



News Notes

#1044 A weekly bulletin for residents of Auroville 12 September 2024



Note. This is the model of the MM that the Mother actually held in her hands and approved of. They beheld the self-force of the Divine Being deep hidden by its own conscious modes of working.
Swetaswatara Upanishad

Pondering



All Phenomenal existence resolves itself into Force, into a movement of energy that assumes more or less material, more or less gross or subtle forms for self-presentation to its own experience....In the ancient images by which human thought attempted to make this origin and law of being intelligible and real to itself, this infinite existence of Force was figured as a sea. ... Matter is the presentation of force which is most easily intelligible to our intelligence, moulded as it is by contacts in Matter to which a mind involved in material brain gives the response..... This is the world as we experience it and from this experience we must always start.

Momentous logical consequences follow. In the first place we may ask whether, since even mental consciousness exists where we see inanimation and inertia, it is not possible that even in material objects a universal subconscious mind is present although unable to act or communicate itself to its surfaces for want of organs... Is the material state an emptiness of consciousness, or is it not rather only a sleep of consciousness — even though from the point of view of evolution an original and not an intermediate sleep?

Conscious Force, The Life Divine, Sri Aurobindo

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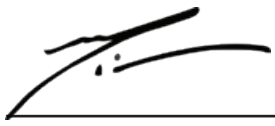
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House of Mother's Agenda

Absolved from vision's grip and the folds of thought,
Rapt from her sense like disappearing scenes
In the stupendous theatre of Space
The heaven-worlds vanished in spiritual light.

A movement was abroad, a cry, a word,
Beginningless in its vast discovery,
Momentless in its unthinkable return:
Chaired in calm seas she heard the eternal Thought
Rhythming itself abroad unutterably
In spaceless orbits and on timeless roads.
In an ineffable world she lived fulfilled.

An energy of the triune Infinite,
In a measureless Reality she dwelt,
A rapture and a being and a force,
A linked and myriad-motioned plenitude,
A virgin unity, a luminous spouse,
Housing a multitudinous embrace
To marry all in God's immense delight,
Bearing the eternity of every spirit,
Bearing the burden of universal love,
A wonderful mother of unnumbered souls.

All things she knew, all things imagined or willed:
Her ear was opened to ideal sound,
Shape the convention bound no more her sight,
A thousand doors of oneness was her heart.

A crypt and sanctuary of brooding light
Appeared, the last recess of things beyond.

Then in its rounds the enormous fiat paused,
Silence gave back to the Unknowable
All it had given. Still was her listening thought.
The form of things had ceased within her soul.

Invisible that perfect godhead now.

Around her some tremendous spirit lived,
Mysterious flame around a melting pearl,
And in the phantom of abolished Space

There was a voice unheard by ears that cried:
"Choose, spirit, thy supreme choice not given again;
For now from my highest being looks at thee
The nameless formless peace where all things rest.

In a happy vast sublime cessation know,—
An immense extinction in eternity,
A point that disappears in the infinite,—
Felicity of the extinguished flame,
Last sinking of a wave in a boundless sea,
End of the trouble of thy wandering thoughts,
Close of the journeying of thy pilgrim soul.

Accept, O music, weariness of thy notes,
O stream, wide breaking of thy channel banks."

The moments fell into eternity.

But someone yearned within a bosom unknown
And silently the woman's heart replied:
"Thy peace, O Lord, a boon within to keep
Amid the roar and ruin of wild Time

For the magnificent soul of man on earth.
Thy calm, O Lord, that bears thy hands of joy."
Limitless like ocean round a lonely isle
A second time the eternal cry arose:
"Wide open are the ineffable gates in front.
My spirit leans down to break the knot of earth,
Amorous of oneness without thought or sign
To cast down wall and fence, to strip heaven bare,
See with the large eye of infinity,
Unweave the stars and into silence pass."

In an immense and world-destroying pause
She heard a million creatures cry to her.
Through the tremendous stillness of her thoughts
Immeasurably the woman's nature spoke:
"Thy oneness, Lord, in many approaching hearts,
My sweet infinity of thy numberless souls."

Mightily retreating like a sea in ebb
A third time swelled the great admonishing call:
"I spread abroad the refuge of my wings.
Out of its incommunicable deeps
My power looks forth of mightiest splendour, stilled
Into its majesty of sleep, withdrawn
Above the dreadful whirlings of the world."

A sob of things was answer to the voice,
And passionately the woman's heart replied:
"Thy energy, Lord, to seize on woman and man,
To take all things and creatures in their grief
And gather them into a mother's arms."

Solemn and distant like a seraph's lyre
A last great time the warning sound was heard:
"I open the wide eye of solitude
To uncover the voiceless rapture of my bliss,
Where in a pure and exquisite hush it lies
Motionless in its slumber of ecstasy,

Resting from the sweet madness of the dance
Out of whose beat the throb of hearts was born."

Breaking the Silence with appeal and cry
A hymn of adoration tireless climbed,
A music beat of winged uniting souls,
Then all the woman yearningly replied:
"Thy embrace which rends the living knot of pain,
Thy joy, O Lord, in which all creatures breathe,
Thy magic flowing waters of deep love,
Thy sweetness give to me for earth and men."
(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>

Gangalakshmi (HOMA)

Townhall Speaks

ALL UNITS TO FURNISH THE STOCK REGISTER

Dear Executives & Trustees, The CAG audit Team has requested that all the units furnish the Stock Register. For the FY 2023-24 at the earliest for their perusal.

All the units are requested to submit the same immediately.
 Thanks & Regards, Sathyanarayan

CITY SERVICES CONTRIBUTIONS AND PAYMENTS August 2024

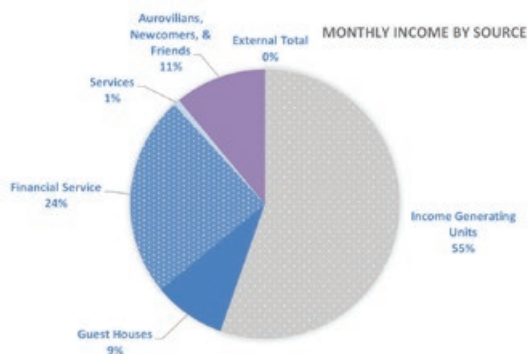
| Summary | Unspecified | Specified | Total |
|--------------------------------------|--------------|-----------|------------------|
| Buffer Opening Balance (BOB) | 12,92,63,098 | — | 12,92,63,098 |
| Monthly Contributions (Int. + Ext) | 2,27,85,741 | 7,78,194 | 2,35,63,935 |
| Total Contributions (OB+Monthly Inc) | 15,20,48,839 | 7,78,194 | 15,28,27,033 |
| Total Payments | 1,99,64,559 | 7,78,194 | 2,07,42,753 |
| CS Ending Balance (Includes BOB) | 13,20,84,280 | — | 13,20,84,280 |
| Monthly loss/gain | | | 28,21,181 |

Internal Contributions

| Source | Unspecified | Specified | Total |
|-----------------------------------|--------------------|-----------------|--------------------|
| Income Generating Units | 1,25,20,174 | 5,24,169 | 1,30,44,343 |
| Guest Houses | 20,44,296 | 4,000 | 20,48,296 |
| Financial Services | 56,00,000 | 96,685 | 56,96,685 |
| Services | 1,81,626 | - | 1,81,626 |
| Aurovilians, Newcomers, & Friends | 24,39,645 | 1,53,340 | 25,92,985 |
| Internal Total | 2,27,85,741 | 7,78,194 | 2,35,63,935 |

External Contributions

| Source | Unspecified | Specified | Total |
|-------------------------------|-------------|-----------|----------|
| Government of India for SAIIR | — | — | — |
| Government of India for Other | — | — | — |
| Other Contribution | — | — | — |
| Project Contributions | — | — | — |
| Foreign Contributions | — | — | — |
| External Total | — | — | — |



[See full document here](#)

BCC Team (Angurajan, Arthi, Jothiga, Kalaiarasi, Kailaimathi, Kaileshvaari, Ravindra, Victoria)

Community News

Matrimandir News & Schedules



“CONFLUENCE”

17 September, Tuesday

In the Peace Area of Matrimandir Gardens, Autumn pre-Fullmoon 17 September 2024. Coming Together in a consecrated atmosphere in silence, sound contemplation, walking, observing, listening with simple offerings, flowers, colors, candles.

- Installations and flower decorations in the Garden of Unity
- Translations of Mother’s Symbol in 36 languages
- Soundscapes in the Garden of the Unexpected
- Creative Offering by children, Sanskrit chants in the Stone Circle
- Live music in the Amphitheater
- Silence, flowers and candles under the Banyan Tree
 - The Gardens open at 5:30pm
 - Stone Circle Offering 6pm
 - Amphitheater Music 6:45pm

All Aurovilians, Newcomers welcome.

Volunteers and guests, please bring your Aurocard. Please respect the consecrated atmosphere of the gardens. Photography, media not allowed.

Auroville is an attempt towards world peace, friendship, fraternity, unity. The Mother, 20 September 1966

Antoine, Matrimandir team

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 Aurocards.

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:
 - 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: Tuesday 8—8:30am.

The Petals of the Matrimandir

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

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

Awakening Spirit

Savitri
B H A V A N

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 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

The Living Symbol of The Mother Exhibition

- Savitri Bhavan, Garden Room, 18—20 September



You are invited to join an exhibition covering topics relating to harmony of colors and The Mother's symbol. Over 50 exhibits will be on display venturing into the depths of The Living Symbol of The Mother. Come to learn more, get inspired and get creative at home or during one of the workshops as per the poster below.

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



- Science of light and color
- Physiology of color vision
- Color psychology
- Colour theory in art and design
- Significance of colour in traditional Yoga

By gaining full insight into these scientific aspects of color, participants are set to develop a deeper appreciation for the arrangement of colors in the symbol of the Mother. The symbol is considered a living symbol, and the choice of colors for different qualities may vary slightly for each individual based on their own personal growth and development of specific qualities.

To put the knowledge into practice, each participant will have the opportunity to create their own coloured symbol of the Mother by selecting a particular color scheme from a range of options provided.

- **Workshop 1: 17 September @ Sangam Hall, 4—7pm**
Deep-dive into all of the above will take place during this workshop.
- **Workshop 2: 21 September @ Sangam Hall, 4—7pm**
Digital resources will be covered during this workshop, allowing participants to continue learning and practicing color harmony at their leisure.
- **Workshops include** an individual ~1.5h crafts atelier during the 2 half for which participants are encouraged to bring a light coloured T-shirt.

(* Larry's Presentations

Fundamentals of Sri Aurobindo's Philosophy in Savitri

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: What is Fate? The Psychology of Fate. The Supramental Worlds. *Dhanalakshmi*

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



Nirod Da: An Inspiration—Honoring the Memory of Nirodbaran

- **Monday, 16 September 2024, 4pm**
@ Savitri Bhavan. Duration: 36min.

Nirodbaran (1903-2006) was one of the close disciples of Sri Aurobindo and The Mother. The significance of 'Nirodbaran' is: "He who chooses the Infinite, has been chosen by the Infinite."

Nirodbaran was the scribe and personal attendant of Sri Aurobindo from 1938 to 1950, and his special relationship with the Lord was full of humor.

His association with Sri Aurobindo began even before his birth. When Nirodbaran was born on November 17, 1903, his mother had a vision of a resplendent Rishi standing in front of her, whom she later recognised as Sri Aurobindo.

In 1933, Nirodbaran joined the Ashram. By this time Sri Aurobindo's yoga had entered a phase of sadhana in the physical and subconscious. This meant that things were quite difficult for the sadhaks. Nirodbaran placed each problem related to his nature, small or big, before the Master who then offered His explanations, encouraged him, and gave him the willpower to go on.

Nirodbaran extensively wrote about these communications and experiences in his book *Twelve Years with Sri Aurobindo*.

The film was produced by the Gnostic Centre, New Delhi in 2007.

- It is also available on YouTube under the title: [Nirod da—a life guided by Sri Aurobindo](#).

Margrit for Savitri Bhavan

BRAHMANASPATI KSHETRAM

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



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

Education

BASIC PYTHON PROGRAMMING
Free for all

Every Tuesday, 10—11am @ The Sprout Cafe



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

- 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

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

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

Reading Circle new timings

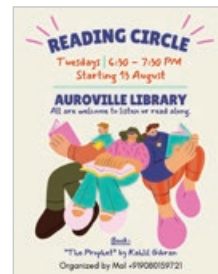
Book "The Prophet" By Kahlil Gibran

- **Mondays, 6—7pm**
All are welcome to listen or read along.

Organized by Mal

- +919080159721

Malcolm & 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

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*

Youth Initiatives

DONATE YOUR SPARE WOOD To the Youth Centre!

Dear Community, we are reaching out to see if anyone has spare wooden pieces lying around that they could donate for the Deepanam kids engaging in activities at the Youth Centre. The children of Deepanam school are currently learning carpentry, and any extra wood would greatly enhance their hands-on experience and creativity. If you have any wooden pieces that you no longer need, please consider sharing them with us. Your contribution will help foster a love for woodworking and craftsmanship among the youth.

- 9487908465, deepanam@auroville.org.in

Thank you for your support!

Bhakti, Deepanam school

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.

- **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*



KIRTAN CIRCLE

Monday, 16 September, 4:30—6pm
@ Youth space, Center Field

Join the Kirtan circle! Kirtan is a form of singing and chanting, often performed in a call-and-response style. It serves as a spiritual practice that fosters connection, community, and a deep sense of inner peace.

- Facilitated by Kaia & Dave

Jisung on behalf of Youthlink



LEARN TO CREATE

Safe, Nurturing Environments

14 September, Saturday, 9:30am—4:30pm
@ Youth Space, Center Field

Learn to create safe, nurturing environments while crafting programs that leave a lasting impact. This is more than just a workshop—it's an opportunity to grow as a leader and designer of transformative experiences.

Register via the link:

- <https://forms.gle/kkSVVpx6cCaayPmQA>

Jisung on behalf of Youthlink

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 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



IMPLEMENTING PROSOCIAL FRAMEWORK and Conducting In-Depth Research

Dear all, we are thrilled to announce an exciting new initiative by the Centre of International Research in Human Unity (CIRHU) in collaboration with [ProSocial World](#) and Auroville YouthLink. This 12-month project, titled "CIRHU Media Research Project: Implementing ProSocial Framework and Conducting In-Depth Research," aims to foster greater collaboration, shared vision, and alignment within Auroville's media and creative communities.



Project Highlights

- **ProSocial Framework Training:** Auroville's media practitioners will receive training and ongoing support in the ProSocial Framework to enhance cooperation, resource sharing, and unity.
- **Collaborative Design Sessions:** Regular sessions will promote fair decision-making, conflict resolution, and creative engagement.
- **In-Depth Research Study:** A comprehensive study will document the implementation process and outcomes, contributing to global discussions on collaborative media models.
- **Community Outreach:** In partnership with YouthLink, we aim to involve young Aurovilians and extend the benefits of the framework to Tamil-speaking communities in the bioregion.

To further support this initiative, we invite you to join the "Becoming ProSocial" workshop, a transformative training experience that will equip you with practical tools and skills for community building.

Workshop Details

- **Start Date:** October 2024
- **Duration:** 7 weeks
- **Format:** Online, with flexible scheduling
- **Link to Join:** [Register here](#)

As part of the Auroville community, you are eligible for scholarship support—apply directly through the registration link and keep us informed.

This is a unique opportunity to learn and apply the Pro-Social Framework, enhancing the cohesion of our media ecosystem while celebrating individual expression. Your participation will help shape a more collaborative and harmonious Auroville, contributing to both local and global understanding of community-driven media practices.

We encourage any Aurovilians involved in audio, video, and photography to participate and contribute to this transformative journey. If you are interested in being part of the research but are not currently involved in audio, video, or photography work in Auroville, please feel free to reach out to us and share your aspirations. We would be delighted to include you in the "Becoming ProSocial" workshop, and you can later choose to apply the framework in your own field of work.

Let's explore the art of community building together and amplify the creative spirit of Auroville!

Sivakumar

AYURVEDA CLASSES

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



Dental Clinic
Auromode, Auroville.

For Appointment please contact us

Email: aurodent@auroville.org.in

Phone: 0413-2622063 What's up: 9629199328

Working hours

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

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, aurokiya@gmail.com
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

| | |
|---|---|
| Doctor Consultation with Dr. Senthil: Monday to Friday | Nurse Care: Thilagam, Ezhil, Archana & Sandhya: Daily, no appointment needed |
| Ayurveda with Dr. Be: Tuesday/ Wednesday/ Friday | Integrative Psychotherapy with Juan Andres: TOS |
| Acupuncture with Andres: TOS | Homeopathy with Michael: Monday/ Wednesday/ Saturday |
| Physiotherapy & Massage with Galina: Monday to Friday | Physiotherapy with Arun: Monday to Saturday (except Friday) |
| Women's Wellness with Paula: Tuesday & Wednesday | Soundbed Session with Sandhya/ Thilagam: Monday to Saturday |
| Bio-Well Assessment (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, <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
- and **general administrative queries** to Bala + 91 9892699804 WA only. *Submitted by Bala*

OFFERING NURSING SERVICES

Greetings to the community, it's my pleasure to introduce myself to all of you. My name is Madhi and I'm 26 years old. I've been living in auroville since my childhood with my family. I have done my bachelors degree in b.sc (nursing) and i have two years experience as a staff nurse in hospitals (one year in psychiatric ward, six month in icu and six month in emergency). Past two years I've been working with private diagnosis and health care in Auroville.

- Home visit care for elderly people, bed ridden patient, psychiatric patient, etc.

Kindly get in touch with me if you need assistance, hospital care, homecare, home visits, or a caretaker. I'm happy to offer my professional skills in the appropriate and proper way.

Madhi, 9597222826 call/ WA madhiazhagan014@gmail.com

FREE DELIVERY

by Pharmacy of Auroville Health Centre

The Pharmacy can provide free delivery by **Dropzy** for Aurovilians, New-comers and Auroville guests staying in Auroville guest houses.



- The order should be sent to the following email: pharmacyauroville@auroville.org.in *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



Stories and fables have been traveling since the dawn of time. Let us explore these ancient times and follow the path taken by the fabulists. *Mireille*

CONTES et autres HISTOIRES
1. Au fil des fables

Les récits et les fables voyagent depuis la nuit des temps.
Explorons ces temps anciens et suivons le chemin qu'ont emprunté les fabulistes.



Raconté par Mireille




Au pavillon de France.
Samedi 14 Septembre à 17H.

Books



| | | |
|--|--|---|
| <p>SUMMER Summer</p> <p>The orange orange rocking its belly button along the branches.</p> <p>One branch another branch waving the leaves in a grapevine.</p> <p>A golden grapevine the silver grapes an annoyed cricket who doesn't sing.</p> | <p>शीष्म नारंजीर जोग नारंजी भिरसार अपनी नाभि रहनी के साथ नाथ</p> <p>एक आब जाखा एक दुनी शाखा पती नहनार अंगुरी पेल मे</p> <p>मूनहरी बेस ए. अंबूर मैदनपी बंदुरो एक न ग्राउनासा नाराड का शिगुरा एक न ग्रावमाला नाराड का शिगुरा</p> | <p>VERANO</p> <p>La naranja naranja balancea su ombligo entre las ramas.</p> <p>Una rama otra rama ahancian las hocas de la parra.</p> <p>Una parra dorada unas uvas de plata y un grillito enojado que no canta.</p> |
|--|--|---|

In August, a new version of Monoso came out: in English, Spanish and Hindi. This book has Anandi poems illustrated for the kids of her class at Center School. The money will be for the earth of Auroville. It is at the Unity Pavilion
Anandi

Music & Arts

**DEEPTI MUNOT, FRAGILE LAYERS
and Aarti Manik, Voyage**
20 September—9 October @ Centre d'Art Citadines
• Opening on Friday 20 September at 4:30pm

20 September / 9 October 2024
Tue to Fri 2 to 5:30 - Sat 9:30 to 12:30, 2 to 5:30



FRAGILE LAYERS
by Deepti Munot

Opening on 20 September at 4:30

centredart@auroville.org.in

VOYAGE
aarti manik



20 sep - 9 oct 2024
Tue - Fri 2 to 5:30
Sat 9:30 to 12:30 and 2 to 5:30
opening 20 september at 4.30
centre d'art - citadines - auroville

- Guided tours on Saturday at 10:30am
 - Tuesday—Friday, 2—5:30pm
 - Saturday, 9:30—12:30, 2—5:30pm

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, 17th September 2024
Venue:
**Sri Aurobindo Auditorium,
Bharat Nivas, Auroville**



Scan for Location

Animal Care

JOIN OUR DOG WALKING CLUB

Join Our Dog Walking Club—Bring Joy to Dogs and Yourself! Are you looking for a meaningful way to start your day? Dogs at the Auroville Dog Shelter need your help! Our four Labradors, along with many other lovable dogs, are waiting eagerly for their daily walks. Walking is not just exercise for them—it's a chance to socialize, explore nature, and feel the love and care they deserve.



That's why we've launched our Daily Morning Dog Walking Program, and we'd love for you to be a part of it! Whether you're a seasoned jogger or simply enjoy a peaceful stroll, there's a dog waiting to be your companion.

• **What's in it for you?**

A Heartwarming Experience: Spend time with affectionate dogs who will brighten your day as much as you brighten theirs. Health & Happiness: Walking in nature is a great way to stay active and boost your mood. Community & Connection: Join a group of like-minded people who love animals as much as you do.

• **When?**

Every morning from 9:00 to 10:00 am, we explore the beautiful surroundings of the Auroville Dog Shelter.

• **Who Can Join?**

Everyone is welcome! Whether you're a jogger, walker, or just someone who loves animals, there's a perfect dog waiting for you. Children are especially welcome, and no prior experience is necessary—we'll guide you every step of the way!

Come by the Auroville Dog Shelter and be a part of something special.

- For more information, contact Lore at 6384180772.
We can't wait to see you there!

Arthur for Auroville Dog Shelter

VOCAL MUSIC CONCERT

By
Dr. P.V. Bose

Crossoverband TranSwaras bags award at Los Angeles



Dr P V Bose , a classical vocalist of the Carnatic system of classical music will present a concert at Bharat Nivas. He will be presenting Carnatic ragas and composition during the concert and explain the salient features of the ragas. He will be accompanied by Violin and Mridangam.

07:00 pm
Saturday, 21st September 2024
Venue:
Sri Aurobindo Auditorium,
Bharat Nivas, Auroville



Scan for Location

**INVITATION TO MEET
The Artist Bel**

Look See Ask Enjoy

Saturday, 14 September, 4pm—6pm @ Pitanga

This is part of the ongoing exhibition

Invitation to meet the artist Bel

Look See Ask Enjoy

Saturday, 14 September
4pm - 6pm at Pitanga
Refreshments will be served.
All are welcome.

This is part of the ongoing exhibition

LaSaMaKa
an activity under Art Service

Exhibition timings: Daily, except Sundays
8:00am – 12:30pm & 2:00pm – 5:30pm
Pitanga Cultural Centre, Samasti, Auroville 605 101 | info@pitanga.in | 0413 - 2622403, 9443902403
A service unit of the Auroville Foundation, Health and Healing Trust branch | GSTIN: 33AAJTA0037BY3N

Refreshments will be served.
All are welcome.

- Exhibition timings: Daily, except Sundays
8am—12:30pm & 2—5:30pm
- info@pitanga.in, 0413 2622403, 9443902403

Andrea

Multiple Activities

BHARAT NIVAS
भारत निवास ભારત નિવાસ
The Pavilion of India, Auroville

REGULAR WORKSHOP, CLASS & EXHIBITION

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

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

MONDAY, WEDNESDAY & FRIDAY
06:30 PM - 09:30 PM
TANGO CLASS at Harmony hall

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

FRIDAY
11:00 AM - 12:00 PM
SAVITRI STUDY CIRCLE at Resource Library

WEDNESDAY
05:45 PM - 06:55 PM
INTEGRAL HEALING at Bhumika Hall

MONDAY TO SATURDAY
09:30 AM - 12:30 PM
RESOURCE LIBRARY at 1st Floor - Bhumika Building

EXHIBITIONS - MONDAY TO SUNDAY

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

**DANCES OF UNIVERSAL PEACE
Opening to Grace**

**Dances of Universal Peace
Opening to Grace**

5:00 - 6:30 pm, Sunday September 15th
Pavilion Of Tibetan Culture, International Zone, Auroville

Dances of Universal Peace combines simple steps with sacred songs from around the world.
All welcome. No prior experience needed.
Contributions to the Pavilion of Tibetan Culture are welcome

Kaia
for the Dance of Universal Peace

afanna STUDY TANGO

AUROVILLE TANGO
New batch starts the first week of each month

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

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 Maud

DANCE CLASSES BY MANI

Salsa Dance Class

SALSA DANCE CLASS

Choose your Dance

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

Register Now
+91 86376 33696

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

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

Submitted by Mani

A CALL TO CO-CREATE

Multidisciplinary Improvisation Lab

Thursdays, 5—7pm
@ CRIPA Small Hall

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

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



Discover the boundless potential of collaborative improvisation
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

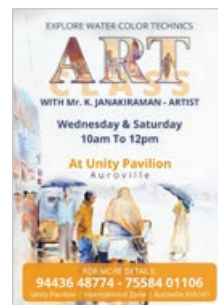
Fleur, 9600225764

Theatre, Music & Art Activities

EXPLORE

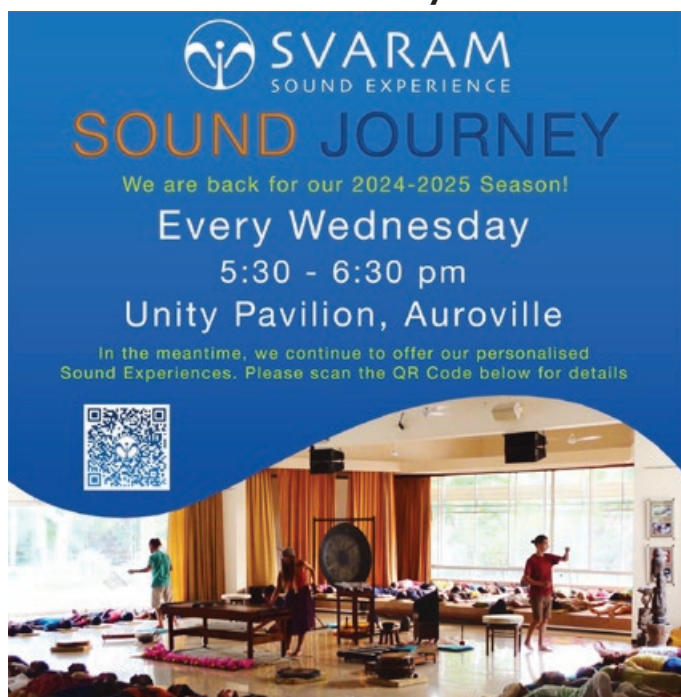
WaterColor Techniques

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



Submitted by Arun

SVARAM SOUND EXPERIENCE
Sound Journey



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

Submitted by Zech

BASIC ANALOGUE PHOTOGRAPHY
Darkroom Workshop by Sasikanth S.
 12—13—14 September
 @ Centre d'Art Gallery, Citadines, Auroville

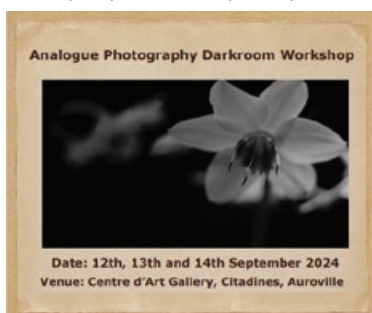
Program & Timings

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

• The workshop is free for Aurovilians, New-comers 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, +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

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.

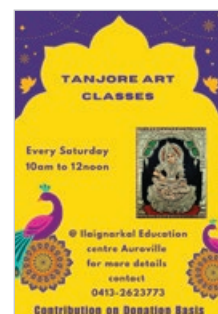


CREEVA Studio, Creativity Community, Auroville
sathyacolour@auroville.org.in,
 +91 9486145072 WA, Sathya

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

Ayyanar

PIANO CLASSES

Classic and Jazz for beginners and advanced. Children most welcome. Music-theory, composition and the art of improvisation. I also come to the students place for classes.

- Contacts: please call 7094812897 WA only or vonlieries@gmx.de

Hartmut

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

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

Let's keep up with the good writing!

Francesca

SHAKESPEARE'S SONS

Friday, Saturday, Sunday, 13, 14, 15 September,
7:30pm @ Cripa

Dear Friends, I have been working with Shakespeare for 20 years, at least. My first Shakespeare production was The Tempest, here in Auroville. Since then, I have directed 8 more plays.

This play, Shakespeare's Sons, is written and directed by me. It's a one man show. Running time is 1hr 10 minutes. The actor performing this piece is Umair Ahrar.

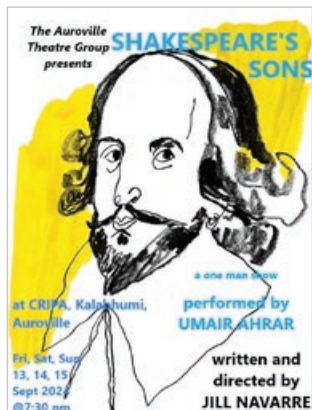
Umair and I have worked together for 6 years. A graduate of Pondicherry University, Department of Performing Arts, Master's Programme (2020), Umair has appeared in our productions of A Midsummer Night's Dream, A Streetcar Named Desire, A Place Called Home, The Elephant Man, Red Bike, the 25th ATG Anniversary and Equus. He is skilled in comedy, drama and tragedy and someone whose talent I admire. He is an actor, playwright, poet and soon may be directing a play of his own!

I will be doing the sound. Maitreyee Kuhu will be on projections.

Sugumar Shanmugam will be designing the lights. Set design and costumes are very, very simple.

What's next? So many ideas ... a bunch of small cast plays, mostly comedies. New play by Rupam Mishra. Next year, Othello. Maybe. We have also begun to share a Bi-monthly Update of the present and future activities of the Auroville Theatre Group by subscription on WA and by email. So stay tuned!!

Jill



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
- 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

Submitted by Mani

Sports & Martial Arts

GREENRIDE CYCLOTRONE AUROVILLE

To celebrate the World Car Free Day
22 September @ Certitude Sports Ground

Race Categories: 75kms, 52kms, 20kms

Registration: ongoing till 17 September, 12pm

Raju, +91 9443074825
www.aurocabs.in/greenride/

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



Maneesh For Kalari Team

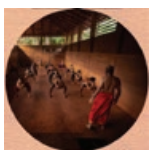
BHARAT NIVAS

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,
office: 0413 2622253



Monisha for BN Team

TAI CHI HALL IN SHARANGA



Schedule of classes

- Every day except Sundays
- Mondays and Saturdays, 7:30—9:30am
- Tuesdays to Fridays, 7:30—9am

Krishna

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



Submitted by Beber

KALPANA GYM

Kalpana Gym is open 7—9am & 5—8pm
◦ Monday To Saturday

All are welcome!

Satyakam

Nature Activities

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,
◦ +91 9345454232 call/ WA,
◦ @ Alankuppam.

Submitted by Shivaraj

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
whatsapp Sarah 9047421044

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

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](https://www.instagram.com/terrasoul_community) for more updates and glimpses of farm life!



Submitted by Juan

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 workshops

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 Workshop 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 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 or bamboocentre@auroville.org

or +91 8300949081, 0413 2623806, 2964727

Flexible training dates offered to groups

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

Submitted by Mani



Light of Auroville

Experience Programs

Contact: 8270071581/ 9159468946

enlight@auroville.org.in

Explore Auroville



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

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

- **Farm Tour: Organic Farming**
7—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 a freshly grown fruits and vegetables. At the end of the tour, you also shop for other value-added farm 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.

- **Cycle Tour: Ride within Auroville**
10am—12pm, all days except Sunday

Cycling through forest trails while listening to stories enhances the adventure, merging captivating narratives with the natural beauty around you. This fusion creates a uniquely immersive experience.

- **Bioregion Tour**
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—Irumbai**

Did you know Auroville’s existence was predicted 1000 years before its creation by a great Rishi named Kaduveli Siddar in Irumbai, unlocking the secret with us.

- **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.

- **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”.

- **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: South Indian Cuisine**

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.

- **Jam Making Workshop**

Making your own jam takes a little time, patience, and sticky fingers, but soon you’ll be rewarding yourself with jars of jam for days to come. Once you learn how to make jam, you can tweak it with a mixture of fruit and sugar to your liking

- **Toys Workshop**

Learn how to make small and simple toys out of wood and bamboo. Work with your hands to craft souvenirs. Build a unique, customizable wooden toy! Learn to safely use woodworking tools and machines, then complete your project with colorful, foodsafe finishes.

Wellness

Every day except Sunday, one day prior booking

- **Music Therapy: Guided Relaxation**

Embark on a journey of the alignment of mind, body and soul by exploring alternative forms of healing. Experience the therapy powers of sound frequencies in your healing journey. You will experience a unique sound healing session in a uniquely healing place.

Around Auroville

Every day except Sunday, one day prior booking

- **Fossil Wood Park**

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



Submitted by Balaji

MOHANAM PROGRAM

September 2024

Mohanam Auroville Campus

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
- 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.
 - 10am—4pm, Monday to Saturday

September month events @ Mohanam Campus

| Event | Day | Time | Booking model |
|---------------------------------|----------------|----------|----------------------|
| 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 | 17 September | 6—8:30pm | Pre-booking required |

Thiruvannamalai Eco & Spiritual Services

Thiruvannamalai—Mohanam Services, Arunachala—Auroville: tour, retreat space, camping, temple visit, ashram, Girivalam full moon experience. The following services are available in Thiruvannamalai as Mohanam program has partnered with locals to arrange local tours, therapy, ashram visits, healing sessions, trekking and camping packages, group outings and 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.

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!

- For more information, contact us: mohanamprogram@auroville.org.in, 8300949079, 04132190757, 04132622667 **Balu**

EGAI

+91 9159468946, egai@auroville.org.in

UTAVI
Empowering communities

Egai Vēlai
Infrastructure support to space deficient community and village artisans and craftsmen

Egai Kaivṇai
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 +91 91594 68946
<https://auroville.org/page/egai>
<https://auroville.org/page/donate-from-india>



Toys Workshop

Craft toys made of wood and bamboo



Finger Painting Workshop

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

Visit our store at Auromode

Music Box

Custom Made with multiple coconut shell instruments

EARTH INSTITUTE
On-Campus Training Course

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

Coconut Shell Workshop

Embark on a crafting journey with coconut shells

Incense Workshop

Come and make your own Agarbatties.

Craft Activities

**WELLNESS WOODCRAFT:
Auroville Activity**

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.

**Carpentry Workshop
(Wood Joinery)
Beginners Level**

- Basics of wood & tools.
- Introduction & hands on practice of hand & power tools.
- Half-laps Joint.
- Bridle Joint.
- Motise & Tenon Joint.



**Spoon Carving Workshop
Beginners Level**

- Basics of wood & tools.
- Marking & cutting.
- Shaping with hand tools.
- Sanding & finishing.



**Bowl & Plate Turning Workshop
Beginners Level**

- Basics of wood, hand & power tools.
- Introduction & function of turning lathe & tools.
- Preparation of wood for slabs.
- Hands on practice of wood turning.



Advance booking is necessary

- DM to register: +91 9952589649
- wellneswoodcraft@auroville.org.in

Anand for Wellness Woodcraft

PAPER CRAFT WORKSHOP @ WELLPAPER, AUROVILLE

10am—4pm, every day except Sunday

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

- Contact Zeevic, +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

DOCUMENTARY, FOCUSING ON BRINGING 10 NUNS

From Karsha Nunnery, Zanskar Ladakh

We would like to make a short documentary, focusing on bringing 10 nuns from Karsha Nunnery, Zanskar Ladakh, to Auroville Pondicherry. Two years ago, I had an amazing opportunity to live in a nunnery in Ladakh for some weeks. A dream came true for me.



This nunnery is called Karsha or Chukshikjal, founded in 1957 and located in the Zanskar Valley in the Himalayas. A very remote place with very harsh living conditions. Some call it 'Little Tibet' as the people are almost untouched by modernisation and practice traditional Tibetan Buddhism, as in Tibet.

The funds we are raising in total is 8 lakh rupees, will go towards the travel, food, and accommodation for the nuns and film crew. The rest of this experience is priceless.

You see, in this part of the world, monks are highly respected, however women have had to fight for their spiritual freedom. Some think that women can not get enlightened.

It's only been in the last 60 years or so, in this village, where women have created their own spiritual house for worship, one of which is the Karsha nunnery. An incredible achievement. I asked who would like to come and visit Auroville and they all put their hands up. My dream would be to go to Zanskar with a film crew, for a week, to capture the nuns in their daily routine and habitat in Karsha.

Then document the journey of the nuns coming to Auroville, as well as their Auroville experience. This would be the first time for many of them to leave the village and mountains; how incredible it'll be to see, in their simplicity, their pure reactions, that innocence in opening their perspective, exposed to a new world. Combining it all to make a short documentary of this to share, as well as a memento for the nuns of this new endeavor.

We would bring 10 nuns plus a translator for 10 days in Auroville. In Auroville, I'd like to take the nuns to the Matrimandir. How would the silently charged atmosphere of the Matrimandir, the soul of our City, compare to their colorful, vibrant, loud, traditional way of worship?

Then we would visit WasteLess, where the nuns would be informed about water and plastic pollution which is also a big problem in Ladakh;

Ecofemme, where the ladies can learn and empower themselves about women's health and menstruation. In the Himalayas, this is a taboo and unspoken subject. Informing and empowering the nuns would enable a start to breaking this social construct.

Another stop in this itinerary would be Auroville Earth Institute. The nuns built Karsha nunnery themselves with local and natural materials, however it's still very primitive, maybe they could pick up some new tips, tricks, and techniques to improve their living conditions making it more bearable.

Coming from a vast semi-desert mountainous terrain, there are basically no trees, they haven't seen a forest. Pitchandikulam Forest is a must, as well as a lunch and walk at Botanical Gardens where they can explore the tropical diverse flora and fauna. The final stop, the sea. This would be the nuns first experience of the ocean and would be a magical moment to capture.

Aurelio from Swaram is interested in doing a collaboration event, where the nuns would chant, and the Swaram team play atmospheric instruments.

The nuns would also do a puja and some chanting in the Tibetan Pavilion. They could also share their experience of building the nunnery and how they live their lives from community to community.

- To donate click here: <https://aviusa.org/karshanuns/>

Serena

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

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
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

Pandian

Housekeeper Available

Housekeeper available. She can work by hour, Rs100. For information contact *Lakshmi 98489113303*.

Household Items Available

Worktree Wooden Balance Bike for children learning cycling, 2 level open shelf made of Khaya wood, Double burner gas stove (Prestige brand, Agni Model), Flatscreen television Samsung brand 24" size, TataSky Dish TV connection with equipment, Aquaguard water purifier RO+UV model. Available immediately. Please contact 9488830338 via SMS or WA for details.
Manu

Looking For

Courier Needed

Somebody going to Europe. I have a small thing to send to a friend in Paris. Thanks.
9952746285.
Anandi



Laptop Call-Out!

Hey, amazing community! Do you have a laptop that's not being used? YouthLink is looking for one to support a new member, and we'd love your help! Whether you'd like to donate or lend us a laptop, we're also ready to contribute towards it if needed.

Your laptop could be the missing piece that powers new projects, events, and more for the community.

Reach out to us if you're interested in helping us make a difference!

- youthlink@auroville.org.in, +91 8524825120 WA

Gautam on behalf of Youthlink

Lost and Found

Camera Lens Lost

This is Aneesha from Chennai. We visited Auroville on August 27 and 28. We stayed in Swagatham on the 27th night. During our trip we lost our camera lens (canon 75-300mm telescopic lens) around 5:30pm on 27 August.



9566768439, Aneesha

Work Opportunities

HUMAN RESOURCE TEAM will help you find a Job

Dear Residents, kindly reach out to the Human Resource Team if you are looking for a job or if you are in need to hire someone. Please contact hr-bcc@auroville.org.in or pass by our office at BCC.

Suresh and Raja for Human Resource Team

KINDERGARTEN HEAD @ Mohanam



Join our team at Mohanam, Auroville, as a dedicated Kindergarten Head. We're seeking a passionate educator to lead our thriving kindergarten program.

- **Responsibilities:** Curate current curricular, Manage teachers, Ensure student well-being, Manage resources, Collaborate with parents, Report and documentation
- **Qualifications:** Master's degree in early childhood education or B.Ed, 3+ years experience, Strong leadership, communication, and organization skills, Passion for child development.
- **Apply now:** mohanameducation@auroville.org.in

Balu for Mohanam

VACANCY AT TO BE TWO Auromode

Job Profile

- Part time job
- Content creation for Instagram and Facebook.
- Website Promotion.
- Managing our social media.

If interested please email tobetwo@auroville.org.in

Pavithra

**AUROVILLE INSTITUTE
of Applied Technology College**

AIAT-College is looking for Assistant professors in English and Hindi

- **Min. qualification is a Masters degree in either English or Hindi or both.**

Please contact Lavkamad

- principal.aiat@auroville.org.in
- phone 9443238303



Lavkamad

Honorary Voluntary

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,
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: kulaicreativecentre@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.

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),
surajkiranv@gmail.com

Balaji

Foods, Goods & Services

HIVE COWORKING SPACE—OPEN HOUSE

13 September, Friday, 9am—5pm @ HIVE, Auromode.



NEED A PLACE TO WORK?

OPEN HOUSE | HIVE COWORKING

FREE ON EVERY FRIDAY

More Info : +91 90 42 75 95 40 | www.auromode.in

Are you looking to work, study, create or simply connect with like-minded professionals in a serene place? Step into Hive and experience the Cozy workspace with super-fast Internet, Coffee—all for **free** on our Open House.

Visit us at www.auromode.in/hive-coworking for more details on our plans and facilities.

- For inquiries: auromodehive@auroville.org.in
- +91 7092197375 WA/ +91 9042759540 WA or drop by.

All are Welcome!!!

Dhesh for Hive Team

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*

ENJOY THE ESSENCE OF THE SPROUT

Monday—Saturday, 7am—4pm



UTSAV, Verite, Radial, Auroville

Enjoy the essence of The Sprout in Auroville, where Vegetarian Mediterranean cuisine meets modern and healthy dining in a cozy and relaxed atmosphere.

At The Sprout you will enjoy a vegetarian menu with vegan options, with every dish meticulously crafted from scratch each day.

Our menu is designed to be delicious, healthy, and fun. We blend flavors, textures, and concepts to bring you a new dining experience every day. Plus, every bite leaves you feeling fantastic!

We invite you to savor not only our food but also the welcoming atmosphere and exceptional experience at The Sprout, where premium service is delivered with genuine hospitality. Enjoy!

www.thesprout.in, Monica

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

Won Ja for Taste of Korea

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



Submitted by Sudha

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

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

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

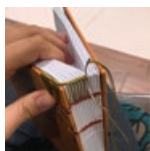
No cash payments. All payments are to be made via AVFS account, AuroCard or UPI.

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 Kulilapalayam.



8940648542, Michel

INTEGRAL HARMONY FARM
Offers Charcoal

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.

Grade Two charcoal is meant for agricultural purposes: to improve the 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

*For Integral Harmony Farm,
Pranav and Velmurugan*

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

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/WA 9092637055 or email govindaraj@auroville.org.in for any of your requirements. Upgrade to electric transport and solar power.

*Govindaraj & B
for Qutee Electric Scooter Service*



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

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

*Rajesh.D
for Shared Transport Service*



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

*Lakshmi
for UTS Transport Service Team*

INSIDE INDIA TRAVEL NEWS
Tuesday, September 10, 2024

Namaste, Bonjour, Hello, and Vanakkam from Inside India!

We're here to take the hassle out of your travel planning, whether you're flying across the world or exploring the beauty of India. You name it, we handle it: flight, train, and bus tickets, travel insurance, visas, taxis, and even cozy stays for your rest. Passport renewal? We've got that covered too!



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 98945 98686 (Mobile/WhatsApp)
- **Email:** travelshop@inside-india.com

Dreaming of a Custom India Tour?

We're here to help you craft the perfect adventure across India, especially the stunning South. Send us your travel wish list at insideindia@auroville.org.in or insideindia@inside-india.com.

Exclusive Flight Deals:

- **Emirates:** From Chennai to Lyon, Paris
- **Etiihad:** Fly to Paris, Frankfurt, London, Dublin, Brussels, Munich, Amsterdam, Madrid, Milan, Rome
- **Thai Airways:** Chennai to Seoul, Jakarta
- **Air India:** Chennai to Paris, London, Amsterdam, Milan, Nairobi
- **Qatar Airways:** Chennai to Frankfurt, London, Brussels, Munich, Lyon, Milan
- **SriLankan Airlines:** Chennai to Jakarta
- **Aeroflot:** Delhi to Moscow
- **IndiGo:** Daily flights from Chennai to Jaffna, starting 1 September

Fast-Track Your Airport Experience!

Skip the queues at Chennai Airport with **DigiYatra**. Download the app today and breeze through check-ins with facial recognition technology.



Parking made easy!

Use the Multi-Level Car Park (MLCP) at Chennai Airport, with skybridge access to both Domestic and International Terminals.



Visa-Free Entry to Sri Lanka

Starting October, Sri Lanka will offer visa-free entry to citizens of 35 countries, including the UK, USA, Canada, India, and more!

Vistara and Air India Merge

As Vistara joins Air India, your bookings are still valid, but after November 12, 2024, your flights will be operated by Air India. Stay tuned for updates.

Fast Track Immigration—Trusted Traveler Program

Eligible Indian nationals and OCI cardholders can fast-track their immigration with biometrics. Apply now for smoother travel experiences: FTI-TTP Program.

*Olivier
for Inside India Travel Team*

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

SURABHI SUPPLIES

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



Contact us for all your procurement needs:

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

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

**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

Bala

NEW WAVES

Offering PCB Assembly and appliance repairs at Aurelec

If you have any requirements, please contact Dhanda

- Office Landline 0413 2622295
- 9443090082/ 8098193820
- newwaves@auroville.org.in
newwavesauroville@gmail.com



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

Dhanda

RAPID CARE SERVICES

Dear Residents, we are thrilled to announce that Rapid Care Services, your trusted one stop solution for repair and maintenance and ancillary works since 2022, is expanding its range of services.



In addition to our existing offerings, we are now providing the following additional services.

The new services are designed to offer a more comprehensive support for your home and yard.

- Landscaping design and development
- Deep cleaning services (Home improvement)

Our team remains dedicated to providing reliable service meeting customer satisfaction. Whether you need help with our new offerings or our original services, we're here to be of assistance.

For more information or to schedule a service, please don't hesitate to contact us. We look forward to continuing to serve you with our enhanced range of services!

Services offered

| Category | Service |
|---------------------|---|
| 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, Floor Waxing |
| General Maintenance | Fumigation, All Home Utilities , Fencing |
| Installations | Washer and Dryer, Air Conditioner, Inverter, Water filter, Security Camera |
| Electrical Works | Wiring, Metre box, Lights, Switches & Sockets, Motion sensor |
| Newly Added | |
| Cleaning Service | Deep cleaning—House, Office, Guest house etc, Bathroom cleaning, Water tank cleaning Vacuum cleaning, mopping, dusting, floor polishing, polishing mirrors. |
| Landscape Design | Overall design of outdoor spaces, from entrances to courtyards and community areas |
| Repair & Renovation | Roof leakage, alterations to a pre-existing structure or building, upgrades to an existing building, outdoor space, or existing infrastructure. |
| Transport Service | Load Carrier facility |

- **Contact:** + 91 8270071581
 - **Primary Email:** rapidcare@auroville.org.in
 - **Secondary Email:** 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

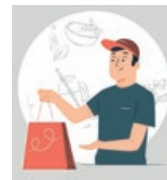


Please contact Ranjith, Aurovilian: 8610997059, subramani13@auroville.org.in.

Ranjith

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

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

Rupavathi Joy

Poetry

POSTSCRIPT

And some time make the time to drive out west
 Into County Clare, along the Flaggy Shore,
 In September or October, when the wind
 And the light are working off each other
 So that the ocean on one side is wild
 With foam and glitter, and inland among stones
 The surface of a slate-grey lake is lit
 By the earthed lightening of flock of swans,
 Their feathers roughed and ruffling, white on white,
 Their fully-grown headstrong-looking heads
 Tucked or cresting or busy underwater.
 Useless to think you'll park or capture it
 More thoroughly. You are neither here nor there,
 A hurry through which known and strange things pass
 As big soft buffetings come at the car sideways
 And catch the heart off guard and blow it open

Seamus Heaney

HER FIRST ENCOUNTER

Her first encounter
 With a snake
 Left her
 Quivering
 Questioning
 "What if...?"
 The snake
 Didn't intend
 To stay that long.
 With joyful Gratitude, Anandi Z.

Classes, Workshops & Healing Arts

MIKSANG, A MINDFUL PHOTO WALK

Saturday, 14 September, 8—9:45am

Miksang means 'Good Eye' in Tibetan. It is a form of contemplative, mindful photography. The focus is not on technique, but discovering a moment of fresh, direct perception where the world stops us out of the blue and wakes us up to something deep and true. In the practice of Miksang direct perception is paramount. When our eye, mind and heart are together in a single moment—seeing, appreciating, comprehending, expressing, sharing—that is all there is.



This meditative practice can help you open to the present moment, meet the world as it is, and let the ordinary magic of the world erupt in front of you.

- No prior experience (of anything) is needed. All you need is something to take photos with.
- The session will be led by Helen—a mindfulness teacher with a passion for Miksang.
- For details and booking message Helen on 7094753054 or visit innersightav.org Helen

MINDFULNESS KINDFULNESS

Half day retreat with Helen

Saturday, 21 September, 9:15am—12:30pm

@ Creativity Hall of Light

This half-day retreat provides a chance to unplug from the stress & chaos of everyday life, & revitalize in this immersive space of calm. It is an invitation to shift the pace of life and reorient attention softly, with care, to the here & now.



This session will blend mindfulness meditation practices with reflections on kindness, allowing for an inner movement towards softening, care and compassion—for ourselves & others.

Participants will have the choice of practicing in a seated position (on chair or cushion) or lying (on a yoga mat). It is suitable for everyone—those new to meditation as well as experienced meditators looking to deepen their practice.

- Booking is required. To register contact Helen on 7094753054 WA or visit innersightav.org Helen

BEAUTICIAN SERVICES OFFERED

Auromode SPA offers services like facial, pedicure, manicure, waxing, threading, haircuts and hair coloring.

- Works from Monday to Saturday only by appointment.
- Call or WA 9443635114.

Auromode Spa, Auroshilpam,
 0413 2622161

ANGAM TREE WELLNESS HUT



Traditional Massage Therapy Classes

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



The certificate course:

- Has three levels: Basic, 10 Hours/; Intermediate, 20 Hours; Advanced, 30 Hours.
- Covers the following modules: Varma Massage Therapy, Varma Touch Therapy, Varma Myology (Muscles), Varma Defense Methods.

Arunachala Sound Healing Therapy

Positive musical psychotherapy using Visualization, Breathing.



Idumban Karlakattai Muscle Therapy

To strengthen the nervous system, improve posture and stamina, build strength and mobility, detox the body.



Siddha Varma Kalai Massage Therapy

Acupressure and deep tissue varma points healing massage therapy.



Nattakkalai Movement Arts Therapy

Psychotherapeutic use of movement to promote emotional, social, cognitive, and physical integration.



Raja, WA/Voice +91 9751395939

www.angamtree.com

KUNDALINI YOGA

Starting September 12

Thursdays, 5—6:30pm @ Hall of Light, Creativity

Kundalini Yoga is a dynamic and powerful practice designed to enhance your physical, mental, and emotional health. It purifies your electromagnetic field as well as your nadis. By the end of the session, you will feel more spacious, calm, and joyful. To achieve these benefits, Kundalini Yoga combines Asanas, Pranayamas, Mudras, and Mantras.



- All levels, come 5 minutes before, bring your own mat. On Contribution.
- Contact: Bel, 7598892065 WA, certified Kundalini Yoga teacher.

Bel

SHAMANIC JOURNEY

15 September, 3:30—5pm @ Revelation Forest

Join Kundhavi Devi at Revelation Forest, Auroville, on 15 September for a shamanic journey. Join us for an unforgettable experience of spiritual growth, healing, and self-discovery!

Experience: Shamanic drumming, light language, deep healing, higher dimensional connection

Event Details:

- Limited to 15 participants
- Contributions welcome
- Registration: Kundhavi Devi, 9360043538

Contact: Kundhavi, +91 9360043538
Arun, +91 9500183706



Submitted by Arun

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 or contact Kardash on 9940934875 WA.

AUROMODE YOGA SPACE

Aurrothaima—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,
+91 9892699804 WA

September 2024 Schedule

| Day | Time | Description |
|--|-----------|---------------------------|
| All days of the week, Monday to Sunday | 5: 30—7pm | Vinyasa flow Yoga by Arun |
| Weekend Morning Yoga, Every Friday, Sunday | 6: 30—8am | Vinyasa flow Yoga by Arun |

Vinyasa flow with Arun

Traditional yoga practices are characterized by discipline, and we believe in the power of showing up. Therefore, we intend to create the time and space and offer you the choice of practice every day of the week except Wednesdays.



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.

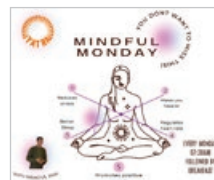
- [Find our Yoga Shala](#)
- [Auromode Apartments](#), 0413 2622224

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: 0413 2623071, +91 9751033162

*Yatra Art and Culture Foundation, Yatra Arts Media,
Near New Creation Sports Ground
Yatra Srinivassan*



NEW TIME

Regeneration Listening Circle:

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

ARKA WELLNESS CENTER & MULTIPURPOSE HALL

Regular Activities, September

For any details and queries, you can contact us:
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 antarcalli@yahoo.fr |
| Integral Regression therapy, Integral Reiki healing, Breathwork—the holotropic way | Niyati Thakkar | Monday to Sunday Only by Appointment niyatithakkar2112@gmail.com 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



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!).

Baby Watsu® Class with Appie & Friederike

- **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.

Watsu® 1 TF (Transition Flow) Basic with Darya

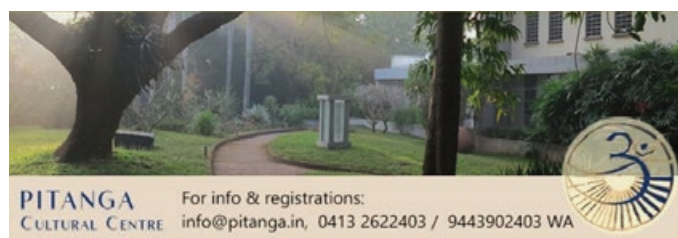
- **24—28 September, 8:45am—60pm, 34 hours**

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.quiethhealingcenter.info/
quiet@auroville.org.in



Program, September 2024

Youth Activities

These are ongoing educational programs. If a child is interested, parents need to talk to the teacher before joining the class.

- **Asanas for Teenagers with Lisbeth**
Mondays, Wednesdays, 4—5:15pm
- **Not during term-break 23 September—2 October**

These classes are for the teenagers from AV schools. It is still possible to join the course as there is some space in one of the classes. The student can come and try out, then see with the teacher.

You'll be added to the TeenYoga app for communication.

- **Yoga for children, from 9 yrs. +, with Gala**
Saturdays 10—11am
- **Energy Games for children, 9 yrs. +, with Gala**
Saturdays 11am—12pm

Classes—By Prior Registration

- **Art Therapy with Gala**
Thursdays, 3—5pm for adults
Fridays, 3—5pm for families
- **ATB Exploration with Isora, and teachers in training Rosario and Teresa**
Thursdays, 5:30—6:45pm
Prior registration required.

Awareness Through the Body aims to provide tools for individuals to expand their consciousness, explore the different planes of their being and discover their inner selves in a joyful space. Please book your place with Pitanga beforehand.

Healing Space—By Appointment

- **Acupuncture** by Heidi
- **Shiatsu** by Patricia G.
- **Syntropy Insight Bodywork** with Véronique D.
- **Thai Yoga Massage** by Juan

Drop-In Classes

Join without prior registration!

| | |
|------------|--|
| Mondays | 7:30—9am, Asanas mixed level with Rachel |
| | 8:30—10am, Yoga Therapy with Gala |
| | 4—5pm, Doing No-Thing Consciously with Mike |
| | 5:30—6:45pm, Vinyasa Flow Yoga with Dinagar |
| Tuesdays | 7:30—8:45am, Self Practice with Rachel |
| | 7:30—8:45am, Ojasana Hatha-Nada Yoga with Ojas |
| | 5:30—7pm, KoTree Yoga with Grace Gitadelila |
| Wednesdays | 7:30—9am, Asanas mixed level with Rachel |
| | 8:30—10am, Yoga Therapy with Gala |
| | 5:30—6:45pm, Vinyasa Flow Yoga with Dinagar |
| Thursdays | 4:30—5:30pm, Aviva Exercise with Suriyagandhi |
| | 5:30—7pm, KoTree Yoga with Grace Gitadelila |
| Fridays | 6:45—8am, Pranayama with François & Namrita, For former “The Art of Living” course participants |
| | 7:30—9am, Asanas mixed level with Rachel |
| | 8:30—10am, Yoga Therapy with Gala |
| | 4:30—5:30pm, Readings of the Life Divine with Balvinder |
| | 5:15—6:15pm, Feldenkrais with Shari |
| | 5:30—6:45pm, Vinyasa Flow Yoga with Dinagar |
| Saturdays, | 7:30—8:45am, Ojasana Hatha-Nada Yoga with Ojas |
| | 9—10:30am, Asanas intermediate level with Rachel |
| | 4—5pm, Odissi Classical Dance, a beginners’ class especially for children, with Agila, assisted by Rekha |
| | 4—5:30pm, KoTree Yoga with Grace Gitadelila |

New Activities

• **Syntropy Insight Bodywork with Véronique D.**

The body and mind connected in a deep state of relaxation allows the nervous system to find new pathways for a comfortable and graceful posture as well as for an open and fluid mobility with less effort.



Syntropy Insight Bodywork is the experience of a soft healing touch that will take you into very slow integrated movements. Through deep listening, both the practitioner and the person receiving go on a common exploration which can feel like a dance on the way to new possibilities in the body and in Life in general.

“Make the impossible possible, the possible easy and the easy elegant.”—Moshe Feldenkrais

For an appointment with Veronique, please contact Pitanga.

• **Weekly Readings of the Life Divine with Balvinder, Fridays, 4:30—5:30pm.**

“The ascent to the divine life is the human journey... This alone is man’s real business in the world and the justification of his existence...” Sri Aurobindo

The weekly reading sessions of The Life Divine are led by Balvinder, an Aurovilian and lifelong student of Sri Aurobindo’s writings. Each session will proceed with Balvinder reading and giving explanations of the English prose.

No prior knowledge of The Life Divine is necessary, just an openness to experiencing the beauty and wisdom of Sri Aurobindo’s masterpiece. All are welcome to join. Feel free to come and listen even once to see if this is for you.

No registration is necessary. It is helpful to have a book. However, a few extra copies are with us.

• **Yoga with Rachel** Monday, Wednesday, Friday 7:30—9am, Asanas mixed level

Rachel offers detailed verbal guidance and instruction based on her extensive practical experience to guide you into the posture, focusing on the alignment of body, mind and essence. This practice helps to improve physical and mental abilities, helping us to live in the present with stability and joy.

Tuesday 7:30—8:45am, Self Practice

The practitioner is invited to develop a deeper understanding of the asana practice by observing themselves in the different stages: observe, experiment, learn, stay, hold, undo, relax, rest or recover at your own pace to improve the understanding of your practice and one’s self. This is not a teacher-led class but a self-directed practice open to all yoga practitioners, while the teacher holds the space with her presence, helping in case of any doubt.

Saturday 9—10:30am, Asanas intermediate level

For regular practitioners who wish to deepen their practice and those who have a good understanding of the basic yoga postures with consistent practice and are able to maintain a stable Sirsasana and Sarvangasana or their variations for at least 5 minutes.

Private Yoga sessions available on request.

• **Vinyasa Flow with Dinagar** Monday, Wednesday, Friday 5:30—6:45pm

In Vinyasa Flow Yoga, we connect asanas in a flowing sequence with the breath as our anchor.

Dinagar studied with Balaganesh in Auroville and completed his teacher training in November 2023. He is excited to share the benefits of this dynamic practice in Auroville and looks forward to learning and growing with you.

Pitanga is very happy to welcome an Auroville youth as a teacher in our team of dedicated facilitators.

• **Ojasana Hatha-Nada Yoga with Ojas,** Tuesdays & Saturdays, 7:30—8:45am

Ojas, volunteering with the Auroville Theatre Group, invites you to his classes: “Each 1 hour and 15-minute session will include pre-practice exercises to achieve correct yoga postures and flexibility for performing yoga asanas. I’ll also focus on breathing work to enhance Prana Shakti, known as life force. Towards the end of the session, I will incorporate sound healing and mantra chanting. This session is a combination of Hatha Yoga and Nada Yoga, designed to help participants experience their own selves and become more aware. As awareness deepens, they will move closer to the divine. I’m reminded of Sri Aurobindo’s words: ‘The principle of yoga is the turning of one or all powers of our human existence into a means of reaching divine being.’”

This is a drop-in class for adults.

• **KoTree Yoga with Grace Gitadelila** Tuesdays & Thursdays 5:30—7pm, Saturdays 4—5:30pm

KoTree Yoga is a feminine form in which asana sequences, movements and held poses, with attention to the breath, lead to create fluidity of fascia, muscle tonus, supple spine, and inner deep peace.

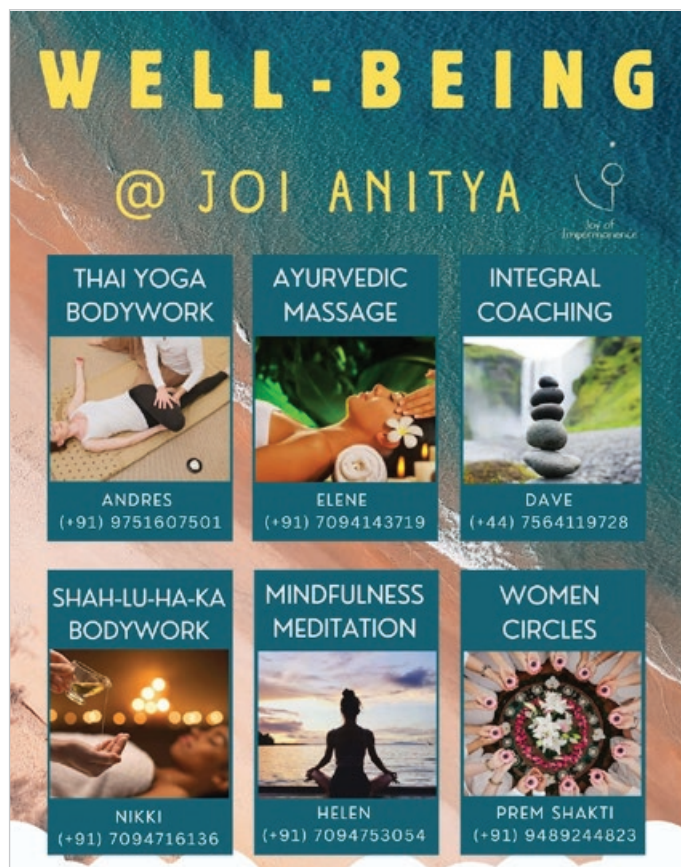
This is a drop-in class for all levels of adult practitioners.

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

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

See you at Pitanga, with a smile!
2622403/ 9443902403 WA,
info@pitanga.in,
Andrea

**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

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 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&>

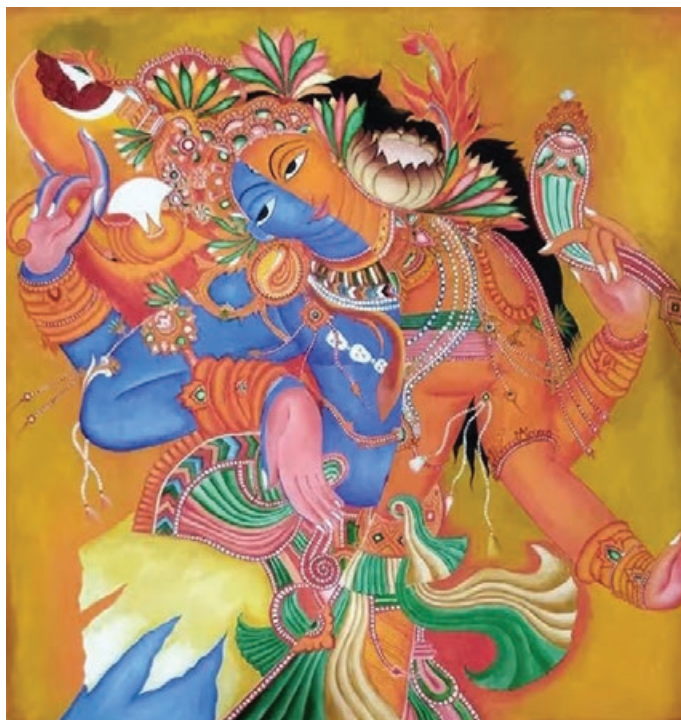
The program will challenge each of us to delve deep into our being, and generate new breakthrough ideas, sourcing our abilities to envision a new future, commit ourselves to action and acquire the skills to attain this future. It consists of a series of 4 online workshops over 9 days (3 workshops during 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

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.

Submitted by Bridget



VÉRITÉ

Please contact Vérité @ 0413 2622045,
2622606, 9363624083
or programming@verite.in,
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 |
|------------------------|--|-------------|------------|
| 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 |

Awareness Through the Body: Exploration of the Element Space with Amir

- Saturday, 14 September, 9:15am—12pm

Awareness through the body (ATB) facilitates a space for introspection to reconnect with oneself, by exploring tools and giving opportunities for inner discovery. ATB offers a means to increase our capacity to be present. ATB is an eclectic practice developed in Auroville for more than 30 years, based on Integral Yoga. In this session, we will explore the element of Space to cultivate contact with oneself and the world in a more intimate way.

Face & Eye Yoga: Face yourself—with Mamta

- Saturday, 14 September, 2—4:30pm

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.

Sivananda Yoga: Masterclass with Mani

- Saturday, 21 September, 9:15am—12pm

A classic Sivananda session, including basic pranayama (breathing) and Surya namaskar (sun salutation), designed to massage and rejuvenate the entire spine, with rhythmic alternation between effort and relaxation to balance the nervous system and prepare it for the final guided relaxation.

Food is Medicine: Lifestyle Health Practices with Parvathi

- Saturday, 21 September, 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.

Cancellation of classes for the following

Deep Sound Bath with Satyayuga

- 5pm—6pm
- Monday 9 & 16 September, Thursday 12 & 19 September, Saturday 14 & 21 September

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 |

Kathir for Vérité Programs

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

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

It Matters

Schedule from 12 to 20 September

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

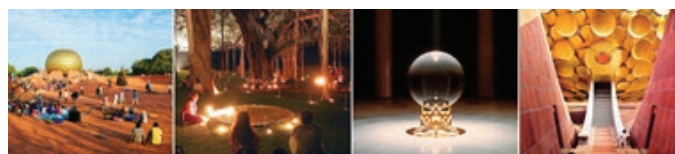
All activities are Rs./ 600 for guests, Rs./ 150 for Aurovilians/ Volunteers. Discount vouchers available.

| Date | Activity |
|--------------------------------------|--|
| 11 September, Wednesday, 7:30—8:30am | Shatkarma Yoga & Asanas with Akira (Pre-registration only, 24h in advance) |
| 12 September, Thursday, 5:30—6:30pm | Mandala drawing with Thamizh |
| 13 September, Friday, 7:30—8:30am | Shatkarma Yoga & Asanas with Akira (Pre-registration only, 24h in advance) |
| 13 September, Friday, 5:30—6:30pm | Kollywood Dance with Pranathi |
| 14 September, Saturday, 3—4pm | Art Mystery Activity with Sandra |
| 14 September, Saturday, 4:30—5:30pm | The Savitri Research Project with Matthias |
| 16 September, Monday, 5:30—6:30pm | Taichi, The way of the Leaf with Kaarthikeyan Kirubhakaran |
| 20 September, Friday, 5:30—6:30pm | Kollywood Dance with Pranathi |
| 21 September, Saturday, 4:30—5:30pm | The Savitri Research Project with Matthias |

Bhakti and Sandra

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 SAILER Building, Town Hall Complex, or at an agreed upon venue in Auroville
- **By appointment only:** 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 bottom



Zech

TAO OF TEA

Sencha Syle 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

serendipityauroville@gmail.com +91 8940288090 Sonia

Languages

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

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

TAMIL CLASSES

for absolute beginners

Sandeep

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.



Arrivederci! Francesca

NEWS FROM AUROVILLE LANGUAGE LAB

- Did you know that the Language Lab is a wireless-free space? Please switch off your mobile (or put it on flight mode—No, silent mode is not enough!). You need to switch off the wireless signal on your mobile and all blue-tooth devices and laptops while in the Lab. Why? Look at <https://ehtrust.org>



Language Classes (see attached schedule for details):

- **New French classes:** Jean-Francois is back and offering 3 different French classes, at different levels, including a new batch for Beginners, as well as Pre-Intermediate and Intermediate Conversation. Classes will start on Monday 09th September, with a minimum of 5 persons. Please register now. Yanis is continuing two French conversation classes, one Beginner level and one Intermediate.
- **New English classes:** Rupam continues the Intermediate English class and is offering several new classes, all with a theatre twist.
 - **Creative Writing:** develop your creative writing journey by starting to write short stories which can be further developed into short scripts.
 - **The English of Shakespeare:** Let's read Shakespeare's plays together and enrich your literary journey.
 - **Learn English Through Theatre:** Looking for people interested in **acting in English** for an intimate performance in Auroville after 3months.
Beginner or Advanced level English classes can also be offered mornings, if there is interest.
- **Private English classes:** Vismai is offering individual English lessons at all levels.
 - **Ongoing Classes**
 - **Tamil:** Ongoing beginner class with Saravanan. Contact us to give your names for the next batch. Murugesan continues Intermediate Spoken Tamil classes and Reading and Writing Tamil on the weekends (Saturdays and Sundays) at the Lab.
 - **Spanish:** Mila's Beginner Spanish Class continues. You need to meet her first if you want to join now. She is also available for private lessons.
 - **German:** Ben continues the A1/A2 Intermediate level and one Advanced level class.
 - **Italian:** Karuna has just started an Advanced Italian class, which is once a week and open to all. It's great when students progress from one level to another! A new Beginner class is open for registration.
 - **New Intensive 10-day Introduction to Hindi and Sanskrit.** We are changing the format for Hindi and Sanskrit classes. For each language, Kaushal will offer an intensive format of one-hour everyday, for 10 days, starting Monday 16th September. Please register now.
 - **Didgeridoo:** Breath is the basis of everything. Sunny is offering classes with didgeridoos he has made by hand. It is a wonderful means to centre and calm.
 - **Registration is required for all classes:** Send an email to info@aurovillelanguage.org or call 0413-2623661. WA: +919843030355.
 - Louis is updating our schedule on our website weekly now. You can catch it here: [Language Lab Latest Schedule of Classes](#)

Evening Programs: Free and open to all, from 5-6pm everyday. These are not classes, but conversation practice sessions offered by native language speakers. It's a chance to practice what you learn in class or to revive a language you learnt earlier! Sessions can cover whatever you want, or sometimes they have a topic like Auroville, the Charter, the Dream, etc. The schedule: Mondays—French, Tuesdays—Spanish, Wednesdays—Sanskrit Chants, Thursdays—English, Fridays—German/Italian. We are looking for anchors in other languages such as Hindi.

Evening Program special: Happy to welcome Ramesh, who will anchor Sanskrit chanting every Wednesday 5:30—6:30pm. We will learn to chant the Lalitasaahasra-naama (the 1000 names of the Goddess). Part of the Puranas, it is considered a powerful tool for spiritual growth, self-realisation and devotion. Each name reflects the various aspects, qualities and attributes of the Divine Mother, who is the ultimate reality, and the embodiment of love, beauty and power.

Language Courses at ALL

| Language | Level | Time | Day(s) of Classes |
|------------|--|--|--|
| English | The English of Shakespeare | 9:30—10:30am | Tuesday & Thursday |
| | Pre-Intermediate & Intermediate | 11—12pm | Tuesday & Thursday |
| | Creative Writing | 9:30—10:30am | Monday & Wednesday |
| | Learn English through theatre | 11—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—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 | 10-day Intensive, Introduction to Sanskrit | 3—4pm | Starting 16 September, Monday to Friday, 2 weeks |
| Hindi | 10-day Intensive, Introduction to Hindi | 4—5pm | Starting 16 September, Monday to Friday, 2 weeks |
| 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 | Wednesday |
| Didgeridoo | Beginner | 4:45—5:45pm | Tuesday & Thursday |

TBA: To Be Announced

Tomatis

- Spaces are finally opening up for Aurovilians , New-comers and Volunteers (adults, teenagers and kids) to do the Tomatis listening training programs. Have a look at Alfred Tomatis Method—Auroville Language Lab for more info. If you have been waiting a while, or thinking about this for long, now is your chance. Send an email to tomatis@aurovillelanguagelab.org.
- While we do offer 3-week wellness programs and shorter language integration and listening training programs, which are open to guests too, to do the whole program, you need a minimum of 4.5 months. Listening Tests and Consultations will be done only for those who are doing a program.
- Facts: Did you know that every single muscle of the human body is controlled by the ear, rather, the two ears working together? That “hearing” is different from “listening”? And that listening can be trained, with profound effects on how we learn, and interact with the world? This is what the Alfred Tomatis program does!
- Resonance, the book! Check it out at <https://books.aurovillelanguagelab.org>
- To enquire or register: send an email to tomatis@aurovillelanguagelab.org or call 0413 2622467 or 3509932.
- Film Shows: Two documentary films, one on the Alfred Tomatis method (48 minutes) and one on the special features of the Language Lab building (27 minutes) are available on our new website, and at the Lab. You are welcome to watch them at the Lab. All are welcome.

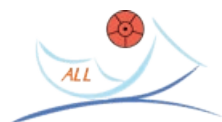
Volunteers Needed

- **English teachers:** Are you a trained ESL (English as a Second Language) Teacher, or is your mother tongue English, or did you grow up speaking English at home? Can you give 1-1.5 hours, twice a week, for a minimum commitment of 3 months?
- **Idea organisers/project managers:** Do you have both an analytic and a synthetic mind? Is your mind super-organised but you never lose track of the larger picture? Can you mind-map or use Trello? Can you give one hour per day for two weeks?
- **App development advice:** We have a program we need to convert to a mobile/desktop/web app. Can you help?
- **Fundraising collaboration:** We need to find funds to finish the unique system of cooling-without-air conditioning in our building. We have a lot of ideas but need someone with some time. Are you that someone?
- Please send an email to info@aurovillelanguagelab.org with a copy to mita@aurovillelanguagelab.org

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 and tomatis@aurovillelanguagelab.org

Submitted by Mita



AUROFILM



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

• **Reminder: Friday, 13 September, MACHUCA**

Directed by Andres Wood, Chile, Spain, 2004

With: Matías Quer, Ariel Mateluna, Manuela Martelli, Aline Küppenheim, Federico Luppi

Synopsis: Set in Santiago during the months leading up to the 1973 coup d'état led by General Augusto Pinochet—who overthrew Salvador Allende's socialist government—the film tells the story of two boys who attend an elite Catholic school: Gonzalo Infante with a European background—and Pedro Machuca—who is poor and comes from an indigenous background. The story is told from the viewpoint of Gonzalo the 12-year-old upper-class boy, and it is set in a turbulent time in Chile. The working class was demanding social justice and significant changes to the country's socioeconomic structure.



(This interesting Latin American film, where the main characters are children, focuses on everyday life rather than on a real view of the life of the middle and upper classes in Chile and the political situation. The powerful events are accompanied by an incredibly beautiful soundtrack that drives the drama of the story). The film won several awards and was Chile's Oscar entry for Best Foreign Language Film.

Original version in Spanish with English subtitles.

Duration: 2h01

• **Friday, 20 September, 7:30pm**

“LAGAAN”, in English “Once Upon a Time in India”

- Due to the film being 3 hours 35 minutes long, the screening will start half an hour before.

Directed by Ashutosh Gowariker, India, 2001

With: Aamir Khan, Gracy Singh, Rachel Shelley, Paul Blackthorne

Synopsis: Set in 1893, during the late Victorian period of British colonial rule in India, the film follows the inhabitants of a village in Central India, who live under an oppressive and racist regime, paying land tax (lagaan) despite poverty and a poor harvest caused by drought. Unable to bear the burden, they ask the king, Raja Puran Singh, for relief from lagaan. The king is watching a cricket match between British officers. When he meets the villagers later, the regiment's captain, Andrew Russell, proposes a cricket match against his team, allowing villagers exemption from lagaan for three years should they win or if they lose, they will have to pay the triple tax. Leading the villagers is a handsome young man named Bhuvan, who accepts Russell's wager, and the match is scheduled to take place after three months... “Lagaan” won eight Filmfare Awards, including those for best film and best director.



Lagaan is considered one of the greatest successes of Indian cinema. This film is not just a patriotic, love and sport story. It's the experience of watching something that makes you feel alive, that delights you!

Original version in Hindi with English subtitles.

Duration: 3h35'

Susana and Aurofilm team



CINEMA PARADISO
Multimedia Center (MMC) Auditorium
Film Program
16 September to 22 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 16 September, 8pm
Anandi Gopal

India, 2019, Dir. Sameer Vidwans w/ Bhagyashree Milind, Lalit Prabhakar, Sonia Albizuri, and others, Biography, 134mins, Marathi w/ English subtitles, Rated: NR (PG)

In times when gender equality and feminism are raised at almost every forum and podium, a couple in the 1800's practised and fought for these very ideas. Anandi Gopal is a love story more than a biopic about the struggle of a husband to educate his wife and her response and determination to become the first Indian Female Doctor. *This period biopic is not only highly acclaimed, but also a reminder that the topic is still alive.*

Potpourri—Tuesday 17 September, 8pm
Dramma Della Gelosia

(Tutti I Particolari In Cronaca), (Pizza Triangle)
 Italy-Spain, 1970, Writer-Dir. Ettore Scola w/ Marcello Mastroianni, Monica Vitti, Giancarlo Giannini, and others, Slapstick-Comedy, 99mins, Italian w/ English subtitles, Rated: R

The literal translation of the original title is "Drama of jealousy (all the details in the news)". It is a three-way love affair in the Rome of the early seventies. Construction worker Oreste and young fiancée Adelaide meet Nello, cook in a pizzeria. This love triangle often goes to communist rallies and enjoy the filthy beach of Ostia. Will the hostile environment leave a way to jealousy? *A much acclaimed and awarded film!*

Selection—Wednesday 18 September, 8pm
Broken Flowers

USA, 2005, Dir. Jim Jarmusch, w/ Bill Murray, Sharon Stone, Jessica Lange, and others, Drama-Mystery, 106 mins, English w/ English subtitles, Rated: R.

As the extremely withdrawn Don Johnston is dumped by his latest woman, he receives an anonymous letter from a former lover informing him that he has a son who may be looking for him. A freelance sleuth neighbor moves Don to embark on a cross-country search for his old flames in search of answers.

Interesting—Thursday 19 September, 8pm
Hare Krishna! The Mantra, the Movement and the Swami Who Started It

USA, 2017, Dir. John Griesser-Nitin G.-Jean Griesser w/ A.C. Bhaktivedanta Swami, Bhaktisiddhanta Saraswati, George Harrison, and others, Documentary, 90mins, English w/ English subtitles, Rated: NR (PG)

This film is an exploration of the life and philosophy of Srila Prabhupada, the controversial Indian swami whose teachings sparked a movement now known as Hare Krishna. The film focuses on the life of Srila Prabhupada, a Swamiji, who takes upon the journey and reaches America in his 70s and without any monetary support ignites a worldwide spiritual phenomenon.

International—Saturday, 21 September, 8pm
Thelma

USA, 2024, Writer-Dir. Josh Margolin w/ June Squibb, Fred Hechinger, Richard Roundtree, and others, Action-Comedy, 98mins, English w/ English subtitles, Rated: PG-13

Thelma Post is a 93-year-old grandmother who loses \$10,000 to a con artist on the phone, who pretended to be her grandson. With help from a friend and his motorized scooter, she soon embarks on a treacherous journey across Los Angeles to reclaim what was taken from her.

Children's Matinee—Sunday, 22 September, 4pm
The Garfield Movie

USA-UK-HongKong, 2024, Dir. Mark Dindal w/ Chris Pratt, Samuel L. Jackson, Hannah Waddingham, and others, Animation-Adventure, 101mins, English w/ English subtitles, Rated: PG

Garfield, the world-famous, Monday-hating, lasagna-loving indoor cat, is about to have a wild outdoor adventure. After an unexpected reunion with his long-lost father—scruffy street cat Vic—Garfield and his canine friend Odie are forced from their perfectly pampered life into joining Vic in a hilarious, high-stakes heist.



New German Cinema @ Ciné-Club

Ciné-Club Sunday 22 September, 8pm
Jeder Für Sich Und Gott Gegen Alle (The Enigma of Kasper Hauser)

Germany, 1974, Dir. Werner Herzog, w/ Bruno.S, Walter Ladengast, and others, Biography- History, 110 mins, German w/ English subtitles, Rated: NR.

The film is based upon the true and mysterious story of Kaspar Hauser, a young man who suddenly appeared in Nuremberg in 1828, barely able to talk or walk, and bearing a strange note; he later explained that he had been held captive and only recently released, for reasons unknown. His benefactor attempts to integrate him into society, with intriguing results.

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

To organize a seminar/ program at MMC kindly email us at mmcauditorium@auroville.org.in. Our projector is crawling towards the end of its life, making us to look for a new one. 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

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, 13 September
Cuba—The Accidental Eden

2011/ 53 mins/ Doug Shultz



This small island's varied landscape, its location and its place at the center of Cold War politics have all combined to preserve some of the richest and most unusual natural environments of the hemisphere.

Looking forward to welcoming you!

Aviram

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:

- Vandrevalla Foundation +91 9999666555

India Emergency Response Service (24/ 7): 108

News and Notes

newsandnotes@auroville.org.in

Roy & AgniJata

Accessible Auroville Public Bus

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>