



News Notes

#1047 A weekly bulletin for residents of Auroville 3 October 2024



Tamil Nadu

"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



This then is the origin, this the nature, these the boundaries of the Ignorance. Its origin is a limitation of knowledge, its distinctive character a separation of the being from its own integrality and entire reality; its boundaries are determined by this separative development of the consciousness, for it shuts us to our true self and to the true self and whole nature of things and obliges us to live in an apparent surface 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.

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

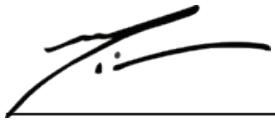
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Auroville Public Bus:	
<i>Dear All, we would like to inform you all that the yearly maintenance of the bus is coming ahead on 06.10.2024. Therefore, we need to send the vehicle for painting, mechanical works for clearing the fitness certificate. Therefore, we suspend the bus service from 30.09.2024 to 06.10.2024. See you all on 07.10.2024 (Monday).</i>	
<i>Sorry for the inconvenience.</i>	
<i>In her service, Raju for Auroville Public Bus</i>	



House of Mother's Agenda

O Savitri, thou art my spirit's Power,
 The revealing voice of my immortal Word,
 The face of Truth upon the roads of Time
 Pointing to the souls of men the routes to God.
 While the dim light from the veiled Spirit's peak
 Falls upon Matter's stark unconscious sleep
 As if a pale moonbeam on a dense glade,
 And Mind in a half-light moves amid half-truths
 And the human heart knows only human love
 And life is a stumbling and imperfect force
 And the body counts out its precarious days,
 You shall be born into man's dubious hours
 In forms that hide the soul's divinity
 And show through veils of the earth's doubting air
 My glory breaking as through clouds a sun,
 Or burning like a rare and inward fire,
 And with my nameless influence fill men's lives.
 Yet shall they look up as to peaks of God
 And feel God like a circumambient air
 And rest on God as on a motionless base.
 Yet shall there glow on mind like a horned moon
 The Spirit's crescent splendour in pale skies
 And light man's life upon his Godward road.
 But more there is concealed in God's Beyond
 That shall one day reveal its hidden face.
 Now mind is all and its uncertain ray,
 Mind is the leader of the body and life,
 Mind the thought-driven chariot of the soul
 Carrying the luminous wanderer in the night
 To vistas of a far uncertain dawn,
 To the end of the Spirit's fathomless desire,
 To its dream of absolute truth and utter bliss.
 There are greater destinies mind cannot surmise
 Fixed on the summit of the evolving Path
 The Traveller now treads in the Ignorance,
 Unaware of his next step, not knowing his goal.
 Mind is not all his tireless climb can reach,
 There is a fire on the apex of the worlds,
 There is a house of the Eternal's light,
 There is an infinite truth, an absolute power.
 The Spirit's mightiness shall cast off its mask;
 Its greatness shall be felt shaping the world's course:
 It shall be seen in its own veiless beams,
 A star rising from the Inconscient's night,
 A sun climbing to Supernature's peak.
 Abandoning the dubious middle Way,
 A few shall glimpse the miraculous Origin
 And some shall feel in you the secret Force
 And they shall turn to meet a nameless tread,
 Adventurers into a mightier Day.
 Ascending out of the limiting breadths of mind,
 They shall discover the world's huge design
 And step into the Truth, the Right, the Vast.
 You shall reveal to them the hidden eternities,
 The breath of infinitudes not yet revealed,
 Some rapture of the bliss that made the world,

Some rush of the force of God's omnipotence,
 Some beam of the omniscient Mystery.
 But when the hour of the Divine draws near
 The Mighty Mother shall take birth in Time
 And God be born into the human clay
 In forms made ready by your human lives.
 Then shall the Truth supreme be given to men:
 There is a being beyond the being of mind,
 An Immeasurable cast into many forms,
 A miracle of the multitudinous One,
 There is a consciousness mind cannot touch,
 Its speech cannot utter nor its thought reveal.
 It has no home on earth, no centre in man,
 Yet is the source of all things thought and done,
 The fount of the creation and its works,
 It is the origin of all truth here,
 The sun-orb of mind's fragmentary rays,
 Infinity's heaven that spills the rain of God,
 The Immense that calls to man to expand the Spirit,
 The wide Aim that justifies his narrow attempts,
 A channel for the little he tastes of bliss.
 Some shall be made the glory's receptacles
 And vehicles of the Eternal's luminous power.
 These are the high forerunners, the heads of Time,
 The great deliverers of earth-bound mind,
 The high transfigurers of human clay,
 The first-born of a new supernal race.
 The incarnate dual Power shall open God's door,
 Eternal supermind touch earthly Time.
 The superman shall wake in mortal man
 And manifest the hidden demigod
 Or grow into the God-Light and God-Force
 Revealing the secret deity in the cave.
 Then shall the earth be touched by the Supreme,
 His bright unveiled Transcendence shall illumine
 The mind and heart and force the life and act
 To interpret his inexpressible mystery
 In a heavenly alphabet of Divinity's signs.
 His living cosmic spirit shall enring,
 Annulling the decree of death and pain,
 Erasing the formulas of the Ignorance,
 With the deep meaning of beauty and life's hid sense,
 The being ready for immortality,
 His regard crossing infinity's mystic waves
 Bring back to Nature her early joy to live,
 The metred heart-beats of a lost delight,
 The cry of a forgotten ecstasy,
 The dance of the first world-creating Bliss.

(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

THE HUMAN RESOURCE TEAM

Is Looking for an Aurovillian to Lead BCC Finance

They would need good communication skills to interact with fellow Aurovillians.

Skills:

- Excel
- Google drive / sheets
- English

They should be Aurovillian at least 5 years with the related experience.

Note: If Aurovillians are not interested within 14 days after the notice, Newcomer or Bioregion will be taken for the position.

- **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

APPLICATION ANNOUNCEMENT, 01-10-2024



L'avenir d'Auroville

The following project has received temporary Site Approval. Announced for information only.

Eco Service, Temporary Site for Landfill

- **Project Holder:** Eco Service
- **Location/ area:** Near Nine Palms (Green Belt) (Survey no. IR379/ 10)
- **Area for which approval is given:** 0.53 acres
- **Project brief:** Eco Service has been using a plot in the Service Farm area for landfill purposes, but access to the site has been blocked by neighbouring landowners. Due to the urgent need to dispose of non-recyclable waste, Eco Service requested an alternative landfill site. ATDC has identified an alternative new landfill site in the Northern Green Belt near Nine Palms, within Auroville Land and has granted temporary approval for this site, for a period of six months.

However, ATDC & Eco Service are committed to find a long-term solution for the non-recyclable garbage by identifying a proper site and resources for an Eco Service that will house a Water-cooled incinerator.

These are a type of incinerator that use water jackets to cover the furnace's main body. They have several advantages, including:

Durability: Water-cooled incinerators can withstand high-calorific value waste, like plastics, without damage.

Smokeless operation: The forced air supply method in water-cooled incinerators ensures that the right amount of high-pressure air is supplied to the furnace, which allows for quick and smokeless incineration.

Energy saving equipment: Water-cooled incinerators can be equipped with energy saving equipment, like hot water boilers, which can provide heating, washing, and shower facilities.

We further take this opportunity to welcome any Auroville Resident/ Newcomer/ Volunteer interested to help us prepare a DPR (Detailed Project Report) for the same which is a requisite for fund-raising.

- Please write to avenir@auroville.org.in with the subject "Application for job: DPR for water-cooled incinerator".

Joel

BUILDING APPLICATION HELP DESK



L'avenir d'Auroville

Dear Community Members and Working Group Members, we are pleased to announce the creation of a Building Application Help Desk at the l'Avenir d'Auroville office. This service is available to assist you with completing various types of building applications and to address any related queries.

You are welcome to visit us during the following hours:

- **Every Tuesday: 2—5pm**
- **Location: l'Avenir d'Auroville office, 2nd Floor, Town Hall, Auroville**

We look forward to assisting you.

Govind, Jaya and Manu Gopalan
for l'Avenir d'Auroville

Community News

Passing On

THE PASSING OF MAGGI LIDCHI-GRASSI



We regret to inform the Auroville community of the passing of **Maggi Lidchi-Grassi**, an esteemed Friend of Auroville, who passed away on the 30 September 2024, in the early hours of the morning at her residence behind Fertile, at the age of 94.

Maggi was born in Paris on the 9 May 1930. She first visited the Sri Aurobindo Ashram in 1959 and settled there permanently in 1960. She was well-known as an author of works such as *Earthman*, *First Wife*,

Great Sir and Heavenly Lady, *The Great Golden Sacrifice of the Mahabharata*, and *The Light That Shone into the Dark Abyss*. She also founded Domani, an Italian magazine where the teachings of the Mother and Sri Aurobindo were shared. Additionally, she was actively involved in the publication of *World Union*, the Ashram's magazine.

Beyond her literary contributions, Maggi is remembered as a homeopath and as Mother's secretary. She was responsible for taking letters from Aurovillians to the Mother, arranging appointments for those who wished to meet with Her, and maintaining the birth records for children born in Auroville after Mother's passing.

Maggi also had the honor of being one of the voices to read Auroville's Charter during the inauguration ceremony on the 28 February 1968.

A devoted follower of the Mother, Maggi played an important role in Auroville's early developments. Together with Nata, she prepared the amphitheater for the inauguration ceremony, while Vincenzo prepared the urn. She and Nata also co-founded Auroshika, an incense-making unit in Edayanchavadi, and later, they established Udavi, initially a school for the children of the women working at Auroshika. Over the years, Udavi has grown into a well-established and recognized school in the community.

Maggi also started the very first Free-Store within the grocery shop that Nata had set up in Edayanchavadi. She later founded the Quiet Healing Center and, more recently, was working on a new project called Stillness—a retreat center she was developing with her companion and partner, Surakshita.

From Mass Bulletin

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

Matrimandir Lake:

Ready for the Moonsoon



Dear Friends, many posts have gone up on Auroville Connect since last week. You can explore them all on [WhatsApp](#), [FB](#) and [Instagram](#). This week we have a working update on the Lake from the Matrimandir Team.



**READY
FOR THE
MONSOON!**

Matrimandir Lake section 1 is ready for the monsoon! The concrete block walls at each end of the 100 meter long lake have been raised to their full height of 10.6 meters. and the German technician came, in August, to weld their waterproof lining of HDPE foil

SWIPE TO KNOW MORE

For the full story visit us on

- [WhatsApp](#),
- [Insta](#) & [FB](#)

Anu, for Auroville Connect

Awakening Spirit

Savitri
B H A V A N

Schedule, October 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

- **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 Shradhdhavan
- **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

House of Mother's Agenda welcomes you

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

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

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

- **Every day, 3—5pm**

Welcome to the Infinite Joy.

Ganga Lakshmi

Meditations on Savitri, Book 2—The Book of the Traveller of the Worlds, Canto 7—15

- **Monday, 7 October, 4pm at Savitri Bhavan.**
Duration: 42min.

Aswapati aspires to transform the darkness, falsehood, and evil prevailing on Earth. He descends into Night and journeys through many worlds to find a way and power so that the life on earth can evolve into the life divine.

The Descent into Night enables him to see the evil lurking at the roots of Life. He becomes aware of a hidden Power that seems to be giving birth to the world and at the same time destroying it. The secret heart of Night is a spiritless Infinity, denying Truth and wanting to abolish God. There is no Light, no divine Soul there. Carefully guarding the flame of his divine Spirit, Aswapati finds on the subconscious's floor the cosmic Will and the secret key of Nature's change.

The soul lit the conscious body with its ray, / Matter and spirit mingled and were one. (p.232)

Immediately, Aswapati's being is projected into *The Paradise of the Life-Gods*. Immersed in Light, perpetually divine, free from all adverse circumstances, that world lives in a jewel rhythm of the laughter of God and universal love. At last, he finds calm and heavenly rest and his wounds are healed by the embraces of pure blissful divine Energies.

Next, he explores the realms of early mind formations, that of the Little Mind and the Greater Mind.

Entering *The Heavens of the Ideal*, he can move freely through all the kingdoms of the Ideal Mind. He accepts their beauty and their greatness but does not remain in any of them. It is that none is willing to sacrifice its separate light and identity to find its soul in the world's single soul. He passes towards a diviner sphere where the radiant children of Eternity dwell in the immutable and inviolate Truth, forever united on the wide spiritual height where all are one. That is the goal he is aiming for.

Then, *In the Self of Mind*, Aswapati finds himself alone. He feels he can remain forever in this ultimate Self and absolute Silence. His soul is at peace, it knows and is one with the cosmic whole.

Surprisingly, by a mysterious sound and hidden call to unforeseen delight, he enters into the realm of *The World-Soul*. This is the source of all finite life. Here all is soul or made of sheer soul-stuff. There is revealed to him the sole omnipotent Goddess, the Supreme Mother. As soon as he glimpses her, his spirit is made a vessel of her force. He is overwhelmed with Bliss; his soul emits a cry of adoration and surrender as he falls unconscious at her feet.

On the last step to the supernal birth, in *The Kingdoms of the Greater Knowledge*, Aswapati walks along a narrow edge of extinction and thrills with the presence of the Ineffable. He can scan the secrets of the Overmind and bear the rapture of the Oversoul.

Living on the borders of the Supramental Empire of the Sun, he links creation to the Eternal's sphere: *A Panergy that harmonised all life / Held now existence in its vast control; / A portion of that majesty he was made. (p.300)*

His will takes up the reins of cosmic Force. He has reached the summit of *The World-Stair*.

Aswapati's journey and experiences described in *The Traveller of the Worlds in Savitri* from the base of Matter into the unknowable summits of the Spirit reflect Sri Aurobindo's own yogic journey and spiritual labour.

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

The film *Meditations on Savitri* is also available at the Savitri Bhavan Auroville YouTube Channel.

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


Location 

Rajan



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

The Synthesis of Yoga
- Sri Aurobindo



By Deepiti 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 

VEDIC CHANTING

Vedic Chanting



On the occasion of Navaratri, the Auroville Vedic Chanting Sangha extends a warm invitation to the community to join us as we chant veda mantras dedicated to the different aspects of Devi.

October 7th, Monday, 4:30 - 5:30 pm
Harmony Hall, Bharat Nivas

- Chitra, Khushmita, Mona, Rajeev, Rekha, Sangeetha, Shaalini, Tejaswini, Yogini

Education

NEW BOOK READING CIRCLE at Auroville Library


BOOK READING

Monday | Children's room | 6 - 7PM

AUROVILLE LIBRARY

THE BEAUTY MYTH, BY NAOMI WOLF

How Images of Beauty Are Used Against Women



Let's together explore how society's beauty standards impact women's lives, self-esteem, and well-being.

First session: 7th October

If interested Whatsapp Sohela on +91 8233277556

Explore how society's beauty images affect women's lives, self esteem and well being.

• Mondays 6—7pm in the Children's Room
Contact Sohela for more information: +91 8233277556

AUROVILLE LIBRARY

Our other reading circles

- **Mondays 6—7pm**, main building:
The Prophet by Kahlil Gibran,
hosted by Malcolm (+91 9080159721)
- **Tuesdays 6:30—7:30pm**, main building:
A New Earth by Eckhart Tolle,
hosted by Debashish (+91 7678208825)
- **Thursdays 6—7pm**, main building:
When Things Fall Apart by Pema Chodron,
hosted by Helen & Serena
(+91 7094753054/ +91 8489760966)

Auroville Library Contacts and Timings

- **Phone:** 0413 2622 894
- **Email:** avlib@auroville.org.in
- **Opening timings:**
 - **Mornings:** Monday—Saturday: 9am—12:30pm
 - **Afternoons:**
Monday, Wednesday, Thursday, Friday & Saturday:
2—4:30pm
Tuesday: 4—6:30pm

Submitted by Laura

KULAI CREATIVE CENTRE

Next to Auroville Bakery, Kuilapalayam
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, Up-cycling and many more from 9:30am to 4:30pm with free snacks and lunch for 30 kids from age 8 to 15.		

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

3—14 October

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:** Thursday, 3—Monday, 14 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

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*

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



Youth Initiatives

AUTHENTIC RELATING GAMES

5 October, Saturday, 2—5pm
@ Hall of Light, Creativity community

Register [via the link](#) or scan the QR code!

Jisung on behalf of Youthlink

MAKER SPACE

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

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

In order to continue providing a dynamic and resourceful environment for our community, we are reaching out to ask for your support.

We are seeking donations in cash or in kind, specifically materials such as wood, metal, and other upcycling materials that will help our makers bring their ideas to life.

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

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

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

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

Ecology

COME & CHECK ECO SERVICE TREASURES

Monday to Saturday,
10:30am—12:30pm & 3—4:30pm



Dear Community, we are delighted to offer a variety of valuable items at Eco Service, like plates, PVC pipes, repair materials, mirrors, glass bottles, and much more.

We welcome all recyclers or anyone needing such items to take them anytime from Monday to Saturday between 10:30am—12:30pm and 3—4:30pm.

- It's best to call Sumit at 6379669034 to confirm his availability before you come by. See you soon!

Laura H for Eco service team

Health Care



Santé

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>

TIBETAN DOCTOR TO VISIT AUROVILLE

Good morning all!

This is to confirm that the Tibetan Dr will be coming to Auroville on the monthly regular visit on

- Thursday, 16 October, 2—5:30 pm
- Friday, full day from 8:30am to 1pm & 2—5:30pm.
- Saturday morning, 8:30am—1pm.



To get your appointment kindly call us 0413 2622401 during our office hours 8:30am—12:30 & 1—5pm.

- Consultation is held at Tibetan Pavilion Auroville.

Kalsang for Pavilion Of Tibetan Culture International zone Auroville.

Aurokiya Integral Eye Centre
(An Auroville Unit)
In collaboration with The School For Perfect Eye Sight, Pondicherry

Auro Centre For Perfect Vision

Eye Yoga & Vision Therapy

Experience Natural Visual Healing with us

- ✓ Eye Yoga for Children
- ✓ Eye Yoga for Adults
- ✓ Vision Stress Relief Therapy
- ✓ Customized Vision Therapy
- ✓ Eye Relaxation Techniques
- ✓ Sports Vision Enhancement Training
- ✓ Dry Eye Therapy
- ✓ Eye Nutrition Guide

Private Sessions
Group Sessions
Online Sessions Available

* With a fully equipped eye clinic facility

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

Aurokiya Integral Eye Centre, in collaboration with The School for Perfect EyeSight, has launched the Auro Centre for Perfect Vision for eye yoga and vision therapy. We offer a transformative approach to address common eye issues, improve visual clarity, reduce eye strain, and support overall eye health. Our facility will offer regular eye yoga and vision therapy sessions, comprehensive eye exams, and follow-up care.

Please contact us for sessions and details

- Email: aurokiya@auroville.org.in
- Contact: 8012305151, 9704258709

Aurosugan for Aurokiya

FREE DELIVERY

by Pharmacy of Auroville Health Centre

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

- The order should be sent to the following email: pharmacyauroville@auroville.org.in Lili and Dr Uma

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

AURODENT DENTAL CLINIC



AURO DENT

Dental Clinic
Auro mode, 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)

Submitted by Sutha

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

Animal Care

AUROVILLE DOG SHELTER

Monthly Transparency Report September 2024

Overview

- New admissions: 20 (294 since April 2023—10 tiny puppies dumped again!)
- Rabies suspect cases: 1
- Adoptions and Releases: 15
- Vaccinations administered: approx. 300 (a total of 800 since the start of the vaccination drive)
- ABC shelter dog sterilizations: 12 (110 since February)
- Deworming: approx. 200



Donations

This month was a disaster as we barely received any donations, because some of our main donors did not have enough money to donate to the shelter. Our expenses were high, especially staff costs due to the ongoing vaccination campaign trying to combat the rabies outbreak in Auroville. In September, Rs. 100.530 arrived in our FS account and Rs. 65.750 in our bank account, which includes Rs. 50.000 from BCC and also donations sent by AVI USA (USD 556) leaving us with a huge minus of Rs. 1.3 lakh.

Expenditures

Animal Food: This month we fed our dogs 2 tons of rice, 1.8 tons of chicken, and 820 eggs, supplemented with donated food items like vegetables and daal which cost us approx. 1.1 lakh.

Staff Costs: Total staff costs for this month for our workers, paid animal care staff, 2 veterinarians, and volunteers was approx. Rs. 1.75 lakh this month.

Medical Costs: This month we were only able to buy urgent medicines and spent Rs 20.000, which does not include the vaccinations. Our stock of medicines is depleted and we need urgent funds to buy more.

Releasing of dogs, Vaccination Home Visits & Sterilisations

This month we had to rescue 19 dogs, some of them in extremely bad health, and some puppies that were dumped. As the capacity of our shelter is far beyond the maximum possible and without enough donations to ensure that we can provide sufficient food and care to all of them, we have no other option than to start releasing some dogs weekly. Of course, only dogs which are completely healthy, sterilized, and fully vaccinated will be released. Even though we asked dog lovers and Aurovilians to support us by fostering dogs, nobody came forward, which forces us to take this drastic step.

Despite having no funds we still try to keep our mobile vet clinic every Friday from 10.30 to 13.30 alive where we offer free treatments and free vaccinations as long as stock lasts. We have a long list of pet owners asking us for home visits, without enough money to pay our staff, we have to charge a fee of Rs. 200 per home visit.

We cannot offer any free sterilizations at the moment and need to receive upfront payment to guarantee an operation slot after several people refused to pay for neutering their animals or didn't show up.

Partnership with Youth Centre and Youth Link

We are immensely grateful to Youth Centre and Youth Link for instantly agreeing to help us to build 20 dog houses which will be used to house dogs in our new temporary backside area we called "HOPE". Without their support, it would be impossible to meet the target of fencing and open the new area within one month.

New Auroville Dog Shelter—Excerpts from our Progress Report to the GB

As it is now over a year since the construction of the new Auroville Dog Shelter is not moving forward, we have decided to publish excerpts from our progress report which was submitted to the Governing Board on 30.9.2024:

Auroville has always had a dog shelter since 2005. In April 2023, a new team assumed responsibility for the Auroville Dog Shelter. In May 2023, the Auroville Foundation decided to build a VIP road through the shelter, prompting ATDC to relocate it. By June 2023, a site near Red Earth Riding School (RERS) was allocated after a thorough search. However, RERS owner Jacqueline Kapur, whose business caters to wealthy clients, offering riding classes that are too expensive for Aurovilians to afford, opposed the location, preferring to use the land for parking and expansion, despite it not being part of RERS.

• New site permission is given & supported by AWBI and Animal Husbandry

In June 2023, ATDC/Sindhuja granted site permission for the new Auroville Dog Shelter. The Animal Welfare Board of India and Tamil Nadu’s Animal Husbandry inspected the site and the shelter, praising massive improvements despite the outdated and crumbling facilities and confirming compliance with all regulations. They allocated a 10 lakh rupee grant for the new shelter’s construction, which must be spent within a year. An additional 6.25 lakh was granted for medical and operational costs. The shelter receives Rs 50,000 monthly from BCC Auroville but requires 3 lakhs for operations, relying on fundraising. The Auroville Dog Shelter has signed an MoU with the Dean of the RIVER Vet College in Mettupallayam which turned the shelter into a place of education and training for vet interns, and also entered among others into a partnership with India’s largest Animal Care Organisation, “People for Animals.”

• Governing Board allocated budget for moving

In February 2024 the Governing Board allocated a 2 crore budget for building the new Auroville Dog Shelter at the allocated new site adjacent to RERS which is less than 4 acres in size. The area is more or less the same size that the shelter occupies now with 3.67 acres.

• Objections by Neighbor RERS and Their Resolution

The neighboring Red Earth Riding School (RERS), led by Jacqueline, instigated Edayanchavadi villagers to submit fabricated complaints against the Auroville Dog Shelter, even contacting the Chief Minister’s online portal. In response, Dr. Mrs. Latha, Joint Director of the Department of Animal Husbandry intervened, visiting the site in April 2024. She recommended changes to the architectural plans, including a sound-proof barrier to mitigate noise and buffer zones between dogs and horses. The revised plans were inspected and approved by the Animal Husbandry team, who requested immediate construction of the new Auroville Dog Shelter at the site adjacent RERS.

• ATDC building application manager blocks NOC & building permission

After resolving the complaints, Jacqueline was often seen at the Foundation Office, leading Mme Secretary to suggest seeking an alternative site for the dog shelter. However, no suitable options were found, and the Auroville Dog Shelter team initiated the building permission process in May 2024. Unfortunately, Ms. Sindhuja, the building application manager, refused to process it, questioning the shelter’s existence despite the agreement of other ATDC members. Misrepresentations about the new site size with Mrs. Sindhuja falsely claiming that it is 7 acres and attempts to limit the shelter’s size and scope of activities ensued, stalling progress for four months and threatening the survival of the shelter while bluntly disregarding Tamil Nadu Animal Welfare Board of India and other government guidelines. Ms. Sindhuja said on audio record during an ATDC meeting that she is following orders from Madam Secretary.

• Private Development Plans Threatening the Greenbelt Master Plan

Another challenge to the Auroville Dog Shelter site is private development plans inside the Greenbelt Master Plan. The private lands alongside the new VIP road are getting purchased by brokers for future business development, in collaboration with 2 village panchayat presidents and inside help from Auroville. An upscale villa housing lay-out (Doctor City) has sprung up just south of RERS and the new shelter site with the lay-out already encroached into the greenbelt masterplan. This village aims to expand and reach the VIP road for easy access and future shopping facilities. The village presidents are adamant that the dog shelter has no place next to RERS as confirmed by Sindhuja, ATDC. Their argument is that a dog shelter would diminish the real estate value of their high end villas, housings and hotels. The Auroville Dog Shelter is situated adjacent to RERS on one side and to peramboke land on the other side. The peramboke land would be used to provide access to the VIP road from the south, but the new Auroville Dog Shelter stands in the way of these development plans, effectively serving as the last line of defense for the Greenbelt Master Plan area against private development.

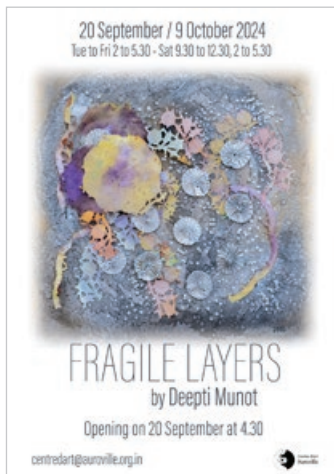
NOC building permission and budget approval with the Finance Committee in Delhi have been delayed for months. The budget request requires the NOC for building permission, after which the Auroville Secretary signs it. Just before her resignation from ATDC, Ms. Sindhuja made an unauthorized attempt to cancel the site permission for the new Auroville Dog Shelter, threatening its future and the protection of the Greenbelt.

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

Submitted by Arthur for Auroville Dog Shelter

Music & Arts

**DEEPTI MUNOT, FRAGILE LAYERS
and Aarti Manik, Voyage**



Ongoing
till 9 October
@ Centre d’Art Citadines



Guided tours
on Saturday at 10:30am

- Tuesday—Friday, 2—5:30pm
- Saturday, 9:30—12:30, 2—5:30pm

Submitted by Marco

BHARAT NIVAS

Shri Shantha Sampanth Natya Kalalaya



SHRI SHANTHA SAMPANTH NATYA KALALAYA
Presents
Bhakti Margam
By Disciples of
'Navarasakalaimani'
Guru. Shri. Shantha Sampath Kumar



07:00 pm
Saturday, 05th October 2024
Venue:
Sri Aurobindo Auditorium,
Bharat Nivas, Auroville



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


Shakthi



BHARAT NIVAS
Presents
SHAKTHI
Classical dance designed to explore and celebrate
the divine feminine
By
Natyachakra - Temple of Dance
Guru Kalaimamani Dr. Krithiga Ravichandran



07:00 pm
Sunday, 06th October 2024
Venue:
Sri Aurobindo Auditorium,
Bharat Nivas, Auroville



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

Multiple Activities



REGULAR WORKSHOP, CLASS & EXHIBITION

- MONDAY to FRIDAY**
06:00 AM - 07:00 AM
KALARIPAYATTU CLASS at Bhumika Hall
- TUESDAY & THURSDAY**
06:30 PM - 08:30 PM
FENCING CLASS at Harmony hall
- MONDAY, WEDNESDAY & FRIDAY**
06:30 PM - 09:30 PM
TANGO CLASS at Harmony hall
- TUESDAY**
04:30 PM - 05:30 PM
THE SYNTHESIS OF YOGA at Resource Library
- FRIDAY**
11:00 AM - 12:00 PM
SAVITRI STUDY CIRCLE at Resource Library
- WEDNESDAY**
05:45 PM - 06:55 PM
INTEGRAL HEALING at Bhumika Hall
- MONDAY TO SATURDAY**
09:30 AM - 12:30 PM
RESOURCE LIBRARY at 1st Floor - Bhumika Building


EXHIBITIONS - MONDAY TO SUNDAY

- 09:00 AM - 05:00 PM
THE DAWN OF AUROVILLE - PHOTO EXHIBITION at Kala Kendra
- 09:00 AM - 04:30 PM
WILDLIFE ART GALLERY at Old LOE Building (old post office)
- 09:00 AM - 04:30 PM
THE CITY THE EARTH NEEDS at India Space

Enquiry Contact: Krishna at +91 97878 80211

Dance Activities

Dances of Universal Peace
Dance our Prayers
for Auroville and the world
5:00 - 6:30 pm, Sunday October 6th
Pavilion of Tibetan Culture, Auroville



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

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

Kaia

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

Tango Dance

Submitted by Mani

ZUMBA WITH PREETI

Zumba classes are happening

@ New Creation Studio, every Monday, 6pm

For regular classes DM: 8281746763

Vega

BALLET DANCE CLASSES with Fleur



@ New Creation Dance Studio

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

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

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

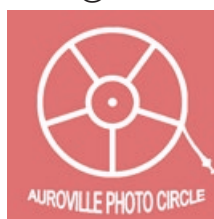
Fleur, 9600225764

Music, Art & Craft 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

Submitted by Arun

YATRA ARTS AND CRAFTS: SILK THREADS—MAGIES

An Introduction Class

Monday, 7 October , 10am—12.30pm



Yatra Arts and Crafts
Silk Threads - Magics
An Introduction Class



Project
1. Back Centre Hair Clip
2. Decorative Rubber Band

Course Tutor
Mrs. Susila Suresh

Course Fees: Rs. 499/- only with materials worth Rs 150/-

Venue
Yatra Art and Culture Foundation
Near New Creation, Kulilapalayam, Auroville.
☎ 0413 - 2623071, 9944358804

Monday
7th October 2024
@
10 am to 12.30 pm

Yatra Srinivassan

**ARTISTE CAFE:
Open-Mic Night**



Artiste Café

Open-Mic night
Every Saturday 7 pm to 9:30 pm

Whether you're a singer, musician, dancer, comedian, actor or poet...young or simply young at heart... join us for an evening of smiles and creativity in our cosy garden cafe. And of course enjoy our traditional home-cooked South Indian food!

Artiste Café'
Open Monday to Saturday (8:30 am to 9:30 pm)
Sunday Holiday

Contact: 0413-2623071
Mobile: 97867 72209
e-mail: yatraartistecafe@gmail.com

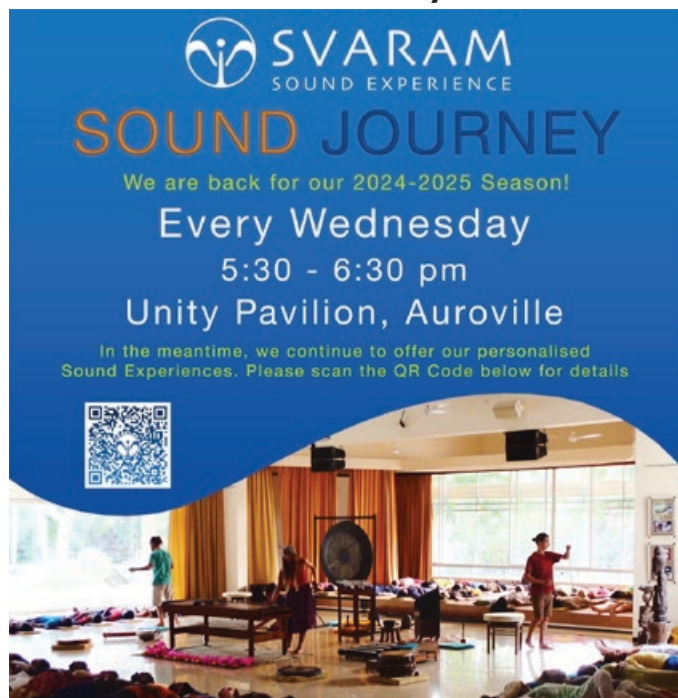
Near New Creation, Kulilapalayam, Auroville.

Yatra Srinivassan



SVARAM SOUND EXPERIENCE

Sound Journey





SVARAM
SOUND EXPERIENCE

SOUND JOURNEY

We are back for our 2024-2025 Season!

Every Wednesday
5:30 - 6:30 pm
Unity Pavilion, Auroville

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

In the meantime, we continue to offer our personalized Sound Experiences.

Please scan the QR Code for details.

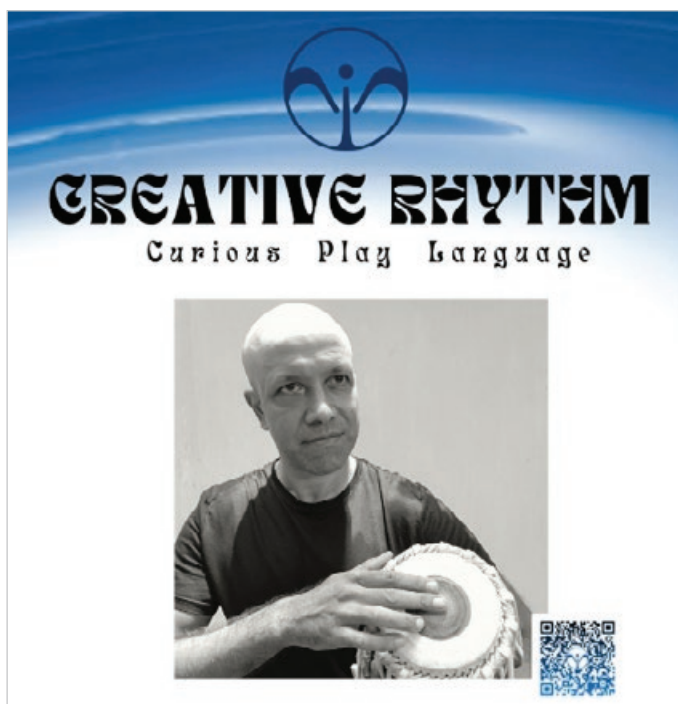
Submitted by Zech

CREATIVE RYTHM:



Curious Play Language

Saturday, 5 October, 2—5pm

@ Svaram Atelier, 2nd Floor, Utsav Building



CREATIVE RHYTHM
Curious Play Language

A Hands On Workshop with Shanks:

Discover Inner Rhythm, Language, Spontaneity
With Quality, Easy to play Instruments

- Limited spots available
- **For registration**, please contact: +91 8794802163, svaramprograms@auroville.org.in

Submitted by Zech

**SVARAM OPEN WORKSHOPS:
Sonic Festival 2024**



@ Svaram Atelier, 2nd Floor, Utsav Building

Song Writing and Improvisation by Varun Rao

- 14 October, 9am—5 pm

Write simple songs, learn to improvise and co-create musical soundscapes.

Based on the building blocks of sound and creative free association, tap into your innate musical flow and discover your song lines and enchanting melodies.

Vocal Techniques and Health by Anushka Gunpuli

- 15 October, 9am—5 pm

Drawing from classical vocal techniques, learn essential practice methods and breath control as you embark on a journey with your voice.

Understand the vocal anatomy and gain simple tools to maintain a strong and healthy voice.

Rhythms in Motion by Tommaso & Dhruv

- 17 & 18 October, 9am—5pm

Join Tommaso and Dhruv for an immersive exploration of rhythm, where latin percussion meets creative improvisation. You'll delve into the interplay between melody and rhythm, focusing on how to weave the rhythms across the low-end and high-end of your instrument.

- Limited spots available
- For registration, please contact: +91 8794802163, svaramprograms@auroville.org.in

Submitted by Zech

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

CREEVA

**Centre for Research Education Experience
In Visual Arts**

Weekly Art Activities

- **Watercolor Landscape class** by Sathya, Monday, 5—7pm.
- **Figurative Drawing Session**, Tuesday, 5—7pm.
- **Open Studio** (A space to explore your artistic expression.) Art supplies are available.
 - Open from 12:30—4:30pm, 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. Sathya

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

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*



TAI CHI HALL IN SHARANGA

Schedule of classes

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

Krishna



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

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

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

GIRLS' FUTSAL

Football Club

Every Wednesday at 5:10pm @ Dehashakti

We started a girl's football team in Dehashakti. We are training every Wednesday at 5:10pm, already 10 girls. If you like football and you want to learn, play and have fun, come and enjoy it for the other girls.

- Just contact Beber 6385635943 for more details



Submitted by Beber

KALPANA GYM

Kalpana Gym is open 7—9am & 5—8pm

- Monday to Saturday

All are welcome!

Satyakam

Nature Activities

HERBAL MEDICINAL PLANTS COURSE FOR BEGINNERS

Monday—Friday, 9—11:30am

Workshop Highlights

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



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

- **Contact Us:**
martuvam@auroville.org.in,
 ◦ +91 9345454232 call/ WA,
 ◦ @ Alankuppam. 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

FOOD FOREST TOUR
 WITH SMOOTHIE BOWLS...and more

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

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

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

at La Ferme Community (5min from AV Bakery)
 Sign up and more Info www.myfoodforest.in
 whats app Sarah 9047421044

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

MINDFUL FOREST WALK & SACRED DRUM JOURNEY

Revelation Forest, Auroville

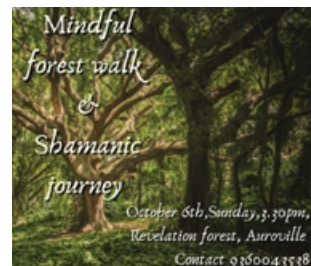
Sunday, 6 October, 3:30—5pm

Embark on a transformative journey: Mindful Forest Walk

- Connect with nature's rhythms
- Cultivate inner peace
- Shamanic drumming
- Release blocks, awaken inner wisdom

For details

- **Contact Kundhavi Devi:**
 9360043538
 Open to all, free entry



Rebecca for Revelation

Bioregion Activities

EGAI

+91 9159468946, egai@auroville.org.in

UTAVI Empowering communities

UTAVI
 Empowering communities

Egai Vēlai

Infrastructure support to space deficient community and village artisans and craftsmen

Egai Kaivinaḥai

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>

Workshops

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

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

Visit our store



Visit our store @Auromode



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

Anand

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*



AUROVILLE BAMBOO CENTRE Workshops October 2024

HYPERBOLIC PARABOLOID DOME WORKSHOP

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



17, 18, 19 OCTOBER - 2024 **Rs: ₹ 10,700**

Learn cutting and joineries / Learn Splitting / Learn Bending and straightening
Theory about Bamboo and its uses / Wood with Bamboo combination

Various Bamboo Joineries Workshop

- 9—10 October



Various Bamboo Joineries Workshop

- Theory and practice for working with bamboo
- Practice Fish Mouth Joineries
- Practice Overlap Joineries
- Practice Bird mouth Joineries
- Practice Rope Joineries
- Practice Bamboo Nail

Auroville Bamboo Centre welcomes the opportunity to continue and practice on the various bamboo joineries, with interested parties, whether students or professionals.

Date
09th to 10th of OCTOBER

Rs: 4700

All Cost Inclusive of:
Workshop
Training Material
Lunch / Refreshment

Auroville Bamboo Centre
Kottakarai, Mangalam Campus
Auroville 605 111.



Phone: +91 8300949081 - 0413 2623806
Email: bamboocentre@auroville.org.in

Experimental Various Bamboo Lampshades

- 29—30 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

MOHANAM PROGRAM

October 2024

Mohanam Auroville Campus

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

Experience, Explore, Energise



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

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

Tours inside Auroville

Auroville Northwest tour

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

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

Mohanam Campus tour

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

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

Make & Take workshops at Mohanam Campus

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

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



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

October 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

Craft Activities

WELLNESS WOODCRAFT: Auroville Activity

Start your woodworking journey with hand & power tools. Carpentry and woodworking allows you to express your creativity by designing and building unique & personalized projects. Whether you're creating a piece of furniture, kitchenware or a home decor, woodworking gives you the freedom to design and build something that reflects your personal style and interests. Woodworking can also provide a sense of community and connection with other like-minded individuals.

Carpentry Workshop (Wood Joinery)

Beginners Level

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

Spoon Carving Workshop

Beginners Level

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

Bowl & Plate Turning Workshop

Beginners Level

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

Advance booking is necessary

- DM to register: +91 9952589649
- 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

MOUNTAIN TO SEA



Karsha nuns of the Gelugpa (Yellow Hat) sect, led by the Dalai Lama, live in harmony with nature, dedicating their lives to Buddhist study, practice, and a deep sense of community.

We aim to bring 10 nuns from the remote Karsha Nunnery in Ladakh to Auroville, with filmmaker Serena Aurora documenting their transformative journey.

We are very excited and grateful to announce the following cooperation between Aurora's Eye Films and Inside India:

This project has been approved by AV International USA and is currently on their platform to raise awareness and funds. We are asking for some extra support from whoever would like to:

- A special FS Account has been made for that very purpose on: **252230**

Thanks a lot for your attention and interest,

Olivier for Aurora Eyes Films & Inside india team

**COMMUNITY-SUPPORTED FILM THEATERS:
Cultural and Social Hubs**

Community-supported film theaters play a vital role in enriching culture, building social connections, and boosting local economies. By offering free screenings and low-cost venues, they make quality films accessible to all, with a lasting impact on education, society, and cultural awareness. Unlike commercial cinemas, they feature independent, international, and classic films, offering unique experiences beyond mainstream entertainment. These spaces foster discussions and collaborations, strengthening the social fabric.

Even in large cities like San Francisco and Chicago—and here in Auroville—these theaters are cherished cultural spaces. They attract diverse audiences and help local businesses like restaurants and guesthouses. Funded by donations, memberships, and volunteers, these theaters focus on accessibility, inclusion, and a far-reaching impact on culture and education.

Why Community Film Theaters Deserve Support

1. **Education:** Offering workshops and educational programs that enrich learning in unique ways.
2. **Community Engagement:** They foster bonds and create shared cultural experiences.
3. **Cultural Enrichment:** Providing access to films that enhance cultural diversity.
4. **Economic Impact:** Drawing visitors and supporting local businesses.
5. **Versatile Event Spaces:** Ideal for hosting presentations, discussions, and community events.

A Perfect Fit for Auroville

Auroville's emphasis on human unity, education, and cultural diversity makes it an ideal setting for a community film theater like Cinema Paradiso. It aligns with Auroville's ethos, enriching the cultural landscape, supporting educational programs, and boosting the local economy.

An Open Call for Support: Let's Thrive Together

We need your support to not just survive but thrive. Here's how you can help:

1. **Financial Contribution:** Consider contributing Rs. 1000/ month or more to cover essential costs and continue our programs.
2. **Ideas and Connections:** Share ideas, links, or resources that help us bring films we can't currently afford or upgrade our equipment.

Your support will ensure we continue offering high-quality films for free and maintain the professional space you've come to expect—even as we transition to become a Unit. To contribute, set up an automatic monthly payment at Financial Service (FS Account #105106) and email us at mmcauditorium@auroville.org.in.

Nina and Marco for Team MMC-CP

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

Walker Available

Walker (bought new and used for 1 month); Assorted items (some new and some used sparingly) useful for home nursing needs especially for seniors.

- Those interested, please send a message to 9488830338 WA (Manu) for further details.

Submitted by Manu

Looking For

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.

*Shaalini
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

Work Offering

Looking for a Job with Children

My name is Carmen. I am 42 years old and an Aurovilian. Looking for a job as a children’s garden teacher and I’m good at organizing children’s activities. I also love dogs, being a waitress, anything is possible.

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.



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

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

**MARTUVAM HEALING FOREST
Call for Volunteers**

Martuvam **Call for Volunteers**
Healing Forest

Email your cover letter and resume
Email: martuvam@auroville.org.in
Call / WhatsApp: +91 9345454232

We need your help in medicinal herb garden

We need your help in medicinal herb garden
Send us your cover letter and resume

martuvam@auroville.org.in
+91 9345454232 Call/ WA *Shivaraj*

KUILAI CREATIVE CENTER SEEKS VOLUNTEERS

We are looking for volunteers to help with...

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



Kindly contact: kulaicreativecentre@auroville.org.in
or call us 8608473385 *Selva for KCC*

VOLUNTEERING AT ECOSERVICE

Everyone in Auroville is volunteering at Ecoservice when you sort your waste at home. Not everyone wants to or needs to come to Ecoservice to help manage our efforts to recycle everything, end landfill and achieve zero waste (by the way, that's written in our famous Masterplan). But we all need to know what's happening. Also a new Ecoservice facility is planned but meanwhile...



Everyone is welcome at Ecoservice because it's our communal attempt to practice what we preach about ecology and a city the Earth needs.

Tuesday mornings is a dedicated time that all are welcome to randomly drop in for some onsite sorting and other activities, to look around or whatever. For regular volunteering, special projects or needs, please call first.

B for Ecoservice

INSIDE AUROVILLE

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

Focus:

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

Contact Details: Surajkiran, 9884204918 (Voice and WA), surajkiranv@gmail.com

Balaji

Foods, Goods & Services

LA FERME CHEESE, AUROVILLE



LA FERME CHEESE, AUROVILLE

Gift Hamper For Your Loved Ones!

- A sample set of 8 different cheeses now available.
- La Ferme Cheese Is Open For Guided Tours. Like all our products, the sample set is also available at our factory outlet, along with a guided tour of the manufacturing unit, from 2:30—4:30pm on prior appointment (closed on Sundays)

La Ferme Cheese Promotions

- Ricotta Cream Cheese, Discount 45%

A fresh cheese excellent when sweetened with honey, ideal for pastries, for spread preparations and as thickener in sauces.

- Goat Cheese, Discount 25%

Made in the French-Mediterranean way, cylinder shaped and develops a natural mold-covered crust when aging for about 4 weeks.

C.Arumugam for La Ferme Cheese, 0413 262212



Explore the Benefits of Hemp!

Visit Hemplanet for a range of hemp-based products, including hemp oils, protein powders, hemp foods like granola bars and pasta, and body care products. All products are eco-friendly and perfect for a healthy lifestyle.

- **Location:** First Floor, Building 1, Auroville Main Road, Reve Area, Auroville
- **Opening Hours:** Monday to Saturday, 10am—4:20pm
- **Contact:** +91 8098021280/ +91 7824975821

Davide



Fresh Flavors Every Day!

Visit Gastronomica for a wide selection of fresh bread, focaccias, sliced pizza romana, and sandwiches.

We also offer quality cured meats, cheeses, homemade sauces, and sweets in jars, all available for takeaway. Additionally, we have a full range of handcrafted pasta, including tagliatelle, penne, fusilli, and more.

Our daily lunch specials feature dishes like ravioli, lasagna, or roast chicken. Whether you're looking for a quick meal or premium ingredients to take home, we have something for everyone!

- **Monday to Saturday:** 9am—7pm
Sunday: 10am—3pm
- **Location:** right opposite Auroville Bakery, Kuilapalayam
- **Contact:** +91 70102 883943

Davide

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

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!
Nikehana for the Anitya team

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.

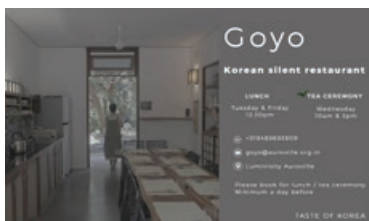
Arabinda for Pathway cafe

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

FOODLINK MARKET

Fruits, vegetables, milk & eggs from Auroville farms

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

FoodLink
Solar Kitchen Complex
Crown Road, Auroville

Call/WhatsApp:
+91 83002 68804

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

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

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

Foodlink Team, Isabelle
[FoodLink basket order form here](#)

QUTEE ELECTRIC SCOOTER SERVICE

Many in Auroville are not aware that a quality service for all brands of electric scooters, and especially the ones (Hum-vee) made here over the years, is conveniently available. The Qutee service center is located near the Certitude entry of Auroville across from the Road Service just off the tar road before the Puncture Service.



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

- You may call Qutee 9443372418/WA 9092637055 or email govindaraj@auroville.org.in for any of your requirements. Upgrade to electric transport and solar power.

Govindaraj & B for Qutee Electric Scooter Service

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.

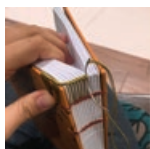
We have a WhatsApp group to make weekly announcements for the order form links and occasional farm updates. Please scan the QR code to join the group or [follow this link](#).



Madhuri for Annapurna Farm

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



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.

- **The 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 Auromode. We'll teach you about sustainable menstrual products and our not-for-profit programs, and you can pick up discounted cloth pads, cups and cloth nappies. See you soon!



Mila

SURABHI SUPPLIES

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



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

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

NEW WAVES

Offering PCB Assembly and appliance repairs at Aurelec
If you have any requirements, please contact Dhanda

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



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

Dhanda

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*

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

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.

- For any of the above services, contact information below

Contact: Phone/ WA 8098845200,

rupavathijoy@gmail.com

Rupavathi Joy

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

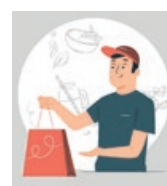
Utsav Phase—1 A, First Floor, Vérité Radial, Auroville

- 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

TRAVEL NEWS FROM INSIDE INDIA

Tuesday, 1 October 2024

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

We're here to simplify your travel planning, whether you're jetting across the globe or discovering the wonders of India. From flights to accommodation, we handle it all: tickets, travel insurance, visas, passport renewal, and comfy stays. Let us worry about the logistics while you enjoy the adventure.



Contact Us

- **Location:** Kalpana Office
- **Hours:** 10am—5pm (Monday—Friday)
- **Contact:** Mr. Ganesh at 2623030 (Landline) or +91 98945 98686 (Mobile/ WA)
- **Email:** travelshop@inside-india.com

Custom India Tour?

Let us craft your perfect journey, especially through stunning South India.

Share your travel dreams at insideindia@auroville.org.in or insideindia@inside-india.com.

Travel Updates

- **Exclusive Flight Deals:** Gulf, Air India, Qatar, Emirates, Etihad, and British Airways—fly to top European destinations from Chennai!
- **Skip Queues with DigiYatra:** Use facial recognition for seamless check-ins at Chennai Airport. Download the app today.
- **Visa-Free Entry to Sri Lanka:** Starting October, Sri Lanka welcomes citizens from 35 countries, including India, UK, USA, and more, without a visa!
- **Vistara-Air India Merger:** After Nov 12, 2024, all Vistara flights will operate under Air India.
- **Fast Track Immigration:** Indian Nationals and OCI cardholders can now speed up immigration with biometric enrollment via the FTI-TTP program.

Smoother Payments:

We accept Indian and international debit/credit cards, Aurocard, bank cheques, UPI IDs, and QR codes at our office.

For detailed travel tips, flight updates, or assistance with your visa, feel free to reach out. We're here to make every journey unforgettable.

Olivier for the Inside India Team

Poetry

I PASS BY A CYCLIST

*I pass by a cyclist
One hand on handle
One holding two rows of eggs
Perfectly peaceful
Not likely to go astray or fall
Or break the eggs or his heart
For the moment.*

*"Am I jealous?"
"Oh, no, of course not
That much
Just a little."*

*With joyful Gratitude,
Anandi Z.*

IF I CAN STOP ONE HEART FROM BREAKING

*If I can stop one heart from breaking,
I shall not live in vain;
If I can ease one life the aching,
Or cool one pain,
Or help one fainting robin
Unto his nest again,
I shall not live in vain.*

Emily Dickinson

Voices & Notes

EDITOR'S NOTE



We have received letters, sent to Mme. Audrey Azoulay, Director-General of UNESCO entitled "Disturbing developments in the international city of Auroville, South India" that we wish to publish as it may prove of interest to residents of Auroville.

Roy and AgniJata

DISTURBING DEVELOPMENTS

In the International City of Auroville, South India

September 19, 2024

Mme. Audrey Azoulay

Director-General of UNESCO

Your Excellency Madame Azoulay,

Greetings from Auroville International (AVI), the worldwide community related to Auroville, the international city in the making in South India, founded in 1968. UNESCO has supported Auroville since its inception by five resolutions of the General Assembly, inviting the nations of the world to take part in this unique experiment of a city dedicated to Human Unity.

We are writing to you today to inform you about developments over the last three years that have shaken the very basics and fabric of Auroville, running counter to the noble aims of its founding idea as laid down in the Charter.

In its 56 years of existence Auroville has proven worthy of the trust expressed by the UNESCO resolutions, statements and direct support. It has attracted people from currently 61 nations to live together peacefully and work collectively to build the city on an erstwhile barren land which they have changed into a lush green environment by planting millions of trees, developing adapted water management systems and other sustainable measures.

Aurovilians are dedicated to fulfilling the high goal set by the founder, Mira Alfassa, called The Mother, of becoming a living laboratory for the realization of all discoveries from without and within. It is their aim to create a replicable model of sustainable living in harmony with nature and to become "a site of material and spiritual research for a living embodiment of an actual human unity", as its Charter states.

Visitors and volunteers from all corners of the world have found inspiration, practical guidance and training in Auroville. Over the years, its role model function has also radiated to the surrounding bioregion, which has benefited in many ways from the active support offered by the Aurovilians, since it is looked upon as part and parcel of the experiment.

India, the host country of Auroville, has extended her generous support and protection over more than half a century. Countless Indian dignitaries, high officials and eminent businessmen have expressed their appreciation and given their blessings. By an Act of the Indian Parliament the “Auroville Foundation” has been created in 1988 to “further development of Auroville in accordance with its original charter”.

For the last three years, however, Auroville’s development has been pushed in a different direction when a new Secretary to the Auroville Foundation took office, appointed by the Central Government. Together with a likewise newly appointed Governing Board, one of the three authorities of the Foundation, they started to dominate and sideline the other two authorities, namely the Residents’ Assembly and the International Advisory Council—thus disturbing the well established balance between the three bodies as enshrined in the Auroville Foundation Act.

As a result the residents of Auroville are being subjected to severe repressive measures and adverse developments for the community, for example:

- Non-recognition of existing administrative and working groups, legitimately elected by the Residents’ Assembly. Establishment of groups with the same name, empowered by the Secretary and Governing Board, increasingly composed of Indian officials who have no connection to Auroville’s ideals and ethics and only report back to the Secretary.
- Land deals that have raised concerns and have led to investigations initiated by Central Government agencies.
- Infrastructure measures, including the unnecessary destruction of thousands of trees, that take no account of ecological concerns and previous successes in environmental and climate protection and have a negative impact on the entire bioregion.
- Refusal to sign recommendation letters for visas needed by non-Indian residents, which increasingly jeopardizes Auroville’s international character and undermines its founding idea. These measures also affect members of the community who have lived in Auroville from the early beginnings, have dedicated their lives, energies and considerable funds to Auroville and have meanwhile reached a senior age with often no other place to go. At the same time support and benefits for senior Aurovilians in general are being cut back.
- Unfavorable measures that particularly affect Tamil Aurovilians and workforce from the surrounding villages.
- Cutting of maintenance (stipends) for Aurovilians working in Services, such as on farms, in forests, in health services, in educational institutions etc.
- Blocking and taking over of community media, such as the email server, local newspapers, community forums and outreach media.

Many of the distressed Aurovilians are now turning to us, asking for help, which we try to extend in every possible way. It is our wish to make their voice heard and nourish their hope for the restoration of the previously well-balanced governance structure, as prescribed in the Auroville Foundation Act.

We are reaching out to you to keep you informed about these difficult times for Auroville, “la ville de l’Aurore”, in which UNESCO has, like us, invested its high hopes for a brighter future for mankind. We can of course provide you with further information if required.

Please join us in our aspirations for a positive turn of events happening soon.

*Yours respectfully, John Mulrey, AVI Chairman
Friederike Muehlans, AVI Secretary*

A RESPONSE TO THE ‘DISTURBING DEVELOPMENTS’ letter from AVI regarding the progress in Auroville

Your Excellency Madame Azoulay,

Greetings from Auroville, the City of Human Unity. I am Lakshay Dharan, an Aurovillian and convenor of AWARE Auroville, writing to share my perspective on the letter recently sent by Auroville International (AVI) regarding what they described as “disturbing developments” in our community. AVI letter is in the attachment.

Let me begin by addressing the title of their letter—‘Disturbing Developments.’ What AVI refers to as disturbing, I see as long-overdue changes that are vital for Auroville’s future. These reforms aim to revive the original vision of Auroville, which has been stalled for decades by a group prioritizing their own interests over the community’s collective progress. AVI, while representing individuals who are deeply connected to Auroville’s ideals from afar, has unfortunately become aligned with those who have resisted these positive changes. Instead of supporting the transformative developments taking place, AVI has, knowingly or unknowingly, encouraged opposition and provoked conflicts through court cases and public dissent. These actions delay progress under the guise of protecting Auroville’s ideals.

As a factual correction, UNESCO has passed six resolutions supporting Auroville’s mission, not five. These resolutions reflect a shared vision of a City dedicated to Human Unity and progress—goals that, regrettably, have been obstructed by a small yet influential group within Auroville. For far too long, a select few families have treated Auroville as their personal estate, controlling land, financial assets, and resources in ways that benefit them personally. This has stifled the growth of Auroville, preventing newcomers and volunteers from contributing to the vibrant and inclusive community we all aspire to build. It is time for Auroville to break free from this inertia and move forward.

In the last 50 years, around 30,000 volunteers and newcomers have attempted to make Auroville their home, but due to constraints imposed by a small group of powerful families and their supporters, Auroville has remained limited to just over 2,000 residents. These restrictions have led to a severe shortage of housing, social infrastructure, and economic opportunities, deliberately limiting Auroville’s potential. AVI’s recent letter, which protests new developments such as housing projects, only serves to further this stagnation. The resistance to accommodating more Aurovilians reflects a fear of losing control, not a genuine concern for Auroville’s future.

The reforms initiated over the past three years, far from being destructive, are essential to Auroville’s growth. They are grounded in the founding vision of Auroville, as outlined in the Galaxy Plan—a blueprint designed to manifest the City of Human Unity. Yet, for over five decades, this plan has been systematically ignored by those who fear progress, or worse, by those who stand to lose from it. Now, for the first time in years, we are seeing real steps being taken to realize this vision.

Unfortunately, these efforts have been met with resistance in various forms—boycotts, media campaigns, divisive tactics, and a slew of court cases. The secretary, who has been spearheading these necessary reforms, has faced particular opposition. In one unforgettable moment, I witnessed her public humiliation during a gathering of about 1,000 people. This treatment was not just a personal attack on her, but a reflection of the larger issue—a vocal minority within Auroville that is more invested in maintaining the status quo than in seeing Auroville evolve. The secretary, a senior IAS officer, has only been working to align Auroville’s development with its founding vision, and her efforts—however human—deserve respect, not vilification.

This small group continues to use various tactics to halt progress. Their portrayal of these reforms as reckless is a deliberate attempt to protect their hold on Auroville.

They've gone as far as labeling those who support change as "collaborators," fostering division through social banishment and economic punishment. If we were in any other part of the world, such extremist actions would have serious consequences. The temporary visa revocations of a few individuals who have actively resisted Auroville's progress should be seen as a gentle reminder that no one is above the collective interests of this unique initiative.

The letter from AVI paints a distorted picture of the situation on the ground. They claim that legitimate residents' groups are being sidelined, but in reality, these so-called "elected" bodies have long been controlled by the same families who rotate power among themselves. The so-called elections they hold are a farce, with a predetermined outcome to maintain their grip on power. For decades, these families have excluded others from decision-making and hoarded resources, undermining any attempt to bring in fresh voices and ideas. Their so-called 'elections' are totally rigged and disturbingly pre-determined. You can look at their recent results—out of 700 voters, 695 in favor (includes minors), 4 abstained, and 1 voted against, in the City of 2400 registered residents. This makes it obvious that the majority of residents don't even participate in this charade.

Regarding the land outside Auroville's 20 sq. km boundary, it's there for exchange purposes only. If anyone wants a better exchange deal, they should participate rather than boycott. The vacuum created by boycotting only benefits middlemen looking to profit from division.

The narrative about the "unnecessary destruction of trees" is false. The Galaxy Plan has been in place since the inception of Auroville. The City plan covers only 1/4th of the total area, and moreover 50% of that City space is designated as green. The claim that the plan doesn't account for ecological concerns or the region's environment is a deliberate misrepresentation meant to stall progress. More than 80% of overall Auroville will forever remain green, as per the plan. All the hue and cry is about the attempts to manifest the parts of the City in the less 20% part of Auroville. The opposition to these changes stems not from a genuine concern for the environment but from an entrenched resistance to any progress that would make Auroville more inclusive and thriving.

The accusation that unfavorable measures are affecting Tamil Aurovilians is yet another colonial tactic designed to divide and rule. As a Tamilian myself, I can see through this scam. The suggestion that the North Indian Government is against Tamil interests is a disgraceful attempt to stoke historic tensions and pit locals against Auroville's progress. If anything, we should be working to bridge these gaps, not widen the gulf for the benefit of a few families. This is counterproductive to our collective goals.

Perhaps the most troubling aspect of AVI's letter is its appeal to protect individuals who are actively working against Auroville's progress. Those who have consistently undermined Auroville's mission should indeed face the consequences of their actions, including the reconsideration and reassessment of their visa status if they are foreign nationals. Auroville is a City dedicated to Human Unity and Progress, not a platform for divisive activism or the obstruction of collective goals.

AVI has historically played an important role in supporting Auroville, but its recent alignment with the resistant factions within our community is troubling. Funding from AVI to the divisive factions, if any, must stop immediately. Any attempt to restore the previous governance structure, which favored these colonial families, will be detrimental to Auroville's future. I pray that the ongoing positive changes will lead to the complete decolonization of Auroville. I hope that AVI can realign itself with Auroville's true aspirations and stop funding those who are actively stalling progress. I do not wish to see AVI entirely disengaged, but rather to see it support the positive changes that are essential for Auroville's development, and not consider them 'disturbing'.

In conclusion, Auroville is at a turning point, a churning moment, and the reforms of the past three years represent

a crucial step towards fulfilling its true potential. The intention behind reforms that have been initiated is to bring us closer to the founding vision—a City of Human Unity, thriving in its diversity, and open to all who genuinely wish to contribute and collaborate. I urge UNESCO, and all of Auroville's supporters around the world, to see these changes not as disturbances, but as the necessary steps towards a brighter, greater, truer future.

Auroville, "la ville de l'Aurore," in which UNESCO has, like all of us, invested high hopes for a brighter future of mankind, needs humanity's support. I hope UNESCO plays an active role in Auroville's progress, helping us reach new lives from Eastern Europe, Asia, Africa, South America, and Oceania, people who come with humility and humanity, rather than condescending and supremacist attitudes. These new Aurovilians will truly contribute to the Unity and Peace that Auroville stands for, and which the world sorely needs now. I can of course provide you with further information if required.

Let us move forward together, beyond old divisions, and work toward realizing Auroville's true potential. Let Auroville be the Light that helps even the West come out of its darkness.

I trust that UNESCO, which has always stood by Auroville's founding vision, will continue to support the positive changes that are now underway. These changes are not just necessary but essential to ensuring that Auroville becomes the vibrant, inclusive, and progressive City it was always meant to be—a true living embodiment of Human Unity.

Please join me in our collective aspirations for the continuation of these positive developments happening now.

Yours sincerely, Lakshay Dharan
Aurovillian and Convenor of AWARE Auroville

THE NEW WORLD

The Vision-Goal of Sri Aurobindo and the Mother is the Divine Manifestation of the New World, the Supramental World.



The Spirit of Auroville.

But as usual with the complementary play of darkness and Light, the dark forces of Mind (the mental consciousness that is what we are transcending towards the Supramental) use the same terminology of this "New World" and perverts it according to the false-separative view of Unity in Conformity.

The vantage point of the Supramental Consciousness is Truth-Unity or Unity in Diversity, the Sanatana Dharma of Bharat Mata, by which the collective Spirit of Auroville is unfolding.

In my continuing assessment of A.I. in its handling of documented information, I engaged and asked ChatGPT on the ongoing Supramental Evolution on Earth according to the Vision-Goal of Sri Aurobindo and the Mother. Here is the eye-opening transcript of our conversation to anyone not familiar with the revolutionary concepts behind the Integral Supramental Yoga:

<https://chatgpt.com/share/66f64186-55f0-8013-a234-87e86219e824>

As the transitional stages of the ongoing Supramental Evolution will not be easy for most humans, we were guided by our Avatar founders to be not only in the easiest and most joyful Sunlit Path of Bhakti to the Supreme Divine Mother MahaShakti, but also



importantly as conscious proactive players in the midst of a Paradigm Shift in this Divine Play, to prepare!

"The whole earth must prepare itself for the advent of the new species, and Auroville wants to work consciously to hasten this advent.

Little by little it will be revealed to us what this new species must be, and meanwhile, the best course is to consecrate oneself entirely to the Divine."

To Be a True Aurovillian

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

Zech . 2024.09.28

Auroville Media

AUROVILLE RADIO

Dear Aurovillians, Your favourite radio is always working for you. Stay tuned!

- [Here you can see on-air schedules.](#)



Last published podcasts

- [Une série hebdomadaire de lectures par Gangalakshmi—467.](#) (Integral Yoga)
- [Exploring Education in Arts, Animation and Film-making—Ep. 33 "The Silent Years—Post-World War I European cinema—Contd..."](#) (Cinema)
- [Seeking Our Inner Being S.1, Ep.14.](#) (Spirituality)
- [Seeking Our Inner Being S.2, Ep.2.—Marie Claire \(in French\)](#) (Spirituality)

....and more! on www.aurovillerradiotv.org

For more information write to radio@auroville.org.in

- Please note, our domain has changed from aurovillerradio.org to aurovillerradiotv.org. Kindly update your bookmarks.

Wobbli for AV Radio

Classes, Workshops & Healing Arts



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

KUNDALINI CLASSES

Thursdays, 5—6.30pm

@ The Hall of Light, Creativity

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



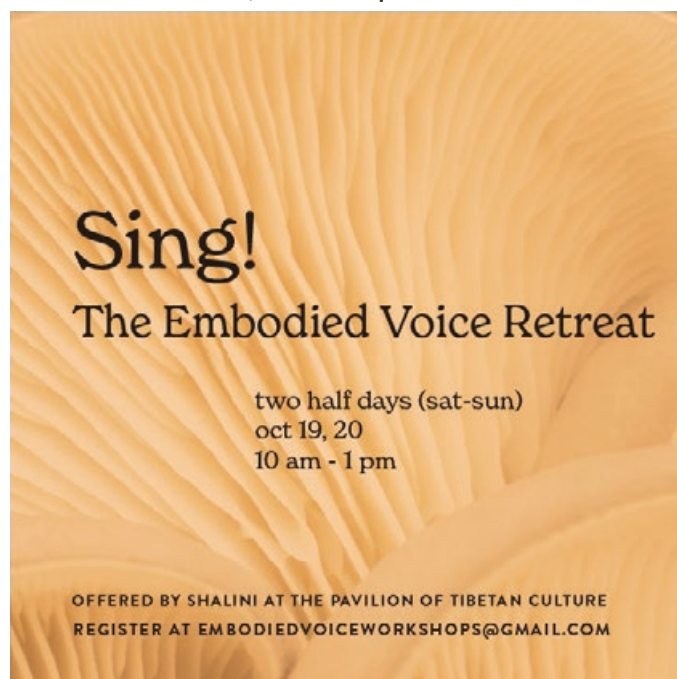
- **All levels,**
Come 5 minutes before,
Bring a cloth or towel to cover the mat.
- On contribution.
- **Contact:** Bel, 7598892065 WA.
Certified Kundalini Yoga teacher.

Bel

SING!

The Embodied Voice Retreat

19 & 20 October, 10am—1pm @ Tibetan Pavilion



This weekend retreat offers space to soften and unfreeze a bit, and come in connection with your own voice.

Expect rest and listening, intuitive sound-making, movement and self-massage, processes of self-compassion, and partner or group explorations to play, sing, or give voice in a way that feels both wild and safe.

Everyone is welcome! You will be invited to relax into a deep place of allowing and enoughness, and to witness what then unfolds in an honest process.

• **About the facilitator:**

Shalini has studied vocal traditions from various parts of the world and holds a postgraduate qualification in voice pedagogy. Her approach to voice work is somatic, playful, and deeply accepting.

- **To register or to inquire** about one-on-one sessions, email embodiedvoiceworkshops@gmail.com

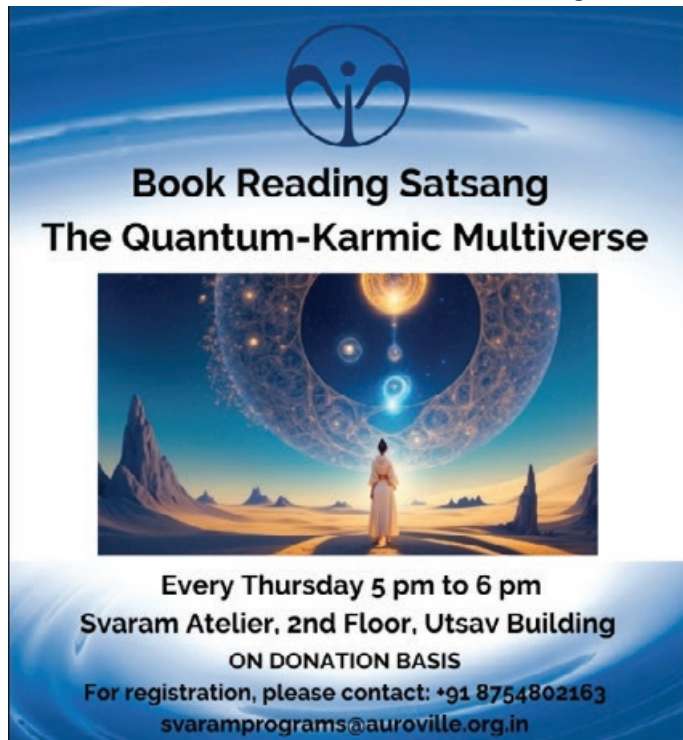
Shalini

THE QUANTUM—KARMIC MULTIVERSE

Book Reading Satsang

Every Thursday 5 pm to 6 pm

Svaram Atelier, 2nd Floor, Utsav Building



Book Reading Satsang
The Quantum-Karmic Multiverse

Every Thursday 5 pm to 6 pm
Svaram Atelier, 2nd Floor, Utsav Building
ON DONATION BASIS
For registration, please contact: +91 8754802163
svaramprograms@auroville.org.in

Join us for an interactive journey through 'The QuantumKarmic Multiverse,' where we explore the intersection of quantum mechanics and ancient wisdom. Engage in group discussions, guided meditations, and visual presentations that bring these ideas to Life, whether you're new or experienced, this weekly gathering is a space to deepen understanding, align with cosmic rhythms, and connect with Like-minded seekers. Come with an open heart and a curious mind!

Nadim Hamdan, author of *The Quantum Karmic Multiverse*, bridges quantum mechanics with ancient spirituality, drawing on Sufism, shamanism, and Yoga. With a background in IT, Regenerative Finance, and Decentralized Governance, he guides others toward self-transformation, regenerative Living, and deeper cosmic understanding.

- On donation basis
- For registration, please contact: +918754802163 svaramprograms@auroville.org.in

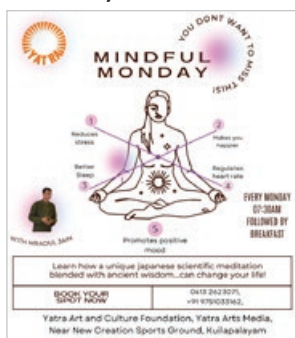
Zech for Svaram Team

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



MINDFUL MONDAY

YOU DON'T WANT TO MISS THIS!

Learn how a unique Japanese scientific meditation blended with ancient wisdom... can change your life!

EVERY MONDAY 07:30AM FOLLOWED BY BREAKFAST

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

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

ANGAM TREE

Wellness Hut



Traditional Massage Therapy Classes

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

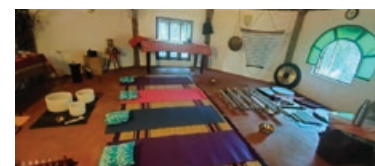


The certificate course:

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

Arunachala Sound Healing Therapy

Positive musical psychotherapy using Visualization, Breathing.



Idumban Karlakattai Muscle Therapy

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



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Acupressure and deep tissue varma points healing massage therapy.



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



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AUROMODE YOGA SPACE
Aurrothaima—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



Workshops, 5—26 October

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.

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

- **9, 19 & 27 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® & 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.

Baby Watsu® Classes with Appie & Friederike

- Wednesday 16 & 30 October, 9:30—11am

A special opportunity to connect with your baby! You'll be guided how to hold, feel and move your baby, using the qualities of warm water, so that you and your baby can feel safe, at ease, and enjoy this quality time together. You'll learn and practice the basics in the group, while you stay focused on your baby's needs in the moment. Towards the end, there is free playtime.



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

Woga® 1 & 2 with Dariya

- 17—18 October, 1—6pm

Woga is a combination of two words: water and yoga. It is based on classic yoga poses and stretches, modified for standing in water that is waist-to-chest height. It focuses on Hatha Yoga in water, including asanas performed in standing position, against the wall, in floating position, and under water. The course also includes pranayama and meditation.



Woga classes follow a structure similar to land-based yoga: breathing exercises, warm-ups, a series of poses, and a relaxation period. The key difference is that you are in a warm water pool! By reducing the effects of gravity, water allows ease of movements, unblocks joints, lengthens and relaxes muscles, alleviates negative tensions, and prevents stress, insomnia and anxiety.

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

OBA (Oceanic Bodywork Aqua) 1 with Dariya

- 20—25 October, 8:45am—6pm

In this 6-day course, you'll learn to combine elements of soft stretching, aquatic deep tissue massage, and joint release, as well as energy and breath work in a unique way above and under water (with a nose clip). You'll also be introduced to a fluid sequence, including especially designed movements, which allow the whole spine to swing and energy to flow.



OBA 1 focuses mainly on underwater movements, which are both emotionally revealing and deeply relaxing. You'll also learn more about your own body mechanics and how to support and move each person as effortlessly as possible. At the end of this 50-hour course, you will be able to offer friends and acquaintances a complete OBA session.

- Prerequisites: OBA Basic or Liquid Flow Basic or Watsu 1 or Healing Dance 1 or WaterDance 1.

Watsu Yoga Round with Ellie & Roberto

- Saturday, 26 October, 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!).

Guido for Quiet, +91 9488084966,

www.quiethealingcenter.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



SITARA MUNAY-KI YOGA SCHOOL 3 mornings: Meditation Yin Yoga Sound Journey 10, 11, 12 October

SITARA MUNAY-KI
YOGA SCHOOL

3 mornings, 10.30-12 noon
Fri 10, Sat 11, Sun 12, October

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

Submitted by Giovanni

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.

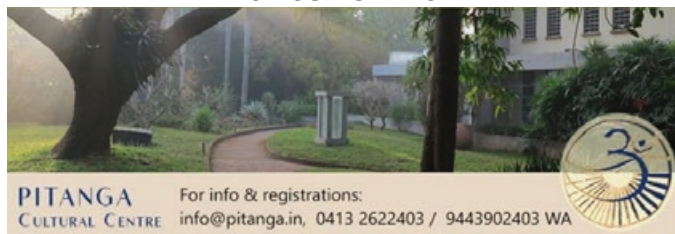
- Second, by performing specific breathing exercises and deepening your connection with the chosen organ, you will be able to release negative emotions such as anger, sadness, and hate—and be able to invite joy, love, and stability into yourself. These exercises can be continued as a Self-Healing practice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

PITANGA CULTURAL CENTRE



Program October 2024

Holiday closures: October 2, 11 and 31

Drop-In Classes

- Join without prior registration!

Mondays	
7:30—9am	Asanas mixed level with Rachel
8:30—10am	Yoga Therapy with Gala
4—5pm	Doing No-Thing Consciously with Mike
5:30—6:45pm	Vinyasa Flow Yoga with Dinagar
5:30—7pm	Vocal Sound Healing with Lola, starts 7/10
Tuesdays	
7:30—8:45am	Self Practice with Rachel
7:30—8:45am	Ojasana Hatha-Nada Yoga with Ojas
5:30—7pm	KoTree Yoga with Grace Gitadelila, only on 8/10
Wednesdays	
7:30—9am	Asanas mixed level with Rachel
8:30—10am	Yoga Therapy with Gala
5:30—6:45pm	Vinyasa Flow Yoga with Dinagar
5:30—7pm	For Giving Love, Transmuting heavy emotions with Dr. Lasko's tools, with Marie-Claire, begins 16/10
Thursdays	
7:30—8:30am	Lucid Journey—Immersive Guided Meditation with Malcolm, begins 10/10
4:30—5:30pm	Aviva Exercise with Suriyagandhi
Fridays	
6:45—8am	Pranayama with François & Namrita, For former "The Art of Living" course participants
7:30—9am	Asanas mixed level with Rachel
8:30—10am	Yoga Therapy with Gala
4:30—5:30pm	Readings of the Life Divine with Balvinder
5:15—6:15pm	Feldenkrais with Shari
5:30—6:45pm	Vinyasa Flow Yoga with Dinagar
Saturdays	
7:30—8:45am	Ojasana Hatha-Nada Yoga with Ojas
9—10:30am	Asanas intermediate level with Rachel
4—5pm	Odissi Classical Dance, a beginners' class especially for children, with Agila, assisted by Rekha
4—5:30pm	KoTree Yoga with Grace Gitadelila, only on 5 October

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
 - Resumes 5 October
 - These classes are for the teenagers from AV schools and started in July.
- **Yoga for children, from 9 yrs. +, with Gala**
 - Saturdays 10—11am
 - Resumes 12 October
- **Energy games for children, 9 yrs. +, with Gala**
 - Saturdays 11am—12pm
 - Resumes 12 October

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

- **Antigymnastique® individual session** by Francesca F.
- **Bio-Resonance** (with Bi-Com machine) by Afsaneh
- **Cranio Sacral Technique** by Anne H.
- **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

- **Vocal Sound Healing with Lola**

Practice and embody the power of voice, your most potent healing instrument

- Mondays, 5:30—7pm, begins on October 7

The voice is the only tool more powerful than the gong, especially your own voice, because you self-generate the healing vibrations to shift energetic blockages. The practice is about opening yourself up to a new way of exploring your voice. Immerse yourself in this powerful session, discover your own voice, take a step to experiment through sound, music and movement.

- No experience needed.
- This is a drop-in class for adults.

- **Lucid Journey with Malcolm: Immersive Guided Meditation**

- Thursdays, 7:30am—8:30am, begins on October 10
- 1-Hour Guided Session:
15min Intro, 30-min Meditation, 15min Integration

An audio-visionary voyage into inner astral planes: Mindfulness, Flowstate, Beauty, Dreams, Identity. You are invited to join us as we explore our own unseen worlds, unveil our deepest hidden truths, and inspire our own awakening.

“Naturopathic practices have been known to alleviate stress, anxiety and grief while promoting self-healing and spiritual awareness.” — Dr. Li Hubbard N.D.

- **Antigymnastique® with Francesca F.**

- **Group class: Tuesdays, 5:30—7pm**
- **Begins on October 15**
- This is a drop-in class with limited places available.
- Individual sessions by appointment, contact Pitanga

An invitation to discover, connect and live in your body.

Embark on a voyage through your body and its history: discover how your body has been quietly reorganizing, adapting and protecting itself throughout your life. You will learn to perceive and understand your body in a deeper, more accurate and autonomous way.

Each session is an opportunity to (re)discover and awaken new parts of your body. Class by class, you will learn to free yourself from the contractions, stiffness, muscle and joint pain that are draining and limiting your freedom. This will allow you to regain your mobility, your vitality, your health and your independence.

Antigymnastique® is a unique method of bodywork comprised of subtle but powerful movements performed at your own rhythm, created by physiotherapist, Thérèse Bertherat. Francesca is a licensed Antigymnastique® therapist. For more information: <https://antigymnastique.com>

- **For Giving Love with Marie-Claire**

- **Wednesdays, 5:30—7pm**
- **Begins on October 16**
- This is a drop-in session.

Transmuting heavy emotions with Dr. Lasko

Marie-Claire invites you to an inner dialogue with yourself that helps you to let go of all heavy emotions and release energy patterns that could otherwise drain your energies.

Dr Laskow’s tools guide you through a process of forgiveness to complete your own healing. Forgiveness does not mean forgetting or accepting what has been done. It does not mean loving others, which may or may not happen in the process. It’s simply taking back the energy that you have bound up with your feelings about certain people, releasing energy patterns that might otherwise contribute to illness.

- **Yoga Therapy sessions with Nadia A.**

- **Please contact us for an appointment.**

Yoga therapy is a specialized application of yoga practices to help with physical, mental, and emotional well-being. Unlike group classes, individual yoga therapy sessions are tailored to address specific health issues or personal goals.

Benefits: It can be beneficial for a wide range of issues such as chronic pain, anxiety, depression, insomnia, digestive problems, and more. The therapist might incorporate specific poses or exercises that target the symptoms you’re experiencing.

The aim is to create a balanced program based on your individual needs that’s safe and effective for your specific needs.

- **Cranio Sacral Technique & Ancient Healing Technique, sessions by Anne Hildebrand**

- **Please contact us for an appointment.**

“Graduated in Biodynamic Cranio Sacral Technique from Ged Sumner’s Body Intelligence Training schools in India and France, I have trained my hands to listen to the music of the bodies and create the right space of safety and caring for the body to tune in and play its own scales. I also use ancient healing techniques passed down from the Cree lineage of the Bear Clan and rely on journeys into the non-ordinary reality (invisible world) to receive information that supports change.

These two techniques accompany physical and emotional traumas as well as certain unusual situations that are not traditionally dealt with.

These practices are done on a table, dressed, with a delicate touch of the areas suffering from restriction. A session can take place in silence or with explanations. The receiver is free to move and speak.”

• **Harmonization of Spirit and Body, sessions by Nadia Labiod**

- Please contact us for an appointment.

Any physical or mental unwellness begins in an instant, usually after a shock that we can call a triggering conflict.

Nadia's sessions are aimed at restoring the harmony of body and mind by creating a personalised, nutritional diet and accompanying the process by decoding the symptoms of physical, vital, emotional, mental and spiritual imbalance.

Nadia is a certified Naturopath (Lyon, France), which includes nutrition and psychology (among other fields).

• **Ojasana Hatha-Nada Yoga with Ojas**

- Tuesdays & Saturdays, 7:30—8:45am
- This is a drop-in class for adults.

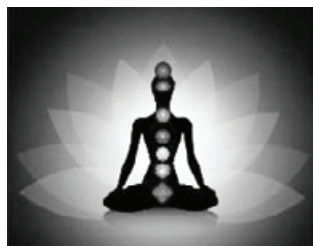
Ojas, volunteering with the Auroville Theatre Group, invites you to his classes: *"In this session, we will begin with preparatory exercises to stretch and strengthen the hamstrings, hips, and back, aiming for proper yoga postures. We'll then move on to breathing techniques to enhance Prana Shakti, known 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.'"*

Workshop

• **Unlock Your Divine Blueprint: The Art of Conscious Living Workshop**

- A 3-days transformative journey with Preeti Mahurkar
- Monday, 21, Wednesday, 23, Friday, 25 October
- 2 hours per day: 3—5pm
- Prior registration required. Please contact Pitanga.

Discover your life's purpose and align with your highest potential in this transformative 3-day journey. Blending ancient wisdom with modern tools like NLP, Emotional Intelligence, and Quantum Physics, this immersive workshop empowers you to harmonize your body, mind, and soul. Integrate principles and wisdom of Integral Development and Holistic Conscious Living through practical techniques from:



- Neuro-Linguistic Programming (NLP), Emotional Intelligence, Ancient Energy Systems, Quantum Physics

For: Spiritual seekers, those seeking emotional resilience, self-awareness, and purpose.

Take away:

- Practical tools for modern living, effective communication and relationship skills, emotional resilience and self-awareness, clarity on life's purpose and alignment with true potential.

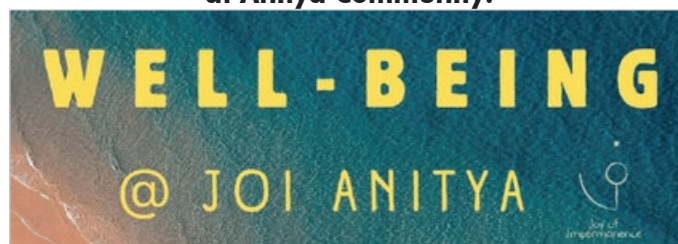
Preeti invites you: *"This isn't just another workshop—it's a profound opportunity to connect with your higher self, embody your fullest potential, and live a life of purpose and conscious intention. Step into a space of growth, transformation, and empowerment."*

Contact Preeti for further information: 9850896576, 9699930672 or ask Pitanga to send you a workshop brief.

Pitanga supports a cashless economy in Auroville. If you are hosting guests who would like to participate in our activities, please inform them that contributions must be made cashless. If you wish to receive our program of activities by email, please write to us. See you at Pitanga, with a smile!

2622403/ 9443902403 WA, info@pitanga.in, Andrea

DISCOVER HOLISTIC WELL-BEING SERVICES at Anitya Community!



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

Thai Yoga Bodywork with Andres

- Contact: +91 9751607501

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

Ayurvedic Massage with Elene

- Contact: +91 7094143719

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

Integral Coaching with Dave

- Contact: +44 7564119728

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

Shah-Lu-Ha-Ka Bodywork with Nikki

- Contact: +91 7094716136

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

Mindfulness Meditation with Helen

- Contact: +91 7094753054

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

Women Circles with Prem Shakti

- Contact: +91 9489244823

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

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

Mathilde for the JOI Anitya team

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

Treatments and Therapies

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)

Day & Date	Workshops (pre-registration required)	Timings	Presenters
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

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.

Pain Management: Yoga for Chronic Headache with Dev

- Saturday, 12 October, 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.

Introduction to Ayurveda and it's Lifestyle with Dr. Geeta

- Saturday, 12 October, 2—4pm

This workshop takes you along the journey of Ayurveda, the ancient Indian medical system. Ayurveda has beautiful lifestyle practices, like diet, exercise, sleep and relaxation. Through this workshop you will learn the appropriate use of and principles behind the practices, which aim to detoxify, rejuvenate, and restore balance to body, mind and spirit.

Ramya for Vérité Programs



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

It Matters

Schedule from 4 to 26 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
4 October, Friday, 5:30—6:30pm	Kollywood dance with Pranathi
5 October, Saturday, 4:30—5:30pm	The Savitri Research Project with Matthias
7 October, Monday, 5:30—6:30pm	Taichi, The way of the Leaf with Kaarthikeyan Kirubhakaran
8 October, Tuesday, 5:30—6:30pm	Science of Meditation with Matthias
10 October, Thursday, 5:30—6:30pm	Rhythm Awareness with Marko
11 October, Friday, 5:30—6:30pm	Kollywood dance with Pranathi
12 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

Bhakti & Sandra

RADICAL TRANSFORMATIONAL STEWARDSHIP

RTS

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



Dates:

- **Session 2:** Saturday, 5 & Sunday, 6 October
- **Session 3:** Saturday, 9 & Sunday, 10 November
- **Session 4:** Saturday, 7 & Sunday, 8 December

Timings are: 8am—5pm Indian standard time

Check your local time below

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

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

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

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

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

Submitted by Bridget

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

TAO OF TEA 茶道 CHA DAO
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

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

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

TAMIL CLASSES OFFERED

Saturdays and Sundays

எழுதப்பட்ட தமிழ் வகுப்புகள்

Written Tamil Classes Offered in Auroville, Donation-based

Contact Murugesan to setup timing: +91 8610916301

Submitted by Malcolm

ITALIAN CLASS

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



AUROVILLE LANGUAGE LAB

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

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, 4 October: Let Us Be Heroes

2018 / 41 minutes / Rebecca Cappelli, Abhi Anchliya
The film explores the impact of our food and lifestyle choices on our health, our home planet and our values. It shares inspiring stories from athletes, food and fashion entrepreneurs, a public speaker and an ocean environmentalist working to protect people, planet and animals. *Aviram*



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

• **Reminder: 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'

Friday, 11 October, 8pm

"The Wind Will Carry Us"

(Persian: در بادهای باد، Bād mā rā khāhad bord)

Directed by Abbas Kiarostami, Iran, 1999

With: Behzad Dorani, Noghre Asadi, Roushan Karam Elmi

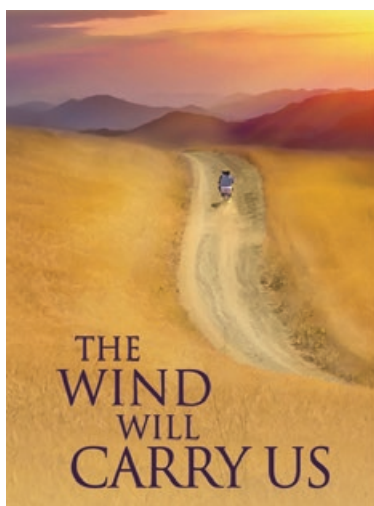
Synopsis: A journalist and his two assistants arrive from Tehran to Siah Darreh, a village in Iranian Kurdistan. They pretend to be communications engineers, but they are waiting for the death of a woman who is over 100, to document the locals' mourning rituals. However, she remains alive, and the journalist is forced to slow down and appreciate the lifestyle of the village... *"This brilliant film could be Abbas Kiarostami's greatest film; it's one of his richest and most challenging films. A masterpiece, essentially poetic and a celebration of the human spirit"*

The film was nominated for the Golden Lion at the 56th Venice International Film Festival. It won the Grand Special Jury Prize (Silver Lion), and received numerous other nominations and awards as well.

Original version in Persian with English subtitles. Duration: 1h58'

• **Note: Contributions are very welcome!**
Aurofilm Collection Acc. No. 252658

Susana and Aurofilm team



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:

- **Self Reflexivity In Documentary Film**
'Truth is not always found in what is visible'

The term "documentary" covers a great variety of divergent forms and practices, from observation to compilation, from the testimonial to reconstruction, which again makes it difficult to define "in and of itself."

Self-reflexive films draw attention to their own construction, form, and processes. They often break the fourth wall, foreground the filmmaking process, and comment on the nature of representation itself. They aim to make the audience aware that what they are seeing is constructed reality rather than objective truth.

We aim to arrive at an understanding of this fragmentation through exploration of a few short films and excerpts from longer films, accompanied by interaction and discussion.

- **Films:** *Reassemblage* (1983) by Trinh T. Minh-Ha. *The Act of Killing* (2012) by Joshua Oppenheimer. *Walden: Diaries, Notes, and Sketches* (1969) by Jonas Mekas. And some works of Harun Farocki and Hito Steyerl.
- **Readings:** *Documentary Is/Not a Name* by Trinh T. Minh-Ha. *Representing Reality: Issues and Concepts in Documentary* by Bill Nichols
- **Venue:** Auroville Film Institute, India Space, Bharat Nivas
- **Meeting Timings:**
 - Friday, 4 October, 10am—12pm
 - Saturday: 5 October, 10am—12pm
- **For more information write to:**
info@aurovillefilmstitute.com & +919980590704

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

N&N Guidelines

Roy & Agnijata, News & Notes

newsandnotes@auroville.org.in



CINEMA PARADISO
Multimedia Center (MMC) Auditorium
Film Program
7 to 13 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, 7 October, 8pm
Subhedar (Governor)

India, 2023, Writer-Dir. Diggpal Lanjekar w/ Chinmay Mandlekar, Ajay Purkar, Smita Shewale, and others, Drama-History, 154mins, Marathi w/ English subtitles, Rated: NR (R).

Tanhaji Malusare, a revered warrior and commander under Chhatrapati Shivaji Maharaj, held the title of Subhedar. The film also highlights his contributions to Swarajya (self-rule). It showcases his efforts in constructing the Sindhudurg sea-fort and building roads in Tal Kokan during the Sangameshwar conflict. The movie pays homage to Tanhaji and his significant role in Chhatrapati Shivaji Maharaj's Swarajya, culminating in the epic Battle of Sinhagad. A fascinating tale, a piece of history!

Potpourri—Tuesday, 8 October, 8pm
Groundhog Day

USA, 1993, Dir. Harold Ramis w/ Bill Murray, Andie MacDowell, Chris Elliott, and others, Classic-Comedy, 101mins, English w/ English subtitles, Rated: PG.

A weather man is reluctantly sent to cover a story about a weather forecasting "rat" (as he calls it). This is his fourth year on the story, and he makes no effort to hide his frustration. On awaking the 'following' day, he discovers that it's Groundhog Day again, and again, and again. First he uses this to his advantage, then comes the realisation that he is doomed to spend the rest of eternity in the same place, seeing the same people do the same thing every day.

Selection—Wednesday, 9 October, 8pm
Assal Eswed (Bittersweet)

Egypt, 2010, Dir. Kaled Marei w/ Ahmed Helmy, Edward, Aimi Samir Ghanem, and others, Comedy-Drama, 130mins, Arabic-English w/ English subtitles, Rated: NR (PG-13).

A 30-year-old Egyptian goes back to Egypt after living in America for 20 years, but he has a hard time coping with the difference, especially after he loses his identity and all his money and becomes stuck in Egypt.

Interesting—Thursday, 10 October, 8pm
Hayao Miyazaki and the Heron

Japan, 2024, Dir. Kaku Arakawa w/ Hayao Miyazaki, Toshio Suzuki and others, Documentary, 120mins, Japanese w/English subtitles, Rated: NR (PG).

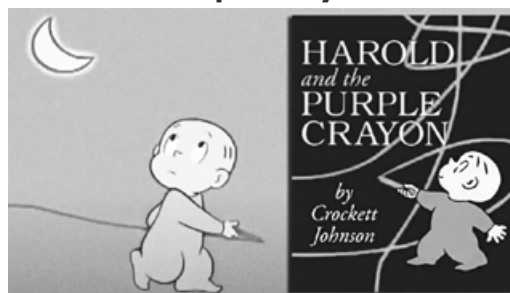
This film offers an intimate glimpse into the creative process of the legendary animator while he works on *The Boy and the Heron*, his latest film. It explores themes of self-discovery and magic, revealing how the characters and narrative reflect the artist's longstanding concerns. Through behind-the-scenes footage and personal insights, viewers witness the dedication and artistry that shape this heartfelt tale, celebrating the profound connections between creativity, nature, and the human experience. A captivating journey that highlights the filmmaker's enduring influence on animation and storytelling.

International—Saturday, 12 October, 8pm
The Ministry of Ungentlemanly Warfare

USA-UK-Turkey, 2024, Dir. Guy Ritchie w/ Henry Cavill, Alan Ritchson, Alex Pettyfer, and others, War-Comedy, 122mins, English w/ English subtitles, Rated: R.

Billed as a true story, this gripping tale follows the Special Operations Executive, a secret British World War II organization founded by Winston Churchill. Amidst the UK's struggle against Nazi Germany, Churchill and Brigadier Colin Gubbins launch Operation Postmaster. Gus March-Phillips assembles a team, including Graham Hayes and Anders Lassen, to disrupt Nazi U-boat resupply using a Swedish fishing trawler, aiming to destroy an Italian supply ship and its tugboats. This mission marks the birth of modern black operations.

Children's Matinee—Sunday, 13 October, 4pm
Harold and the Purple Crayon



USA, 2024, Dir. Carlos Saldanha w/Zachary LeviLil, Rel Howery, Benjamin Bottani, and others, Animation-Adventure, 90mins, English w/ English subtitles, Rated: PG.

Inside of his book, adventurous Harold can make anything come to life simply by drawing it. After he grows up and draws himself off the book's pages and into the physical world, Harold finds he has a lot to learn about real life.

New German Cinema @ Ciné-Club
Ciné-Club Sunday 13 October, 8pm
Stroszek

Germany, 1977, Dir. Werner Herzog w/ Bruno S, Eva Mattes and others, Drama, Comedy, 115 mins, German w/ English subtitles, Rated: R.

In Berlin, an alcoholic man, recently released from prison, joins his elderly friend and a prostitute in a determined dream to leave Germany and seek a better life in Wisconsin.

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