadhanaforest@auroville.org.in](mailto:sadhanaforest@auroville.org.in),  
8525038274WA or call 8122274924

The Sadhana Forest team, Aviram

### KUILAI CREATIVE CENTER

#### Seeks Volunteers

We are looking for volunteers to help with...

- Evening Tuition to help with Math, Science, English:
  - 6—8pm, Monday to Saturday
- Saturday programme Physical, Craft and Art Activities: 9am—4pm.
- English class, Tailoring and Mother's 12 Quality Integral Education programme.



Kindly contact: [kuilaicreativecentre@auroville.org.in](mailto:kuilaicreativecentre@auroville.org.in) or call us 8608473385

Selva for KCC

## FARM SERVICE IS LOOKING FOR VOLUNTEERS

Mondays at 10:30am, for an interview  
@ Bhumika Hall, Bharat Nivas

Dear Friends, The Farm Service is looking for volunteers to serve in the farming sector. Interested candidates (Aurovilians) may come to the Bhumika Hall (Bharat Nivas) on Mondays at 10:30am for an interview.

Submitted by Gino

## INSIDE AUROVILLE

Offers consulting services voluntarily in gratis (Pro Bono) for the below areas only to registered units/ activities who/ which do not have a qualified and experienced in-house resource.

### Focus:

- **Startups:** Products and Services
- Concept Note Writing, Project Proposal and Pre-defined Application Form Preparation, Financial Projections—Guidance only
- Email, Instagram, WhatsApp and LinkedIn Marketing, Business Communication and Content Writing—Guidance only

### Contact Details:

Surajkiran, 9884204918 (Voice and WA),  
[surajkiran@gmail.com](mailto:surajkiran@gmail.com)

Balaji

## Foods, Goods & Services

### SUDHA'S KITCHEN

We are open from Monday—Saturday, 8am—9pm

We are open after the summer break and serving Mediterranean Cuisine for breakfast, lunch and dinner.



We are warmly welcoming you to join us and taste our fresh and delicious food.

You can find more about us on:

- Instagram @Sudhaskitchenav & Dropzy app.
- Contact number: +0413 3509884, +91 7094358547
- E-mail ID: [sudhaskitchen14@gmail.com](mailto:sudhaskitchen14@gmail.com)

Submitted by Sudha

### NATURELLEMENT GARDEN CAFÉ IS OPEN

9am—7pm

Dear friends, Naturellement Garden Café is open for its regular hours 9am to 7pm. You are again welcome for an early dinner! Last orders taken at 7 sharp, but you can then stay on at your leisure.



Chitra for Naturellement Garden Café team

### PATHWAY CAFE

Bharat Nivas Pathway Cafe is happy to invite you to come and try our healthy and clean food at a very reasonable price and with a 20% discount for Aurovilians and newcomers and volunteers.

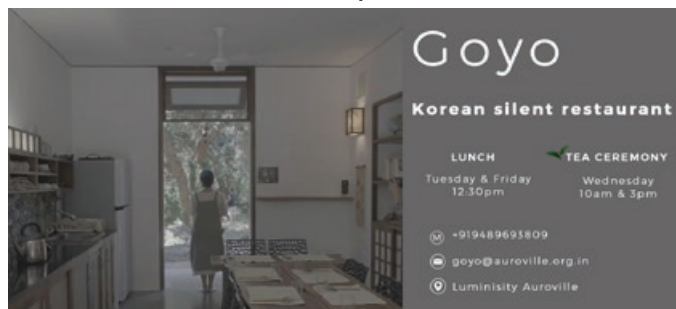


The menu includes sandwiches, Burger, Vada Pau, Bread omelet, with a variety rice and air fried French fries besides the juices and Lassi.

One can get a full lunch within Rs 100. Please come and try and encourage us. Aravind, Bharat Nivas Team

## GOYO KOREAN SILENT RESTAURANT

Lunch: Tuesday & Friday, 12:30pm  
Tea Ceremony: Wednesday, 10am & 3pm  
@ Luminosity Auroville



- Please book for lunch/ tea ceremony minimum a day before: +919489693809, [goyo@auroville.org.in](mailto:goyo@auroville.org.in)  
Won Ja for Taste of Korea

### ANITYA: COMMUNITY LUNCH

12:30 on Thursdays and Saturdays



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 Saturdays in our community kitchen!  
Nikethana for the Anitya team

### LIVELY DISCOUNT

8:30am to 5pm, Opposite Ganesh Bakery

We are having a summer discount sale at a Lively. Discount on all kinds of clothing. Available to visit us from 8:30am to 5pm.



Rajavani for Lively Team

### SARVAM COMPUTERS OFFERS RELIABLE SERVICE

Dear Community, we are happy to inform you that Sarvam Computers has moved to the newer location in Utsav Complex. And we would always like to provide you with fast and reliable service.



Sarvam Computer offers all types of computers sales and service, data recovery, all types of Apple device sales and services, office network and server setup, monthly and annual maintenances etc.

### Contact Sarvam Computers

Utsav Phase—1 A, First Floor, Vérité Radial, Auroville

- 0413 2622050, 9443211891, 9786953603
- FS account: 251263
- [sarvamcomputers@auroville.org.in](mailto:sarvamcomputers@auroville.org.in)

Bala

**REDUCED-PRICE  
Maroma Products**

**for all Aurovilians in the Outlet Store**

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



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

See you there!

*Jesse for The Maroma Team*

**ANNAPURNA FARM BASKETS**



Annapurna Farm offers farm baskets of produce/ products (dairy, fruits, and grains) from Annapurna to connect with the consumers directly. Residents/ volunteers/ guests can select from the range of produce/ products to order via google form. Orders are delivered to Foodlink & PTPS on Saturdays. Some of the produce/ products are exclusively available for CSA orders.

We have a WhatsApp group to make weekly announcements for the order form links and occasional farm updates. Please scan the QR code to join the group or [follow this link](#).



*Madhuri for Annapurna Farm*

**FOODLINK MARKET OPEN EVERY DAY**

**Monday—Saturday, 9:30am—12:30pm**

**FOODLINK MARKET**

Fruits, vegetables, milk & eggs from Auroville farms

Monday - Saturday  
9:30 AM - 12:30 PM

FoodLink  
Solar Kitchen Complex  
Crown Road, Auroville

Call/WhatsApp:  
+91 83002 68804



No cash payments. All payments are to be made via AVFS account, AuroCard or UPI.

We welcome you every morning from 9:30am to 12:30pm. We are open to volunteers, guests & visitors and we accept payments by FS account, Aurocard and UPI.

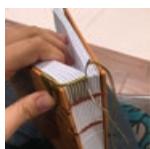
- For more info, call/ WA +91 83002 68804 or pass by.

*Foodlink Team,  
Isabelle*

[FoodLink basket order form here](#)

**BOOK BINDING**

We bind, repair, and restore all books with Hand made paper, cloth and leather at Vanaville workshop behind Tanto restaurant in Kulapalayam.



*8940648542, Michel*

**INTEGRAL HARMONY FARM  
Now Offers Charcoal**

Our team at the Integral Harmony Farm is thrilled to announce the completion of our new charcoal kiln. We are excited to offer our top-end charcoal at low prices. We now offer two types of charcoal for sale: Grade One and Grade Two.



**Grade One charcoal is of the highest quality, distinguished by its silvery tone and exceptional properties.** This versatile charcoal is suitable for a variety of technical applications:

grilling and barbecuing, smelting processes and metal-working in industry, water and air purification specialist gardening applications, such as cultivating orchids, health and beauty products, serving as a natural detoxifier in skin care treatments and teeth-whitening solutions.

**Grade Two charcoal is meant for agricultural purposes.** Farmers and gardeners can significantly improve their yields and soil health by incorporating Grade Two charcoal into the soil.

- We now offer **Grade One charcoal** at Rs.40 a kilo and **Grade Two charcoal** at Rs.30 a kilo.
- We provide our charcoal in convenient **2-kilo and 5-kilo** bags, which are available for pickup
  - at the Botanical Garden (open from 9am to 5pm),
  - PTPS (open from 8am to 6pm), or our farm (open from 9 to noon and then 2 to 4 in the afternoon.)
- We also have **10 kilo bags** available for pickup from our farm for those needing larger quantities, although these must be ordered in advance.

Write to us, and we will prepare a bag for you. Additionally, we can accommodate higher quantity orders, but please be ready for a potential wait due to high demand. Beyond individual sales, we proudly offer regular deliveries to other farms and forests.

- Contact Velmurugan at +91 9751468504 or [integralharmonyfarm@auroville.org.in](mailto:integralharmonyfarm@auroville.org.in)

*For Integral Harmony Farm,  
Pranav and Velmurugan*



**Is Extending Our Working Hours**

Dear Community Members, greetings from ITS (Integrated Transport Service). We are happy to inform you that ITS is extending our working hours to better support the community.

- **Our previous working hours** were from 8:30am—5pm.
- **The new working hours** will be from 8:30am—7pm, effective from 1 September, 2024.

To book a E-van or E-auto, please contact us

- +91 8098776644/ +91 9442566256 *Rajesh I.T.S*



Any Taxi bookings can be done directly to our UTS office. The contact numbers are:

- Landlines: 0413 2623586, 0413 2623587
- Cellphones: 9047015801, 9443362218
- Email: [uts@auroville.org.in](mailto:uts@auroville.org.in)

*Lakshmi  
for UTS Transport Service Team*

### SHARED TRANSPORT SERVICE

Shared Transport in Auroville is dedicated to offering **cost-effective travel options by arranging shared trips** between Chennai and Auroville. Additionally, we provide **local trips** within Auroville and Pondicherry.



- Taxi bookings can be made directly through our STS (ITS) office.

**Location:** ITS (Integrated Transport Service), Solar Kitchen Area, in front of PTDC, Auroville—605101

**Contact:** 8098776644/ 9442566256, [its@auroville.org.in](mailto:its@auroville.org.in)  
**Rajesh.D for Shared Transport Service**

### QUTEE ELECTRIC SCOOTER SERVICE

Many in Auroville are not aware that a quality service for all brands of electric scooters, and especially the ones (Hum-vee) 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.

**Govindaraj & B for Qutee Electric Scooter Service**

### HIVE'S OPEN HOUSE

30 August, Friday, 9am—5pm

Join us at Hive's Open House! Step into the world of unmatched productivity and limitless possibilities with lightning-fast Internet and Coffee, **all for Free.**

- Visit our website at [www.auromode.in/hive-coworking](http://www.auromode.in/hive-coworking) for more details on our plans and facilities.
- For inquiries, contact us on WA at +91 7092197375/ +91 9042759540.

See you on Friday!!! **Dhesh for Hive Coworking Space**

### SURABHI SUPPLIES

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



**Contact us for all your procurement needs:**

- [surabhisupplies@auroville.org.in](mailto:surabhisupplies@auroville.org.in)
- +91 98438 46458 WA, Phone: Iyyappan

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

### ECO FEMME

Open House every Thursday, 10:30am

Dear Friends, come join our Open House every Thursday at 10:30am. We hold these at our office in Auroshilpam, just behind Auromode. We'll teach you about sustainable menstrual products and our not-for-profit programs, and you can pick up discounted cloth pads, cups and cloth nappies. See you soon!  
**Mila**

### DROPZY

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

Kindly do download the mobile app to register yourself to place orders supporting the outlets in and around Auroville and to find out relevant information to your needs.

- Download link as shown below:

[Android](#)

[iPhone](#)

[Desktop](#)



Stay tuned in to our announcements and the app regularly, for more updates.

**Sathish Arumugam for Dropzy,**  
 +91 8098144686, [www.dropzy.in](http://www.dropzy.in)

**INSIDE INDIA TRAVEL NEWS**

Tuesday, August 27, 2024

Namaste, Bonjour, Hello, and Vanakkam from the heart of travel—Inside India! We're here to turn your travel dreams into reality, making every journey as seamless as a gentle breeze.



- Whether you're uncovering the secrets of India or chasing adventures across the globe, we've got your back.
- From flight, train, and bus tickets to travel insurance, visas, and taxis—we handle it all with a touch of magic. Need a passport renewal? Consider it done!

Also if you want to follow us for more regular info:

- Instagram: [https://www.instagram.com/insideindia\\_av/](https://www.instagram.com/insideindia_av/)
- FaceBook: <https://www.facebook.com/avinsideindia>

**Office Hours & Contact Information:**

- **Location:** Kalpana Office
- **Hours:** 10am—5pm, Monday to Friday
- **Contact:** Mr. Ganesh is ready to assist you at 2623030 (Landline) or +91 9894598686 (Mobile/WA)
- **Email:** [travelshop@inside-india.com](mailto:travelshop@inside-india.com)

**Exclusive Offers:**

- **Emirates:** Fly high from Lyon and Paris.
- **Etiihad Airways:** Journey from Chennai to Paris, Frankfurt, London, Munich, Amsterdam, Madrid, Milan, Zurich, Rome, or Cairo.
- **Thai Airways:** Escape to Seoul from Chennai.
- **Air India:** Travel from Chennai to Paris, Zurich, Copenhagen, or Nairobi.
- **Qatar Airways:** Take off from Chennai to Frankfurt, London, Munich, Lisbon, Hamburg, Lyon, or Rome.
- **Lufthansa:** Discover new horizons from Chennai to Amsterdam, Madrid, Barcelona, Dublin, or Milan.
- **Ethiopian Airlines:** Venture from Chennai to Johannesburg or Nairobi.
- **Aeroflot:** Connect Delhi and Moscow with ease.

**Important Travel Tips:**

- **Sri Lanka:** The Supreme Court has paused the new e-Visa system as of August 2, 2024. If you applied after this date, your refund is on its way.
- **Cambodia:** Starting July 1, 2024, all travelers must submit an e-Arrival card online at least seven days before arriving. This digital card streamlines your entry by combining immigration, health, and customs forms into one smooth process.
- **India-Thailand:** Thai citizens rejoice! The Indian government has waived the e-Tourist visa fee from July 1 to December 31, 2024. Enjoy up to 30 days of exploration in India with double entry—just don't forget to apply for your visa beforehand.
- **Schengen Visa Notice for West & South India:** Planning a family trip to Europe? If you're applying for a Schengen visa in West or South India, just one parent needs to book an appointment slot, and the whole family can join in. Don't forget to bring your passports, birth certificates, or marriage certificates to verify your family ties.

**Additional Travel Advisory:**

- Some travelers have faced challenges with e-FRRO Stay Visas during check-in, resulting in denied boarding. We recommend carrying your original visa or a photocopy to avoid any issues.
- Stay on top of flight delays, cancellations, and the latest COVID-19 guidelines with the newest advisories.

A heartfelt thank you to everyone who continues to trust us with your travel plans. Here's to an amazing week of adventures!  
*Olivier, the Inside India Travel Team*

**NEW WAVES**

Offering PCB Assembly and appliance repairs at Aurelec.

If you have any requirements, please contact Dhanda

- Office Landline 0413 2622295
- 9443090082/ 8098193820
- [newwaves@auroville.org.in](mailto:newwaves@auroville.org.in)  
[newwavesauroville@gmail.com](mailto:newwavesauroville@gmail.com)



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

*Dhanda*

**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. Please book sessions in advance.

- **Monday to Saturday, 10am—5pm @ Creativity.**

**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, sari-blouses and kurtas.

- **Contact:** Phone/ WA 8098845200,  
[rupavathijoy@gmail.com](mailto:rupavathijoy@gmail.com)

*Rupavathi Joy*

**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	Wiring & Meter box, Lights, Switches & Sockets, Motion sensor.

- **Contact:** + 91 8270071581/ +91 7639810621
- **Primary Email:** [rapidcare@auroville.org.in](mailto:rapidcare@auroville.org.in)
- **Secondary Email:** [rcsrapidcareservice@gmail.com](mailto:rcsrapidcareservice@gmail.com)
- **Instagram handle:** @rapidcare1 *Balaji & Arun*

**SERVICE AVAILABLE**

- Gardening work: fencing, cleaning, cutting, pruning, planting, digging
- Keeth Hut house building any size
- House repair: masonry, carpentry, plumbing
- Shopping service



Please contact Ranjith, Aurovilian:  
8610997059, [subramani13@auroville.org.in](mailto:subramani13@auroville.org.in). *Ranjith*

Poetry

CERTAIN MECHANISMS OF MEMORY

Suddenly it seems there is nothing more fragile than a landscape  
 One motion of the eyelid annihilates a mountain range buries the Alps  
 A head turned away dries up the ocean of memory an ocean transformed into a lump of salt  
 An abandoned forest is as hard to remember as a hotel room  
 Only the landscape of childhood only that landscape we carry always in the depths of all memories  
 its colors are muted a drawing concave as a stamp  
 an intense smell of roots and unexpected glimmerings shaded by an eyelash  
 The landscape of childhood overgrown with reeds  
 the landscape of youth passed by at a gallop  
 Through the cracks of distraction between parted legs the pages of an open newspaper  
 through a windowpane through a breath we see the landscape of maturity  
 All of this should fall apart someday  
 turn black like old decorations  
 fall silent like murmuring choirs  
 marring the pure aria of our existence  
 Zbigniew Herbert

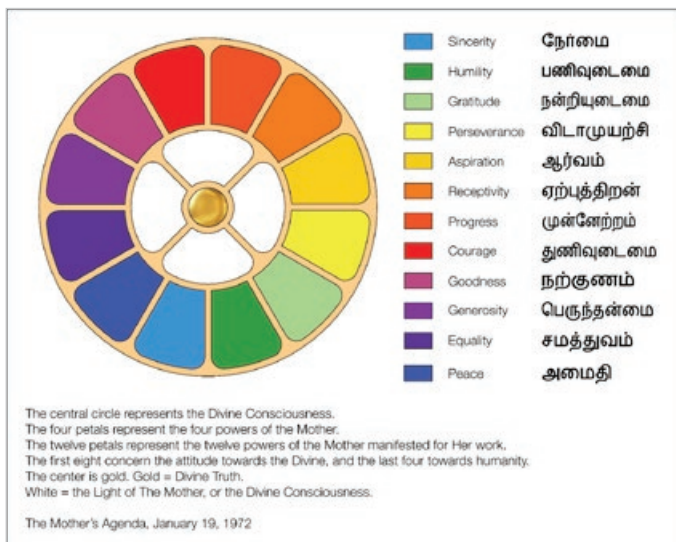
ATTACHMENT IS AN ANCIENT DRUG

Attachment is an ancient drug  
 That drags us all the way  
 To modern complications —  
 A dose strong enough  
 To make one's Self  
 Doze off.  
 With joyful Gratitude, Anandi Z

Voices & Notes

THE DIVINE UNDERSTANDING of Humility

As invited participants in Auroville this City of Dawn, let us repeatedly look very carefully at the Symbol of our founder the Mother and realise where Humility is situated in the progressive Integral Yogic practice towards Divine Perfection:



- <https://incarnateword.in/agenda/13/january-19-1972>
- "The first eight concern the attitude towards the Divine..." (Mother was very specific, that is, Humility is not towards the compromised transitional ego-bound human, but towards the Divine who speaks and works through Her surrendered instruments acting in Sincerity)
- "...and the last four towards humanity" (upon perfection of the first eight, with Equality as a proactive Samatā<sup>1</sup>)

Why do we need this divine understanding of Humility?

Because there is a dark side to using "humility" as a debilitating tool for psychological warfare. This group conditioning phrase "you must be humble, must be quiet" has been deviously used by many religious and false spiritual powerholders and manipulators in history and up to this day to control the weak, suppressed with "stupid humility", like Udar who became ineffectively speechless under this moral hypnosis during a critical life-changing chance to uplift someone's spirits, and was scolded by the Mother:

"Udar! I put those words into your head and your stupid humility stopped you. Do you know that the lady's whole life would have been changed just by hearing those words? Really, Udar, you have been very stupid and I am not pleased. You have lost a great opportunity for opening her to me."<sup>2</sup>

We can also refer to another of Mother's Divine Guidance to go beyond these societal enslaving programmings and appearances for anyone aspiring "To Be A True Aurovilian", from one of our Three Core Ideals<sup>3</sup>, to discover one's Soul or Psychic being:

"The first necessity is the inner discovery in order to know what one truly is behind social, moral, cultural, racial and hereditary appearances.

At the centre there is a being free, vast and knowing, who awaits our discovery and who ought to become the active centre of our being and our life in Auroville."

We can also always remember that we are now in Mother India, Bharat Mata Herself of the Vedas, the Ramayana, the Mahabharata and the Bhagavad Gita, invited to participate in the Auroville the City of Dawn of the Supramental revolutionary Kalki Avatar Sri Aurobindo and the Mother the World Redeemer<sup>4</sup>, direct incarnations of the Supreme Divine Ishwara-Shakti. And we are their fearless and courageous torchbearers, willing servitors and Hero Warriors consciously working in our unique roles and capacities to transform or dissolve the adverse and hostile forces and puppets of the past that seeks to endure.

In the Sunlit Path of Bhakti to the Supreme Divine Mother MahaShakti we courageously continue on towards our specific collectively shared Vision-Goal towards the Supramental Victory!

Om Namo Bhagavate,  
 Zech, 2024.08.18

<sup>1</sup> <https://renaissance.aurosociety.org/what-is-yogic-sa-mata-sri-aurobindo-explains/>

<sup>2</sup> More Vignettes of Sri Aurobindo and The Mother, p.182 (as shared by a sister Aurovilian)

<sup>3</sup> <https://auroville.org/page/core-documents>

<sup>4</sup> <https://zechjaya.blogspot.com/2024/08/the-world-redeemer.html>

*Classes, Workshops & Healing Arts*

**ANGAM TREE WELLNESS HUT**



**Massage Therapist Development Program**

This program is a scholarship based platform for the youth. Student Massage Therapists to learn more about the science and craft of therapy via research and becoming a more evidence-based practitioner. This is an opportunity for us to create better outcomes in our practice and generational continuity of our knowledge and skills.

- **Donate**
  - Contact: Raja +91 97513 95939
  - <https://auroville.org/page/angam-tree>
  - <https://auroville.org/page/donate-from-india>



**Therapeutic Ayurvedic Massage**

Traditional acupressure and deep tissue varma points healing



**Sound Bath Meditation**

Positive musical psychotherapy using Visualization, Breathing



**Massage Therapy Class**

Learn the native ancient medicine science of Siddha Varma Kalai

Raja: +91 97513 95939

<https://auroville.org/page/angam-tree>

Angamtree, Raja Narayanasamy  
+91 9751395939, [www.angamtree.com](http://www.angamtree.com)

**LEELA THERAPY**

A unique combination of psychotherapy, self-inquiry and ancient teachings of Enneagram of Liberation. I invite you to be supported by heart based and trauma-informed skills, taught by Leela School of Awakening.

Private 1:1 sessions are a powerful and intimate container to work on your deep emotional healing and self-discovery. Anything, and everything is welcomed.

Leela therapy is offered by Kardash in person or on-line, through Inner Sight (an Activity under LEAD).

- For more details see [www.innersightav.org](http://www.innersightav.org) or contact-Kardash on 9940934875 WA. **Kardash**



**AUROMODE YOGA SPACE**  
**Aurothaima—Hospitality Trust**  
**September 2024 Schedule**

Registration a must for all the programs. Email or WA us to know about the fee structure and other details.

[balaganesh.siva@gmail.com](mailto:balaganesh.siva@gmail.com), +91 9892699804 WA

**Vinyasa Flow Yoga with Bala—August 2024**

Traditional yoga practices are characterized by discipline, and Bala believes in the power of showing up. Therefore, we intend to create the time and space and offer you the choice of practice.

The class will be suitable for beginner to intermediate levels. Please bring your own yoga mats. Vinyasa Yoga is a gradual progression that connects one pose to another, unifying breath and movement for a smooth flow.

Friday, Saturday & Sunday  
Time - 5 30 pm to 7 00 pm

Registration must

Please WA to know information about cost and other details

**Auromode Yoga Space**

Email - [balaganesh.siva@gmail.com](mailto:balaganesh.siva@gmail.com) WA + 91 98926 99804



**September 2024 Schedule**

Day	Time	Description
All days of the week, (Monday to Sunday)	5:30—6:45pm	Vinyasa flow Yoga by Arun

[Find our Yoga Shala](#)

[Auromode Apartments](#), 0413 2622224

*Bala*

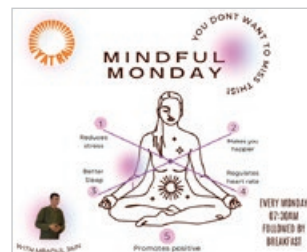
**MINDFUL MONDAY**

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, Kulilpalayam

- 0413 2623071, +91 9751033162 **Yatra Srinivassan**



**REGENERATION LISTENING CIRCLE**



**NEW TIME**

**Regeneration Listening Circle:**

Learn the ways of Silence and how to utilize its Power  
**Saturday at 4:30 pm**



## QUIET HEALING CENTER



### Watsu Basic® with Pooja Gautam

• 30—31 August, 8:45am—6:30pm, 16 hours

Watsu is an aquatic bodywork modality given in a warm water pool (ideally 35°C). This basic introduces the qualities and body mechanics required to work with someone in water in order to create a profound state of both physical and mental relaxation. The flowing interaction with water, its fluid support and warm embrace, and the practitioner's presence provide a space for the client to experience the multi-layered benefits of this powerful and softening bodywork. Watsu offers an opportunity for profound relaxation and letting go, for building trust, for being nurtured and held, for expanding inner and outer boundaries, for releasing emotions and traumas—ultimately, for freeing body and mind in a flow unique to each client and to each session. In this course, you will practice basic techniques and qualities (grounding, presence, stillness, movement, attention) of being and moving another body in water. You will experience floating other people and being floated on the surface, thereby creating space for deep relaxation and nurturing body, mind and spirit.



• **Prerequisites:** no previous experience required (also no need to know how to swim!).

### WaterDance Fundamental with Roberto

• 3—8 September, 8:45am—6:30pm, 50 hours

In this basic course, we'll focus on three fundamental aspects of WaterDance, a unique aquatic therapy: vertical grounding, posture of both giver and receiver, and the breath. The key movement is Water Breath Dance, in which you will float someone in your arms allowing them to gently sink as they exhale and rising with them as you both inhale. This creates a profound connection that carries through all other surface and underwater movements. Throughout the course, you'll also learn in a playful and yet attentive way how to bring your partner under water (with a nose clip). Sufficient time will be given for integrating fears or apprehensions to go under water. In addition, you will learn and practice the basic WaterDance sequence, which forms the essential core of this powerful aquatic bodywork modality. On land, various tools such as guided meditations, body & energy work, active breathing exercises, and practicing effective communication skills will offer opportunities for connecting deeper with yourself and with others.



• **Prerequisites:** no previous experience required (also no need to know how to swim!).

### Baby Watsu® Class with Appie & Friederike

• Monday, 9 & 23 September, 9:30—11am

A special opportunity to connect with your baby! You'll be guided how to hold, feel and move your baby, using the qualities of warm water, so that you and your baby can feel safe, at ease, and enjoy this quality time together.



You'll learn and practice the basics in the group, while you stay focused on your baby's needs in the moment. In the end, there is free playtime.

• Please bring towels and a closing swimming pant for your baby. For babies between 2 and 12 months with their parents.

### WOGA® (Yoga in Water) Class with Friederike & Tamara

• Friday, 13 & Monday, 30 September, 4:30—6pm

WOGA is based on classic yoga poses and stretches, modified for standing in pool water, which is waist-to-chest high. Classes are structured like their yoga equivalent on land: breathing, warm-up exercises, a series of poses, and a relaxation period. The substantial decrease of gravity in warm water allows greater ease of movement, unblocks articulations, lengthens & melts muscles, and removes negative tensions, thereby preventing stress, insomnia and anxiety.



• **Prerequisites:** no previous experience required (also no need to know how to swim!).

### Watsu® Yoga Round with Ellie & Roberto or Fred

• Saturday, 14 & Sunday, 29 September, 3—6:30pm

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

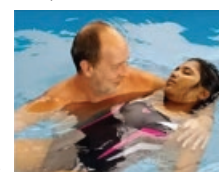


• **Prerequisites:** no previous experience required (also no need to know how to swim!).

### Watsu® & OBA Basic with Fred

• Tuesday, 17—Sunday, 22 September, 1—6:30pm, 31h

Watsu and OBA (Oceanic Bodywork Aqua) are bodywork and therapy modalities given in a warm water pool. In this course, you'll learn Watsu's basic sequence and techniques to work with someone on the surface. During the OBA Basic, you'll get acquainted with bringing your receiver under water (with a nose clip), thereby offering a unique experience.



In this beginner's course, you'll practise basic techniques and qualities such as grounding, presence, stillness, movement, and attention while moving another person in water. You'll experience floating others and being floated, both on the surface and under water, thereby creating space for deep relaxation and nurturing body, mind and spirit. This course offers an opportunity for profound relaxation and letting go, for building trust, for being nurtured and held, for expanding inner and outer boundaries, for releasing emotions and traumas—ultimately, for freeing body and mind.

• **Prerequisites:** no previous experience required (also no need to know how to swim!).

### Watsu® 1 TF (Transition Flow) Basic with Darya

• 24—28 September, 8:45am—6pm, 34 hours

In this follow-up course, you will be taught to connect the movements and positions you've learned in Watsu Basic with long, gracefully flowing transitions and to adapt your work to people of different sizes, shapes, and dispositions. You will also learn about your own body mechanics and how to support and move each person as effortlessly as possible. On land, you will be introduced to both Co-Centering and Tantsu, and explore what being held means to you and others. By attending this course, you'll have completed the first level of Watsu's 3-tier training program.



• **Prerequisites:** Watsu Basic

Guido for Quiet, +91 9488084966,

[www.quiethalingcenter.info/](http://www.quiethalingcenter.info/) [quiet@auroville.org.in](mailto:quiet@auroville.org.in)

**DISCOVER HOLISTIC WELL-BEING SERVICES  
at Anitya Community !**

The Joy of Impermanence—Anitya Community Project is offering a variety of holistic well-being services to nurture your body, mind, and spirit. Located in the serene environment of Anitya Community, Centerfield, Auroville, our skilled practitioners are here to guide you on your journey toward health and inner peace. Below is an overview of the therapies available and how to get in touch:

**Thai Yoga Bodywork with Andres**

- Contact: +91 9751607501

Combining elements of yoga, acupressure, and assisted stretching, Thai Yoga Bodywork is designed to release tension, improve circulation, and enhance flexibility. This therapeutic practice helps restore balance to your body and mind through gentle, rhythmic movements.

**Ayurvedic Massage with Elene**

- Contact: +91 7094143719

Rooted in ancient Indian healing traditions, Ayurvedic Massage uses herbal oils and specific techniques to detoxify and rejuvenate your body. This holistic treatment aims to balance your doshas (body energies), promoting overall well-being and harmony.

**Integral Coaching with Dave**

- Contact: +44 7564119728

Integral Coaching offers a personalized approach to personal development, helping you achieve your goals by integrating all aspects of your life—mind, body, emotions, and spirit. Dave will work with you to identify your strengths and challenges, guiding you towards lasting transformation.

**Shah-Lu-Ha-Ka Bodywork with Nikki**

- Contact: +91 7094716136

This unique bodywork technique blends different massage styles, energy healing, and intuitive touch to release physical and emotional blockages. Shah-Lu-Ha-Ka Bodywork is a deeply restorative experience that invites your body to heal from within.

**Mindfulness Meditation with Helen**

- Contact: +91 7094753054

Join Helen for guided mindfulness meditation sessions designed to cultivate awareness, reduce stress, and enhance emotional resilience. Whether you're a beginner or an experienced meditator, these sessions provide a peaceful space to connect with your inner self.

**Women Circles with Prem Shakti**

- Contact: +91 9489244823

Women Circles offer a sacred space for women to gather, share, and support each other in their journeys. Led by Prem Shakti, these circles provide a nurturing environment where women can explore their personal growth, creativity, and spirituality.

- **Location:** Anitya Community, Centerfield, 500m after Center Gh, Auroville
- **Bookings:** For more information or to book a session, please contact the practitioners directly via WhatsApp.
- **Email:** joyofimpermanence@auroville.org.in

**31 August and 1 September, 9:30am—12:30pm  
@ Anitya Community**

Embrace the journey of well-being with us at Joi Anitya—where the joy of impermanence becomes a way of life.

We are excited to invite you to a transformative Intuitive Massage Workshop taking place on 31 August and 1 September from 9:30am to 12:30pm at Anitya Community. This workshop is perfect for anyone looking to learn the art of massage, combining techniques inspired by Ayurvedic, Deep Tissue, and Hawaiian styles.

Under the guidance of our skilled instructor, you will gain the foundational knowledge to perform a regenerative full-body massage. Whether you're a beginner or someone looking to deepen your skills, this workshop offers a comprehensive introduction to intuitive bodywork that promotes healing and relaxation.

- **Location:** Anitya Community, Centerfield, 500m after Center Gh, Auroville
- **To Book Your Spot:**  
Contact Elene at +91 7904143719 WA.

Don't miss this opportunity to learn a valuable skill that you can share with loved ones or incorporate into your personal wellness routine. We look forward to seeing you there!

*Mathilde for the JOI Anitya team*

## RADICAL TRANSFORMATIONAL STEWARDSHIP—RTS

This social transformation workshop is designed to unleash your full potential and enroll others to transform our lives, our work and our society and produce results by using a whole system transformation methodology and integrated design principles. The workshop is open to all change-makers wanting to generate equitable and sustainable results for well-being. Facilitated by Bridget Horkan, Sanjeev Ranganathan, Srilatha Juvva, Sudarshan Rodriguez in partnership with Dr. Monica Sharma.



### Dates:

- **Session 1:** Saturday, 31 August to Monday, 2 September
- **Session 2:** Saturday, 5 & Sunday, 6 October
- **Session 3:** Saturday, 9 & Sunday, 10 November
- **Session 4:** Saturday, 7 & Sunday, 8 December

**Timings are:** 8am—5pm Indian standard time

Check your local time below

- <https://www.thetimezoneconverter.com/?t=800%20am&tz=India&>
- <https://dateful.com/time-zone-converter?t=1700%20am&tz=India&>

The program will challenge each of us to delve deep into our being, and generate new breakthrough ideas, sourcing our abilities to envision a new future, commit ourselves to action and acquire the skills to attain this future. It consists of a series of 4 online workshops over 9 days (3 workshops during weekends and 1 workshop from Saturday to Monday), spaced apart by 1 month each. New capacities are introduced in each session and practiced inter-session to put these in action.

**Please note:** All participants must commit to participating in all the four sessions. Missing sessions or any day will result in not continuing further sessions/ days and dropping out of the course/ workshop.

- **To apply fill in this form** or contact [stewardship4newemergence@auroville.org.in](mailto:stewardship4newemergence@auroville.org.in)

**This program is offered** fee free for those in service to Auroville. We suggest a contribution of 1800 Rs to cover basic costs incurred in the 9 day program such as lunch, tea, coffee, handouts. Please transfer this to account 252975 at the financial services. Should you need a waiver please email us. All the facilitators and resource people are working in service, pro bono. Please feel free to contact us for any assistance at the above email. **Bridget**

## MINDFULNESS FOR STRESS REDUCTION (MBSR)

1 week intensive course

Monday, 2 September—Saturday, 7 September

This course synthesises ancient Eastern wisdom on mindfulness with Western neuroscience, mind-body medicine & positive psychology. The course can improve the ability to cope with the stresses of everyday life-giving space to respond to situations rather than react. It can help with anxiety & depression, to manage chronic pain, lower blood sugar levels, improve emotional regulation; increase attention, focus & memory; & plant inner seeds of happiness, kindness & acceptance.



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

### Timings are

- 7:30—9:30am Monday to Friday
- 9am—4pm on Saturday, 7 September.

The course is led by Helen. Message her on 7094753054 for booking & details or see [innersightav.org](http://innersightav.org).

*Submitted by Helen*

## ARKA

**Wellness Center & Multipurpose Hall**

**Regular Activities, September**

For any details and queries, you can contact us:

[arka@auroville.org.in](mailto:arka@auroville.org.in)

0413 2623799



### Treatments

Treatment	Therapist	When
Body Logic, Soft Massage and Deep Tissue Massage	Pepe	Monday to Saturday by Appointment 9943410987
Cranio-sacral, Lomi Lomi Kahuna massage, Barefoot body massage	Silvana	Monday to Saturday by Appointment 9047654157
Psychospiritual Introspective Tarot Reading, Deconditioning Self Inquiry	Antarjyoti (English & French)	Monday to Sunday by Appointment 0413 2623767 <a href="mailto:antarcalli@yahoo.fr">antarcalli@yahoo.fr</a>
Integral Regression therapy, Integral Reiki healing, Breathwork—the holotropic way	Niyati Thakkar	Monday to Sunday Only by Appointment <a href="mailto:niyatithakkar2112@gmail.com">niyatithakkar2112@gmail.com</a> 7041391995

### Classes

Classes	Teacher	When
Pilates	Teresa	Tuesday & Thursday, 7:30—8:30am, Friday, 5:30—6:30pm, by Appointment: 7867998952
Iyengar yoga	Olesya	Wednesday, Saturday, 6:30—8am, Monday, Thursday, Saturday, 5—6:30pm, or by Appointment: 9159052743

*Submitted by Ramana for Arka*

## Integral Healing

Light of Ayurveda and guidance of Mother and Sri Aurobindo

5:45 pm— 6:55 pm  
**Every Wednesday**  
From 01 May 2024

**Venue:**  
Bhumika Hall,  
Bharat Nivas, Auroville

**Workshop by DR. GEETA AUROPREMI**

- Brief introduction of Ayurveda
- Swasthya, Aswasthya
- Dosha, prakriti
- Some herbs
- Lifestyle

₹.550 for guest / ₹.350 for Volunteer (savi Id)

**Brief introduction of Ayurveda, Swasthya, Aswasthya, Dosha, Prakriti, some herbs, Lifestyle**

Enquiry contact Monisha +91 8489347454

*Monisha for BN Team*

**VÉRITÉ**

Please contact Vérité @ 0413 2622045,  
2622606, 9363624083

or [programming@verite.in](mailto:programming@verite.in),  
[www.verite.in](http://www.verite.in)



**Yoga & Re-creation Programs**

Days	Drop-in Classes	Timings	Presenters
Mondays	Pranayama & Meditation	7:30—8:30am	Mamta
	Restorative Yoga	9:15—10:15am	Ramya
	Hatha Vinyasa Yoga	5—6pm	Andres
	Deep Sound Bath	5—6pm	Satyayuga
Tuesdays	Sivananda Yoga	9:15—10:15am	Mani
	Free Flow Dance & Movement	5—6:30pm	Vega
	Face & Eye Yoga	5—6pm	Mamta
Wednesdays	Yoga for Happy Hips	7:30—8:30am	Dev
	Breath & Mind Harmony	9:15—10:15am	Ramya
	Hatha Vinyasa Yoga	5—6pm	Andres
	Kirtan: Songs for Your Soul—Contributions are voluntary	5—6pm	Mamta
Thursdays	Hatha Yoga Essentials	7:30—8:30am	Dev
	Open Heart Space Meditation	5—6pm	Samrat
	Deep Sound Bath	5—6pm	Satyayuga
Fridays	Pranayama & Meditation	7:30—8:30am	Mamta
	Hatha Vinyasa Yoga	5—6pm	Andres
Saturdays	Strengthen and Align Yoga	7:30—8:30am	Dev
	Sivananda Yoga (no class 28 September)	5—6pm	Mani
	Deep Sound Bath	5—6pm	Satyayuga

**Workshops (pre-registration required)**

Day & Date	Workshops (pre-registration required)	Timings	Presenters
Friday, 6 September	The Path of Yoga Nidra: Insights and Practice for Deep Relaxation	9:15am—12pm	Ramya
Saturday, 7 September	Pain Management: Yoga for Lower Back Pain	9:15am—12pm	Dev
Saturday, 7 September	Introduction to Ayurveda & Panchakarma	2—4:30pm	Dr. Geeta
Saturday, 14 September	Awareness Through the Body: Exploration of the Element Space	9:15am—12pm	Amir
Saturday, 14 September	Face & Eye Yoga: Face Your Self	2—4:30pm	Mamta
Saturday, 21 September	Master Class: Sivananda Yoga	9:15am—12pm	Mani
Saturday, 21 September	Food is Medicine: Lifestyle Health Practices	2—4pm	Parvathi
Saturday, 28 September	Pain Management: Yoga for Chronic Headache	9:15am—12pm	Dev
Saturday, 28 September	Food is Medicine: Lifestyle Health Practices	2—4pm	Parvathi

**Food is Medicine: Lifestyle Health Practices—with Parvathi**

- Saturday, 31 August, 2—4pm

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

**The Path of Yoga Nidra: Insights and Practice for Deep Relaxation—with Ramya**

- Friday, 6 September, 9:15am—12pm

An immersive journey into the profound practice of Yoga Nidra. This workshop combines both theoretical understanding and experiential practice to deepen your knowledge and application of this transformative technique for deep relaxation.

**Pain Management: Yoga for Lower Back Pain—with Dev**

- Saturday, 7 September, 9:15am—12pm

Pain Management workshop focuses on various yogic Techniques to understand, alleviate and also cure acute or chronic lower back pain. This workshop also includes various yogic approach and therapies to understand.

**Introduction to Ayurveda & Panchakarma with Dr. Geeta**

- Saturday, 7 September, 2—4:30pm

This workshop takes you along the journey of Ayurveda, the ancient Indian medical system and Panchakarma, which is a set of five cleansing procedures. Through this workshop you will learn the appropriate use of and principles behind the following practices, which aim to detoxify, rejuvenate, and restore balance to body, mind and spirit.

**Cancellation of classes for the following:**

- Deep Sound Bath with Satyayuga  
Monday, 26 August, Thursday, 29 August, Saturday, 31 August, 5—6pm

**Change of class title for the following:**

- Current title: Vinyasa Yoga with Ramya
- New title: Gentle Hatha Yoga with Ramya
- Schedule: Weekly on Tuesdays, 9:15—10:15am and Thursdays, 7:30—8:30am

**Regular Events, September 2024**

**Classes**

- Contact 0413 2622045, +91 9363624083 WA, [programming@verite.in](mailto:programming@verite.in)

**Pranayama & Meditation with Mamta**

Monday & Friday 7:30am—8:30am

Prana is the vital force or the subtle bio energy which keeps us alive & functioning in the healthiest way possible. Yogic practices help nourish this Prana which in turn nourishes our mind & body. Pranayama is a modulation or regulation of Prana, done via controlled breathing exercises. We will discuss the meaning of Prana & Pranayama, its references in Yogic texts, prerequisites for Pranayama, postures, mudras & explore the interconnectedness of mind, body & breath. The session concludes with a brief relaxation in Savasana.

**Restorative Yoga with Ramya**

- Monday 9:15am—10:15am

This practice involves yoga postures, supported by props that allow you to completely relax and rest in each of the posture. It is a healing and therapeutic practice. It helps to calm, reset the entire body & mind, balance the nervous & immune system and improve capacity for healing. The focus of restorative yoga is that by relaxing in poses without strain or pain, you can achieve physical, mental and emotional relaxation.

**Hatha Vinyasa Yoga with Andres**

- Monday, Wednesday & Friday, 5—6pm

Participants are guided towards a tension-free state of well-being, through postures (asanas), breathing techniques (pranayama), activation of the energetic centers (chakras), and relaxation techniques (yoga nidra, savasana). As a result, balance is restored in the physical, mental, and emotional being. With consistent practice, contentment (santosha), equanimity (samatha), health, connection and well-being are established in daily life!

**Deep Sound Bath with Satyayuga**

- Monday, Thursday & Saturday, 5—6pm

Deep Sound Bath is based on the ancient art of using vibration to awaken the inner being & align the body, heart & soul to the frequency of the universe. Sound Bath uses the unique frequencies of various instruments to promote healing on a cellular level. Some of the instruments used are Tibetan bowls, xylophone, and drum along with mystic chanting.

**Sivananda Yoga with Mani**

no class on 28 September,

- Tuesday, 9:15—10:15am & Saturday, 5—6pm

The purpose of the practice is to remove the toxins accumulated in body and mind to clear the blockage in energy channels (nadis), Increasing the pranic energy level, Channelizing the pranic energy for spiritual progress. The class starts with breathing practice followed by some basic asanas to warm up and loosen up the body and joints. Then slowly proceed to some intermediate asanas and finally conclude with guided relaxation.

**Free Flow Dance & Movement with Vega**

- Tuesday, 5—6:30pm

The body can be a great guide to the soul, enabling us to connect and reveal ourselves through movement. Join us and give your body an opportunity to flow in its rhythm and express itself freely.

**Face & Eye Yoga with Mamta**

- Tuesday, 5—6pm

The physical & mental state of our inner world determines how we experience our outer world. Sense organs are the tools for each experience we have. Face Yoga involves simple self-massage techniques & exercises to release tension in the facial area, stimulate blood circulation & improve efficiency of our sense organs. In an era of increased screen time, our eye health may be compromised, unless we actively exercise this area. Eye Yoga uses techniques such as palming, blinking, near & far viewing & candle gazing. You will also learn tips to prevent eye damage caused by screen time.

**Yoga for Happy Hips with Dev**

- Tuesday, 7:30—8:30am

Happy hips yoga is the series of yogic postures designed mainly to stretch, strengthen and improve flexibility at Hip joints and pelvic muscles. Hip opening postures also improve blood circulation in the reproductive glands. It also stretches your hamstring muscles and flexes your spine which helps you to keep your body light..

**Breath & Mind Harmony with Ramya**

- Wednesday, 9:15—10:15am

Explore the synergy of breath and mindfulness to guide you towards inner peace and clarity. In this session, you'll explore various breathing techniques designed to calm the nervous system, boost mental clarity, and enhance your overall sense of well-being. And the guided mindfulness practices help you to manage stress, enhance concentration, and promote overall well-being.

**Kirtan—Songs for Your Soul with Mamta**

- Wednesday, 5—6pm, contributions are voluntary

Kirtan brings out our sacred vibration through uplifting rhythms into a state of divine love. This practice helps cleanse and nourish our energies and ground into our being.

**Hatha Yoga Essentials with Dev**

- Thursday 7:30—8:30am

This practice helps to achieve balance between body and mind through asanas, pranayama, relaxation and meditation. We will follow a traditional approach to increase flexibility, de-stress, calm the mind and bring awareness and also help to achieve balance, heal and rejuvenate to experience inner peace and happiness

**Open Heart Space Meditation with Samrat**

- Thursday 5—6pm

It is a simple practice of becoming aware of reality as it is without judgment, interpretation or reaction, and settling into its vast luminous expanse. We learn to embrace and let go of each experience as it arises and subsides. Eventually the mind falls silent and sinks into the open heart-space, a doorway to unity-consciousness, where the inner and outer worlds meet and merge. Along with meditation, there will be some mantra chanting, yoga, interactive dialogue, and whatever arises in the moment.

**Strengthen and Align Yoga with Dev**

- Saturday 7:30am—8:30am

Strengthen and alignment yoga is mainly to achieve ideal body posture with proper alignment. It also helps to unload the rigidity and promotes ease of movement in the body. We will work on the group of core muscles that helps to bring stability, endurance and controls the strain in spine, muscles and bones. It provides more efficient movement with less effort and stress.

**Treatments and Therapies**

- By appointment: +91 413 2622606, 9363624083 WA, [treatments@verite.in](mailto:treatments@verite.in)

**Thai Yoga Massage Bodywork with Andres**

Sometimes referred to as assisted yoga, Thai Yoga Therapy (Nuad Boran) is an ancient technique used to improve the flow of energy throughout the body. The practitioner uses acupressure, stretching, pulling and rocking techniques to relieve tension, promote relaxation and improve flexibility and circulation.

**The Face & Neck Massage with Mamta**

The Face & Neck Massage is a rejuvenating technique using special face oils, massaged with varying pressures into the face & neck, along specific energy lines & points, to induce a deep relaxation for body & mind.

**Biodynamic Craniosacral Therapy with Mila**

This therapy uses gentle touch to the head to help release tension in the skull, spine and sacrum, freeing energy that can help re-establish integral balance, and stimulating the healing capacity of the body.

**Food is Medicine: Lifestyle Health Practices Consultation with Parvathi**

Nutrition and lifestyle modifications consultation to transform health through personalized guidance. Learn about your body's constitution (Tridosha) and the plants, foods, spices and lifestyle practices that benefit your particular constitution and help prevent health complications.

**Healing Facial Therapy: An 8 step Skin Care Treatment with Indigenous Herbs with Parvathi**

The Healing Facial Therapy is a treatment which helps to cleanse the facial skin, remove dead cells, improve skin collagen, reduce wrinkles, treat acne and boosts the skin to glow, smoothness and softness. The indigenous herbs used in this treatment are natural products chosen to suit your skin type/dosha.

### Integrated Ayurvedic Acupressure, Deep Tissue & Heart Healing Massage with Raja

Acupressure is the application of pressure on specific points on the body to address symptoms such as pain or digestive issues. Deep Tissue involves applying sustained pressure using slow, deep strokes to target the inner layers of your muscles and connective tissues. Heart Healing Massage helps increase relaxation, which helps reduce blood pressure and heart rate improvements in the delivery of oxygen to the heart and rest of the body.

### Holistic Foot Reflexology with Vyshnavi

Manual pressure is applied to specific “reflex points” of the feet to assist in restoring the flow of life energy to support self-healing. Reflexology increases circulation, bringing more oxygen & nutrients to the cells, & helps reduce stress, improve digestion & promote sound sleep.

### Integrated Energy Healing & Holistic Foot Reflexology with Vyshnavi

These sessions combine elements of Pranic Healing (energetic cleansing), Reiki (“divine healing” through innate intelligence), & Reflexology to internalize, integrate, & circulate channeled energy.

### Energy Healing Reiki with Vyshnavi

Reiki is an energy healing technique that promotes physical, emotional, and spiritual well-being by channeling universal life energy through the practitioner’s hands. Practitioners gently place their hands on or near the client’s body to stimulate natural healing processes and reduce stress. This non-invasive therapy aims to enhance overall balance and harmony.

### Therapies (by appointment only)

Therapies (by appointment only)	Therapist
Thai Yoga Massage Bodywork	Andres
Face & Neck Massage	Mamta
Biodynamic Craniosacral Therapy	Mila
Food is Medicine: Lifestyle Health Practices Consultation	Parvathi
Healing Facial Therapy: An 8 step Skin Care Treatment with Indigenous Herbs	Parvathi
Integrated Ayurvedic Acupressure, Deep Tissue & Heart Healing Massage	Raja
Energy Healing Reiki	Vyshnavi
Holistic Foot Reflexology	Vyshnavi
Integrated Energy Healing & Holistic Foot Reflexology	Vyshnavi

### Taste Of Yoga @ Vérité



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 integrating principles to promote overall wellbeing. *Anandhi for Vérité*

## It Matters

### Schedule from 28 August to 6 September

- **Location:** It Matters, Auroville Main Road next to Progress Transport Service
- **Info:** Instagram @auroville.curated
- <http://itmatters.auroville.org/>

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

Date	Activity
28 August, Wednesday, 7—8am	Shatkarma Yoga & Asanas with Akira, Pre Registration only, 24h in advance
29 August, Thursday, 10:30—11:30am	Mehandi Designs Workshop with Varsha Pawar
29 August, Thursday, 5:30—6:30pm	Mandala drawing with Thamizh
30 August, Friday, 7—8am	Shatkarma Yoga & Asanas with Akira, Pre Registration only, 24h in advance
30 August, Friday, 5:30—6:30pm	Kollywood dance with Pranathi
31 August, Saturday, 10—11am	Laughter Yoga & Relaxation with Ancolie Dove
31 August, Saturday, 2—3:30pm	Sencha style Tea Ceremony with Isha
31 August, Saturday, 4:30—5:30pm	The Savitri Research Project with Matthias
2 September, Monday, 7:30—8:30am	Shatkarma Yoga & Asanas with Akira, Pre Registration only, 24h in advance
2 September, Monday, 5:30—6:30pm	Taichi, The way of the Leaf with Kaarthikeyan Kirubakaran
4 September, Wednesday, 7:30—8:30am	Shatkarma Yoga & Asanas with Akira, Pre Registration only, 24h in advance
5 September, Thursday, 10:30—11:30am	Mehandi Designs Workshop with Varsha Pawar
5 September, Thursday, 5:30—6:30pm	Mandala drawing with Thamizh
6 September, Friday, 7:30—8:30am	Shatkarma Yoga & Asanas with Akira, Pre Registration only, 24h in advance

Bhakti and Sandra

### SOUND THERAPY & SELF HEALING 2 in 1 Session

Rejuvenating soundbath combined with breathing techniques for maximum benefits.

• First, by immersing yourself in the vibrations from a sound bed—which will travel through your body to the organ chosen for healing—accompanied by musical instruments (gong, singing bowls, etc.) and vocals, you will start to connect with your body’s consciousness.

• Second, by performing specific breathing exercises and deepening your connection with the chosen organ, you will be able to release negative emotions such as anger, sadness, and hate—and be able to invite joy, love, and stability into yourself. These exercises can be continued as a Self-Healing practice at any time in the future.

- If this resonates with you, then please contact 9385428400 call/ WA to book your session today!
- Donation Based

Submitted by Isha

## A SATSANG ON THE INTEGRAL YOGA

Tuesdays and Thursdays, 5:30—7pm



A sacred gathering for the study and practice of the Integral Yoga of Sri Aurobindo and the Mother, founders of Auroville, the City of Dawn.

*"The first necessity is the inner discovery in order to know what one truly is behind social, moral, cultural, racial and hereditary appearances. At the centre there is a being free, vast and knowing, who awaits our discovery and who ought to become the active centre of our being and our life in Auroville."* —The Mother



We start right here, in the Eternal Now, from where we each are at this ever-progressive moment, and share our unique experiences on the path of rediscovering and embodying who we really are.

- Facilitated by Zech Joya
- **Venue:** Conference Room, G/F SAIER Building, Town Hall Complex, or at an agreed upon venue in Auroville
- **By appointment only:** please call 8300191193

[Please click this link for details](#) or scan the above QR Code. Also check Zech's Weekly Sharings:

- <https://zechjoya.blogspot.com>

Or scan the QR Code on the right

Zech

## TAO OF TEA

### Sencha Style Tea Ceremony

The Universe in a Cup of Tea, the unreal veil of, enchanted embroidery lifted, the cup of tea appears, glittering ... (Full poem recited at the ceremony.)



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

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

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

Submitted by Isha

## TRADITIONAL MANTRAS AND STOTRAS

### Chanting Classes

@ Serendipity Community with Sonia Novaes

Fridays, 5pm, Regular Class



## traditional Mantras & Stotras

Chanting Class

@Serendipity Community  
With Sonia Novaes

Fridays, 17h (Regular Class)

Info: +91 8940288090  
[serendipityauroville@gmail.com](mailto:serendipityauroville@gmail.com)

[serendipityauroville@gmail.com](mailto:serendipityauroville@gmail.com) +91 8940288090 Sonia

## Languages

### BOLSTERING ENGLISH

Native English speaker happily offers facilitation for English reading, speaking and composition.

Individual or small group sessions are for those connected to Auroville who already can read, write and speak English with adequate comprehension, and who wish to practice for presentations or performance or simply for clearer conversation. We can include rhythm, nuanced expression, and some dialects, if wished.

- Also inviting anyone at any level for SAVITRI.
- Scheduling is as-you-wish: long or short session(s); long or short intervals between sessions.

Patricia, 0413 2623750, [pat@auroville.org.in](mailto:pat@auroville.org.in)



### TAMIL CLASSES OFFERED

Saturdays and Sundays

## எழுதப்பட்ட தமிழ் வகுப்புகள்

Written Tamil Classes Offered in Auroville

- Donation-based.

Contact Murugesan to setup timing: +91 8610916301

Submitted by Malcolm

### ITALIAN CLASS

Hello! If you want to learn Italian from scratch or have already studied it but would like to continue practicing it, know that Francesca will start giving individual or group lessons from now! And because Francesca is intimately connected to the world of art and culture, the lessons will not only explore the use of the Italian language but will be an enjoyable introduction to different aspects of Italian culture, art and history. If you'd like to practice your Italian with me, this is the email [avgateofdreams@gmail.com](mailto:avgateofdreams@gmail.com). Arrivederci! Francesca



**NEWS**  
**from Auroville Language Lab**

**Tomatis**

Please contact 0413 3509932 or 0413 2622467 or email us at [tomatis@au-rouvillelanguagelab.org](mailto:tomatis@au-rouvillelanguagelab.org) to schedule your Listening Tests & Consultations. In case you wrote earlier but haven't heard back from us, please send us a reminder by email.



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

- <https://www.aurovillelanguagelab.org/alfred-tomatis-method/>
- <https://www.aurovillelanguagelab.org/tomatis-presentation/>
- <https://www.aurovillelanguagelab.org/tomatis-kids/>
- <https://www.youtube.com/watch?v=wnpXprTl3m0>
- <https://www.youtube.com/channel/UCeTiG0y-sBM-lywZNdZcAng/videos>
- <https://www.listenwell.com/>

**New Language Courses at ALL**

- **Registration for all classes:**  
[info@aurovillelanguagelab.org](mailto:info@aurovillelanguagelab.org), +91 9843030355 WA

**Language Courses at ALL (as per 28 August)**

Language	Level	Time	Day(s) of Classes
English	Pre-Intermediate & Intermediate	11am—12pm	Tuesday & Thursday
	Learn English through theatre	11am—12pm	Monday & Wednesday
French	Conversation—Beginner & Intermediate	4:20—5:20pm (Friday) 10—11am (Saturday)	Friday & Saturday
	Beginner	4:30—5:30pm	Monday & Wednesday
	Conversation—Intermediate	2:30—3:30pm	Tuesday & Thursday
	Conversation—Pre-Intermediate	11:00—12:30pm	Friday
Tamil	Spoken Beginner	9:30—10:30am	Tuesday & Friday
	Spoken Intermediate	9:30—10:30am	Saturday
	Reading & Writing	3—4pm	Saturday
Sanskrit	Beginner	2—4pm	Thursday
Hindi	Beginner	2—4pm	Wednesday
German	Intensive/Advanced	9:30—11am	Monday & Wednesday
	Level A1/A2—Intermediate	9:30—11am	Tuesday & Saturday
Spanish	Beginner	2:30—3:30pm	Monday & Wednesday
	Intermediate	TBA	TBA
Italian	Beginner	TBA	TBA
	Advanced	4—5:30pm	Thursday
Didgeridoo	Beginner	4:45—5:45pm	Tuesday & Thursday

TBA: To Be Announced

**New: French with Jean Francois**

Since joining the LAB in 2022, Jean Francois has taught French to many students. Jean Francois offers three 2-months courses. New batches start beginning of September. These fill up quick, so please register soon.

**Beginner French**

This 16 hour course is for those who want to discover the French language. The classes are highly interactive, delving into French vocabulary of everyday life and the basics of grammar. By the end of the course, you would be able to make simple sentences useful to interaction, and talk about your work, hobbies, daily life, etc, in a simple way.

This course will start on September 2.

- Classes take place on Monday, 4:30—5:30pm and on Wednesday, 4:30—5:30pm.

**French Conversation (Post-Beginner to Pre-Intermediate level)**

This 12-hour course is for post-beginners with a little knowledge of French who are not yet comfortable conversing in French. This course will focus on day-to-day topics and will be a good mix of grammar, and interactive verbal as well as written exercises. By the end of the course, the students will acquire a more solid foundation in French conversational skills. All students who have taken Jean Francois's Beginner course are welcome to join!

- This course will start on 6 September.
- Classes take place on Fridays, 11—12:30pm.

**French Conversation (intermediate level)**

For those of you who know a bit of French, this is the perfect course to get more fluent, expand your vocabulary and speak without inhibition in a diverse and fun group. Each lesson covers a theme of daily life (work, family, hobbies, projects, etc) and is aimed of developing the students' ability to express themselves and interact in French. Jean Francois would explore a range of topics like travel, sport, food, social sciences, news, theater, literature, economics and more. He will also review the grammar useful for basic conversation.

- This 16-hour course will start on 3 September.
- Classes take place on Tuesdays and Thursdays, 2:30—3:30pm.

**The Language Lab is open**

- Monday—Friday, 9am—12pm & 2pm—7pm
- Saturday, 9am—12pm & 2pm—5pm
  - **Location:** International Zone, after Unity Pavilion & Pump House.
  - **Phones:** 2623661 (Lab), +91 9843030355 (Lab, WA) 2622467, 3509932 (Tomatis)
  - **Email:** [info@aurovillelanguagelab.org](mailto:info@aurovillelanguagelab.org) and [tomatis@aurovillelanguagelab.org](mailto:tomatis@aurovillelanguagelab.org)

Submitted by Mita





AUROFILM



**Aurofilm presents at Multi Media Centre Auditorium (MMC, Town Hall)**

- **Reminder: Friday, 30 August, Amelie** By Jean-Pierre Jeunet. France, Germany, 2001.

**Synopsis:** The film tells the story of a shy, introverted and quirky waitress, Amélie Poulain, who decides to change the lives of those around her for the better while dealing with her own isolation. Amélie is born in 1974 and brought up by eccentric parents who—incorrectly believing that she has a heart defect—decide to home-school her. To cope with her loneliness, Amélie develops an active imagination and a mischievous personality. This marks a fabulous destiny for Amélie who finds its charm in the little things she decides to help people around her, making them happy. Not by doing great big things or giving money, but by little ingenuity...

*Amélie is a wonderful and modern day fairy tale story, shot in over 80 Parisian locations, acclaimed director Jean-Pierre Jeunet (“Delicatessen”; “The City of Lost Children”) invokes his incomparable visionary style to capture the exquisite charm and mystery of Paris through the eyes of a beautiful ingenue. With colorful and bright images and full of life!*

Original version in French with English subtitles. Duration: 2h03'

- **Friday, 6 September**  
**URGA—Close to Eden** (Russian: Ypra)



**Directed by** Nikita Mikhalkov. USSR, 1991

**With:** Bayaertu Badema, Vladimir Gostyukhin

**Synopsis:** The Mongolian shepherd Gombo lives with his wife Pagma, their three children and his mother in a yurt in the steppe, far from the nearest settlement. On the way, a Russian driver Sergei has an accident and his truck breaks down. He meets Gombo and is warmly welcomed by his family.

Beijing rules that no minority couple may have more than three children. Pagma wants Gombo to go to the town and buy contraceptives. Gombo and Sergei travel to the town together and a whole new world opens up for Gombo. Sergei leads him to the red-light district and the evening ends at the police station... Those insignificant events cause big changes in Gombo's family life!

*Mikhalkov's beautifully shot and touching tale of the impact of modernization on rural Mongolia was nominated for the Best Foreign Language Oscar and won the top Golden Lion award at the 1991 Venice Film Festival!*

Original version in Mongolian and Russian with English subtitles. Duration: 2h

Susana and team

**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, 30 August**

**Last Chance to See—Aye-Aye**

2009 / 59 minutes / Tim Green

This documentary showcases the efforts taken to conserve the elusive and fascinating aye-aye. Conservationists are struggling to preserve the remaining fragmented islands of forest by planting green corridors and engaging local communities.

Aviram





**CINEMA PARADISO**  
**Multimedia Center (MMC) Auditorium**  
**Film Program**  
**2 September to 8 September 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 2 September, 8pm**  
**Chandu Champion**

India, 2024, Writer-Dir. Kabir Khan w/ Kartik Aaryan, Vijay Raaz, Bhuvan Arora, and others, Docudrama-Sports, 142mins, Hindi w/ English subtitles, Rated: NR (PG)

In a bustling Indian city, a young man from a humble background dream of becoming a champion boxer. Despite facing numerous obstacles, including financial struggles and societal pressures, he remains determined. With the support of his family and a dedicated coach, he trains tirelessly, overcoming personal and professional challenges. His journey is a testament to resilience and the power of dreams, culminating in a gripping final match that tests his limits and spirit. This inspiring true tale highlights the triumph of perseverance and hope. An inspiring watch!

**Potpourri—Tuesday 3 September, 8pm**  
**El Espíritu De La Colmena (The Spirit of the Beehive)**

Spain, 1973, Writer-Dir. Víctor Erice w/ Fernando Fernán Gómez, Teresa Gimpera, Ana Torrent, and others, Drama-Fantasy, 98mins, Spanish w/English subtitles, Rated: NR (R)  
 Set in Castilla around 1940, a traveling movie theatre brings James Whale's black and white film classic "Frankenstein" (1931) to a small village. Two young girls, Isabel and Ana, are subsequently determined to find the monster themselves.

**Selection—Wednesday 4 September, 8pm**  
**Lone Survivor**

USA-UK, 2013, Writer-Dir. Peater Berg w/ Mark Wahlberg, Taylor Kitsch, Emile Hirsch, and others, Biography-Action, 121mins, English-Pashtu-Arabic w/ English subtitles, Rated: R  
 In June 2005, Navy SEAL Marcus Luttrell and his team set out to capture or kill Taliban leader Ahmad Shah. After encountering mountain herders, they had to follow rules of engagement or face imprisonment. Now, they must fight for their lives in one of modern warfare's most valiant efforts.

**Interesting—Thursday 5 September, 8pm**  
**Bobi Wine: The People's President**

UK-Uganda-USA, 2022, Dir. Moses Bwayo & Christopher Sharp w/ Kagga Jayson, Barbie Kyagulanyi, Bobi Wine, and others, Documentary, 113mins, English w/ English subtitles, Rated: PG-13 (R)

Follows Ugandan opposition leader, Bobi Wine and his wife Barbie. Bobi rises from the ghetto slums of Kampala to one of the country's most loved superstars. His musical talent lifts him and emboldens millions of previously voiceless people. The activist star used his music to fight the dictatorial regime led by Yoweri Museveni, the person who led the country for 35 years.

**International—Saturday, 7 September, 8pm**  
**Dune: Part Two**

USA-Canada-UAE-Hungary-Italy-New Zealand-Jordan-Gambia, 2024, Writer-Dir. Denis Villeneuve w/Timothée Chalamet, Zendaya, Rebecca Ferguson, and others, SciFi-Epic, 166mins, English w/ English subtitles, Rated: PG-13

Paul Atreides unites with Chani and the Fremen while on a warpath of revenge against the conspirators who destroyed his family. Facing a choice between the love of his life and the fate of the known universe, he endeavors to prevent a terrible future only he can foresee.

**Children's Matinee—Sunday, 8 September, 4pm**  
**Despicable Me 4**

USA, 2024, Dir. Chris Renaud & Patrick Delage w/Steve Carell, Kristen Wiig, Pierre Coffin, and others, Adventure-Animation, 94mins, English w/ English subtitles, Rated: PG  
 Gru, Lucy, Margo, Edith, and Agnes welcome a new member to the family, Gru Jr., who is intent on tormenting his dad. Gru faces a new nemesis in Maxime Le Mal and his girlfriend Valentina, and the family is forced to go on the run.

**New German Cinema @ Ciné-Club**

*Born out of the social and political upheaval of the 1960s in West Germany, where the Oberhausen Manifesto of 1968 marked a pivotal moment. The manifesto declared the death of the old cinema and the birth of a new, more dynamic film culture. This declaration set the stage for the New German Cinema, which would prioritize artistic freedom, social critique, and a deeper exploration of human experiences.*

**Ciné-Club Sunday 8 September, 8pm**  
**Aguirre, Der Zorn Gottes (Aguirre, the wrath of God)**

Germany, 1972, Dir. Werner Herzog w/ Klaus Kinski, Ruy Guerra, Elena Rojo and others, Biography—Adventure, 95 mins, German w/ English subtitles, Rated: R

It's 1560; the Spanish Empire's reach has come across South America. Now leading an expedition on the Amazon River, a group of Conquistadors are now looking for the legendary city of gold: El Dorado. Descending into madness in the depths of the South American jungle, the Conquistadors will soon find a fearless and unforgiving leader in Lope de Aguirre; and from him they will suffer the Wrath of God.

*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](mailto:mmcauditorium@auroville.org.in). Our projector is crawling towards the end of its life, making us to look for a new one. We request you to financially support through a one-time or recurring donations to "Cinema Paradiso" (account #105106) or set up for a monthly contribution.*

*Nina, MMC/ CP Group Account# 105106,  
[mmcauditorium@auroville.org.in](mailto:mmcauditorium@auroville.org.in)*

## *Emergency Services*

**Ambulance (24/7):** Auroville—9442224680

- PIMS—0413 2656271

**Security (24/7):**

- Auroville Security & Emergency Services (ASES)—9443090107
- 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

## *N&N Guidelines*



**Hard deadline for submissions**

**TUESDAY 3pm**

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

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

*Roy & Agnijata, News & Notes,  
Media Centre, Town Hall,  
[NewsAndNotes@auroville.org.in](mailto:NewsAndNotes@auroville.org.in)*

## *Editors' Note*



**Dear readers of paper version!**

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

The only excuse of late delivery is rain on Friday.

*Light and Peace,  
Roy and AgniJata*

## *Accessible Auroville Public Bus*

[avbus@auroville.org.in](mailto:avbus@auroville.org.in), +91 9443074825



### **Auroville TO PONDICHERRY**

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



### **Pondicherry TO AUROVILLE**

Monday to Saturday	Trip 1	Trip 2	Trip 3
Ashram Dining 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—Roundabout	8:34	12:50	18:44
Town hall—Main Parking	8:38	12:54	18:48
Vérité 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 WhatsApp group**

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

- <https://chat.whatsapp.com/Lt43wBCBno1E6CTwoUj2x>