



News Notes

#1045 A weekly bulletin for residents of Auroville 19 September 2024



Painting by Emanuele Scanziani

He who has found the bliss of the Eternal is afflicted no more by the thought, "Why have I not done the good? Why have I done evil?" One who knows the self extricates himself from both these things. **Taittiriya Upanishad**

These are they who are conscious of the much falsehood in the world; they grow in the house of Truth; they are the strong and invincible sons of Infinity. **Rig Veda**

Pondering



It is evident, in these conditions, that Error is a necessary accompaniment, almost a necessary condition and instrumentation, an indispensable step or stage in the slow evolution towards knowledge in a consciousness that begins from nescience and works in the stuff of a general nescience... In all this enlightened obscurity of our mental parts a secret intuition is at work, a truth-urge that corrects or pushes the intelligence to correct what is erroneous, to labour towards a true picture of things and a true interpretative knowledge... A total change of consciousness, a radical change of nature is the one remedy and the sole issue...

The first [step] is the discovery of the soul, not the outer soul of thought and emotion and desire, but the secret psychic entity, the divine element within us

*The Origin of Falsehood and Evil,
The Life Divine, Sri Aurobindo*

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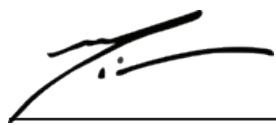
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House of Mother's Agenda

Then after silence a still blissful cry
 Began, such as arose from the Infinite
 When the first whisperings of a strange delight
 Imagined in its deep the joy to seek,
 The passion to discover and to touch,
 The enamoured laugh which rhymed the chanting worlds:
 "O beautiful body of the incarnate Word,
 Thy thoughts are mine, I have spoken with thy voice.
 My will is thine, what thou hast chosen I choose:
 All thou hast asked I give to earth and men.
 All shall be written out in destiny's book
 By my trustee of thought and plan and act,
 The executor of my will, eternal Time.
 But since thou hast refused my maimless Calm
 And turned from my termless peace in which is expunged
 The visage of Space and the shape of Time is lost,
 And from happy extinction of thy separate self
 In my uncompanied lone eternity,—
 For not for thee the nameless worldless Nought,
 Annihilation of thy living soul
 And the end of thought and hope and life and love
 In the blank measureless Unknowable,—
 I lay my hands upon thy soul of flame,
 I lay my hands upon thy heart of love,
 I yoke thee to my power of work in Time.
 Because thou hast obeyed my timeless will,
 Because thou hast chosen to share earth's struggle and fate
 And leaned in pity over earth-bound men
 And turned aside to help and yearned to save,
 I bind by thy heart's passion thy heart to mine
 And lay my splendid yoke upon thy soul.
 Now will I do in thee my marvellous works.
 I will fasten thy nature with my cords of strength,
 Subdue to my delight thy spirit's limbs
 And make thee a vivid knot of all my bliss
 And build in thee my proud and crystal home.
 Thy days shall be my shafts of power and light,
 Thy nights my starry mysteries of joy
 And all my clouds lie tangled in thy hair
 And all my springtides marry in thy mouth.
 O Sun-Word, thou shalt raise the earth-soul to Light
 And bring down God into the lives of men;
 Earth shall be my work-chamber and my house,
 My garden of life to plant a seed divine.
 When all thy work in human time is done
 The mind of earth shall be a home of light,
 The life of earth a tree growing towards heaven,
 The body of earth a tabernacle of God.
 Awakened from the mortal's ignorance
 Men shall be lit with the Eternal's ray
 And the glory of my sun-lift in their thoughts
 And feel in their hearts the sweetness of my love
 And in their acts my Power's miraculous drive.
 My will shall be the meaning of their days;

Living for me, by me, in me they shall live.
 In the heart of my creation's mystery
 I will enact the drama of thy soul,
 Inscribe the long romance of Thee and Me.
 I will pursue thee across the centuries;
 Thou shalt be hunted through the world by love,
 Naked of ignorance' protecting veil
 And without covert from my radiant gods.
 No shape shall screen thee from my divine desire,
 Nowhere shalt thou escape my living eyes.
 In the nudity of thy discovered self,
 In a bare identity with all that is,
 Disrobed of thy covering of humanity,
 Divested of the dense veil of human thought,
 Made one with every mind and body and heart,
 Made one with all Nature and with Self and God,
 Summing in thy single soul my mystic world
 I will possess in thee my universe,
 The universe find all I am in thee.
 Thou shalt bear all things that all things may change,
 Thou shalt fill all with my splendour and my bliss,
 Thou shalt meet all with thy transmuting soul.
 Assailed by my infinitudes above,
 And quivering in immensities below,
 Pursued by me through my mind's wall-less vast,
 Oceanic with the surges of my life,
 A swimmer lost between two leaping seas
 By my outer pains and inner sweetnesses
 Finding my joy in my opposite mysteries
 Thou shalt respond to me from every nerve.
 A vision shall compel thy coursing breath,
 Thy heart shall drive thee on the wheel of works,
 Thy mind shall urge thee through the flames of thought,
 To meet me in the abyss and on the heights,
 To feel me in the tempest and the calm,
 And love me in the noble and the vile,
 In beautiful things and terrible desire.
 The pains of hell shall be to thee my kiss,
 The flowers of heaven persuade thee with my touch.
 My fiercest masks shall my attractions bring.
 Music shall find thee in the voice of swords,
 Beauty pursue thee through the core of flame.
 Thou shalt know me in the rolling of the spheres
 And cross me in the atoms of the whirl.
 The wheeling forces of my universe
 Shall cry to thee the summons of my name.

(to be continued next week)

Sri Aurobindo, Savitri—A Legend and a Symbol
Book Eleven: The Book of Everlasting Day
Canto One: The Eternal Day: The Soul's Choice and the
Supreme Consummation
<https://incarnateword.in/cwsa/34/the-eternal-day-the-souls-choice-and-the-supreme-consummation>
 With love and gratitude, Gangalakshmi (HOMA)

Townhall Speaks

VOLUNTEERING ON A TOURIST VISA

Is Strictly Prohibited

Dear Volunteers, Unit and Activity Holders, please be informed that volunteering on a tourist visa is strictly prohibited under the regulations set by the Foreigners Regional Registration Office (FRRO). If you wish to volunteer in Auroville, you must apply for an Entry (X) visa, which can be arranged through the Auroville Foundation.

To initiate the application process, please contact the Working Committee at workingcom@auroville.org.in or Savi at study@auroville.org.in.

Failure to comply with this regulation may result in action from the Indian Immigration authorities, and Auroville will not be in a position to provide assistance in such cases.

*The Working Committee
(From Mass Bulletin)*

OPEN CALL TO AUROVILLE RESTAURANTS To participate in the new Food Court In Southern Service Node.

ATDC has finished planning for Southern Service Node, situated at Kuyilapalyam main road—also called tar road (where Auroville post office, UTS, Electrical Service and other services are situated). This will be the new main entry point to Auroville from the South with large parking areas, whence the visitors can shift to internal transport within Auroville. Funding is secured and building work will commence soon. It is expected that a large number of visitors will pass through this campus every day.

Part of the campus will be a large Food Court with 7 different restaurants in a common food court area. The seven restaurants should encompass a diverse cuisine offerings, both Indian as well as International tastes. Each of the restaurants will maintain its independent culinary operations and cost center accounts, but billing will be central & a collective card system similar to food courts in a mall will be set up. A management team will take care of the campus operations, cleaning, facilities and these costs of the campus will be shared by the restaurants.

Funds are secured for the building, so participating restaurants will not have to invest in this. But other facilities, like kitchen setup as well as restaurant inventory, dining facilities have to be financed by participating restaurants.

Selection of participating restaurants will be done taking the following points into consideration:

- The food court should have a diverse offering of both different Indian and international cuisines, so selection will be done maintaining this diversity.
- Interested restaurants will be evaluated with regard to their capacity to run a restaurant with good hygiene, quality of food and service. That they have a good record in following Auroville ideals as well as code of conduct, and have contributed as per schedule. That they have shown the ability to collaborate.

Interested restaurants may write to FAMC within 15 Days (by the end of September), and express their interest in participating, as well as outlining what they think they will offer for this new food court venture. FAMC will then call them for a meeting to further discuss a possible participation.

*Warm regards,
Geeta*

Community News

Passing On

MARRY PASSES ON Farewell Marry!

Marry, also known as Marretje Kroon, was born in the Netherlands and joined Auroville in 2007. Her main interest was the study of the works of Sri Aurobindo and the Mother, and translating. Many got to know her through her knowledge of the Feldenkreis method. For a number of years she offered good classes and excellent individual treatments in Feldenkreis, a series of physical exercises that enhance body awareness and wellbeing. She intended to stop with the classes and treatments and focus on her yoga, but continued with individual treatments till recently, on request from many grateful Aurovilians who had benefited from her treatments.



Since last February, Marry had suffered from cancer (myeloma). She showed courage and was positive throughout. Her son and his family visited her a month ago, which made her very happy, and they were also very impressed when they discovered Auroville. After their visit, Marry prepared to go "through the tunnel of light" as she put it. She passed away in Kalpana on 16 September, 2024. She was 76 years old. Her skills and gentle presence will be missed. Our condolences go out to her daughter and her son and family. Farewell, Marry, rest in peace.

*Written by Annemarie,
with input from Tineke, Mauna, Appie and Vani.*

Matrimandir News & Schedules

AMPHITHEATRE—MATRIMANDIR



Meditation at sunset with Savitri Every Thursday 6—6:30pm (weather permitting)

After the summer time with our meditations with Sunil's New Year Music, we restart the cycle of Savitri, Sri Aurobindo's long mantric poem, read by Mother to Sunil's incredible music. Enjoy the beautiful open space, in the very center of Auroville!

- **Reminder to all:** The Park of Unity is a place for silence, meditation and inner work and is to be used only as such. We request everyone: please do not to use cameras, i-pads, cell phones, etc. No photos.
- **Dear Guests,** please carry your Guest Card with you. Access only for the Amphitheatre from 5:45pm and the time of the meditation.

Surya, Velmurugan and Vinay



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



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 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: Omnipresent 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.

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

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 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



Alexandra David-Néel, 1911—1924 Journey through India, China and Tibet

- Monday, 23 September 2024, 4pm @ Savitri Bhavan. Duration: 104 min.


Alexandra David-Néel was born in 1868, studied oriental philosophy in Paris, read the Gita and the Upanishads, practiced Buddhism, and was the first Western woman to visit Lhasa. The aim of her journey was to experience the supreme beatitude, which frees one from all attachments, and to see the Land of Snow.

This remarkable woman was a close friend of the Mother in Paris. She also visited Sri Aurobindo in Pondicherry in 1912 and met the 13th and 14th Dalai Lama in 1911-1924 during her travels through India, China, and Tibet.

Being a well-educated writer, she described in considerable detail the meetings and experiences she had during her travels. She published a great number of books that became the basis of the present film. Interestingly, some Aurovilians acted in the film, including Manoj Pavithran playing the role of Sri Aurobindo.

The 2012 film by Pierre Javaux Productions and ARTE France/ Fit Productions will be screened in original French with English subtitles.

Margrit for Savitri Bhavan



BRAHMANASPATI KSHETRAM
The Mother Sri Aurobindo Centre

Work only for the Divine

Calendar of regular events of September 2024

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


Every Thursday 6:00 - 6:30pm
Meditation

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

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

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

kshetram2014@auroville.org.in



Education

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 Naatiam, 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

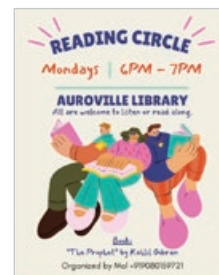
Book "The Prophet" By Kahlil Gibran

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

Organized by Mal

- +919080159721

Malcolm & Laura
for Auroville Library



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

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

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

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

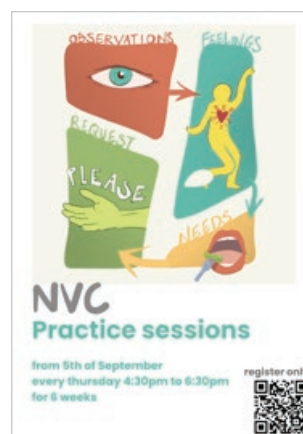
YouthLink would like to invite you to a Nonviolent Communication workshop, Facilitated by Vega (CNVC-certified trainer).

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



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

Health Care

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)

SANTÉ SERVICES



Santé

New Doctor

Dear Community, we are happy to announce that we have a new Doctor (GP) available in Santé Monday to Saturday. His name is **Dr. Pavan Lankaala, MD a General and Integrative Medicine Doctor** with 10 years of allopathy practice in the USA. He also trained at Andrew Weil Centre (USA), for integrative medicine for holistic/ root cause analysis. Here is his introduction:

"I'm excited to be part of Auroville and provide my services as General Physician/Practitioner and Integrative/ Longevity Doctor to prevent and treat short and long term medical problems at Santé to this conscious community."—Dr. Pavan Lankaala

Schedule, 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 & Dr.Pavan: Monday to Saturday	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—inquiry through email adminsante@auroville.org.in	

In Santé, we value our patient's confidentiality & make every effort to ensure their privacy. In case of cancellation or to reschedule, it is necessary to inform us in advance.

Dasha for Santé Services,
sante@auroville.org.in, <http://sante.auroville.org.in>

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

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

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 to 10am 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!

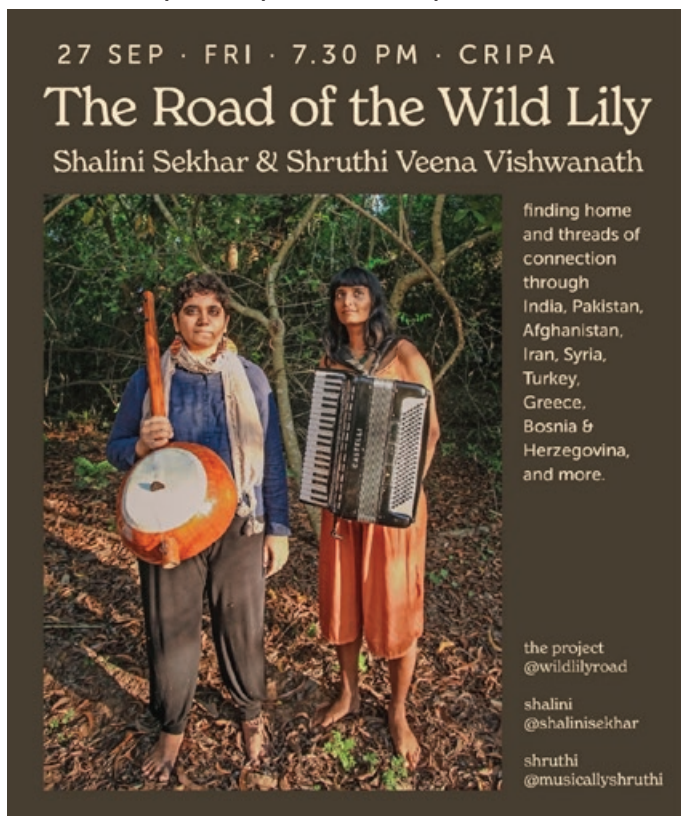
Come by the Auroville Dog Shelter and be a part of something special.

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

Arthur for Auroville Dog Shelter

Music & Arts

THE ROAD OF THE WILD LILY
Shalini Sekhar & Shruthi Veena Vishwanath
 Friday, 27 September, 7:30pm @ CRIPA



Finding home and threads of connection through India, Pakistan, Afghanistan, Iran, Syria, Turkey, Greece, Bosnia & Herzegovina, and more.

- The Project [@wildlilyroad](#)
- Shalini [@shalinisekhar](#)
- Shruthi [@musicallyshruthi](#)

Submitted by Shalini

IF I WAS A FLOWER

6 September—1 October 2024 @ Pitanga

*Seeking its own perfect form in souls and things.
 Life kept no more a dull and meaningless shape.*

Sri Aurobindo, Savitri

Bel is an Aurovilian artist who studied art at the University of Barcelona. She says: "Here in Auroville, I've been developing a different approach to art, I'm inspired by nature and I'm using what nature offers me as the main materials."

My aim is to connect with the light and the purity of nature, and to reflect that in my work."

Art Gallery timings at Pitanga:

- Monday to Saturday, 8:30am—12:30pm and 2:30—5:30pm.
- Sundays are closed.



Bel Jimenez

DEEPTI MUNOT, FRAGILE LAYERS

and Aarti Manik, Voyage

20 September—9 October @ Centre d'Art Citadines



- **Opening**
on Friday 20 September at 4:30pm
- **Guided tours**
on Saturday at 10:30am
 - Tuesday—Friday, 2—5:30pm
 - Saturday, 9:30—12:30, 2—5:30pm

Submitted by Marco

Innovations

SHARING SESSION

on 3D printed house

Saturday, 21 September, 10—12am

CSR Building, 1st Floor (Above Kinisi)

Minvayu Fablab/CSR invite you to a knowledge sharing session on 3D printed house walls for sustainable low cost housing



The research team will be sharing the latest results of its pioneering scientific research on thermal efficiency and financial performance of 3D printed mud walls. The talk will cover improved energy efficiency options that will compare common AC cooling vs geothermal cooling which is applicable to both farming and housing. Results from Rhino/Grasshopper simulations will be presented.

Minvayu Fablab has been building Auroville's first portable house 3D printer for transforming sustainable low cost housing for Auroville and the world.

All are welcome to this talk!

- For more information contact Jorge minvayu.csr@auroville.org.in

Jorge for Minvayu

Multiple Activities



BHARAT NIVAS
 भारत निवास பாரத நிவாஸ்
 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



AUROVILLE TANGO
 New batch starts the first week of each month

MON 19:00 Introduction to Tango 20:00 Open source	WED 19:30 Guided Practica 20:00 Practilonga
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Tango @ Harmony Hall, Bharat Nivas

New batch starts the first week of each month

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

And plenty of joy!

• +91 9821166082, tango@aurville.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

Bakisata_dance

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 8:30 pm

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

Auroville, cripa

CONTACT US BY
 +91 86376 33696
 Bakisata_dance

Submitted by Mani

ZUMBA WITH PREETI



New Creation Dance Studio
 Sweatout & Smile
 Every Mondays!

ZUMBA

With Preeti

For regular classes
 DM: 8281746763

Zumba classes are happening

@ New Creation Studio, every Monday, 6pm

For regular classes DM: 8281746763

Vega

BALLET DANCE CLASSES WITH FLEUR



@ New Creation Dance Studio

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

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

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

Music & Art Activities

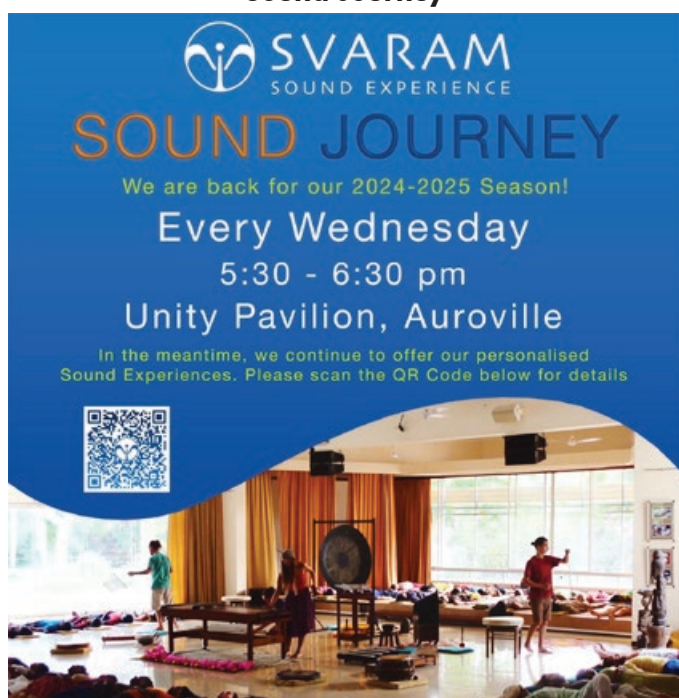
EXPLORE WaterColor Techniques

- 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

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.

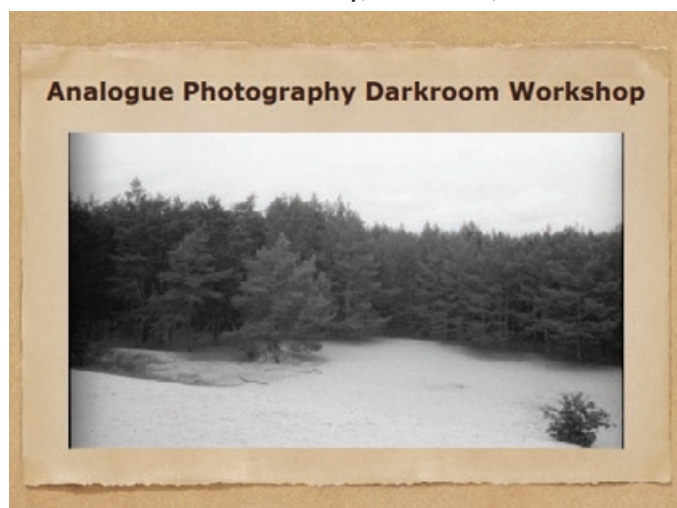


CREEVA Studio, Creativity Community, Auroville
sathyacolour@auroville.org.in,
 +91 9486145072 WA, Sathya

BASIC ANALOGUE PHOTOGRAPHY Darkroom Workshop by Sasikanth Somu

3—4—5 October 2024

@ Centre d'Art Gallery, Citadines, Auroville



Program & Timings

- **Thursday, 3 October, 2—5pm:** Brief look at History of Photography & Introduction to Film Camera.
- **Friday, 4 October, 9am—2pm:** Film photo shoot (in your own time), 2pm—5pm: Develop your roll of film.
- **Saturday, 5 October, 9am—12:30pm & 2—5pm** (one can choose either of these sessions): Printing Contact Sheets & Photos in the darkroom.
 - **Registration Contact:** centredart@auroville.org.in
 - **The workshop fee for Guests:** Rs.3000 incl. GST.
 - **The workshop is free:** for Aurovilians, Newcomers and registered volunteers, who are residing in Auroville. Registered Volunteers are requested to provide the details of their registration with SAVI Auroville.
- 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

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 vonlieres@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

Sports & Martial Arts

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

KALPANA GYM

Kalpna Gym is open 7—9am & 5—8pm

- Monday To Saturday

All are welcome!

Satyakam

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

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/

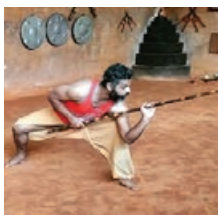
SWIMMING CLASS BY MANI

Submitted by Mani

KSHETRA KALARI, ASPIRATION

@ Aspiration Sport Ground

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



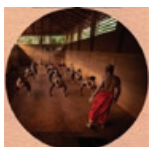
Maneesh For Kalari Team

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

Upcoming: no class on 28 September.



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

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. 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 11 am 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

INVOKING DURGA:

Stories, Rituals, and Festival Foods

Monday, 30 September

Exploring the idea of a talk! As Navratri and Ayudha Puja approach, would you like to explore the stories and wisdom behind invoking the nine forms of Shakti or Durga? Join me for a talk to uncover the essence and prudence of traditional practices, their links to local, seasonal, and of course, the wild and weedy foods, and how we can adapt these practices today, here and now. I'm tentatively planning this event for Monday, 30 September, just before Devi-Paksha (the 15-day lunar cycle) begins on 2 October.



- If you're interested, let me know, suggest a time, and feel free to recommend a venue.

To express your interest or share suggestions, email edibleweedwalk@gmail.com, +91 9840936907WA, or message me on *Edibleweed Walk* (Facebook) or [@edibleweeds.walk](https://www.instagram.com/edibleweeds.walk) (Instagram).

Nina

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 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

**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 Kaduvelli 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 Chandramouleswar 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

Thiruvannamalai Eco & Spiritual Services

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

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

Egai Kalai
Conscious intent for youth of all needs to learn a skill to build their future "Dream" of Self Determination

Contact: Anand
egai@auroville.org.in +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

**TOUR
to Thiruvannamalai**



- I have been arranging a tour of Thiruvannamalai by Ac car or Ac van every Tuesday.
- We leave in the morning at 6am and back at 6pm.
 - To join the tour please text me. WA 9090819998 WA.
- Arabinda*



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.



CARPENTRY WORKSHOP Half-laps
WOOD JOINERY Bridle Joints
Mortise & Tenon
Basics of wood & tools
BEGINNER LEVEL Hand & Power tools
DM to Register: 9952589649 | wellneswoodcraft@auroville.org.in



SPOON CARVING
BEGINNER LEVEL
Basics of wood & tools
Marking & cutting
Shaping with hand tools
Sanding & finishing
wellneswoodcraft@auroville.org.in
DM to Register: 9952589649

**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.



WOODTURNING WORKSHOP
(BEGINNER LEVEL)
Basics of Wood, Hand & Power tools. DM to Register: 9952589649
Basics of turning lathe & tools wellneswoodcraft@auroville.org.in
Hands on practice of Wood turning. (Pre book in advance)

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 Svaram is interested in doing a collaboration event, where the nuns would chant, and the Svaram 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

VOICES OF UNITY SINGING FESTIVAL

Dear Music Lovers, we are preparing the **Auroville Singing Festival for 26 & 27 of October in CRIPA**. The theme of the festival is "Voices of Unity" and our aspiration is to create Unity in the beautiful diversity of Auroville through songs.



As there are no funds available for Cultural events in 2024 we invite everybody to support this event with a contribution toward Financial Service Acct. 0250 Auroville Artist Group.

Shakti, Marta, Rolf

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.



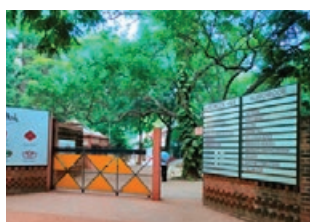
Conveniently located office room (around 50 sqm.) inside Aurelec premises will be available from 1 August 2024, with generator back-up, 24 hours security, parking, provision for air-conditioners, high speed fibre internet access (BSNL and Aurinoco), canteen and sports facilities.

- **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

Looking For

Needs a Phone

Hi everyone, a dear friend of mine who works for an AV service and prefers to be anonymous, really needs a phone for his work: is anyone willing to donate to him a second hand phone? I could also provide a contribution for that, as a present to this young and deserving man. Thanks in advance. Contact Alessandra, +918098362620

Alessandra

Looking for a Full-Time Gardener

Deepanam School is looking for a full-time gardener to maintain the school campus.



- Work timings: 8am—4pm, Monday to Saturday.
- To know more, contact Kamala on 9442067030 or 0413 2622450 between 9am and 3pm.

Shaalini for Deepanam Team

Taxi Share

To Chennai Airport on 30 September, 1pm

I would like to share a taxi from Auroville to Chennai Airport on 30 September. I can leave from Auroville around 1pm.

Estefania, +34 678662599

Work Opportunities

**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

**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

**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

Volunteer and learn farming hands-on!

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

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

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

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

auroorchard@auroville.org.in, 9566631079 WA
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

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

20 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 Cosy 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

ARTIST CAFÉ

Open Monday to Saturday, 8:30am—9:30pm



CRAVING SOUTH INDIAN FOOD ?
Vegetarian & Homely Food

Break-Fast, Lunch & Dinner Available

Open Monday to Saturday (8.30 am to 9.30 pm)

Open-Mic night at Yatra's 'Artiste Café' every Saturday from 7pm to 9:30pm!

Artist Café
Near New Creation, Kulilapalayam, Auroville.
2623071, 9786772209
yatraartistecafe@gmail.com

Open-Mic night at Yatra's 'Artiste Café' every Saturday, 7pm—9:30pm!

2623071, 9786772209, yatraartistecafe@gmail.com
Yatra Srinivassan for Artist Café Near New Creation

AUTUMNAL EQUINOX CELEBRATION

Saturday, 21 September, 3:30—6pm
@ Revelation Forest, Auroville



Harness the energies of the Fall Equinox
Join our Shamanic journey & Ecstatic dance

September 21, Saturday, 3.30 - 6 pm

Celebrate the Equinox at Revelation Forest, Auroville

- Silent walk in the forest to ground your energies and clear your aura
- Shamanic Drum Journey
- Cacao drink
- Ecstatic dance
- Allow your soul to tune into higher dimensional vibrations
- Register @ 9360043538

Join us for a transformative afternoon of connection, growth, and joy!

Experience: Mindful forest walk, shamanic Drum Journey, cacao brew, ecstatic Dance

Facilitators: Kundhavi Devi, Nadia, Arun

Registration & Contribution:

- Contact Kundhavi Devi @ 9360043538
- Contributions gratefully accepted

Embrace the harmony of nature and the depth of your inner self. Join us for an unforgettable Autumnal Equinox celebration!
Arun

ENJOY THE ESSENCE OF THE SPROUT

Monday—Saturday, 7am—4pm, UTSAV, Verite, Radial



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

LUNCH SCHEME AT BHARAT NIVAS

Pathway Cafe

We are happy to offer the community including volunteers and guests a special lunch scheme at

- Rs 100 per day, or
- Rs 500 for six days, or
- Rs 2500 for the whole month(30 days).



The menu includes Rice, sambar, or dal, potato poriyal, one egg (boiled or omelet), curd, pickle, and little salad.

- The only required condition is one has to **book any day but before 10:30am**. WA 9090819998
- Please come and check it out.

Arabinda for Pathway cafe

GOYO KOREAN SILENT RESTAURANT

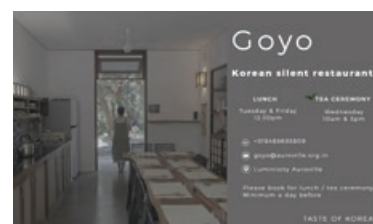
Lunch:
Tuesday & Friday,
12:30pm

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

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

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



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](#)

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 (Aurovillian) 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 make your travel seamless, whether you're flying to far-off lands or exploring the magic of India. From flights and trains to buses, travel insurance, and visas—we've got it all covered! Need a taxi or a cozy place to stay? Count on us. Passport renewals? No worries, we'll handle that too.



Reach Us

- **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 Tailored India Tour?

We specialize in crafting unforgettable journeys, particularly through the breathtaking South of India. Drop us an email at insideindia@auroville.org.in or insideindia@inside-india.com with your travel dreams!

Exclusive Flight Deals

- **Air India:** Chennai to Paris, Frankfurt, London, Amsterdam, Milan.
- **Qatar Airways:** Chennai to Frankfurt, London, Brussels, Munich, Milan, Rome.
- **Emirates:** Chennai to Lyon, Paris.
- **Ethihad Airways:** Chennai to Paris, Frankfurt, London, Dublin, Brussels, Munich, Amsterdam, Madrid, Milan, Rome.
- **Thai Airways:** Chennai to Seoul, Jakarta.
- **Aeroflot:** Delhi to Moscow.
- **IndiGo:** Chennai to Jaffna (Sri Lanka)—Daily flights starting 1 September.

Fast-Track Your Airport Experience!

Breeze through Chennai Airport with DigiYatra! Download the app for smooth, fast, and secure check-ins using facial recognition.

Easy Airport Parking!

The Multi-Level Car Park (MLCP) at Chennai Airport now has skybridge access to both Domestic and International Terminals, making your journey even more convenient.

Visa-Free Entry to Sri Lanka

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

Vistara and Air India Merge

From 12 November, 2024, all Vistara flights will be operated by Air India. Existing bookings are safe, but stay tuned for updates on this exciting merger.

Fast Track Immigration—Trusted Traveler Program

Indian nationals and OCI cardholders can now enjoy fast-tracked immigration by enrolling in the FTI-TTP Program. It's smoother, faster, and hassle-free.

Thank you for choosing Inside India! Here's to a week of incredible journeys ahead!

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 Aurolshilpam, 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!



Submitted by 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*

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

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

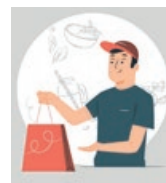
Utsav Phase—1 A, First Floor, Vérité Radial, Auroville

- 0413 2622050, 9443211891, 9786953603
- FS account: 251263
- sarvamcomputers@auroville.org.in

Bala

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.

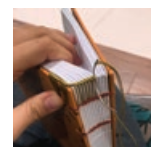
Tailoring: We can tailor and customize any kinds of dresses, sari-blouses and kurtas.

- **Contact:** Phone/ WA 8098845200, rupavathijoy@gmail.com

Rupavathi Joy

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

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



Dhanda

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

Poetry

THE HIDDEN SINGER

The gods are less for their love of praise.

*Above and below them all is a spirit that needs nothing
but its own wholeness, its health and ours.*

It has made all things by dividing itself.

It will be whole again.

To its joy we come together—

*the seer and the seen, the eater and the eaten,
the lover and the loved.*

*In our joining it knows itself. It is with us then,
not as the gods whose names crest in unearthly fire,
but as a little bird hidden in the leaves
who sings quietly and waits, and sings.*

Wendell Berry

GOD MUST BE A HOMEOPATH

God must be a homeopath

Diluting divinity

And know for sure

Each will follow a path

And arrive home.

*With joyful Gratitude,
Anandi Z.*

Voices & Notes

A LIVING EMBODIMENT of an Actual Human Unity

Some shout and demand “Human Unity!” But where are you positioned in actuality? In the Divine Ideals of this City of Dawn, unity is not just for a small fiefdom. That will only be an egoistic hypocrisy. In the actuality of Oneness, unity is already. Your ignorant shouts and self-serving demands just clearly reveal your false-separative ego-mentality.

Nonetheless this Divine Play is to awaken each of us to the ineffable Marvel of this Paradoxical Reality of the One and Her many. Each is playing a particular complementary role, either dharmic or adharmic as co-destroyer/creator. Here in the Cradle of the transitional beings, the unique Vision-Goal of our Avatar founders is to build a Deva Sangha, a divine community, to work together intimately, to prepare for and hasten the advent of the new apex species that will transcend the obvious limitations of the animal human modality. How long it will take? We don't know. What we know is that 29th February 1956 happened. The Supramental Seed has been sown in Matter for the inevitable Divine Manifestation. Without the diligent study and progressive practice of the Integral Supramental Knowledge and Works left for us by the Avatars Sri Aurobindo and the Mother, it will be very hard to integrally understand what is

actually happening on Earth. And to all others who come here and purport to be a living part of this post-human experiment yet still too attached to the old human ways unwilling to change, you are simply hanging about as abject hypocrites, creating the resistance against this community's very evolution, acting as the adverse causes of our collective conflict. The Mother was already acknowledging this problem in Her talks, for example on 30 March 1972:

<https://incarnateword.in/cwm/13/talk-of-30-march-1972>

Of course in these transitional periods of both Great Light and unveiling darknesses, mere words are not anymore enough, especially that the Mother has already left Her physical human body. A strongly experienced Executive Force is therefore necessary to compel the ordinary humans to move and act towards this most difficult Supramental change of consciousness and life. An intense deterrent action is also needed against the egoistic anarchists who persist in fermenting disharmony. Thus, leave notice reminders for conformists who seem to have lost the will to transcend the old ways were already implemented. These, though hard to swallow and digest, are the bitter antidotes to remind all of us that there is still much work to be done. The current very sorry state of this planet is no secret. And we are very much aware that this ever-hastening and intensifying Divine Supramental change will still need a few more generations prior to reaching a critical mass of awakened humans. Always remember, we are all in One Unfolding Movement. Resist, and you will be swept away like matchsticks by this unstoppable Supramental tsunami.

Now we fully understand why 1988 happened in the progressive development of Auroville, and the Central Government of Mother India Herself, through Her Ministry of Education, was granted administrative governance to help build and legally protect this City. Executive legal power is needed to administer the toughest decisions. Highly sattvic and spiritual children of this ancient Nation of Bharat are very much aware, innately intuitive, of how this Lila, this Divine Cosmic Play works since the Vedas, that all these happenings are ultimately decreed by the One and Only Source Creative Power, the Supreme Divine Mother MahaShakti Herself. She whose Temple and Seat is the Matrimandir, the Soul of Auroville. This City of Dawn is Her sanctuary for the unique few who chose Her and therefore She has chosen to play the most difficult but necessary complementary roles, as obviously the task is no small token. She is the One and Only Ultimate Chooser, the Supreme Creatrix and Modulator of all Her children, bringing together the needed archetypal selection to make happen the Supramental Vision-Goal: for the just enough few to faithfully offer themselves as consenting bridges for the emergence of a living embodiment of an actual Human Unity, for the eventual Divine Manifestation of the new apex species the Supramental being who will have a Direct Will over Its own awakened and divinised Matter.

So join us if you resonate, and let us all consciously work together in the integral understanding of this most worthwhile dharmic calling, overcoming any element of the past that seeks to endure, from within and without, as the Divine's willing servitors and Hero Warriors, for this most meaningful purpose and attempt to bring into this still very pitiful Earth the shared Psychic Aspiration for the Satya Yuga, the blossoming of the Golden Age.

This is the Core Vision-Goal of the Avatars Sri Aurobindo and the Mother by which we are all invited to participate in, here in their Auroville: to prepare for and hasten the advent of the Life Divine.

In the easiest and most joyful Sunlit Path of Bhakti, as consenting instruments we offer ourselves fully for the Guidance, Blessings and Protection, and the harmonious transformative Grace of the Supreme Divine Mother MahaShakti.

Om Namo Bhagavate
Zech, 2024.09.09

SPECIESISM

Nature creates harmony, human beings—disharmony. So many species are living creatures, but only one is cause ecocrisis. Uncontrolled technology leads to the destruction of environment. Mankind isn't ready to say "mea culpa"—my fault. Homo sapiens is sure that he has right to do in nature what he wants. Humans didn't care about God.



In Auroville there is the plant Hibiscus rosa-sinensis. According to the Mother, its spiritual name is "Sweetness of the power surrendered to the Divine". The Mother commented: "O my beloved lord, how sweet it is to think that it is for Thee and Thee alone that I act! It is at Thy service that I am." If everybody of mankind knew these words, it will be ecolife on earth instead ecocrisis. **Boris**

Classes, Workshops & Healing Arts

SITARA MUNAY-KI YOGA SCHOOL

Friday 4, Saturday 5, Sunday 6, October 2024
3 mornings, 10:30am—12pm

**MEDITATION
YIN YOGA
SOUND HEALING**

Small group, in a beautiful location
in Auromodelle, Auroville

WhatsApp +393288181300
gp@auroville.org.in
sitaramunay-kiyoga.org

Under Auroville Art Service

+393288181300 WA, gp@auroville.org.in
sitaramunay-kiyoga.org. Submitted by Giovanni

SVARAM ATELIER

Open for Creative & Healing Arts



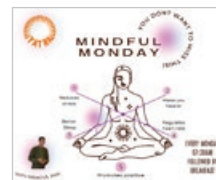
Svaram Atelier, located on the second floor of the Utsav Building, is now open for morning rentals, offering an inspiring space for those involved in the Creative and Healing Arts. The atelier is equipped with air conditioning, backup power (UPS), fully-equipped kitchen and includes two therapy rooms available for use. These facilities can be rented for a minimal contribution.

- For further details, please reach out via email at: svaramprograms@auroville.org.in. **Shaheen**

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*

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**

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**

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. **Kardash**

**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.



Nattayakkalai Movement Arts Therapy

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



Raja, WA/Voice +91 9751395939

www.angamtree.com

**AUROMODE SPA
Offers Cosmetology Services**

Auromode SPA, offering services like facial, pedicure, manicure, waxing, threading, haircuts and hair coloring. Working from Monday to Saturday only by appointment call or WA: 9443635114.

Megha
for Auromode SPA



**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 only

September 2024 Schedule

Day	Time	Description
All days of the week except Wednesday & Saturday	6:30—8am	Vinyasa flow Yoga with Arun
All days of the week, Monday to Sunday	5:30—7pm	Vinyasa flow Yoga with Arun
200 Hr of Yoga TTC November 6 to November 27	6:30—9:30am & 3:30—7pm	Embrace the Yogi Lifestyle—200 Hr Yoga Alliance Certified intensive

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. We have few mats to use if you don't have one. Vinyasa Yoga is a gradual progression that connects one pose to another, unifying breath and movement for a smooth flow.

- **Friday, Saturday & Sunday, 5:30—7pm**

Auroville Yoga 200 hr TTC

Embrace the Yogi Lifestyle—200 Hr Yoga Alliance Certified intensive:

- **22 days, 6—27 November**
- **6:30—9:30am—3:30—7pm, daily, except Sunday**

We offer you the chance to experience the Yogi way of life. Whether you have aspirations to become a yoga teacher or simply want to deepen your personal journey, our TTC (Teacher Training Course) is an opportunity to focus on what truly matters. It's about becoming a better student of life and enhancing five key areas of health: physical, mental, financial, social, and ultimately, spiritual.



Here, you'll find a community of like-minded individuals who are committed to practicing asanas, meditation, pranayama, and living a life enriched with yogic philosophy. Our course blends teachings from Patanjali's Yoga Sutras and South Indian traditions, offering a holistic approach to integrating ancient wisdom into your daily life.

If you're searching for a meaningful way to spend your time, focused on self-development and inner growth, this TTC is for you. Whether you choose to teach or not, remember that the ultimate goal is to become a lifelong learner and a true student of the Yogi lifestyle.

- Daily Hatha & Vinyasa flow yoga sessions along with Pranayama, Meditation, Kriyas.
- Yoga Philosophy of Patanjali and other texts.
- Sequencing skills, subtle anatomy, mantra chanting
- Introduction to Kalaripayatu, Animal flow, Sound healing, Karma Yoga and more.

Internationally recognised Yoga Alliance, USA accredited Certification.

- [Find our Yoga Shala, Auromode Apartments](#) **Bala**



NEW TIME

Regeneration Listening Circle:

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



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

Watsu® Yoga Round with Ellie & Fred

• 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!).

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

• 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!).

Guido for Quiet, +91 9488084966,

www.quiethalingcenter.info/ quiet@auroville.org.in

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

TRADITIONAL MANTRAS AND STOTRAS Chanting Classes

@ Serendipity Community with Sonia Novaes

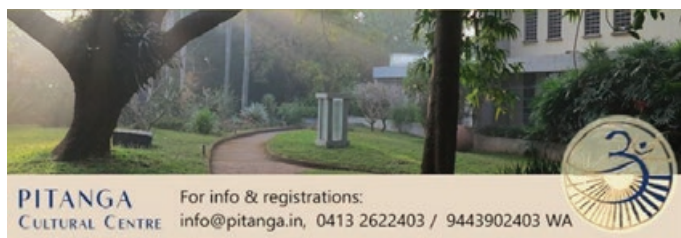
Fridays, 5pm, Regular Class

serendipityauroville@gmail.com

+91 8940288090

Sonia





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

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

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.

- **Private Yoga sessions** with Rachel available on request.

Healing Space—By Appointment

- Acupuncture by Heidi
- Bio-Resonance (with Bi-Com machine) by Afsaneh
- Chiropractic by Afsaneh
- Shiatsu by Patricia G.
- Syntropy Insight Bodywork with Véronique D.
- Thai Yoga Massage by Juan
- Yoga Therapy sessions with Nadia A.

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.

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

Ojas, volunteering with the Auroville Theatre Group, invites you to his classes: "In this session, we will begin with preparatory exercises to stretch and strengthen the hamstrings, hips, and back, aiming for proper yoga postures. We'll then move on to breathing techniques to enhance Prana Shakti, known as life force. To enrich the experience, I'll incorporate sound healing and mantra chanting with the help of a harmonium. Combining Hatha Yoga and Nada Yoga, this session is designed to help participants connect with their inner selves and deepen their awareness. As their awareness grows, they will move closer to the divine. This approach echoes Sri Aurobindo's insight: '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.

- **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.

- **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.

- **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.

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

**SOUND THERAPY & SELF HEALING,
2 in 1 Session**

Rejuvenating soundbath combined with breathing techniques for maximum benefits.



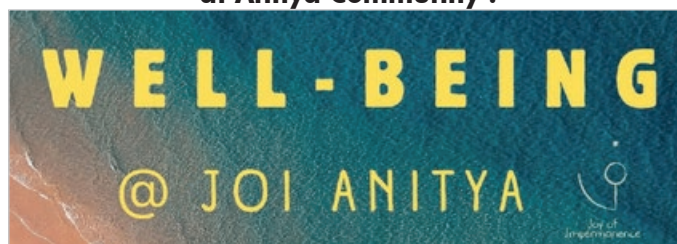
- First, by immersing yourself in the vibrations from a sound bed—which will travel through your body to the organ chosen for healing—accompanied by musical instruments (gong, singing bowls, etc.) and vocals, you will start to connect with your body's consciousness.

- 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*

**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

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, 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

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

Cancellation of classes for the following

Deep Sound Bath with Satyayuga

- Thursday, 19 September, 5pm—6pm
- Saturday, 21 September, 5pm—6pm

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

Vérité

TASTE OF YOGA

NOW OPEN AT VÉRITÉ

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

Monday to Saturday

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

Anandi for Vérité

It Matters

Schedule from 20 to 28 September

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

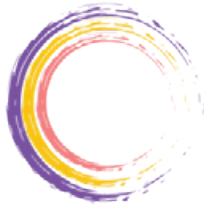
All activities are Rs./ 600 for guests, Rs./ 150 for Aurovilians/ Volunteers. Discount vouchers available.

Date	Activity
20 September, Friday, 5:30—6:30pm	Kollywood Dance with Pranathi
21 September, Saturday, 3:00—4:00pm	From Art History to Practise series: Fauvism (1905-1908)
21 September, Saturday, 4:30—5:30pm	The Savitri Research Project with Matthias
23 September, Monday, 5:30—6:30pm	Taichi, The way of the Leaf with Kaarthikeyan Kirubhakaran
27 September, Friday, 5:30—6:30pm	Kollywood dance with Pranathi
28 September, Saturday, 4:30—5:30pm	The Savitri Research Project with Matthias

Bhakti and Sandra

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

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*

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**




Tamil classes for absolute beginners

Start Date: Monday, 7th Oct 2024
Time: 7:15pm

Venue: Auroville Council Room

To Sign up:

1. Follow the QR Code -->
2. email: payilagampodcast@gmail.com



Spend 3 months learning to speak, read and write Tamil quickly; get to know a bit of the language and cultural history of Tamil with Sandeep

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

17 September 2024

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>



Huge thanks to Kim and Heather!



We welcomed them with flowers and a beautiful space (Thanks, Tapas DR, for transforming—as you always do—a space into a thing of beauty, and the full Lab team for the flowers laid with so much care); they gave Auroville an incredibly uplifting, marvellous concert of Gregorian Chant. One experienced the power of the healing, that going within and coming to the calm inside, and the vastness... the effect stayed for days! Kim's low tones were the perfect complement for Heather's highs. And they managed to integrate the building, by using the staircase and the first floor. The high ceiling of the courtyard was high enough for the power of their voices. Pure singing without any microphone. Kim Cunio and Heather Lee: On behalf of everyone who got the chance to attend: THANK YOU for sharing your gift with us!



Lalita Sahasranaamam

Adoration of the Divine Mother, Lalita Sahasranaamam sessions from from 5:30 pm—6:30 pm every Wednesday, conducted by Remesh. (See poster for description).

Language Classes

There is still time to join Jean-Francois's **French classes** for different levels. Here's something that Mother said about French :

"Sri Aurobindo loved French very much. He used to say that it was a clear and precise language, whose use encouraged clarity of mind. From the point of view of the development of the consciousness, that is precious. In French, one can say exactly what one wants to say."

Mother, 19 October 1971

English classes with Rupam continue, some with a theatre and creative writing twist, others are the regular intermediate and beginner levels. Vismai is offering one-on-one classes for different levels as well.

In addition to the ongoing **German Classes**, Ben, is also offering a "German Language Assessment" Open conversation and consultation: On Monday mornings between 9 and 11:30am all are welcome to hear, feel and speak with Ben, and other learners the German language on whichever level you are now. He will inform about certificates, exams, how to learn and which path and classes to take!

- **All other classes** ongoing as per the schedule (below).
- **Registration is required for all classes:** Send an email to info@aurovillelanguagelab.org or call 0413 2623661. +919843030355 WA.

Tomatis programs

Some spaces are available. Yes, shorter programs are possible, in addition to the full programs.

- Check out <https://www.aurovillelanguagelab.org/alfred-tomatis-method/>
- Write to us at tomatis@aurovillelanguagelab.org.

Film Shows

One on the Language Lab building (27 mins) and another on Tomatis (48mins). Come and watch them at any time.

Volunteers needed

An ESL teacher, help with fundraising, a programmer who could convert a program into an app for android, iOS, etc., a person with organisational skills, une "secrtaire de direction". No, these are not jobs. We are looking for volunteers. Evening program anchors for conversation sessions in Tamil and Hindi also needed.

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

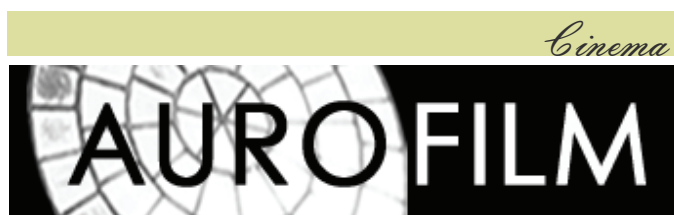
German	Intensive/Advanced	9:30—11am	Monday & Wednesday
	Level A1/A2, Intermediate	9:30—11am	Tuesday & Saturday
Spanish	Beginner	2:30—3:30pm	Monday & Wednesday
	Intermediate	TBA	TBA
Italian	Beginner	TBA	TBA
	Advanced	4—5:30pm	Wednesday
Didgeridoo	Beginner	4:45—5:45pm	Tuesday & Thursday

TBA: To Be Announced

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

- **Reminder: Friday, 20 September, 7:30pm "LAGAAN"**, by Ashutosh Gowariker, India, 2001
- Due to the film being 3 hours 35 minutes long, the screening will start half an hour before.



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 an irregular 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 (love, 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'

- **Friday, 27 September, 8pm**
"On The Waterfront"



Directed by Elia Kazan, USA, 1954

With: Marlon Brando, Karl Malden, Lee J. Cobb, Rod Steiger, Pat Henning, Eva Marie Saint

Synopsis: Terry Malloy dreams about being a prize fighter, while tending his pigeons and running errands at the docks for Johnny Friendly, the corrupt boss of the dockers union. Terry witnesses a murder by two of Johnny's thugs, and later meets the dead man's sister and feels responsible for his death. She introduces him to Father Barry, who tries to force him to provide information for the courts that will smash the dock racketeers.... A classic, considered one of the greatest films ever made. It received twelve Academy Award nominations and won eight, including Best Picture, Best Actor and Best Director among others. The musical score was composed by the renowned composer and music director Leonard Bernstein. In 1989, On the Waterfront was one of the first 25 films to be deemed "culturally, historically, or aesthetically significant" by the Library of Congress and selected for preservation in the United States National Film Registry.

Rarely do we find powerful films whose stories echo the real life events of their makers. The story of a single man's fight against corruption and his decision to do what he thought was right even if it meant hurting his friends and family, bears high resemblance to Kazan's own life.

Original version in English with English subtitles. Duration: 1h48

• **OK Upcycling Studio**

Dear friends, we are happy to share the latest documentary of "OK Upcycling Studio" directed by Song Wan and produced by Aurofilm!



This lovely 14 minute documentary film is about UpCycling Studio, a unit of Auroville, founded in 2011, with the mission of redefining waste management and empowering sustainable living by turning waste into something useful, beautiful and creative!



- Please click the link: [OK Upcycling Studio](#)

Susana and Aurofilm team

ECO FILM CLUB

Every Friday at Sadhana Forest

Schedule of Events

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



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

- For more information about the bus service please contact Sadhana Forest at 8525038274.
- **Note:** Families and children are welcome! Dinner for children will be served at 19:00:)

Friday, 20 September

Best Decision Ever

2018 / 35 mins / Built4Anything

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

Looking forward to welcoming you!

Aviram



CINEMA PARADISO
Multimedia Center (MMC) Auditorium
Film Program
23 September to 29 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 23 September, 8pm

Kachher Manush (Close People)

India, 2022, Writer-Dir. Pathirit Basu w/ Dev, Prasenji Chatterjee, Isha Saha, and others, Drama-Thriller, Bengali w/ English subtitles, Rated: NR (R)

Kuntol is an unemployed who's looking for money to treat his paralyzed mother. He meets Sudarshan an eccentric insurance agent who not only indulges Kuntol's idea to kill himself to get death benefits, but also aids him in his plan, in exchange for half his insurance money, so he can treat his sister's heart ailment. At its heart it is a movie that embodies hope and optimism with the message never to give up amidst all difficulties. *The film has received both appreciation and criticism.*

Potpourri—Tuesday 24 September, 8pm

Fanny Och Alexander (Fanny and Alexander)

Sweden-France-West Germany, 1982, Writer-Dir. Ingmar Bergman w/ Bertil Guve, Pernilla Allwin, Kristina Adolphson, and others, Period Drama, 188mins, Swedish-German-Yiddish-English-French w/English subtitles, Rated: R

In early 20th century Sweden, siblings Alexander and Fanny Ekdahl thrive in a loving, theatrical family. Their lives change when their father dies, and their mother, Emilie, marries strict Bishop Edvard Vergéus. As they struggle under his authoritarian rule, Emilie seeks to regain their autonomy and protect her children. *A highly acclaimed film from the yester years when western films too were long.*

Selection—Wednesday 25 September, 8pm

Amen

France-Germany, 2002, Dir. Costa- Gavras, w/ Ulrich Tukur, Mathieu Kassovitz and others, Biography-Drama, 132 mins, French w/ English subtitles, Rated: R.

During WWII SS officer Kurt Gerstein tries to inform Pope Pius XII about Jews being sent to extermination camps. Young Jesuit priest Riccardo Fontana helps him in the difficult mission to inform the world.

Interesting—Thursday 26 September, 8pm

Mysteries of the Terracotta Warriors

UK, 2024, Dir. James Tovell w/and others, Documentary-History, English w/ English subtitles, Rated: PG-13

Teams of archaeologists, scientists, and historians investigate China's Qin Shi Huangdi, the first emperor who unified the six kingdoms. In 1974, farmers discovered the terracotta warriors in a 19-square-mile tomb. While 8,000 warriors were found, only 1,200 have been reassembled. The film delves into the reasons behind the dynasty's brief 15-year reign. *A fascinating film!*

International—Saturday, 28 September, 8pm

Late Bloomers

USA, 2023, Dir. Lisa Steen w/ Karen Gillan, Malgorzata Zajackowska, Jermaine Fowler and others, Comedy, 89mins, English-Polish w/English subtitles, Rated: NR

Louise, an aimless, 28-year-old Brooklynite, recently single, sort of a musician, depressed without admitting it, drunkenly falls while doing something stupid and breaks her hip. This lands her in a physical therapy ward full of people twice her age. There, she meets Antonina—a cranky elderly Polish woman, who speaks no English. Louise gets a job caring for her. Neither woman loves the arrangement but it's time to face the truth about aging. We all must grow up sometime.

Children's Matinee—Sunday, 29 September, 4pm

Leo

Australia-USA, 2023, Dir. Robert Marianetti, Robert Smigel, David Wachtenheim w/ Adam Sandler, Bill Burr, Cecily Strong, and others, Animation-Adventure, 102mins, English w/ English subtitles, Rated: PG

The last year of elementary school as seen through the eyes of a class pet. A jaded 74-year-old lizard named Leo has been stuck in the same Florida classroom for decades with his turtle terrarium-mate. When he learns that he only has one year left to live, he plans to escape to experience life on the outside, but instead gets caught up in his anxious students' problems—such as an impossibly mean substitute teacher.

New German Cinema @ Ciné-Club

Ciné-Club Sunday 29 September, 8pm

The Lost Honour of Katharina Blum

Germany, 1975, Dir. Volker Schlöndorff, w/ Angela Winkler, Mario Adorf, and others, Drama-Thriller, 96 mins, German w/ English subtitles, Rated: R.

A young German woman Katharina Blum meets Ludwig, and they fall in love and spend the night together. In the morning the police burst into her flat looking for Ludwig: he is a terrorist. But he is no longer there. Katharina is arrested, humiliated, suspected of being a terrorist herself, dragged through the mud by the newspapers.

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

Emergency Services

Ambulance (24/7): Auroville—9442224680

- PIMS—0413 2656271

Security (24/7):

- Auroville Security & Emergency Services (ASES)—9443090107
- Auroville Police Station—0413 2677318
- Kottakuppam Police Station—0413 2236148
- Vanur Fire Station—0413 2677368

Health:

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

Mental health 24/7 support:

- Vandrevala Foundation +91 9999666555

India Emergency Response Service (24/ 7): 108

N&N Guidelines



Hard deadline for submissions

TUESDAY 3pm

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

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

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

Editors' Note



Dear readers of paper version!

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

The only excuse of late delivery is rain on Friday.

*Light and Peace,
Roy and AgniJata*

Accessible Auroville Public Bus

avbus@auroville.org.in, +91 9443074825



Auroville TO PONDICHERRY

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>