



News & Notes

#1046 A weekly bulletin for residents of Auroville 26 September 2024



by Maria Novikova

*This Self is to be won by the Truth and by an integral knowledge. Mundaka Upanishad
Hear how thou shalt know Me in My totality . . . for even of the seekers who have achieved,
hardly one knows Me in all the truth of My being. Gita*

Pondering



There must be a replacement of a limited and separative by an essential and integral consciousness identified with the original truth and the whole truth of self and existence. The integral Knowledge is something that is already there in the integral Reality: it is not a new or still non-existent thing that has to be created, acquired, learned, invented or built up by the mind; it must rather be discovered or uncovered, it is a Truth that is self-revealed to a spiritual endeavor: for it is there veiled in our deeper and greater self; it is the very stuff of our own spiritual consciousness, and it is by awaking to it even in our surface self that we have to possess it. There is an integral self-knowledge that we have to recover and, because the world-self also is our self, an integral world-knowledge.

An integral spiritual consciousness carries in it a knowledge of all the terms of being; it links the highest to the lowest through all the mediating terms and achieves an indivisible whole.

*Reality and the Integral Knowledge,
The Life Divine, Sri Aurobindo*

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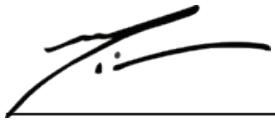
Editor's Note



We have received a note from Raju requesting us not to post the **Bus Schedule**, saying:

'We are planning to stop the service due to NO funds to cover the running cost of the bus.'

Roy and Agnijata



House of Mother's Agenda

Delight shall drop down from my nectarous moon,
My fragrance seize thee in the jasmine's snare,
My eye shall look upon thee from the sun.
Mirror of Nature's secret spirit made,
Thou shalt reflect my hidden heart of joy,
Thou shalt drink down my sweetness unalloyed
In my pure lotus-cup of starry brim.
My dreadful hands laid on thy bosom shall force
Thy being bathed in fiercest longing's streams.
Thou shalt discover the one and quivering note,
And cry, the harp of all my melodies,
And roll, my foaming wave in seas of love.
Even my disasters' clutch shall be to thee
The ordeal of my rapture's contrary shape:
In pain's self shall smile on thee my secret face:
Thou shalt bear my ruthless beauty unabridged
Amid the world's intolerable wrongs,
Trampled by the violent misdeeds of Time
Cry out to the ecstasy of my rapture's touch.
All beings shall be to thy life my emissaries;
Drawn to me on the bosom of thy friend,
Compelled to meet me in thy enemy's eyes,
My creatures shall demand me from thy heart.
Thou shalt not shrink from any brother soul.
Thou shalt be attracted helplessly to all.
Men seeing thee shall feel my hands of joy,
In sorrow's pangs feel steps of the world's delight,
Their life experience its tumultuous shock
In the mutual craving of two opposites.
Hearts touched by thy love shall answer to my call,
Discover the ancient music of the spheres
In the revealing accents of thy voice
And nearer draw to me because thou art:
Enamoured of thy spirit's loveliness
They shall embrace my body in thy soul,
Hear in thy life the beauty of my laugh,
Know the thrilled bliss with which I made the worlds.
All that thou hast, shall be for others' bliss,
All that thou art, shall to my hands belong.
I will pour delight from thee as from a jar,
I will whirl thee as my chariot through the ways,
I will use thee as my sword and as my lyre,
I will play on thee my minstrel'sies of thought.
And when thou art vibrant with all ecstasy,
And when thou liv'st one spirit with all things,
Then will I spare thee not my living fires,
But make thee a channel for my timeless force.
My hidden presence led thee unknowing on
From thy beginning in earth's voiceless bosom
Through life and pain and time and will and death,
Through outer shocks and inner silences
Along the mystic roads of Space and Time
To the experience which all Nature hides.

Who hunts and seizes me, my captive grows:
This shalt thou henceforth learn from thy heart-beats.
For ever love, O beautiful slave of God!
O lasso of my rapture's widening noose,
Become my cord of universal love.
The spirit ensnared by thee force to delight
Of creation's oneness sweet and fathomless,
Compelled to embrace my myriad unities
And all my endless forms and divine souls.
O Mind, grow full of the eternal peace;
O Word, cry out the immortal litany:
Built is the golden tower, the flame-child born.
"Descend to life with him thy heart desires.
O Satyavan, O luminous Savitri,
I sent you forth of old beneath the stars,
A dual power of God in an ignorant world,
In a hedged creation shut from limitless self,
Bringing down God to the insentient globe,
Lifting earth-beings to immortality.
In the world of my knowledge and my ignorance
Where God is unseen and only is heard a Name
And knowledge is trapped in the boundaries of mind
And life is hauled in the drag-net of desire
And Matter hides the soul from its own sight,
You are my Force at work to uplift earth's fate,
My self that moves up the immense incline
Between the extremes of the spirit's night and day.
He is my soul that climbs from nescient Night
Through life and mind and supernature's Vast
To the supernal light of Timelessness
And my eternity hid in moving Time
And my boundlessness cut by the curve of Space.
It climbs to the greatness it has left behind
And to the beauty and joy from which it fell,
To the closeness and sweetness of all things divine,
To light without bounds and life illimitable,
Taste of the depths of the Ineffable's bliss,
Touch of the immortal and the infinite.
He is my soul that gropes out of the beast
To reach humanity's heights of lucent thought
And the vicinity of Truth's sublime.
He is the godhead growing in human lives
And in the body of earth-being's forms:
He is the soul of man climbing to God
In Nature's surge out of earth's ignorance.
(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

AUROVILLE FOUNDATION APPROVED AS AN INSTITUTE OF RESEARCH IN SOCIAL SCIENCE OR STATISTICAL RESEARCH

Dear All Units, Activities, Projects, Aurovilians, we are happy to attach the official Government of India Gazette Notification No.102/2024/F.No. 203/12/2024/ITA-II dated 18 September 2024, approving "Auroville Foundation" (PAN: AAATA0037B) as 'Other Institution' for Research in Social Science or Statistical Research for the purposes of clause (iii) of sub-section (1) of section 35 of the Income-tax Act, 1961 read with rules 5C and 5E of the Income-tax Rules, 1962.

This Notification shall apply with effect from the date of publication in the Official Gazette (i.e. from the Previous Year 2024-25) and accordingly shall be applicable for Assessment Years 2025-2026 to 2029-2030.

We thank all of the first 20 units/ activities/ projects/ individual Aurovilians, that in a timeframe of 78 hours, provided us with around 45 Social Science and Statistical Research in compliance with CBDT strict parameters and conditions. The CBDT was very satisfied with the response of the Auroville community. Those efforts and the timely submission paved the road and support on getting the Approval u/s 35(1)(iii) of the Income Tax Act, 1961.

It is very important that each of the unit, activity, project, maintain a motivational task of producing annually at least a new research in the areas of "research in social science or statistical research" under the head of Aurovilians having qualified certificates, to keep up the expectations by the CBDT and the Minister. The documentation for the same including related records and reports are also required to be maintained.

Also to encourage Aurovilians to get graduate certificates, such as Master degrees, Ph.D degrees, etc, in any area that can be related to social science or statistical research, and present well documented papers with graphics, tables, stats, photos, videos, scopes, methodologies, data collection, analysis, results, and references.

All entities can apply, if those above mentioned conditions are fulfilled, to receive donations ONLY via Unity Fund. Please contact DCG—Donation Channeling Group at Donation Channeling dcg@auroville.org.in.

For Research documents submission please always contact the HR Team located in BCC—Archives Building, or at HR BCC Auroville hr-bcc@auroville.org.in, as all the database for Social Science and Statistical Research under 35(1)iii is initially located there.

Keep Up!

Regards, Sathyanarayanan SHANKARRAO—AVFO,
Margarita Correa, FAMC—Compliance
CA, R.S.Balaji, B.Com., FCA Partner. G Sekar
Associates, Chartered Accountants, Chennai

APPROVAL U/S 35(1)(iii) Of the Income Tax Act, 1961

Ministry Of Finance
Department of Revenue
Central Board Of Direct Taxes (Cbdt) Notification
New Delhi, 18 September, 2024

S.O. 3961(E).—In exercise of the powers conferred by clause (iii) of sub-section (1) of section 35 of the Income-tax Act, 1961 (43 of 1961) read with Rules 5C and 5E of the Income-tax Rules, 1962, the Central Government hereby approves Auroville Foundation (PAN: AAATA0037B) as 'Other Institution' for research in social science or statistical research for the purposes of clause (iii) of sub-section (1) of section 35 of the Income-tax Act, 1961 read with rules 5C and 5E of the Income-tax Rules, 1962.

2. This Notification shall apply with effect from the date of publication in the Official Gazette (i.e. from the Previous Year 2024-25) and accordingly shall be applicable for Assessment Years 2025-2026 to 2029-2030.

[Notification No.102/2024/F.No. 203/12/2024/ITA-II]

Castro Jayaprakash T., Under Secy.

Explanatory Memorandum: It is certified that no person is being adversely affected by granting retrospective effect to this notification.

REGULATION OF HOUSE ASSETS in the case of Death of an Aurovillian or Aurovillian's Departure from Auroville

Dear Community Members, the draft document concerning Aurovilians Leaving/Passing Away has been prepared in collaboration with Housing and the FAMC and is now available for your review and feedback. This document aims to provide clear guidelines and considerations regarding the processes involved when Aurovilians either leave the community or pass away, ensuring these transitions are managed with respect, care, and transparency.

Purpose of the Document:

- Outline the procedures for Aurovilians leaving the community permanently. Provide a framework for dealing with the passing away of community members, including the necessary support for their families and loved ones.
- Clarify all steps required for documentation, communication, and care in such circumstances.
- Ensure that our community's values are reflected in how we manage these important transitions.

We Value Your Feedback:

Your input is essential to refining this document so that it meets the needs of our community while staying true to our shared values. We encourage you to review the document and provide feedback. Your contributions will help shape the final version, which will be adopted following receiving your feedback.

How to Review and Provide Feedback:

- The document is available for review at the Working Committee office and will be posted on Auronet and published in News and Notes.
- Please send your feedback by 15 October 2024 via email to workingcom@auroville.org.in.

We greatly appreciate your time and thoughtful input on this important matter and look forward to your contributions in finalizing the document.

With warm regards, The Working Committee

REGULATION OF HOUSE ASSETS in the case of Death of an Aurovillian or Aurovillian's Departure from Auroville

Introduction

All immovable assets¹ in Auroville are vested in the Auroville Foundation, which holds them in trust for Humanity as a Whole.

The Housing Service is under the Finance and Asset Management Committee (henceforth FAMC), assigned to allocate the houses/apartments/studios that become available, to the residents of Auroville according to the current policy and after approval by the FAMC. In case an agreement is not found by the Housing Service, the final decision rests with the FAMC, if need be in consultation with the Working Committee.

There are broadly two categories:

- Those that leave Auroville permanently on their own.
- In case of Death

Regulations

1. Those that leave Auroville need to inform the Working Committee & FAMC, surrender the housing asset to Housing Service along with the keys, inventory list and if available asset / infrastructure details. The personal belongings, movable assets, must be dealt with by the person/s before their departure. Housing Service cannot be held accountable for these.

2. In the case of the death of an Aurovilian or a Newcomer, the first step is for Housing Service to check who was / is residing in the house/apartment/studio. If the asset is unoccupied as the deceased was the sole occupant, a time period of 1 to 3 months will be given to the relatives, friends or the person/s assigned by the deceased, or to the Working Committee³ to clear all personal belongings / movable assets² from the house/apartment/studio. When their responsibility is completed, they are to hand over the keys, inventory list and any asset / infrastructure details found to the Housing Service.

3. Should there be no relatives, friends or person assigned by the deceased, to take responsibility to clear the house/apartment/studio, the FAMC will assign the 'House Clearing Group'³ to clear the movable asset/s, create an asset inventory and hand over any asset / infrastructure details found to the Housing Service for re-allocation. The Working Committee will assess the legal issues.

4. In case of the death of an Aurovilian or a Newcomer, the house/apartment/studio will continue to be allocated to the Aurovilian(s) or Newcomer(s) with whom the deceased was living in a family situation prior to his or her death. Aurovilian/Newcomer family members, whose home it indisputably is, should be able to continue living in the asset as per their own choice. However, in case, as and when, they decide to move, exchange of housing will only be as per regulations.

5. Housing Service cannot allocate the house/apartment/studio, or offer another alternative immovable asset as residence, vested in the Auroville Foundation, for non-Aurovilians such as a partner / wife / husband / children / caregiver etc., who lived with the departed / deceased Aurovilian. In such a case up to 3 months may be given for them to vacate the house/apartment/studio or a maximum of 6 months following a review by the Housing Service and FAMC.⁴

¹ *Immovable assets in regards to Housing includes land, collective facilities, house/apartment/studio and parts of an asset such as inbuilt cupboards, fans, electrical fittings and bulbs, kitchen and bathroom furniture. For some housing projects AC, fridge, water heater, cooking stove etc. are part of the immovable assets, this must be reflected in the housing contract.*

² *Here movable assets are defined as personal belongings which have not been originally part of the residence, does not include changes of the residence of a permanent nature such as built in furniture etc. Fans and lights, built in furniture in general as well as Kitchen and Bathroom furniture are considered fixed assets. Depending on the contract of the specific residence, items such as AC, Fridge may be considered as fixed assets, or not.*

³ *A House Clearing Group will be formed and appointed by the FAMC to conduct this service. (The present informal group that in some cases does this work could be approached.*

Recommendation is that this group gets formalized at the soonest and can be relied on by the FAMC to take up this work. This is a sensitive matter and the members should not be representatives from working groups but a team that has this as their specific task in the same way as the Farewell Team. They will however collaborate with FAMC, Working Committee and Housing Service as needed.

⁴ *In case of any conflict, the situation has to be taken up by the Working Committee for legal action and security.*

Practical Guidelines

- Following the process concluding with the funeral (cremation/burial), which can take up to a week, legal matters and financial status of the deceased need to be cleared. The Death Certificate can take up to a month. Presently these matters are most often cleared by the family and friends with the assistance of Auroville Security Team and the Working Committee. In case the deceased has no relatives or close friends and had not assigned a person/s to deal with these matters before his/her death, the Working Committee will handle the situation directly or appoint a resource person to register the deceased and obtain the certificate.

Once the above is completed, the Working Committee is to assist the assigned person dealing with the formalities, or themselves process any formalities with the Embassies/Consulates in the case of foreign nationals or for any other legal clearance required. Once done, the Working Committee will inform the Auroville Foundation to remove the person from the ROR.

- The Working Committee will also appoint a legal resource person in the case of a person without any immediate family (spouse/children). The FAMC may request the Working Committee to look into the bank account(s) and/or any legal affairs of the deceased.
- During this time Housing Service can with sensitivity check if immediate family members/partner will continue living in the residence. Should there be no one residing in the immovable asset, the FAMC will request family / assigned person(s) / 'house clearing group'³ to clear the movable asset/s, create an asset inventory and hand over any asset / infrastructure details found to the Housing Service for re-allocation.
- Once the Working Committee has processed the legalities in connection with the death, the FAMC and Housing Service are informed and the allocation process can proceed for completion. Moving in of new residents can only take place after the asset has been cleared and FAMC and Housing Service have handed over the keys to the new inhabitants.

Guidelines for the House Clearing Team

- For situations where there are no family or assigned person to clear the movable assets, a House Clearing Team is formed by the FAMC to execute this task.
- In case a testament / will exists for dealing with movable assets this should be followed, if not, the movable assets should be cleared for the benefit of Auroville e.g. books offered to the library, cloths to free store, art given for public use or sales through 'Art for Land' and other avenues, to be gifted/distributed on need basis or auctioned/sale to raise funds eg: for buying Auroville land, funding or contributing to City projects, or in some cases left in the asset and registered in the asset inventory list for the next occupants usage.
- In case assets entail works of artists, potters, sculptors, writer's contracts etc. in their residence or studio, these must be seen in advance with the person/family concerned as to how they are distributed or to be taken care of.
- Several Aurovilians have been involved in a life time of documented research on aspects of the Integral Yoga. As far as possible this research material should be archived in and for Auroville.

Recommendations

Understanding and respecting the process

- Auroville has for many years been striving to give death the space of peace and dignity for the deceased, and their family and friends. The example set by the Farewell team is one of dignity and compassion in the practical and logistical dealing with death—we recommend this should be emulated for a smooth transition for all, while holding values of Goodness, Generosity, Equality & Peace.

- Looking at the transition families go through when a death of a family member occurs, time is needed for closure and to adapt and find one's way forward in a new life situation. It is often also a time of change and an emotionally strong situation for the immediate family who may also be aged. The presence of a **Support Group** to help them with practicalities that need to be followed through with emotional support if possible is recommended.

Tine for the Working Committee

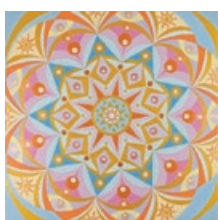
Community News

Passing On

BON VOYAGE, SOHAM

Soham (Jacques C H Philippeau) came to Auroville in 1987, together with his former partner Djouna. He was in Auroville continuously till he passed away at his home in Transformation on 19 September, 2024, due to cancer. He was 73 years old.

Soham spent some of his younger years in Corsica, on an isolated goat farm, where it was hard to get even essential amenities. He continued this simple life in Auroville. He is known to have been a disciplined and hard worker. As a lover of flowers and nature, he worked for a long time in the Matrimandir Nursery's hibiscus garden, and tended with meticulous care to his own garden in Transformation, sharing his plants and flowers with others. Many years ago Soham lost his voice due to cancer of the throat and began to feel isolated, and eventually fell prey to depression. He worked on overcoming the instability in parts of his being with the help of Dr. Alok Pandey. One of his carers mentioned that a recent insight of his was that his yoga was a selfish one and that he hurt people because of this. Physically he had to face many difficulties but managed to address his health problems using alternative means, and in the meantime kept his discipline and ability to smile.



Soham was a gifted artist. He showed a deep understanding of mandala symbolism and intricate design. He recently donated his mandalas and other paintings to Art for Land. His paintings can be seen online in the website of Art for Land, artforland.in. He was immersed in the Mother's and Sri Aurobindo's writings and, at the same

time, kept himself informed about what happened in Auroville and the world outside. He occasionally published long extracts from Sri Aurobindo's works in the weekly News & Notes, adding his—equally long—unusual comments and distinctive views about Auroville and the world to it.

During his last few months, Soham volunteered and was happy to do shopping for Mahalakshmi Home.

His neighbor of many years, Hans van Baaren, wrote the following heartfelt message:

"There is a wonder to have been a witness to your life, Soham. You had many adventures and trials and tribulations. You are a great soul and a warrior to have gone through so many physical hardships. And often with a total dedication and a smile. It was amazing to have known you. Bon voyage."

Soham's remains were cremated on Sunday, 22 September 2024, at the Adventure burial ground.

Written by Annemarie, with inputs from Hans, Mauna, Guy R. and Paula

Matrimandir News & Schedules

MATRIMANDIR ACCESS INFORMATION

Access to the Park of Unity and Matrimandir

The Park of Unity

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

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

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

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

The Inner Chamber of the Matrimandir

The Matrimandir is a place for silent individual concentration.

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

The Petals of the Matrimandir

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

Access to Matrimandir for Visitors and Guests

Matrimandir Viewing Point

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

The Inner Chamber of the Matrimandir

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

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

AMPHITHEATRE—MATRIMANDIR

Meditations at sunset with SAVITRI

Every Thursday, 5:30—6pm (weather permitting)

Savitri, Sri Aurobindo's long mantric poem, read by Mother to Sunil's incredible music are on weekly for everyone to concentrate, in this beautiful open space in the very center of Auroville. We follow the sun and the timing changes with the season...



From Thursday, 26 September timing is:
5:30 to 6pm (instead of 6—6.30 pm)

- **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 Amphitheater from 5:15pm. Thank you.

Surya and Velmurugan for Amphitheater team

Auroville Connect



You know, there are a lot of people who have come for Auroville... Instead of working they spend their time arguing and gossiping...

They are already beginning to talk about what the political situation of the city will be like...and (one) wrote to me... saying he couldn't participate in anything which wasn't purely democratic.

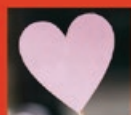
So I answered this:

Auroville should be at the service of the Truth, beyond all social, political and religious convictions...but above all, I insisted on the fact, that it was better for the city to be built first!"

Mother's Agenda / August 1966

**AUROVILLE
IS NOT A
DEMOCRACY**

**IT IS
SOMETHING
ELSE**



Auroville Connect is available on WhatsApp & Instagram
Anu for AVConnect

Awakening Spirit



Schedule, September 2024

Exhibitions

- **Meditations on Savitri:** The entire series of 472 paintings created by the Mother with Huta from 1961-67 is now on display in the picture gallery.
- **A Bilingual Exhibition on "Sri Aurobindo: A life sketch in photographs"** with texts both in English and Tamil is displayed in the upper corridor.
- **Glimpses of the Mother:** Photographs and texts in the Square Hall.

Films: Mondays, 4pm in the Sangam Hall

- **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.
- **October 7:** Meditations on Savitri, Book 2—The Book of the Traveller of the Worlds, Canto 7, 9—15. Aswapati aspires to transform darkness, falsehood and evil prevailing on Earth. He descends into Night and journeys through many worlds. Finally, he enters The World-Soul, encounters the Supreme Mother. Duration: 42min.
- **October 14:** The Children of Auroville, Part One—Early Education. A film about education in Auroville at the beginning. This film is made by Doris and Francis, Auroville Video Productions in 2009. Duration: 41min.
- **October 21:** Children of Auroville, Part Two—Here and Now. Children who were born in Auroville or who came at an early age tell their stories of how they grew up and when they went out for further education and decided to come back. A film by Doris and Francis, Auroville Video Productions in 2011. Duration: 58min.
- **October 28:** The Great Adventure—Auroville Becoming 50. The film is a beautiful kaleidoscope of Auroville's history, its activities and events, constructions and research by Doris and Francis and Auroville Video Productions in 2018. Duration: 50min.

Full Moon Gathering

Thursday, 17 October, 7:15—8:15pm in front of Sri Aurobindo's statue

Regular Activities

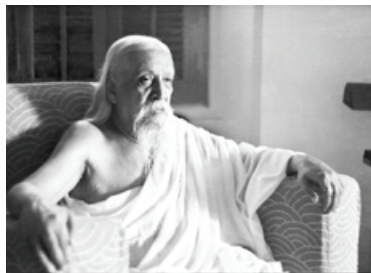
- **Sundays, 10:30—12noon:** Savitri Study Circle led by Larry Seidlitz
- **Mondays, 3—4pm:** The Knowledge and Ignorance—The Spiritual Evolution in The Life Divine led by Dr. Jai Singh
- **Tuesdays, 3—4pm:** Readings of the words of The Mother on Aims and Ideals of Auroville led by Dr. Jai Singh
- **Mondays 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:** Reflections on 'Release of Ego' part 2 of Ch.9 from The Synthesis of Yoga 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

Reflections on Passages in Savitri: “Remember why thou cam’st” Larry Seidnitz

- **Friday, 27 September, 4—5pm in the Sangam Hall of Savitri Bhavan**



In this presentation, I would like to consider a passage from Savitri that pertains to finding the soul. In the sequence of the story, the episode comes after the princess Savitri has found her soul mate Satyavan, and married him. The sage Narad has revealed that

Satyavan is destined to die in exactly one year’s time. Now she is living with Satyavan in the forest hermitage where he lives with his parents, keeping the foreknowledge of his impending death secret from both Satyavan and his parents, a terrible burden she keeps buried in her heart. In the passage we will consider, while lying sleeplessly with Satyavan one night bearing that grief, she hears a Voice from above directing her to find her soul, cast off her nature’s limitations, and conquer death. The voice delivers to her a powerful message which is applicable to all of us.

Everyone is welcome

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



The Life Divine by Sri Aurobindo—Book 1: Omnipresent Reality and The Universe, Chapter 3

The Two Negations: The Refusal of the Ascetic, Read by Shraddhavan

- **Monday, 30 September, 4pm at Savitri Bhavan. Duration: 56min.**

In Chapter 1 Sri Aurobindo reflects upon human aspiration and its continuous pursuit of the ideals of *God, Light, Freedom*, and *Immortality* and the contradictions of its normal earthly life experiences.

In Chapter 2 and 3, he examines the existing philosophies of West and East that refuse to reconcile Spirit and Matter or Purusha and Prakriti. These two great opposite philosophies negate one part of Brahman, either the all-pervading spirit or the material existence.

Chapter 2 titled *The Materialist Denial*, presents the view of materialist sciences and philosophy and their treatment of the physical as the only Reality.

Sri Aurobindo starts Chapter 3, *The Refusal of the Ascetic*, with a quotation from the Mandukya Upanishad: “All this is the Brahman; this Self is the Brahman and the Self is fourfold. Beyond relation, featureless, unthinkable, in which all is still.”

The experience of this silence, stillness, and vast reality causes the ascetic to refuse to reconcile with the materialistic world view. The ascetic insists that the all-pervading spirit, the Brahman beyond time and space, is the only Reality. Sri Aurobindo replies to the ascetic attitude: “And still there is a beyond.”

He elaborates that the ascetic and materialistic worldviews are only different degrees of the same Reality. Also, he acknowledges that the possibility of cosmic consciousness in humanity is slowly admitted in modern Western psychology, and that in the psychology of the East a cosmic consciousness has been always recognised as a reality and the aim of subjective progress.

Both worldviews contribute to the evolution of consciousness. *Shraddhavan* reads the text in a conscious, concentrated, slow, and clear way. The original text is given on the screen. It is a wonderful opportunity to listen to *The Life Divine* by *Sri Aurobindo* in good English pronunciation.

The video is also available on YouTube under the title:

- [The Life Divine by Sri Aurobindo Book 01 Chapter 03.](#)

Margrit for Savitri Bhavan

BRAHMANASPATI KSHETRAM

Work only for the Divine



Calendar of regular events of October 2024

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

Every Thursday 6:00 - 6:30pm
Meditation

10th & 24th Thursday 6:30 - 7.30pm, reading
“The Mother’s Questions & Answers- Vol-7”
in English

17th, Thursday 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



Rajan



BHARAT NIVAS
PAVILION OF INDIA: AUROVILLE

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

The Synthesis of Yoga
- Sri Aurobindo



By Deepti Tewari

The Mother’s very last message to Auroville

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

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

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

4:30 pm - 5:30 pm
Every Tuesday

Venue :
Resource Library,
Bharat Nivas, Auroville

Scan for Location



Education

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

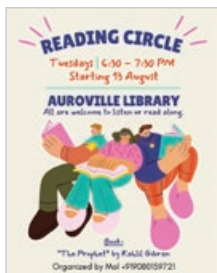
Book "The Prophet" By Kahlil Gibran

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

Organized by Mal

- +919080159721

Malcolm & Laura
for Auroville Library



KULAI CREATIVE CENTRE

Next to Auroville Bakery, Kulapalayam
kulaicreativecentre.auroville@gmail.com
8608473385



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

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

Volunteers are most welcome!

Selva for KCC



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

AUROVILLE ILAIGNARKAL EDUCATION CENTRE

Special Invitation: Festival of Evolution

Dear Friends, Vanakkam!

Ilaignarkal Education Centre cordially invites you to participate in the cultural event:



Navaratri Utsav—doll show as part of Dasara Celebrations.

This year the theme for research is on Evolving Humanity. We invite all of you to be with us and participate in the special 10 days event.

- **Place:** Ilaignarkal Education Centre, Auroville
- **Date:** 3 (Thursday)—14 (Monday) October
- **Time:** 10am—12noon and 2—6pm everyday.
- **RSVP** Ilaignarkal Education Centre Team 0413 2623773, tamil@auroville.org.in

R. Meenakshi for IEC Team

BOOK FOR PARENTS, TEACHERS AND EDUCATORS

"Come aggiornare la tua ruota" (In Italian)

We are pleased to announce that our book, "Come aggiornare la tua ruota," is now available in Auroville! This book, written by Aurovillian Francesco Colturi and his Italian colleague Chiara Onger, is especially valuable for teachers, parents, and educators. It offers insights into self-education and personal discovery, providing practical tools and useful reflections for those involved in the journey of guiding others in their growth.



Where to Find It:

- You can find a copy at the Auroville Library, where it has been donated for the community's benefit.
- If you would like to have a **personal copy**, contact us at ruotaeducazione@gmail.com or +91 9626895370 WA.
- Please note that the **book is written in Italian.**

Francesco

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

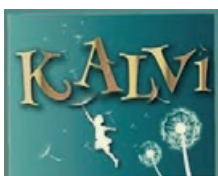
**KALVI SCHOOL
for Integral Education**

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

EARTH SHASTRA OPEN HOUSE!

Sunday, 29 September, 4—6:30pm

Pavilion of Tibetan Culture

Join us as we close a 9-day leadership journey with 30 individuals exploring the harmony between Ecology, Economy and Human Self. The cohort composed of Aurovillian young people and people from across India.

Come hear their reflections from the program and stories about collaboration between Youth Link, Flourish and Youth Alliance.

Followed by a mystical music offering by Shruthi Veena Vishwanathan and Shalini Sekhar, bringing songs and music from the traditions about our interconnectedness to nature!

- 4—4:30pm: Tea/Juice
- 4:30—5:30pm: Reflections on the program Earth shastra
- 5:30—6:30pm: Music with Shruthi and Shalini

THE ROAD OF THE WILD LILY
Shruthi Veena Vishwanath & Shalini Sekhar

Earth Shastra Open House!
Come hear reflections from participants of Earth Shastra and stories about collaboration between Youth Link, Flourish and Youth Alliance.

29th September, Sunday
4.00PM-6.30PM
Pavilion of Tibetan Culture
We await you!
Contact Gwjwn +91 70021 89936 for any details.

We await you!

Contact Gwjwn +91 70021 89936 for any details, Gwjwn

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*

NVC Practice sessions
from 5th of September every Thursday 4:30pm to 6:30pm for 6 weeks
register only

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

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

SANTÉ SERVICES



Schedule, October 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: TOS	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>

AURO DENT

Dental Clinic
Auromode, Auroville.

For Appointment please contact us
Email: aurodent@auroville.org.in
Phone: 0413-2622063 What's up: 9629199328

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

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*

AUROKIYA INTEGRAL EYE CENTRE

@ Arka

5-day Retreat on Eye Yoga and Wellness

October 1—5, 2024 @ Arka



Aurokiya Integral Eye Centre
(An Auroville Unit)

FOCUS-IV

Eye Yoga & Wellness Retreat

For Registration & Details

Date: October 1-5, 2024
Time: 7:00 AM - 8:00 AM
Place: Arka, Auroville

Limited Seats: 15 [LINK](#)

Rejuvenate Your Visual System

Benefits of Eye Yoga:

- Reduces Eye Strain
- Improves Vision
- Boosts Concentration
- Promotes Relaxation
- Prevents Vision Problems

In collaboration with The School For Perfect Eye Sight, Pondicherry

+ 91 80123 05151 : +91 9704258709 aurokiya@gmail.com
Arka Wellness Hub, Crown Road, Auroville

Aurokiya Integral Eye Centre is hosting a 5-day Retreat on Eye Yoga and Wellness on October 1—5, 2024. Join us as we guide you through eye exercises to refresh your visual system. This event is in partnership with The School for Perfect Eyesight in Pondicherry.

- To register and for more information, please scan the QR code or [click on the following Link](#).
- For details and other programs contact 8012305151/ 9704258709

*Aurosugan
for Team Aurokiya*

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

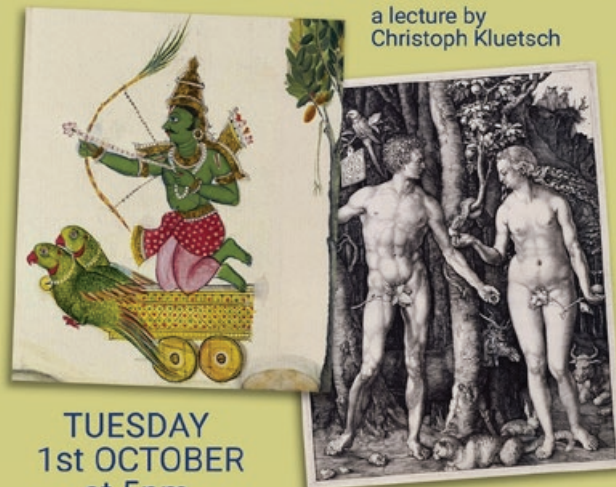
Music & Arts

APPLES AND MANGOES

Tuesday, 1 October, 5pm

APPLES and MANGOES:
Iconography and the Foundations of Art History

a lecture by
Christoph Kluetsch



TUESDAY
1st OCTOBER
at 5pm

centre d'art, auroville



Auro Artworld is organizing a series of 6 lectures at the Centre d'Art multimedia room in Auroville. These lectures, conducted by Dr. Christoph Kluetsch, will explore connections between art, philosophy, and spirituality, bridging Eastern and Western traditions to illuminate the enduring questions of existence, consciousness, and creativity.

- The series will be offered on the first Tuesday of every month, beginning on 1 October.

Tuesday, 1 October, 5pm

- **Apples and Mangoes: Iconography and the Foundations of Art History**

Apples are the fruits of the tree of knowledge in Christian paradise; they symbolize the world in the hands of kings and are a fruit of poison in Snow White and the Seven Dwarfs.

The mango, on the other hand, is a fruit of sweetness and joy. Ganesha received it as a reward for circumventing Shiva. Creative conversations and gatherings often happen under the mango tree, which can be found in temples and gardens of enlightenment. The iconography of these symbolic fruits invites a reflection on key art historical methodologies by E. Panofsky, H. Wölfflin, and A. Warburg.

Future Lectures

- **Tuesday, 5 November 2024**—The Principles of Chola Temple Architecture: A Case Study of Irumbai
- **Tuesday, 3 December 2024**—Retinal Art and the Ruins of Representation: Revisiting Plato's Cave and the Notion of Rasa in the Natyashastra
- **Tuesday, 7 January, 2025**—Who is Seeing When Seeing: The Kena Upanishad and the Sensation of Logic
- **Tuesday, 4 February 2025**—Film is Thought: H. Bergson's Cinematograph and How J. L. Godard Shocks the Viewer into Reality
- **Tuesday, 4 March 2025**—Reading Deleuze in India: Plane of Immanence, Rhizome, Brahman, and Conversations with AI

Marco

THE ROAD OF THE WILD LILY

Shalini Sekhar & Shruthi Veena Vishwanath

Friday, 27 September, 7:30pm @ CRIPA

27 SEP · FRI · 7.30 PM · CRIPA

The Road of the Wild Lily

Shalini Sekhar & Shruthi Veena Vishwanath

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

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.

if i was a flower...
a dialogue with the spirit of nature and its form.

if i was a flower
*Seeking its own perfect form in souls and things
Life kept no more a dull and meaningless shape*
Sri Aurobindo, Savitri

Art Exhibition by Bel 6 September thru 1 October 2024 at Pitanga

Exhibition timings: Daily except Sundays 8:30am - 12:30pm & 2:30pm - 5:30pm
Pitanga Cultural Centre, Samsol, Auroville 605 101 | info@pitanga.com | 0413 8522403, 844290403

Bel Jimenez

DEEPTI MUNOT, FRAGILE LAYERS

and Aarti Manik, Voyage

20 September—9 October @ Centre d'Art Citadines

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

FRAGILE LAYERS
by Deepti Munot
Opening on 20 September at 4:30

centredart@auroville.org.in

VOYAGE
aarti manik

20 sep - 9 oct 2024
Tue - Fri 2 to 5:30
sat 9:30 to 12:30 and 2 to 5:30
opening 20 september at 4:30
centre d'art - citadines - auroville

- 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

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

Submitted by Monisha

Dance Activities

afanna
STUDIO
TANGO

AUROVILLE TANGO
New batch starts the first week of each month

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

Tango @ Harmony Hall, Bharat Nivas

New batch starts the first week of each month

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

• +91 9821166082, tango@auroville.org.in Maud

DANCE CLASSES BY MANI

Salsa Dance Class

SALSA DANCE CLASS

Choose your Dance

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

Register Now
+91 86376 33696
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 8:30pm

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

Auroville, cripa

CONTACT US BY
+91 86376 33696
Bakisata_dance

ZUMBA WITH PREETI

New Creation Dance Studio
Sweatout & Smile
ZUMBA
Every Mondays!

Zumba classes are happening

@ New Creation Studio, every Monday, 6pm

For regular classes DM: 8281746763

Vega

BALLET DANCE CLASSES with Fleur

Ballet dance class 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 3 1/2 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

PHOTO CIRCLE MEETS AGAIN

Friday, 4 October, 5pm

@ Centre d'Art multimedia room, Citadines



The Photocircle brings together Auroville's photographers. We share our own work, we show the work of global photographers we admire, discuss the history of photography, and share techniques. Anyone can bring and screen a small selection of images.

You are all welcome.

Marco

EXPLORE

WaterColor Techniques

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

EXPLORE WATER COLOR TECHNIQUES
ART
WITH Mr. K. JANAKIRAMAN - ARTIST
Wednesday & Saturday 10am To 12pm
At Unity Pavilion Auroville
FOR MORE DETAILS: 94436 48774 - 75584 01106

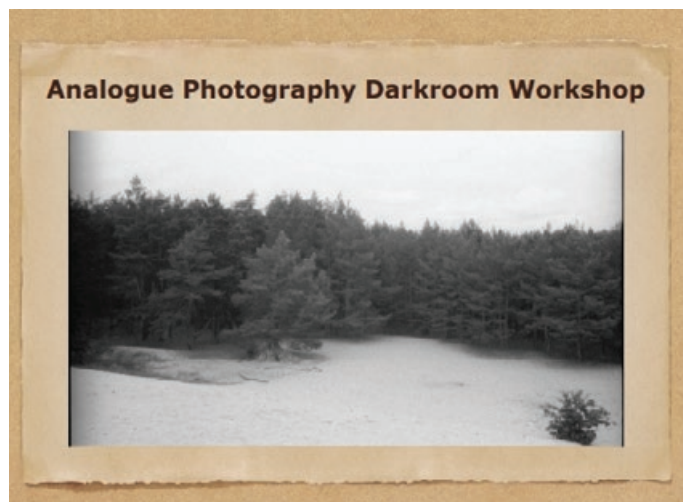
Submitted by Arun

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), 2—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

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



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

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

Submitted by 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!

Submitted by Francesca

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

Sports & Martial Arts

REPORT ON GREEN RIDE CYCLOTHON—2024

On occasion of World Car Free Day,
September 22, 2024

Green Ride Cycles from Auroville involved in motivating the people to use the bicycle for moving around in Auroville. This service started the "Auroville Cycle rides" in June, 2023 in creating a bigger family of bicycle lovers and users. The Cycle ride was organized on every second Saturday of the month and it's an open invitation to everyone to participate. We organize for 15 to 20 kms distance inside Auroville and have breakfast together after cycling. Later we thought of organizing a Cyclothon and we did it in March 10th 2024 under the name of **Auroville Cyclothon** (Joy of Cycling). We had 184 participants in it.



In our second edition of Cyclothon, we thought of doing it on **Race categories** to make it more fun and to attract professional riders to join. Therefore, we organized a Cyclothon on the occasion of **World Car Free Day 2024**. The event was organized under 3 categories. The 75km, 52km and 23km. The first two categories 75 & 52kms were under Race categories and the 23km category was "Joy of riding bicycle" through the forest and Cycle paths of Auroville.

The registration to participate in the event started on 4 September and closed on 17 September at 12pm. Number of Participants in each category as per the registration were

- 75 km Race—25 Participants
- 52 km Race—64 Participants
- 23 km Joy of Cycling—57 Participants

Total of 146 participants.

The event started at 5:20am for 75 km category from Certitude Sports Ground, Auroville following the escorts' vehicle till they reached the Pondicherry—Tindivanam highway near Toll gate. For the sake of riders and the advice from the Police department, the race started on the highway, instead of Auroville and village roads.



At 5:50am the 52km category ride started from Certitude Sports Ground, Auroville following the escorts' vehicle till they reached the Pondicherry—Tindivanam highway near Toll gate. For the sake of riders and the advice from the Police department, the race started on the highway, instead of Auroville and village roads.

At 6:15am the 23km category for Joy of Cycling started from Certitude Sports Ground, Auroville following the group leaders Eric Avril and Periyasamy from Auroville. This ride went through beautiful cycle paths of Auroville Forests.

As per the advice from Professional cyclists of Auroville and police department, the Races of 75 & 52 KM categories were requested to have a finishing line on the highway instead of Certitude Sports Ground. Therefore, the finishing line for both categories were marked at the Punjabi Dhaba near Auro Orchard Farm.

The Result of 75 KM Race

- 1st Prize—Mr. Saurabh Singh, Bangalore
- 2nd Prize—Mr. Kiran Raju, Bangalore
- 3rd Prize—Mr. Gopalakrishnan Perumal, Auroville

The Result of 52 KM Race

- 1st Prize—Mr. Moritz Lindners
- 2nd Prize—Mr. Danny, Pondicherry
- 3rd Prize—Mr. Minhaj.K, Chinnakalapet, Pondicherry

After the Prize distributions, the individual medals and certificates were presented to all participants in appreciation of joining the participants. The participants were overwhelmed by the organization and the support they got on their entire way of racing on the highways. The participants in the Joy of Cycling category loved it and were looking forward to the next event from us. The event completed with smiles from the participants.

As an Organizer, we thank **our Volunteers** who have always supported us when we need them. Without them we wouldn't complete this event in a better way. We thank all our **Photographers, Drone Zone team**.

Our Sincere thanks to the Deputy Superintendent of Police, Kottakuppam, Inspector of Police, Kiliyanur Police Station, Sub-Inspector of Police, Auroville Police Station and the constables from Auroville, Kottakuppam and Kiliyanur Police Stations. We were happy with their service that they gave for the participants on the highway, till the last rider reached the finishing point. Because of them, we had a safe and secured event.

Our sincere thanks to the **Highway patrol** who escorted the riders and made sure the traffic on the highway was under control during the Race.

Our sincere thanks to our beloved donors: **Abacus accounting, Aurocabs Taxi, Aurovelo, AV Bakery, AV Botanical Garden, Francois, Ganapathi, ITS, Nirami Design & Print, Omega accounting service, Satyakam & Devasmita, and Sunlit Future.**

Last and not least, we thank the **Certitude residents and Certitude Sports ground management** for letting us to host the event in Certitude.

*In her Service, Raju, Prabhu & Murali
for Green Ride Cyclothon 2024—(RACE)*

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

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—10am class are offered.

Contact for more info and registration

- budokan@auroville.org.in
 - 8300643963 WA, Philippe G.
9952812843 WA, N. Murugan
- Cristo, Rita, Surya, and Philippe for Auroville Aikido*

ABHAYA MARTIAL ARTS

Dear Community, Abhaya Martial Arts has trained more than 500 students of all genders, age and levels of experience, hosting also Muay Thai coaches, Brown belts (the higher degree we have in India) and Purple belt of BJJ and exposing our students to a series of highly transformative practices. We took our students to national competitions and also started to give to our students official belts and degrees recognized by **Shou Dao School**; a martial art academy recognized by the Olympic Committee.



Our regular classes

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

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

Brazilian Jiu-Jitsu Classes For Kids!

Abhaya Martial Arts is happy to share that after overwhelming requests, we have resumed kids Brazilian Jiu-jitsu classes in Dehashakti Gym.

- We welcome kids from **4 to 13** on **Tuesdays and Thursdays, 4—5pm**. Contribution is required.
- Send your kids in **sportswear**, with a **bottle of water** and a **big smile**.

The class will be led by Monica, an experienced assistant instructor very well known and loved by kids. Abhaya teaches Brazilian Jiu-jitsu for kids in a non competitive way, focusing on discipline and self-control, giving them a practical and realistic basis for a martial art journey. Brazilian Jiu-jitsu is the closest to real life self defense training and it has proven results in building cognitive skills and fine motor development, especially for kids.

- For more information and to be part of the WA group contact +91 8448077070 *Giacomo for Abhaya*



KALPANA GYM

Kalpana Gym is open 7—9am & 5—8pm

- Monday to Saturday

All are welcome!

Satyakam

SWIMMING CLASS BY MANI

Swimming class
Swim to Serenity: Waves of Strength!

Watersport_mani
Book Now
+91 86376 33696
20% Swimming class only

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

Package swimming class

Submitted by Mani

KSHETRA KALARI, ASPIRATION

@ Aspiration Sport Ground

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



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

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

PERMACULTURE 360° Farm Tour

Every Saturday, 11am—1pm @ Terra Soul

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

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



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

Follow us on Instagram @terrasoul_community for more updates and glimpses of farm life! Juan

FOOD FOREST TOUR

With Smoothie Bowls and More...
Every Saturday & Sunday, 9:30—11:30

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.

Bioregion Activities



AUROVILLE BAMBOO CENTRE
Workshops October 2024

ADVANCE BAMBOO FURNITURE DESIGN WORKSHOP

Come and experience with The Magical Grass in Earth



3 TO 5 OCTOBER -2024

Rs: ₹ 9000

Bamboo Harvesting & Treatment Workshop



Date: 1 October

HYPERBOLIC PARABOLOID DOME WORKSHOP

Come and experience with The Magical Grass in Earth "BAMBOO"



17, 18, 19 OCTOBER -2024

Rs: ₹ 10,700



Various Bamboo Joineries Workshop

Date: 9—10 October



Experimental Various Bamboo Lampshades

Workshop on 29th - 30th of October 2024



PRODUCT DESIGN WORKSHOP

This workshop focuses on small scale products and making from bamboo and wood combination for example chairs, table s, shelves, lamps, etc...

Date: 1—2 October

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

Preferred: bambooworkshop@auroville.org.in or bamboocentre@auroville.org

or +91 8300949081, 0413 2623806, 2964727

<https://aurovillebamboocentre.org/>

Submitted by Mani for Bamboo Team



Experience Programs

Contact: 8270071581/ 9159468946

enlight@auroville.org.in

Explore Auroville



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

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

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

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

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

Healing Forest walks are meditative walks that we take in nature, either alone or in small groups. It is an effective way of finding calm and balance. Nature helps us in becoming free of negative thoughts that pull us down.

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

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

- **Bioregion Tour**
10am—12:30pm, all days except Sunday

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

- **Sri Mahakaleswarar Temple—Irumbai**

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

- **The Great Canyon—Bommayarpalayam**

Discover the beauty of the naturally formed Canyon in Auroville.

- **The Bat Village—Kazhuperumpakkam**

A village that has not celebrated Diwali for decades to support their co-family members to live peacefully. The history behind the Bat village.

Workshops

Every day except Sunday (one day prior booking)

- **Pottery Workshop**

Join us for our Pottery workshops to experience working in clay and gain one-on-one instructions on how to create your piece. Enlight offers a natural and relaxed environment to immerse yourself in Pottery. Our workshops are focused on Pottery for beginners.

- **Instrument Making Workshop**

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

- **Candle Making Workshop**

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

- **Drumming Workshop**

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

• **Cooking Class Workshop: South Indian Cuisine**

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

• **Jam Making Workshop**

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

• **Toys Workshop**

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

Wellness

Every day except Sunday, one day prior booking

• **Music Therapy: Guided Relaxation**

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

Around Auroville

Every day except Sunday, one day prior booking

• **Fossil Wood Park**



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

Submitted by Balaji

**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

MOHANAM PROGRAM

October 2024

Mohanam Auroville Campus

2min from Verité,
6min from Matrimandir,
8min from Visitor's Center

Experience, Explore, Energise



MOHANAM PROGRAM

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 _____ 1 hrs
- 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 1day

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	5:30—6:30pm	Walk-in
Herbal chai with Dr. Loganathan	Every Saturday	4—6:30pm	Pre-booking required
Tamil Chanting with Mr. Anandou	Every Saturday	5:30—6:30pm	Pre-booking required
Nila Soru—Moon-light Dinner	17 October	6:30—8:30pm	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 _____ 4hrs (Irumbai Shiva Temple & Panchavadi Hanuman Temple)
- Navagraha Temple visit _____ 3hrs (Moratandi Navagraha Temple & Prithyangara Temple)
- Wood Fossil Visit and Quarry Shower ___ 6hrs

Auroville Sunday Tour & Brunch Experience

To unlock the full potential of youth and women through art, craft, culture and traditional knowledge. By connecting the local villages to the international community and reconnecting the locals to their traditional knowledge.

Experience the Following Activities: Mohanam Campus Tour, Bamboo Sound Garden, Bamboo Tour, Tree House Experience and Special Steams Brunch

- 10am—1pm, Every Sunday
- One Day Advance booking is necessary
- **Contact:** Preferred through email mohanamprogram@auroville.org.in, or call +91 8300949081

Volunteers Invitation

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

- We're looking for individuals with skills in: Facilitation and training, Written Documentation and Filing, Administration, Accounting, Teaching kindergarten children, WordPress Website Management, Newsletter Creation, Film Making, Canva Designing, Digital Marketing and Promotion, Physical Marketing and Promotion, Fund-raising 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

Submitted by Balu

MOHANAM PROGRAM Presents
Auroville Northwest Experience

Auroville Northwest Tour
 Date and Time: Every day 10.30 am to 1 pm (Except Sunday)

Mohanam Campus Tour
 Timing: 10 am-4 pm
 Day: Everyday, Except Sundays

EGAI

+91 9159468946, egai@auroville.org.in

UTAVI

Empowering communities

Egai Vēlai

Infrastructure support to space deficient community and village artisans and craftsmen

Egai Kaivinaṅai

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>



Visit our store @Auromode



Anand: + 91 9791896488/egai@auroville.org.in

Anand

INVOKING DURGA:

Stories, Rituals, and Festival Foods

Monday, 30 September

Unveiling Durga:

Stories, Rituals, and Real-Life Wisdom

Demystifying ancient traditions for today's practical world and food

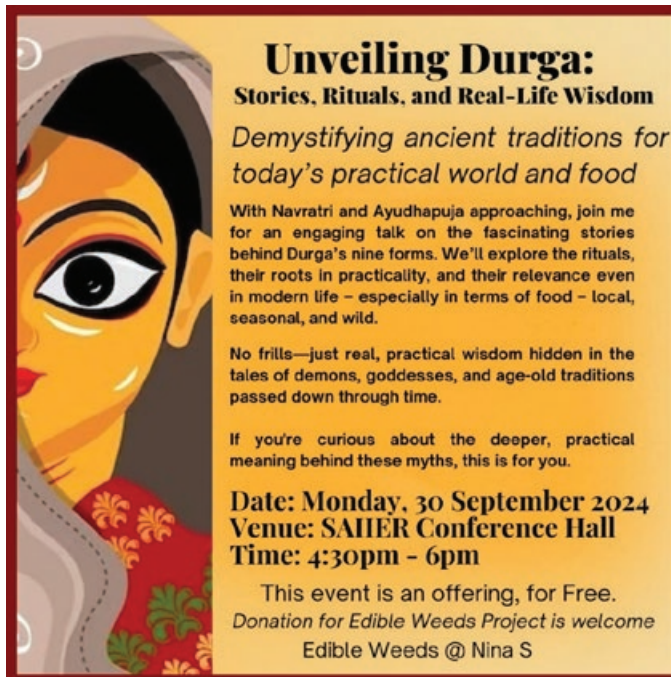
With Navratri and Ayudhapuja approaching, join me for an engaging talk on the fascinating stories behind Durga's nine forms. We'll explore the rituals, their roots in practicality, and their relevance even in modern life – especially in terms of food – local, seasonal, and wild.

No frills—just real, practical wisdom hidden in the tales of demons, goddesses, and age-old traditions passed down through time.

If you're curious about the deeper, practical meaning behind these myths, this is for you.

Date: Monday, 30 September 2024
Venue: SAHER Conference Hall
Time: 4:30pm - 6pm

This event is an offering, for Free.
Donation for Edible Weeds Project is welcome
Edible Weeds @ Nina S



To express your interest or share suggestions, email edibleweedwalk@gmail.com, +91 9840936907WA, or message me on *Edibleweed Walk* (Facebook) or *@edibleweeds.walk* (Instagram).
Nina

Coconut Shell Workshop



Craft earrings, keychains, pendants and bowls

Incense Making Workshop



Come and make your own Agarbatties.

Toys Workshop



Craft toys made of wood and bamboo

Finger Painting



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

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
Bridle Joints
WOOD JOINERY Mortise & Tenon
BEGINNER LEVEL Basics of wood & tools
Hand & Power tools
DM to Register: 9952589649



SPOON CARVING
BEGINNER LEVEL
Basics of wood & tools
Marking & cutting
Shaping with hand tools
Sanding & finishing

**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)**
WOODEN BOWL & PLATE
Basics of Wood, Hand & Power tools, DM to Register: 9952589649
Basics of turning lathe & tools wellnesswoodcraft@auroville.org.in
Hands on practice of Wood turning. (Pre book in advance)

Advance booking is necessary

- DM to register: +91 9952589649
- wellnesswoodcraft@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.



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.

- 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

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

Hyundai Santro Xing Car is Available

Contact details: 9843090006, Vinai.M

Vinai



New Electric Bike Available

Madim Ebike Model: Spring Load King Big in a perfect condition, only 203 km, purchased new on 28 April 2023, with a powerful battery lithium ion 60V—45AH. Born for cargo but is ready with a comfortable seating for passengers. Call cell 9443790180



Guidelma Grandi

250 ml. Square Marasca Glass Bottles Available

Call cell 9443790180

Guidelma Grandi



Items Available/ Prema

Inversion table, Adult cycle, Street smart motor bike, Antique teak wood chairs, Little steel furniture with glass show case top, Wooden shelves. All in very good condition!

Contact by WA message: 9787759677

Prema

Household Items Available/ Manu

- Children’s Balance Bike ideal for 2—5 years,
- 2 level open shelf = Khaya wood,
- Flatscreen television Samsung brand 24” size,
- TataSky Dish TV equipment,
- Aquaguard water purifier RO+UV model

Please contact 9488830338 WA for details.

Manu

Looking For

Kitten Looking for a Forever Home!

Adorable 2.5 month old female orange kitten available for adoption! This sweet and playful little girl is ready to find her forever home. She’s a stunning orange beauty, already potty trained, and happily eating solid foods.



WA 9994216702 for adoption.

Amarnath

Looking for House Sitting

Hi, I’m Shola. I’ve been part of the Auroville community for 8 years and am looking for a house-sitting opportunity starting at the end of November. I’m a clean and responsible person who will take good care of your home. If you have a place available for short- or long-term sitting, please contact me on WA 8220289812.



Shola

Looking for a Full-Time Gardener/ Deepanam

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.

Shalini for Deepanam Team



Looking for a Full-Time Gardener/ Tine

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

Tine and Toby



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.

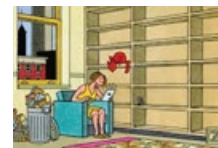
Estefania, +34 678662599

Work Offering

Looking for a Work Opportunity

My name is Carmen, aged 42 and almost 10 years in Auroville. I’m looking for a Work Opportunity part time or full time. I’ve experience as a kindergarten teacher, waiter, cleaning, etc.

Please take contact for further information. 8531017772



Carmen

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.



MOHANAM 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: Looking for 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.

Raja and Suresh for Human Resource Team

Honorary Voluntary

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



AuroOrchard

Volunteer and learn farming hands-on!

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

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

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

MONDAY to SATURDAY
7AM TO 9AM and/or 9:30AM TO 12PM

EMAIL: auroorchard@auroville.org.in
WHATSAPP: 9566631079 (Nidhin)

auroorchard@auroville.org.in, 9566631079 WA
Nidhin for AuroOrchard team

KULAI 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),
surajkiran@gmail.com Balaji

Foods, Goods & Services

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

GRAND OPENING OF BELLA VITA!

Friday, 4 October, from 6:30pm onwards

We are happy to invite you all to the Grand Opening of Bella Vita! On Friday, the 4th from 6:30pm onwards we will celebrate with Pizza on the house as long as it lasts.



- Live music by Gerard from 6:30—7:30
- And with Suryan and Shanks from 7:30—9pm.
- Dance music from 9 onwards. Don't miss it!

Martina for
The Bella Vita & Naturellement team

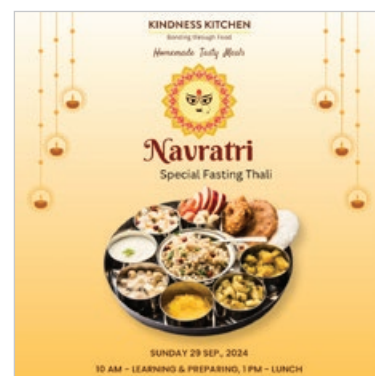
KINDNESS KITCHEN

Sunday 29 September

10am—Learning & Preparing, 1—Lunch

Fasting and feasting may seem contradictory, but for a true foodie, it's all about different flavors. You can skip certain foods without sacrificing taste.

There's a Marathi saying, "Upavashi, duppat khaashi," which means that on a fasting day, you often end up eating twice as much!



- **Menu:** Sabudana wada, Rajgira Puri, Upvasachi Batate Bhaaji, Bagaar Rice, Mixed Veg Gravy, Papad, Pumpkin Shira
- **Hosted** at the home of Nirmala & Naresh: Pushpanjali, Kottakarai, Bioregion Auroville.

To [RSVP fill this form](#) or WA +91 9223379171

Kindness Kitchen is an experiment in generosity and heartfelt connections. No prices, no strings attached.

Guests are invited to contribute from the heart, not for what they received, but for those who come after. At the end, everyone has an opportunity to keep the chain alive and pay it forward with money, time or other expressions of wealth for future guests.

Nirmala Naresh

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

HIVE COWORKING SPACE

Open House

27 September, Friday, 9am—5pm

@ HIVE, Auromode.



NEED A PLACE TO WORK?

OPEN HOUSE | HIVE COWORKING

FREE ON EVERY FRIDAY

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

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

- Visit us at www.auromode.in/hive-coworking for more details on our plans and facilities.
- For inquiries: auromodehive@auroville.org.in
+91 7092197375 WA/ +91 9042759540 WA or drop by.

All are Welcome!!!

Dhesh for Hive Team

ARTISTE CAFÉ

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

ARTISTE CAFÉ
Opening from Monday to Saturday
(8.30 a.m. to 9.30p.m.)
Break-fast, Lunch & Dinner available

Enjoy our traditional home-cooked South Indian food.
Open-Mic night every Saturday from 7pm to 9:30pm!
Sunday – Holiday

ARTISTE CAFÉ
Near New Creation, Kulaplayam, Auroville

0413-2623071 9786772209 yatraartistecafe@gmail.com

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

2623071, 9786772209, yatraartistecafe@gmail.com

Yatra Srinivassan for Artist Café Near New Creation

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.

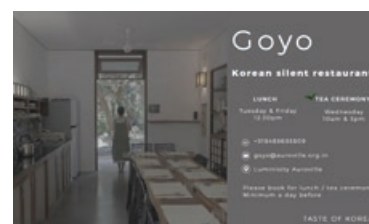
Arabinda for Pathway cafe

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

**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](#)

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

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*



Is Extending 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 are from 8:30am—7pm, effective now.

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

ECO FEMME

Open House every Thursday, 10:30am

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



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:**

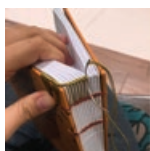


- surabhisupplies@auroville.org.in
- +91 98438 46458 WA, Phone: lyyappan

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

BOOK BINDING

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



8940648542, Michel

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

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

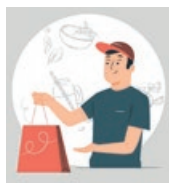
Utsav Phase—1 A, First Floor, Vérité Radial, Auroville

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

Submitted by 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

Poetry

CALIFORNIA PRODIGAL

The eye follows, the land
Slips upward, creases down, forms
The gentle buttocks of a young
Giant. In the nestle,
Old adobe bricks, washed of
Whiteness, paled to umber,
Await another century.

Star Jasmine and old vines
Lay claim upon the ghosted land,
Then quiet pools whisper
Private childhood secrets.

Flush on inner cottage walls
Antiquitous faces,
Used to the gelid breath
Of old manors, glare disdainfully
Over breached time.

Around and through these
Cold phantasmatalities,
He walks, insisting
To the languid air,
Activity, music,
A generosity of graces.

His lupin fields spurn old
Deceit and agile poppies dance
In golden riot. Each day is
Fulminant, exploding brightly
Under the gaze of his exquisite
Sires, frozen in the famed paint
Of dead masters. Audacious
Sunlight casts defiance
At their feet.

By Maya Angelou

ASCENT

Immersed in soil, water draining in
Gifts from Mother Earth, insects, and all its many kin
The seed awaits its moment, the ocean holds its pearl
Bursting into the world; it yearns, seeks, grows and unfurls.

The new life is delicate, and the world can be harsh,
The seed knows not where it grows, a desert or a marsh
But the world is kind, and the seed is strong
Through caress and through storm, it carries on and on
The nutrients in the dirt, the remnants of the rain
Are all it needs to make miracles from pain

And so it emerges from the ground, a green eruption
in our sight
The seed turns to plant, and then to tree, ascending
to the light.

Neel Adhiraj Kumar

“YOU ARE SO SWEET.”

“You are so sweet.”

“Oh, thank you.

Actually I am

All Spices.

Or it is not me.

It’s the dye

From flavours of life.

What about you?”

“Hmmm...

What about me?”

With joyful Gratitude,
Anandi Z.

Voices & Notes

THE GOAL

To all goodwill participants and aspirants, here to remind us of the Supreme Goal underlying the progressive development of Auroville this City of Dawn in the bosom of Bharat Mata, Cradle of the Supramental being¹:

<https://incarnateword.in/compilations/the-goal>

"India has become the symbolic representation of all the difficulties of modern mankind."

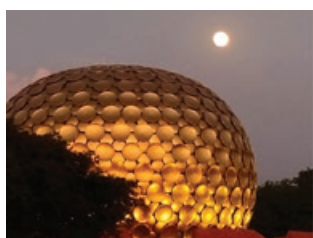
"India will be the land of its resurrection—the resurrection to a higher and truer life."

"And the clear vision: the same thing which in the history of the universe made the earth the symbolic representation of the universe so as to concentrate the work on one point, the same phenomenon is now taking place: India is the representation of all human difficulties on earth, and it is in India that the... cure will be found. And then, that is why—THAT IS WHY I was made to start Auroville."

Sri Aurobindo and the Mother

<https://incarnateword.in/agenda/09/february-3-1968>

All is a living symbolism,
A hologram, a simulacrum,
Beings born-unborn-reborn
In the unfolding fractions of
Time,
Experiencing in the bosom
Of the Supreme Divine Mom.



Immersed in Her Cosmic Water,
The MahaShakti Creatrix Mother²
In Divine Love prompts and nurtures,
Compels with Executive Power
All Her Beloved Children

Towards the Life Divine.



¹ <https://incarnateword.in/agenda/09/february-3-1968>

² <https://incarnateword.in/cwsa/32>

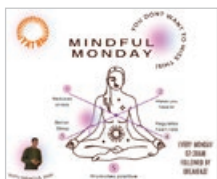
Zech, 2024.09.21

Classes, Workshops & Healing Arts

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

SITARA MUNAY-KI YOGA SCHOOL

Fri 4, Sat 5, Sun 6, October 2024
3 mornings, 10.30-12 noon

**MEDITATION
YIN YOGA
SOUND JOURNEY**

Only 4 people, in a beautiful location
in Auromodelle, Auroville

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

Under Auroville Art Service



Sitara has been living in Auroville for 22 years. Over the years she held many different transformational workshops, and recently she started to offer Yoga Teacher Trainings.

To learn more about Sitara see

<https://sitaramunay-kiyoga.org/sitara/>

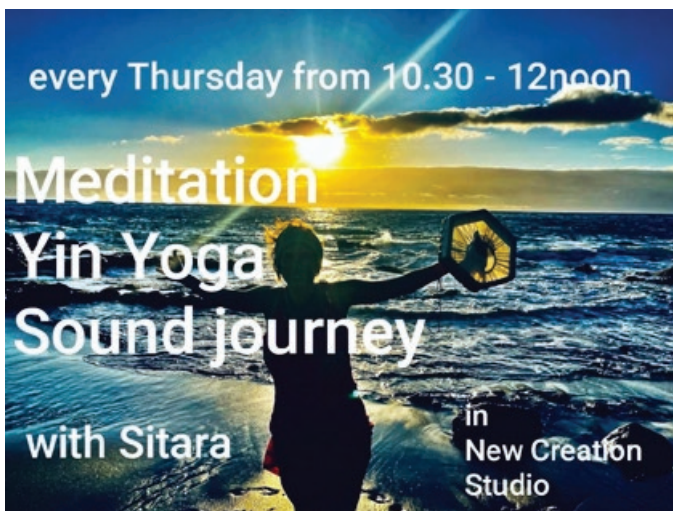
In this drop-in class she will teach her favorite combination of meditation, yin yoga and sound journey.

- Please come in time.
- The class is on donation-basis.

+393288181300 WA, gp@auroville.org.in

sitaramunay-kiyoga.org. Submitted by Giovanni

YIN YOGA



Yin Yoga Benefits

- Deep tissue relaxation
- Improved flexibility & range of motion
- Enhanced energy flow & balance
- Emotional release & healing

Combined Benefits with Meditation & Sound Journey

- Amplified relaxation & stress relief
- Deeper self-awareness & emotional healing
- Enhanced overall well-being & balance
- Profound sense of calm & inner peace

Submitted by Giovanni

**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 Karalakattai 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.



Nattiyakkalai 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
Aurothaima—Hospitality Trust
October—November 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

October—November 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**

QUIET HEALING CENTER



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 & 9 October, 4:30—6pm

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



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

Watsu® 2 with Dariya

• 2—8 October, 8:45—6pm

Watsu 2 expands the Transition Flow taught in Watsu 1. You will learn additional movements and bodywork for each position and how to incorporate them in your practice sessions. You will also study the meridians and acupressure points, which are relevant in Watsu, and creatively explore your own movements, while following the receiver's natural tendency to move. Practising acupressure massage, as well as lifts, pushes, and pulls introduced at this stage, will help you develop the ability to play with energy and further explore this amazing water therapy.



• **Prerequisites:** Watsu 1

A Journey Inward for Self-Discovery with Shola

• Saturday, 5 October, 9:30 am—12:30pm

Join us for an experiential meditation workshop that integrates active expression through movement, vibration, and guided self-hypnosis techniques. This therapeutic approach provides direct access to experiencing well-being and inner stillness. The movements activate and restore the energy flow in the body, allowing you to discover effective ways to move deeper into your inner being.



• Please wear loose, comfortable clothing.

Watsu® & OBA Basic with Dariya

• 10—15 October, 1—6pm

Watsu & OBA are aquatic bodywork modalities given in a warm water pool (ideally 35°C). Watsu Basic introduces the qualities and body mechanics required to work with someone in water in order to create a profound state of both physical and mental relaxation.



During the OBA part the receiver is also brought under water (with a nose clip), which offers a unique experience.

In this course, you will practice basic techniques and qualities (grounding, presence, stillness, movement, attention) of being and moving another body in water. You will experience floating other people and being floated, on the surface and under water, thereby creating space for deep relaxation and nurturing body, mind and spirit. Participants in this course often appreciate the group space, which fosters deep, meaningful and nurturing connections.

The flowing interaction with water, its fluid support and warm embrace, and the practitioner's presence provide a space to experience the multi-layered benefits of this powerful and softening bodywork. Watsu & OBA offer an opportunity for profound relaxation and letting go, for building trust, for being nurtured and held, for expanding inner and outer boundaries, for releasing emotions and traumas—ultimately, for freeing body and mind.

• **Prerequisites:** no previous experience required.

Guido for Quiet, +91 9488084966,

www.quieth healingcenter.info/ quiet@auroville.org.in

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

TRADITIONAL MANTRAS AND STOTRAS

Chanting Classes

@ Serendipity Community
with Sonia Novaes

Fridays, 5pm,

Regular Class

serendipityauroville@gmail.com

+91 8940288090

Sonia



ARKA WELLNESS CENTER & MULTIPURPOSE HALL

Regular Activities, October

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	only by Appointment niyatithakkar2112@gmail.com Monday to Sunday 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
Eye yoga and Wellness retreat	Aurosugan & Priyanka	Every day morning: 7—8am by Appointment only: 8012305151/ 9704258709

Submitted by Ramana for Arka

SOUND THERAPY & SELF HEALING, 2 in 1 Session

Rejuvenating soundbath combined with breathing techniques for maximum benefits.



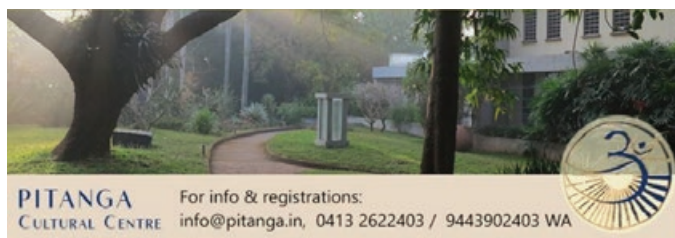
- First, by immersing yourself in the vibrations from a sound bed—which will travel through your body to the organ chosen for healing—accompanied by musical instruments (gong, singing bowls, etc.) and vocals, you will start to connect with your body’s consciousness.

- 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



Program

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!

Day	Time	Activity
Mondays	7:30—9am	Asanas mixed level with Rachel
	8:30—10am	Yoga Therapy with Gala
	4—5pm	Doing No-Thing Consciously with Mike
Tuesdays	5:30—6:45pm	Vinyasa Flow Yoga with Dinagar
	7:30—8:45am	Self Practice with Rachel
	7:30—8:45am	Ojasana Hatha-Nada Yoga with Ojas
Wednesdays	5:30—7pm	KoTree Yoga with Grace Gitadelila
	7:30—9am	Asanas mixed level with Rachel
	8:30—10am	Yoga Therapy with Gala
Thursdays	5:30—6:45pm	Vinyasa Flow Yoga with Dinagar
	4:30—5:30pm	Aviva Exercise with Suriyagandhi
Fridays	5:30—7pm	KoTree Yoga with Grace Gitadelila
	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
Saturdays	5:30—6:45pm	Vinyasa Flow Yoga with Dinagar
	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

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.



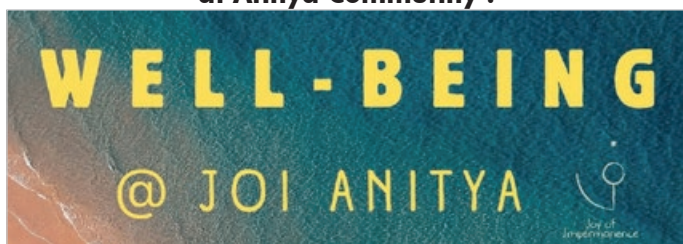
Private 1:1 sessions are a powerful and intimate container to work on your deep emotional healing and self-discovery. Anything, and everything is welcomed.

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.

Submitted by Kardash

**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, acupuncture, 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 (no class 14 October)	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
	Face & Eye Yoga	5—6pm	Mamta
	Awareness Through the Body Exploration (ATB)	5—6:15pm	Vega
Wednesdays	Yoga for Happy Hips	7:30—8:30am	Dev
	Breath & Mind Harmony (no class 16 Oct)	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
	Yin Yoga—Deep Tissue Release	9:15—10:15am	Radhika
	Open Heart Space Meditation (no class 31 Oct)	5—6pm	Samrat
	Deep Sound Bath (no class 31 Oct)	5—6pm	Satyayuga
Fridays	Pranayama & Meditation	7:30—8:30am	Radhika
	Hatha Vinyasa Yoga	5—6pm	Andres
	Free Flow Dance & Movement	5—6:30pm	Vega
Saturdays	Strengthen and Align Yoga	7:30—8:30am	Dev
	Sivananda Yoga	5—6pm	Mani
	Deep Sound Bath	5—6pm	Satyayuga

Classes

- Contact 0413-2622045, +91 9363624083 WA, programming@verite.in

Pranayama & Meditation with Mamta at Vérité

- Monday 7:30am—8:30am

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

Restorative Yoga with Ramya at Vérité

- Monday 9:15am—10:15am, no class 14 October

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

Hatha Vinyasa Yoga with Andres at Vérité

- Monday, Wednesday & Friday, 5—6pm

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

Deep Sound Bath with Satyayuga at Vérité

- Monday, Thursday & Saturday, 5pm—6pm, no class 31 October

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

Sivananda Yoga with Mani at Vérité

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

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

Face & Eye Yoga with Mamta at Vérité

- Tuesday, 5—6pm

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

Awareness Through the Body Exploration (ATB) with Vega at Vérité

- Tuesday 5—6:15pm

ATB(Awareness Through the Body) facilitates a space to reconnect with oneself, and give opportunities for self-discovery and inner growth. In these sessions, we will practice basic foundations of ATB through various games and pair and group work. All are welcome who wants to experience or deepen our connection and understanding with oneself and others.

Yoga for Happy Hips with Dev at Vérité

- Wednesday 7:30—8:30am

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

Breath & Mind Harmony with Ramya at Vérité

- Wednesday 9:15—10:15am, no class 16 October

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

Kirtan—Songs for Your Soul with Mamta at Vérité

- Wednesday 5pm—6pm
- Contributions are voluntary

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

Hatha Yoga Essentials with Dev at Vérité

Thursday 7:30—8:30am

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

Yin Yoga—Deep Tissue Release with Radhika at Vérité

- Thursday 9:15—10:15am

Restorative, meditative and relaxing: Discover the restorative and regenerative effects of this practice through meditative sequences that target deep tissue and restore the energy balance in our body.

Open Heart Space Meditation with Samrat at Vérité

- Thursday 5—6pm, no class 31 October

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

Pranayama & Meditation: Re-balance your Nervous System with Radhika at Vérité

- Friday 7:30—8:30am

You will be guided in breathwork techniques such as Suka, Nadi Shodan and Kapala Bhati as well as Meditation, all of which help to develop focus and breath awareness, enabling grounding and re-balancing of the nervous system. Contact 0413-2622045, +91 9363624083 WA, programming@verite.in

Free Flow Dance & Movement with Vega at Vérité

- Friday 5—6:30pm

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

Strengthen and Align Yoga with Dev at Vérité

- Saturday 7:30am—8:30am

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

Treatments and Therapies

- By appointment: +91 413 2622606, +91 9363624083 WA, treatments@verite.in

Thai Yoga Massage Bodywork with Andres at Vérité

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

Face & Neck Massage with Mamta

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

Biodynamic Craniosacral Therapy with Mila

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

Food is Medicine: Lifestyle Health Practices Consultation with Parvathi

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

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

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

Birenda Massage with Radhika

A relaxing full body oil massage using a unique technique developed around the 1950s by Birenda of the Aurobindo ashram. This soft, yet profound massage helps to unfold a journey within oneself during which energy blockages and tensions surface so that they can be recognized and transformed.

Craniosacral Therapy with Radhika

Craniosacral therapy is a safe and beneficial bodywork treatment that uses gentle pressure and movements to relieve stress and pain. It facilitates deep states of relaxation, hence enabling the body to heal and be brought back into balance and harmony.

Foot Reflexology with Radhika

Foot reflexology involves applying pressure points and massage on different areas of the foot. Among its many benefits, it reduces stress, improves digestion, and promotes sound sleep. This integrated therapy provides the benefits of both craniosacral therapy and foot reflexology, easing one into a deep state of relaxation, strengthening the nervous system and accelerating the body’s ability to heal and regenerate.

Integrated Craniosacral & Foot Reflexology w/ Radhika

Craniosacral therapy is a safe and beneficial bodywork treatment that uses gentle pressure and movements to relieve stress and pain. It facilitates deep states of relaxation, hence enabling the body to heal and be brought back into balance and harmony. Foot reflexology involves applying pressure points and massage on different areas of the foot. Among its many benefits, it reduces stress, improves digestion, and promotes sound sleep. This integrated therapy provides the benefits of both craniosacral therapy and foot reflexology, easing one into a deep state of relaxation, strengthening the nervous system and accelerating the body’s ability to heal and regenerate.

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

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

Holistic Foot Reflexology with Vyshnavi

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

Energy Healing Reiki with Vyshnavi

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

Integrated Energy Healing & Holistic Foot Reflexology with Vyshnavi

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

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
Birenda Massage	Radhika
Craniosacral Therapy	Radhika
Foot Reflexology	Radhika
Integrated Craniosacral Therapy and Foot Reflexology	Radhika
Integrated Ayurvedic Acupressure, Deep Tissue & Heart Healing Massage	Raja
Energy Healing Reiki	Vyshnavi
Holistic Foot Reflexology	Vyshnavi
Integrated Energy Healing & Holistic Foot Reflexology	Vyshnavi

Workshops (pre-registration required)

Pain Management: Yoga for Lower Chronic Headache with Dev

- Saturday, 28 September, 9:15am—12pm

This pain management workshop focuses on a holistic approach to managing chronic headaches. Learn gentle stretches and strengthening poses for the neck, shoulders, and scalp and breathing techniques that reduce tension and promote relaxation. Personalized attention and modifications will be given to safely accommodate individual’s needs.

Food is Medicine: Lifestyle Health Practices with Parvathi

- Saturday, 28 September, 2—4pm

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

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

• Saturday, 5 October, 9:15am—12pm

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

Food is Medicine: Lifestyle Health Practices with Parvathi

• Saturday, October 5, 2—4pm

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

Day & Date	Workshops (pre-registration required)	Timings	Presenters
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
Saturday, 5 October	The Path of Yoga Nidra: Insights and Practice for Deep Relaxation	9:15am—12pm	Ramya
Saturday, 5 October	Food is Medicine: Lifestyle Health Practices	2—4pm	Parvathi
Saturday, 12 October	Pain Management: Yoga for Chronic Headache	9:15am—12pm	Dev
Saturday, 12 October	Introduction to Ayurveda and it's Lifestyle	2—4pm	Dr. Geeta
Friday, 18 October	Understanding Pranayama & its Practice in Asanas & Meditation	9:15am—12pm	Radhika
Friday, 18 October	Face & Eye Yoga: Face Your Self	2—4:30pm	Mamta
Saturday, 19 October	Pain Management: Yoga for Lower Back Pain	9:15am—12pm	Dev
Saturday, 19 October	Panchakarma: Ayurvedic Purification Techniques	2—4pm	Dr. Geeta
Saturday, 26 October	Master Class: Sivananda Yoga	9:15am—12pm	Mani
Saturday, 26 October	Food is Medicine: Lifestyle Health Practices	2—4pm	Parvathi

Kathir for Vérité Programs



It Matters

Schedule from 27 September to 5 October

Weekly Activities—A/C Room

- **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
27 September, Friday, 5:30—6:30pm	Kollywood Dance with Pranathi
28 September, Saturday, 4:30—5:30pm	The Savitri Research Project with Matthias
30 September, Monday, 5:30—6:30pm	Taichi, The way of the Leaf with Kaarthikeyan Kirubhakaran
1 October, Tuesday, 5:30—6:30pm	Science of Meditation with Matthias
4 October, Friday, 4—5pm	Calligraphy: Form and Expression with Jayesh
4 October, Friday, 5:30—6:30pm	Kollywood Dance with Pranathi
5 October, Saturday, 4:30—5:30pm	The Savitri Research Project with Matthias
Date	Workshops in October*
5 October, Saturday, 10am—12pm	Journaling through Relationships with Dr. Mamta, Rs./900
12 October, Saturday, 10:30am—12:30pm	Navratri Special Raas Garbha with Varsha, Rs./900
19 October, Saturday, 10am—12pm	Drama in Me, Transformative Theatre Workshop with Rashi Bunny, Rs./900
26 October, Saturday, 10am—12pm	The Art of Conscious Living with Preeti Mahurkar, Rs./900

*Pre-registration for Workshops is mandatory/ 50% discount for Aurovilians and SAVI volunteers

Akira

RADICAL TRANSFORMATIONAL STEWARDSHIP RTS

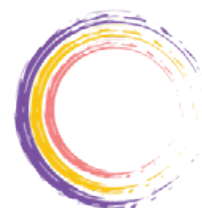
This social transformation workshop is designed to unleash your full potential and enroll others to transform our lives, our work and our society and produce results by using a whole system transformation methodology and integrated design principles. The workshop is open to all change-makers wanting 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



AUROVILLE LANGUAGE LAB

Tomatis programs

Some spaces are available. 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.



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 & 2—7pm
- Saturday, 9am—12pm & 2—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

Cinema



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

- **Reminder: 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

- **Friday, 4 October, 8pm, "Paris, Texas"**

Directed by Wim Wenders, West Germany, France, 1984

With: Harry Dean Stanton, Nastassja Kinski, Dean Stockwell, Aurore Clément, Hunter Carson

Synopsis: A disheveled man who wanders out of the desert, Travis Henderson seems to have no idea who he is. When a stranger manages to contact his brother Walt, Travis is awkwardly reunited with his son Hunter... From this simple setup, Wim Wenders uses his expertise with the road movie to crafts his film as something of a modern Western, full of memorable frames, wide-open landscapes and sharply observed local colour, but it's a western that's profoundly sceptical about the values embodied in the masculine archetypes of the genre. The music of Ray Cooder gives this movie its special color's sound.



The film won the Palme d'Or at the 1984 Cannes Film Festival and the Best Director BAFTA 1985. Restored English version 4K with English subtitles. Duration: 2h25'

News from Aurofilm

Dear community, as we previously informed you, the monthly budget and the half-maintenances allocated to the Aurofilm team since a long time was discontinued. Thankfully we have a few contributors and 2 generous donors who are helping us, but only for some months.

The Aurofilm team believes it is a useful and necessary cultural and educational service and wishes to continue the activities of presenting carefully selected films as well as classes to school children and to adults. They are tools to expand the mind and heart to other realities and to promote research and study of the creative, artistic, educational and cultural values of Cinema/ the 7th Art.

For this reason we are embarking on a new adventure to bring the world of film production closer to our community; we are preparing **Introductory Workshops on the World of Animation** by our collaborator **Abhijit Roy**. We will also offer **training workshops in different topics of cinema** through the participation of the renowned professor **Sivakumar Mohanam**. We will keep you informed!

To support us financially, we invite you to **join Aurofilm's Cinephile Club** by making a regular contribution that will help us all to continue sharing good cinema and film education.

We also take this opportunity to thank again the ones who have started to contribute monthly!

Any contribution is most welcome to our Aurofilm/SAIER collection Acc. Number **252658**

With sincere thanks—And see you soon!

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, 27 September
Children Full of Life**

2003 / 40 minutes/ Noboru Kaetsu

Mr. Kanamori, a 4th grade primary school teacher in Kanazawa, Japan, gives his students lessons on what he considers to be the most important principles in life: to be happy and to care for other people. His lessons include discussion around teamwork, community, the importance of openness, how to cope, and the harm caused by bullying.

Looking forward to welcoming you!

Aviram

STUDY CIRCLE



Film Institute @ Auroville is delighted to introduce an open study circle at the Auroville Film Institute, India Space, Bharat Nivas.



The Study Circle is designed in concurrence with the ongoing research and academic pursuits of the Film Institute Fellows. The sessions are open for all.

Upcoming Schedule

- **Venue: Auroville Film Institute, India Space, Bharat Nivas**

Friday 27 September 5—7pm	Reading & Discussion	Bill Nichols on Types and Modes of Documentary Films
Saturday 28 September 5—7pm	Screening & Discussion	Orson Welles' F for Fake (1973) Duration: 1hr 30min
Monday 1 October 10—11am	Screening & Discussion	Chris Marker's Sans Soleil (1983) Duration: 1hr 40min

Richa for Auroville Film Institute

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

NRN 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,
NewsAndNotes@auroville.org.in*



CINEMA PARADISO
Multimedia Center (MMC) Auditorium
Film Program
30 September to 6 October 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 30 September, 8pm
Jama

India, 2024, Writer-Dir. Pari Elavazhagan w/ Pari Elavazhagan, Ammu Abhrami, Chetan and others, Drama, 133mins, Tamil w/ English subtitles, Rated: PG.

In a small village, a young street theatre artist named Appu struggles to uphold his father's legacy in the traditional folk-art form called "Therukoothu." Amidst societal pressures, his mother's wishes, and his own aspirations, he faces ridicule and challenges. His journey is marked by his dedication to the art form, his unrequited love, and his quest for acceptance and respect, ultimately finding his true calling. A film to watch!

Potpourri—Tuesday 1 October, 8pm
Céline Et Julie Vont En Bateau: Phantom Ladies Over Paris (Celine and Julie Go Boating)

France, 1974, Dir. Jacques Rivette w/ Juliet Berto, Dominique Labourier, Bulle Ogier, and others, Slapstick-Fantasy, 193mins, French w/ English subtitles, Rated: NR (PG).

In a whimsical Parisian summer, a daydreaming librarian encounters an enigmatic magician, leading them on a surreal adventure. Their journey takes them through a haunted house, where they consume psychotropic candy that blurs the lines between reality and fantasy. As they unravel a murder-mystery melodrama, the story weaves together elements of magic, intrigue, and playful imagination, creating an enchanting and unique cinematic experience. This film delights in exploring the endless possibilities of storytelling, blending humor and mystery in a dreamlike narrative. An acclaimed film from the yester years when western films too were long.

Selection—Wednesday 2 October, 8pm
Blue Jasmine

USA, 2013, Dir. Woody Allen, w/ Kate Blanchett, Sally Hawkins and others, Drama-Comedy, 98mins, English w/ English subtitles, Rated: PG-13.

Jasmine French, once a prominent New York socialite, returns to her estranged sister in San Francisco, utterly ruined. Struggling with haunting memories of her privileged past and its dark realities, Jasmine attempts to recover in the present. However, her narcissistic tendencies and their consequences overwhelm her, complicating her attempts at recovery. As her old pretensions and new deceits spiral out of control, she begins to adversely affect the lives of those around her, especially her own.

Interesting—Thursday 3 October, 8pm
Wild Wild Space

USA, 2024, Ross Kauffman w/ Chris Kemp, Ashlee Vance, Jonathan McDowell, and others, Documentary, 93mins, English w/ English subtitles, Rated: NR (PG-13).

Low Earth Orbit, the new frontier for visionaries and capitalists, becomes a battleground for Chris Kemp and Peter Beck, founders of rival rocket companies. Their intense rivalry aims to disrupt Elon Musk's dominance, launching commercial satellites for prestigious clients like Planet Labs, led by Will Marshall, as they redefine space exploration one satellite at a time.

International—Saturday, 5 October, 8pm
Widow Clicquot

USA, 2023, Dir. Thomas Napper w/ Haley Bennett, Tom Sturridge, Natasha O'Keeffe, and others, Drama, 90mins, English w/ English subtitles, Rated: R.

Based on the true story of the "Grande Dame of Champagne," Barbe-Nicole Ponsardin (1777-1866) who, at the age of 20, became Madame Clicquot after marrying the scion of a winemaking family. After her husband's untimely death, Barbe-Nicole flouts convention by assuming the reins of the fledgling wine business they had nurtured together. She revolutionizes the champagne industry to become one of the world's first great entrepreneurs.

Children's Matinee—Sunday, 6 October, 4pm
Wonderstruck



USA, 2017, Dir. Todd Haynes w/ Oakes Fegley, Julianne Moore, Michelle Williams, and others, Adventure-Mystery, 116mins, English-Spanish w/ English subtitles, Rated: PG

The film interlaces two stories set fifty years apart, switching frequently between them. Each tells the story of a child's quest. In 1927, Rose runs away from her father's New Jersey home to find her mother/ idol, the actress Lillian Mayhew. In 1977, recently orphaned Ben runs away from his Minnesota home in search of his father.

New German Cinema @ Ciné-Club
Ciné-Club Sunday 6 October, 8pm
Falsche Bewegung (Wrong Move)

Germany, 1975, Dir. Wim Wenders, w/ Anna Schygulla, Rüdiger Vogler, and others, Drama, 106mins, German w/ English subtitles, Rated: NR.

A young German writer, Wilhelm Meister sets off on a journey of self-discovery. During his travels, he encounters various fascinating characters, including the beautiful Therese, the intriguing young Mignon and a poet named Landau. When the group accompanies Landau on a visit to his uncle, they mistakenly end up at the home of a wealthy but forlorn stranger.

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