



News Notes

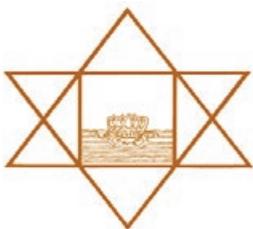
#1052 A weekly bulletin for residents of Auroville 7 November 2024



*Follow the shining thread spun out
across the mid-world, protect
the luminous paths built
by the thought; weave an inviolate
work, become the human being,
create the divine race. ...
Seers of truth are you,
sharpen the shining spears
with which you cut the way
to that which is Immortal;
knowers of the secret planes,
form them, the steps by which
the gods attained to immortality.*

Rig Veda

Pondering



It is the pressure of the supramental and spiritual worlds which is preparing to develop here the manifest power of the spirit and by it open our being on the physical plane into the freedom and infinity of the superconscious Divine; that contact, that pressure can alone liberate from the apparent Inconscience, which was our starting-point, the all-conscious Godhead concealed in us. In this order of things our human consciousness is the instrument, the intermediary; it is the point in the development of light and power out of the Inconscience at which liberation becomes possible: a greater role than this we cannot attribute to it, but this is great enough, for it makes our humanity all-important for the supreme purpose of evolutionary Nature.

As he grows more and more inward, his boundaries mental, vital, spiritual begin to broaden, the bonds that held life, mind, soul to their first limitations loosen or snap, and man the mental being begins to have a glimpse of a larger kingdom of self and world closed to the first earth-life.

*The Order of the Worlds,
The Life Divine—Sri Aurobindo*

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House of Mother's Agenda



Physical culture is the process of infusing consciousness into the cells of the body. One may or may not know it, but it is a fact. When we concentrate to make our muscles move according to our will, when we endeavor to make our limbs more supple, to give them an agility, or a force, or a resistance, or a plasticity which they do not naturally possess, we infuse into the cells of the body a consciousness which was not there before, thus turning it into an increasingly homogeneous and receptive instrument, which progresses in and by its activities. This is the primary importance of physical culture. Of course, that is not the only thing that brings consciousness into the body, but it is something which acts in an overall way, and this is rare. I have already told you several times that the artist infuses a very great consciousness into his hands, as the intellectual does into his brain. But these are, as it were, local phenomena, whereas the action of physical culture is more general. And when one sees the absolutely marvelous results of this culture, when one observes the extent to which the body is capable of perfecting itself, one understands how useful this can be to the action of the psychic being which has entered into this material substance. For naturally, when it is in possession of an organized and harmonized instrument which is full of strength and suppleness and possibilities, its task is greatly facilitated.

I do not say that people who practice physical culture necessarily do it for this purpose, because very few are aware of this result. But whether they are aware of it or not, this is the result. Moreover, if you are at all sensitive, when you observe the moving body of a person who has practiced physical culture in a methodical and rational way, you see a light, a consciousness, a life, which is not there in others.

There are always people with a wholly external view of things who say, "Workers, for example, who have to do hard physical labor and who are compelled by their work to learn to carry heavy weights—they too build up their muscles, and instead of spending their time like aristocrats doing exercises with no useful outward results, they at least produce something." This is ignorance. Because there is an essential difference between the muscles developed through specialized, local and limited use and muscles which have been cultivated deliberately and harmoniously according to an integral programme which leaves no part of the body without work or exercise.

People like workers and peasants, who have a specialized occupation and develop only certain muscles, always end up with occupational deformities. And this in no way helps their psychic progress because, although the whole of life necessarily contributes to the psychic development, it does so in such an unconscious way and so slowly that the poor psychic being must come back again and again and again, indefinitely, to achieve its purpose. Therefore we can say without fear of being mistaken that physical culture is the sadhana of the body and that all sadhana necessarily helps to hasten the achievement of the goal. The more consciously you do it, the quicker and more general the result, but even if you do it blindly, if you can see no further than the tips of your fingers or your feet or your nose, you help the overall development.

Finally, one can say that any discipline that is followed rigorously, sincerely, deliberately, is a considerable help, for it enables life on earth to attain its goal more rapidly and prepares it to receive the new life. To discipline oneself is to hasten the arrival of this new life and the contact with the supramental reality.

As it is, the physical body is truly nothing but a very disfigured shadow of the eternal life of the Self. But this physical body is capable of progressive development; through each individual formation, the physical substance progresses, and one day it will be capable of building a bridge between physical life as we know it and the supramental life which is to manifest.

28 November 1958

*The Mother, on Thoughts and Aphorisms
First Period of Commentaries (1958):
Jnana (Knowledge)*

<https://incarnateword.in/cwm/10/aphorism-11>
With love and gratitude, Gangalakshmi (HOMA)

Townhall Speaks

CITY SERVICES CONTRIBUTIONS AND PAYMENTS

October 2024

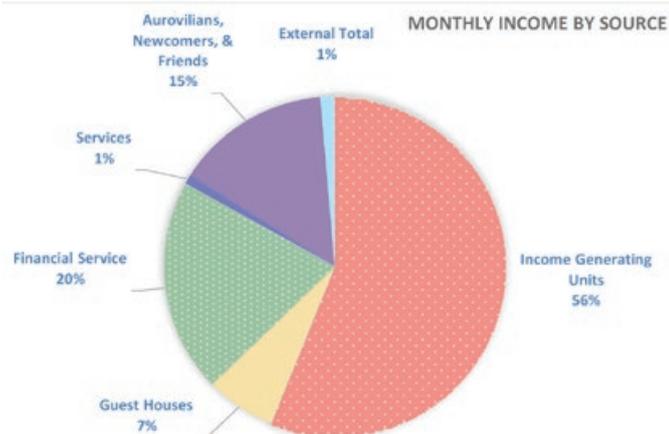
Summary	Unspecified	Specified	Total
Buffer Opening Balance (BOB)	13,43,19,013	—	13,43,19,013
Monthly Contributions (Int. + Ext)	2,28,72,260	11,79,259	2,40,51,519
Total Contributions (OB+Monthly Inc)	15,71,91,273	11,79,259	15,83,70,532
Total Payments	1,76,73,795	11,79,259	1,88,53,054
CS Ending Balance (Includes BOB)	13,95,17,478	—	13,95,17,478
Monthly loss/gain			51,98,464

Internal Contributions

Source	Unspecified	Specified	Total
Income Generating Units	1,30,08,184	4,84,029	1,34,92,213
Guest Houses	15,93,800	4,000	15,97,800
Financial Services	48,00,000	96,685	48,96,685
Services	2,23,073	—	2,23,073
Aurovilians, Newcomers & Friends	29,24,709	5,94,545	35,19,254
Internal Total	2,25,49,766	11,79,259	2,37,29,025

External Contributions

Source	Unspecified	Specified	Total
Government of India for SAIIR	—	—	—
Government of India for Other	78,900	—	78,900
Other Contribution	—	—	—
Project Contributions	—	—	—
Foreign Contributions	2,43,594	—	2,43,594
External Total	3,22,494	—	3,22,494



Paper version: Read the full report at the end of the issue.

E-versions: You can [see full report here](#).

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

APPLICATION ANNOUNCEMENT 07-11-2024



L'avenir d'Auroville

The following Preliminary Design Approval has been received and is approved. The feedback period ends on the 21 November and feedback shall be sent to avenir@auroville.org.in:

Kumaran—New Development (House)

- **Applicant:** Kumaran
- **Location/area:** La Ferme, Outside Master Plan
- **Asset type:** House Development
- **Total Built-up area:** 77 sqm
- **Estimated cost:** 20,68,863/-
- **Project brief:** 2 bedroom family house

Constructive feedback guidelines:

Subjective and personal approval of projects from neighbors to the projects has no resonance with the ideals of Auroville where we have committed to a life guided by no desire, no preferences and no sense of ownership. This subjective “approval from the neighbors” is no longer part of the application process as this has no place in Auroville.

When we publish projects for approval, we will discard all subjective and personal feedback with respect to “neighbors choosing neighbors” or “neighbors choosing development guidelines”. All other feedback is welcome and will be part of the process. No matter the personal opinions and attachments some may have regarding some projects, we take this opportunity to invite Aurovilians to use a tone in their feedback, inspired by The Spirit of Auroville, Human Unity and Progressive Harmony.

- For more information on the projects contact L'avenir d'Auroville (ATDC) write to: avenir@auroville.org.in for an appointment.

Joel, Inbox manager

Community News

Passing On

REMEMBRANCE OF DAMODARAN



On 31 October 2024 evening, we came to know that Damodaran of Kulilapalayam attained Mother’s abode, triggering memories of those early days of Auroville (1969—1976 at Aspiration—Nalavazhvu—Auromodel areas specially). The formative years.

That time Mothers’ personal secretaries used to visit and help in getting Her guidance for main works to us and a few young youth of Kulilapalayam are there to carry out the work, but for them

the work would not have been carried out and our Damodaran was one of those early ‘hero-warriors’ of Mother. They are receptive directly to Her force.

Damodar, as fondly called by others in the collectivity—a young, handsome, enthusiastic youth of 26—28 years—with his bicycle (like on elf-warrior). (Sometimes with a kid—chubby looking, shy, with wonder & dreams in his large eyes i.e. his son Selvaraj hind seat) always ready to our call anytime to serve Auroville with his creative capacities, never failing to face the challenges with us; you are sure that the work is already done, once you give it to him Karyasthan. A trusted person, from kitchen, labour management, errands carrying and all sorts... he was there.

We remember his father, sitting on the thinnai of the house in Tamarind thope chanting & singing siddhar songs— A spiritual person interestingly almost all his siblings are given shelter in Auroville by the Mother preparing them to Her works.

Damodaran offered his only house site in the village to Poppo's experimental housing! When the welfare programmes for village families before their actual integration happened, Damodaran's family too joined us and he was a strong and active person of the group. The contacts were diminished after we shifted to Promesse. Our prayers and best wishes to all of them.

'Answering with the flower's answer to the Sun.

They gave themselves to her and asked no more...

She held their hands, she chose for them their paths.'

Savitri pg.364

Submitted by Varadharajan

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.

- **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

Awakening Spirit

THE MOTHER'S ROOM DARSHAN

17 November

Dear friends, The Mother's Mahasamadhi is approaching. The Sri Aurobindo Ashram has announced that The Mother's Room will open on Sunday, 17 November for Darshan.

The Mother's Room Darshan is available to all. No tokens are required for a Room Darshan. The timings for the Darshan will be published next week.



Submitted by Andrea



Schedule, November 2024

Exhibitions

- **Meditations on Savitri:** A painting exhibition of 472 paintings created by the Mother with Huta from 1961—67 is 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

- **November 11: The One Whom We Adore as The Mother.** An audio-visual presentation by the Sri Aurobindo Archives on The Mother's life from childhood onwards, her trainings, her meeting with Sri Aurobindo and the creation of the Ashram and Auroville. *Duration: 63min.*
- **November 18: The Mother—Glimpses of Her Life.** Film from 1978 with recordings of The Mother's and Sunil's compositions. *Duration: 18min.*
Followed by A New Birth—A Meeting of The Mother with Surendra Nath Jauhar on 11.05.1967—Sadhak and founder of the Sri Aurobindo Ashram, Delhi Branch. *Duration: 23min.*
- **November 25: On Significance of the Siddhi Day.** This is the second conversation of Dr Alok Pandey with Narad on the significance of Siddhi Day, 24 November 1926. The talk was recorded on November 24, 2016, in Pondicherry. *Duration: 46min.*

Full Moon Gathering

- **Friday, 15 November, 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
- **Wednesdays 5:30—7pm:** OM Choir led by Narad
- **Thursdays 4—5pm:** Videos of *The English of Savitri* led by Shradhdhavan
- **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

The One whom we adore as the Mother

- **Monday, 11 November 2024, 4pm @ Savitri Bhavan.** *Duration: 63min.*

Sri Aurobindo wrote: *"The One whom we adore as the Mother is the Divine Consciousness Force that dominates all existence, one and yet so many-sided that to follow her movement is impossible even for the quickest mind and for the freest and most vast intelligence. The Mother is the*

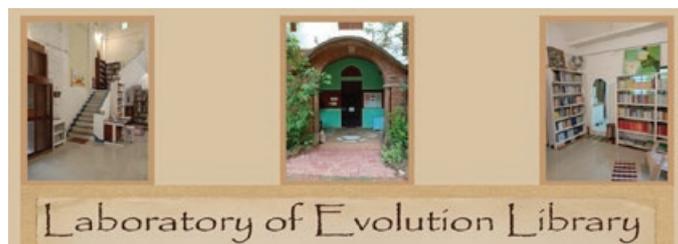
consciousness and force of the Supreme and far above all she creates. But something of her ways can be seen and felt through her embodiments...in whom she consents to be manifest to her creatures."

And the Mother declared: *"Between eleven and thirteen a series of psychic and spiritual experiences revealed to me not only the existence of God but man's possibility of uniting with Him, of realizing Him integrally in consciousness and action, of manifesting Him upon earth in a life divine."* Her quest for manifesting this reality ultimately brought her to Sri Aurobindo, in collaboration with whom the divine work was to be done.

An audio-visual presentation by the Sri Aurobindo Ashram Archives on the Mother's life from childhood onwards, her training, her meeting with Sri Aurobindo, and the creation of the Ashram and Auroville.

- The film is also [available on YouTube](#).

*Dhanalakshmi & Margrit
for Savitri Bhavan*



Focused on the evolutive vision, work of Sri Aurobindo & The Mother. Many related subjects from Traditional knowledge: Religion, Esotérisme, Contemporary Sciences, New Physics, New Biology, New Dimensions, NDE Body Consciousness, Health and many more.

You can find there the complete works of Sri Aurobindo & The Mother in many languages, books written by Ashram Disciples & Aurovilians. Also documents related to Auroville, books, Cd & DVD, films & lectures.

- **Open Monday to Saturday 9am—12pm**
Tuesday & Friday 2:30—4:30pm
- Open for Aurovilians, Newcomers, Volunteers, & Guests
- LOE Library is now **located at Horizon**, in front of Sve Dam, on the right side of Lorenzo's building

Kalyani for LOE

- Sri Aurobindo's Vision for Public Leadership
- Civilizational Lens in Governance
- Integral Education for Policy Thinking
- Synthesis : Philosophy & Policy Frameworks

Please note that we have a discounted fee for Auroville residents at Rs 7,000 + 18% GST.

Monisha

BRAHMANASPATI KSHETRAM



BRAHMANASPATI KSHETRAM
The Mother Sri Aurobindo Centre

Calendar of regular events of November 2024

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

Every Thursday 6:00 - 6:30pm
Meditation

14th & 28th Thursday 6:30 - 7.30pm, reading
“The Mother’s Questions & Answers- Vol-7”
in English

15th, Friday at 6:30pm full moon, reciting
Sri Aurobindo’s Gayatri Mantra for 30min

kshetram2014@auroville.org.in



Rajan

SAVITRI SATSANG & OM CHOIR
with Narad

Every Wednesday

@ Savitri Bhavan, Square Hall

- Savitri Satsang, 4:30—5:15pm

We will begin with Book 1 The Book of Beginnings, Canto I, the Symbol Dawn, Savitri, this prophetic vision of the world’s history, including the announcement of the earth’s future.



From the Mother: The importance of Savitri is immense. Its subject is universal. Its revelation is prophetic. The time spent in its atmosphere is not wasted. A complete system of yoga which can serve as a guide for those who want to follow the integral sadhana.

- Om Choir, 5:30—6:15pm

The voice that chants to the creator Fire, the symbolled OM, the great assenting Word. Savitri

Please join us in this collective aspiration, in the form of united prayer. No prior singing experience required.

Narad

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

A weekly study circle on

The Synthesis of Yoga
- Sri Aurobindo



By Deepti Tewari
4:30 pm - 5:30 pm
Every Tuesday

Venue :
Resource Library,
Bharat Nivas, Auroville



Submitted by Monisha

Education

YUVABE EDUCATION'S BRIDGE PROGRAM:

AI-First Full Stack Mastery

Starts **2nd December**

Data Engineering, APIs, LLMs & Visual Intelligence

Scan to Join WhatsApp Group



We're thrilled to share a new opportunity with you! Yuvabe Education's Bridge Program is launching an AI-First Full Stack Development Course for young adults in the Auroville Bioregion. Starting December 2nd, 2024, this 3-month course will provide in-depth training on essential AI topics, including machine learning, data science, and AI ethics, with hands-on projects guided by experienced instructors.

This program is designed to build valuable, future-ready skills, paving the way for rewarding careers in technology. If you or someone you know is interested, please reach out for more details. We look forward to connecting with you!

- **Contact Us:** 9677604467 ph., bridge@yuvabe.com

Follow Us on Social Media:

- **Instagram:** [instagram.com/yuvabe.auroville](https://www.instagram.com/yuvabe.auroville)
- **Facebook:** [facebook.com/yuvabe.auroville](https://www.facebook.com/yuvabe.auroville)
- **LinkedIn:** [linkedin.com/company/yuvabe](https://www.linkedin.com/company/yuvabe)
- **YouTube:** [youtube.com/@yuvabe.auroville](https://www.youtube.com/@yuvabe.auroville)

Abilash

KULAI CREATIVE CENTRE

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



	10—11:30am	12—1pm	3—4:30pm
Monday	English Class	Mother's 12 Quality Session Tailoring (Flag Making)	Mother's 12 Quality Session (Gardening)
Tuesday	Tailoring (Flag Making)	Tailoring (Flag Making)	Mother's 12 Quality Session (Calendars Making)
Wednesday	Mother's 12 Quality Session (Painting)	Tailoring (Flag Making)	Mother's 12 Quality Session (Mural painting on walls)
Thursday	English Class	Tailoring (Flag Making)	Mother's 12 Quality Session (Embroidery work)
Friday	Tailoring (Flag Making)	Tailoring (Flag Making)	Mother's 12 Quality Session (Book making)
Saturday	Physical, Craft and Art Activities, Bharat Naatiyam, Silambam, 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 LIBRARY

Our Reading Circles

- Mondays 6—7pm, in the Children’s Room:
The Beauty Myth by Naomi Wolf
by Sohela +91 8233277556
- 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

Laura

EARTH INSTITUTE:

November on-campus Training Course



CSEB Design : 11th Nov - 16th Nov
AVD Intensive : 18th Nov - 23rd Nov
CSEB Intensive : 25th Nov - 30th Nov

CSEB = Compressed Stabilised Earth Blocks
 AVD = Arches, Vaults and Domes

AUROVILLE EARTH INSTITUTE
 UNESCO CHAIR EARTHEN ARCHITECTURE

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

- Contact: +91 9159225078/0413 2623330/2623064
- Registrations are open:
<https://registration.earth-auroville.com/> T. Ayyappan

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

SIMHA HEARING AIDS AND SPEECH THERAPY CENTER

Offer Services

Simha Hearing Aids and Speech Therapy center of Pondicherry will be commencing their services at Auroville Health Centre. Prof. N D Rajan with more than 45 years of experience and Mrs. M. Manju with 20 years of experience, Audiologists and Speech Therapists, will be providing their services from the month of November 2024.



- They will be visiting on 2nd and 4th Saturdays of every month, starting 9 November, between 2—5pm.

They will be providing the following services:

- Audiometry (Hearing Assessment)
- Hearing aid fitting (like SIEMENS, PHONAK, and other known brands)
- Programming and readjustment of hearing aids
- Consultation for speech and voice problems

In addition, **basic accessories for hearing aids** like batteries, cleaning kits etc, will be **available in the Pharmacy** from the second Saturday of November 2024. **Dr Uma**

OFFERING ADAPTIVE THERAPY AT SANTÉ

Asita will be offering Adaptive Therapy at Santé for all age groups, from young children to the elderly, including for issues at school, stress, insomnia, social challenges and more.

- Please contact Santé reception: 0413 2622803.

Asita has a Master’s in Sociology from Pondicherry and specialization as a Behavior Technician from the USA.

Dasha for Santé Team

OFFERING NURSING SERVICES

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

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

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.

- If you’d like to know more about our work email us morningstar@auroville.org.in

Submitted by Bala

SANTÉ SERVICES



Schedule, November 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: Monday to Friday
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)
Midwifery & GYN Care with Paula: Monday & Wednesday	Adaptive Therapy (all ages) with Asita: Wednesday & Saturday
Bio-Well Assessment (Evaluation of your well-being) with Helena, adminsante@auroville.org.in	Soundbed Session with Sandhya/ Thilagam: Monday to Saturday

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>

AURODENT DENTAL CLINIC

@ Auromode, Auroville

For Appointment please contact us:

- aurodent@auroville.org.in
- 0413 2622063 ph., 9629199328 WA

Working hours:

- Monday—Friday: 9am—1 pm & 2pm—6pm
- Saturday: 9am—1pm *Submitted by Sudha*



Youth Initiatives

JOIN INTERACTIVE PSYCHOLOGY SESSIONS

with Youth!

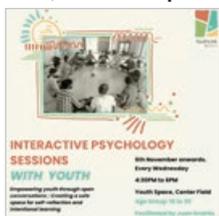
Every Wednesday, 6 November onwards, 4:30—6pm

@ Youth Space, Center Field

Empowering youth through open conversation, Creating a safe space for self-reflection and intentional learning.

- Facilitated by Juan Andres
- Age group: 16 ~ 30

Jisung on behalf of Youthlink



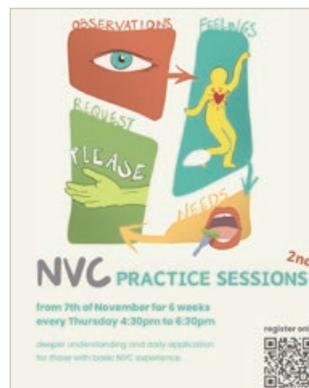
NONVIOLENT COMMUNICATION PRACTICE SESSION

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

NVC is a communication tool that helps us connect from our hearts. This tool can enhance connection and understanding and make us more aware so we can make choices from a conscious space.

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

- 6-week Practice Sessions: From the 7 November every Thursday, 4:30—6:30pm.
- Practice sessions for those with basic NVC experience, for deeper understanding and daily application.
- [Register via the link.](#) *Jisung on behalf of Youthlink*



MAKER SPACE

Monday to Thursday, 8:30am—12:30pm

@ Youth Center

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.

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.

Lucrezia & Youthlink team



Theatre, Music & Arts

BHARAT NIVAS: TAMIL PANNISAI



Monisha

CENTRE D'ART: EXHIBITION OPEN CALL

Centre d'Art is pleased to accept submissions of cohesive art projects. The artist, through the description of the project and the images provided, should convey the inspiring idea that gave life to their work. It is important that the submission for the exhibition is coherent and represents the theme that is being explored. It is better if the project and the work are part of a research developed in recent times. All artists are welcome to submit their projects for an exhibition in the season 2025-2026.



If you are interested please send your submission before 31/01/25 to:

- centredart@auroville.org.in and write "Exhibition Submission" as the subject of the email.
- The email should contain:
 - Contact details
 - A short biography of the artist
 - The title of the art project and its explanatory text
 - Images of some work in .jpg or .pdf (max 20 images) in low definition

The use of the space is free of cost but transportation of the work and presence in the gallery during the exhibition time are the artist's responsibility.

The selection will be made in February and the decision will be communicated within a few weeks. All submissions will get an answer.

Looking forward to receiving your application.

Marco

Listening Beyond
Lucas Posada
 Art Exhibition
 30 Oct - 26 Nov '24

Exhibition timings: Daily, except Sundays
 Pitanga Cultural Centre, Samasti, Auroville 605 101 | info@pitanga.in | 0413 - 2622403, 9443902403
 A service unit of the Auroville Foundation, Health and Healing Trust branch | GSTIN: 33AAA1A00378Y1N

Andrea

DIVERSITY IN EXPRESSION
 GROUP ART EXHIBITION
 17 OCT - 13 NOV 2024

Anwar Khan . Shinso . Charu . Osiva . Christina Ravi
 Marie-Claire Barsotti . Sathya Arunachalam . Bharat

PAVILION OF TIBETAN CULTURE, AUROVILLE
 9 AM-12.30 PM & 2-5 PM. Closed on Sundays

17 October—13 November @ Tibetan Pavilion
 Join us for an inspiring showcase of artistic diversity!

Sathyamuthu

Dance Activities

DANCE CLASSES BY MANI

Choose your Dance: Bachata, Kizomba, Salsa, Tango
 Register now: +9186376 33696

Salsa Dance

- @ New Creation dance studio
- Tuesday: salsa class, 6:30pm
- Saturday: workshop, 7pm

@Bakisata_dance

Embrace the Rhythm and Let Go!



Tango Dance

@ CRIPA, Auroville

Monday

- Beginner: 6:30—7:30pm
- Intermediate: 7:30—8:30pm

Friday

- Workshop 6:30—7:30pm
- Open practice 7:30—8:30pm

Contact: +91 8637633696

@Bakisata_dance



Submitted by Mani

BALLET DANCE CLASSES WITH FLEUR

Ballet dance class with Fleur

Dance initiation
 Age 4 to 5
 Every Monday from 2.30 to 3.30pm

Classical ballet level 1
 Age 6 to 7
 Every Monday from 3.45 to 4.45pm

Classical ballet levels 2&3
 Age 8 to 10: Every Saturday from 9.15 to 10.30am
 Age above 10: Every Saturday from 10.30am to 12.00pm

@ New Creation Dance Studio

Fleur, 9600225764

AUROVILLE TANGO

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



Submitted by Maud



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

International

THE FRENCH PAVILION PRESENTS:

The Art of Storytelling Workshop by Mireille

Wednesday, 13 November, 4:30—6pm

@ French Pavilion (opp. Visitor Centre)

Telling a story is much more than just speaking words. It's about using your own words, reclaiming a narrative, playing with your voice, your gestures, and your entire body to captivate the audience. It's an art that draws on the storyteller's authenticity while creating an intimate connection with those who listen.



After studying psychology, Mireille discovered her passion for storytelling, combining her understanding of human emotions with the art of narration. For 25 years, she has worked alongside renowned storyteller M. Hindenoch, exploring oral traditions. Mireille has shared her stories in France, Italy, Ladakh, Chandigarh, and Rajasthan, captivating diverse audiences. She also leads workshops for both children and adults, helping them find their narrative voice, and occasionally incorporates paper theater to enhance the storytelling experience.

- **Workshop for adults every 15 days.** Regularity would be very appreciated.
- **Booking required:** +33618709157 WA Vivekan

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

Music, & Art Activities

EXPLORE WATERCOLOR TECHNIQUES

- Thursday, Friday & Saturday, 10am—12pm @ Unity Pavilion
- Art with Mr. K. Janakiraman
- For more details 8015362636/ 262 3576



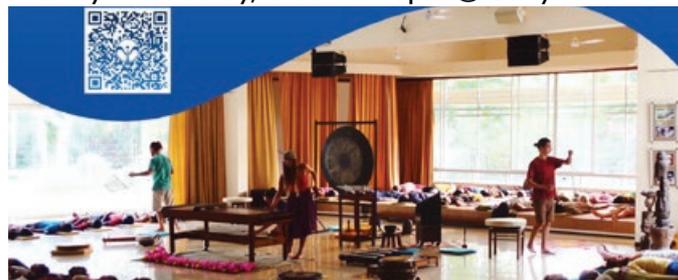
Submitted by Lisa

SVARAM PROGRAMS

Ongoing Programs

Svaram Sound Experience: Sound Journey

- Every Wednesday, 5:30—6:30pm @ Unity Pavilion



The Quantum-Karmic Multiverse Book Reading Satsang



- Every Thursday 5—6pm SVARAM Atelier, 2nd Floor, UTSAV Bldg.

We invite you to discover the powerful connection between quantum mechanics and ancient wisdom with Nadim Hamdan, the author of The Quantum-Karmic Multiverse. Engage in group discussions, guided meditations, and visual presentations that bring these profound ideas to life.



- For details please click the link or scan the QR Code to our webpage: <https://svaram.org/the-quantum-karmic-multiverse/>

Svaram Atelier: Open for Creative and Healing Arts

Svaram Atelier, located on the second floor of the UTSAV Bldg., is now open for morning rentals, offering an inspiring space for anyone 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 info, please contact +91 9360123054 WA or svaramprograms@auroville.org.in

Upcoming Programs and Workshops 2024-25

Sound Design and Music Composition with Csound

- 21—23 November

This is a 3-day workshop to discover the limitless possibilities of Csound with Dr. Gleb G. Rogozinski and Aman Jagwani. Csound as a flexible and open-source platform, has become a cornerstone of music technology. Its ability to generate complex sounds and interact with various devices, from traditional synthesizers to modern computers, has made it an indispensable tool for composers, sound designers, and researchers.



- For details please click the link or scan the QR Code to our webpage: <https://svaram.org/the-power-of-csound/>

Cosmic Octave: 2—6 December

This is a 5-day special interactive workshop to discover the Harmonics of the Universe with Jens Zygar, a distinguished sound musician since 1984, with over 40 years of experience for an immersive exploration into the Cosmic Octave — the science of the universe’s vibrational frequencies. This workshop is ideal for those interested in sound healing, spiritual wellness, and deepening their understanding of cosmic frequencies.



For details please click the link or scan the QR Code to our webpage: <https://svaram.org/cosmic-octave-with-jens-zygar/>

Aurelio and the SVARAM Team

BASIC ANALOGUE PHOTOGRAPHY

Darkroom Workshop by Sasikanth Somu

7, 8, 9 November

@ Centre d’Art Gallery, Citadines, Auroville

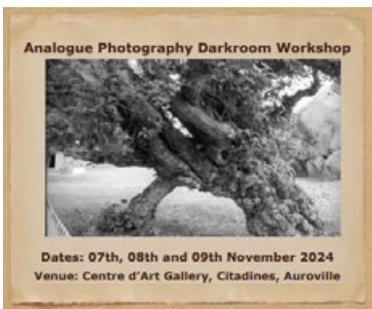
Program & Timings

- **Thursday, 7 November, 2—5pm:** Brief look at History of Photography & Introduction to Film Camera.
- **Friday, 8 November, 9am—2pm:** Film photo shoot (in your own time), 2pm—5pm: Develop your roll of film.
- **Saturday, 9 November, 9am—12:30pm & 2—5pm** (one can choose either of these sessions): Printing Contact Sheets & Photos in the darkroom.

Registration Contact: centredart@auroville.org.in

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

The workshop is free for Aurovilians, Newcomers and registered volunteers, who are residing in Auroville. Registered Volunteers are requested to provide the details of their registration with SAVI Auroville.



- All the material for the workshop is provided except the analogue camera. Analogue/Film cameras are available to the participants against a contribution.
- Regarding the Analogue camera and any specific questions about the workshop please write directly to the teacher, Sasi sasi@auroville.org.in, +91 91593 55809 WA

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

Sergey, Centre d’Art

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) <https://www.youtube.com/@IJustWannaWrite.channel/videos>
 - For Info and to book your session, write at ijustwannawrite.email@gmail.com
- If you want to know more about me, check my blog: <https://ijustwannawrite.com>

Let’s keep up with the good writing!

Francesca

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

CREEVA Studio, Creativity Community, Auroville

- sathyacolour@auroville.org.in
- +91 9486145072 WA Sathya.

Sathya

Multiple Activities

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

REGULAR WORKSHOP, CLASS & EXHIBITION

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

EXHIBITIONS - MONDAY TO SUNDAY

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

Enquiry Contact: Krishna at +91 97878 80211

Monisha

Sports & Martial Arts

AUROVILLE CYCLE RIDE

9 November, 6am, Townhall Main Parking

We invite everyone to join for our monthly cycle ride for a distance of 20 kms in and around Auroville.

Let's pedal together to create the awareness for sustainable mobility and the importance of cycling to our beloved ones and Let's save the mother Earth & the Nature for our next generations. Bring your own cycle and a water bottle.



Note: People who don't have a cycle could pick one from us and return it back after the ride (depends on the availability/ First come gets priority).

• **Ride's Schedule:**

Reporting at Town Hall Main Parking:

- 6—7:30am: Cycling around Auroville
- 7:30—8am: Breakfast

greenridecvcles@gmail.com / +919443074825

Raju

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

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. Seen as such, and in the perspective of the integral development of the being as emphasized by Sri Aurobindo and the Mother, it is no wonder that Aikido has always been greatly valued in Auroville and introduced since the very early years. Both children and adults can enjoy and benefit from its complete practice. There are no competitions in Aikido. On the self-defense aspect of it, an aggressor's attack may be stopped without harming or injuring him/her. And of course, this physical training keeps you fit and healthy!



The Auroville Aikido group always welcomes new practitioners, Youth and Adults, and those who would like to revive their abandoned practice!

Adult classes

- **Tuesday, Thursday and Saturday, 6—7:30am,** early morning. Beginners are most welcome. Girls and women are especially called to join us.
- **Wednesdays, 5:30—7pm. NEW, from Wednesday, 30 October.** Welcome!

Children/ young students

- Monday, Wednesday and Friday, 4—5pm.

Contact for more info and registration

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

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

Swim to Serenity: Waves of Strength!

- Water therapy
- Open water
- Oceanic
- Water dance
- Water movie
- Swimming in pool



@watersport_mani
Book Now: +91 8637633696
Package swimming class

Mani

KALPANA GYM

Kalpana Gym is open 7—9am & 5—8pm

- Monday to Saturday

All are welcome!

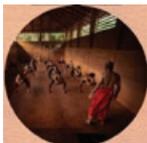
Satyakam

BHARAT NIVAS PRESENTS KALARIPAYATTU CLASS

in Collaboration with Kalarigram:

Bhumika Hall,
6—7am, Monday to Friday

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



Monisha for BN Team

TAI CHI HALL IN SHARANGA

Schedule of classes

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



Krishna

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

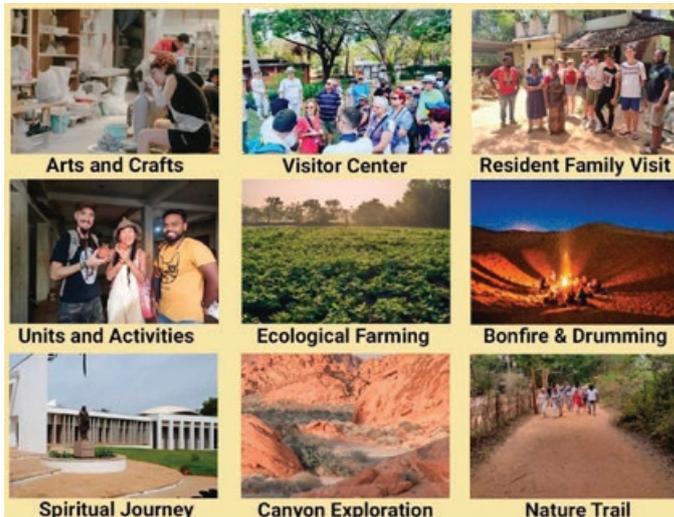
Beber



Bioregion Activities



Contact: 8270071581/ 9159468946
enlight@auroville.org.in



Explore Auroville: By AC Car

- 10am—12pm, all days except Sunday
- Customization available

This tour educates the audience about the cultural and spiritual consciousness of Auroville. It also highlights the inspiring journey of the residents on their path of self-determination and visits our wide range of units and activities that have coupled tradition and modernity.

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: By AC Car

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

Take a break from your city life and dig deep into the heart of rural villages around Auroville, where a land of history and culture can be experienced. Involves traditional welcome village walk, kolam experience, handicrafts history, culture, and native lunch.

Workshops:

Every day except Sunday (One day before booking)

- Pottery Workshop:

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

- 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.

Arun, Anand & Balaji

Nature Activities



MINDFUL FOREST WALK & SACRED DRUM JOURNEY

@ Revelation Forest, Auroville

Sunday, 10 November, 3:30—5pm

Embark on a transformative journey:

- Mindful Forest Walk

Connect with nature's rhythms, Cultivate inner peace

- Sacred Drum Journey

Shamanic drumming, Release blocks, awaken inner wisdom

- For details

- Event facilitator Kundhavi Devi: 9360043538
- Registration Rahul: 8349917282
- Contribution Rs.100



Carolyn Rebecca

EGAI

+91 9159468946, egai@auroville.org.in

Workshops

- **Toys Workshop:** Craft toys made of wood and bamboo.
- **Finger painting workshop.**
- **Coconut Shell workshop:** Craft earrings, keychains, pendants and bowls.
- **Incense making workshop:** Come and make your own Agarbatties



UTAVI Empowering communities

- **Egai Velai:** Infrastructure support to space deficient community and village artisans and craftsmen
- **Egai Kaivina:** 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



Visit our store @ **Auromode**

Anand

**WELLNESS WOODCRAFT:
Auroville Activity**

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

Submitted by Anand

PAPER CRAFT WORKSHOP @ WELLPAPER, AUROVILLE

10am—4pm, every day except Sunday

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

+91 9385744722, 0413 2969722 Zeevic



TOUR TO THIRUVANMALLAI

I have been arranging a tour of Thiruvananthapuram 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



Help Needed

NEEDS A LAPTOP

Dear Auroville Community, aurovilian Devashri, studying visual communication in the third year, needs a laptop. Fortunately she has received a donation of 25000. She needs now to fundraise the balance of Rs 23000.

Devashri is very grateful for any further help towards the purchase of the computer so that she can soon buy it and start with her project work for her college studies.

- Contributions can be made over Financial Service account # 251110, Devashri study. Any amount is much appreciated.

Shivaya

SEEKING FUNDING

Dear Auroville Community, we would like to share an update on our current situation and humbly request your support to help us complete the repayment of our housing loan. Both Vinai and I (Rama) grew up in Auroville, having spent our childhood in New Creation (Roy's Boarding). I currently serve with Unity Fund, while Vinai is engaged with ATDC. Both of us work in service units and receive monthly maintenance support.

We have two children, aged 8 and 12, and we built a house at Petite Ferme, for which we took out a housing loan. We are pleased to inform the community that we have already repaid over 50% of the loan. However, we still have an outstanding balance of ₹4 lakhs. Each month, we have consistently contributed between ₹9,000 and ₹12,000 towards loan repayment, demonstrating our ongoing financial commitment. However, the burden of these payments has begun to weigh heavily on our family's financial well-being. A significant portion of our monthly maintenance is directed towards repaying the loan, leaving limited resources to cover other essential expenses, which is impacting our overall quality of life.

At this stage, we are seeking a bit of relief from this financial strain. We kindly request the community to consider supporting us with either a monthly contribution or a lump-sum donation to help reduce the loan burden. This support will enable us to focus on our work for Auroville with renewed energy, free from the pressure of financial hardship. We are incredibly grateful for the generosity we've already received from the community, and we hope that this request for assistance will resonate once more.

- Any contribution, large or small, would mean a great deal to us, my FS a/c no:106445.

Thank you for your time and consideration.

Rama & Vinai

Looking For

Looking For an Old Electric Four-Wheeler

Auroville Institute of Applied Technology is looking for an old electric four-wheeler in functional condition to train its students in servicing and maintaining electric vehicles.



- Please contact Lavkamad, Executive, Auroville Institute of Applied Technology

lavkamad@auroville.org.in, Lavkamad

Seeking Long-term House sitting

I'm looking for long term house sitting, but I'm also open to shorter term or house sharing, from now I'm clean, tidy, responsible and I love animals. If it resonate to you, please contact me by phone call at:

- +91 8489764602 or lakshmiprem369@gmail.com

Lakshmi

Need a Small Fridge

I need a small second hand fridge.

- anandi7@auroville.org.in, 9952746285

Anandi

Needs Some Furnishings

Hello, I recently moved into an unfurnished house and I'm looking for some refurbished furniture if anyone wants to donate or sell. I'd be needing



- Working ceiling fan
- Study/Office Table & chair
- Extra mattress
- Small tables/stools or small coffee table
- Unused wall paint (white) or wall painting tools

+91 8979782699, Sasha

Available

Office Spaces Available: Aurelec

- A well protected 47sqm building, opposite Aurelec, northern side, is available.
- Conveniently located office room (around 50 sqm.) inside Aurelec premises is available.
- 35.12 sqm. space available inside Aurelec Premises.



This spaces are ideal for a workshop or office, with generator back-up, 24 hours security, parking, provision for air-conditioners, high speed fiber 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

Available Folding Chairs

14 folding chairs with black fabric (to change) and 7 folding chairs with the structure only. (Have to be painted again) Available immediately. Contact: 8949566062. Shanta

Lost & Found

Red Apple Birkenstock Exchange

On Wednesday, 29 October, my daughter came home with a different pair of shoes. She accidentally swapped them, as they look very similar, but the brands are different.

If anyone is missing a pair of dark blue Birkenstocks and has instead found a pair of dark purple Red Apple shoes, please feel free to contact me. Thank you!

- Sonia, +91 8940288090 WA.

Sonia

Work Opportunities

EARTH INSTITUTE:

Communication and Website Specialist

We are seeking a Communication and Website Specialist to join our team. We're looking for someone interested in writing, learning, and creating content about our projects, research, and training to help us spread the knowledge of earth-en construction through our social media platforms, website, campus tours, and more.



- If this sounds like you, reach out to us at: info@earth-auroville.com.

- Contact: +91 0413 2623330/ 262 3064. T.Ayyappan

ECO FEMME

Video Editor/ Content Creator

Eco Femme is looking for a passionate Video Editor/ Content Creator to join our team part-time. In this role, you will be responsible for shooting and editing video content (both short and long form) for our social media channels and website, as per ideas and guidance from the Communications Team Leader.

Proven experience required

- 1+ years of experience in film-making and editing for social media platforms
- Strong video editing skills using tools like Adobe Premier, Final Cut Pro, or mobile editing apps
- Basic understanding of graphic design principles
- Familiarity with Google Drive Suite
- Competent written and verbal English

We are based in Auroshilpam.

Starting date: Immediate, this position requires the candidate to be present at our office on a daily basis.

Social Media Account Manager

Eco Femme is looking for a creative individual to join our team as a Part Time Social Media Account Manager.

Proven experience required:

- 1+ year experience in account management of Instagram, Facebook and YouTube, Word press (website updates), Google Drive suite, Graphic / aesthetic sensitivity, Competent written and verbal English

We are based in Auroshilpam.

Starting date: Immediate

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

Mahalakshmi Prabhakar, +91 7094278777

JOB OPENINGS AT THE LIVING ROOM CAFE

We're seeking passionate and talented individuals, Aurovilians/ People from bio-region to join our team at The Living Room Cafe!

Positions Available

- Senior Chef (1), Junior Chef (1)
- Prep cook/ Commi Chefs (3)
- Barista (2), Waiter/Waitress (3)
- Housekeeping Ladies/Men (2)

Qualifications

- Proven experience in the relevant field.
- Strong culinary skills and passion for food.
- Excellent communication and team player.
- Ability to work in a fast-paced environment.

To Apply

Please send your resume and cover letter to email: tlr@auroville.org.in Last day for application is 10 November.

- We offer maintenance, competitive salaries and benefits. Join us in creating unforgettable dining experiences!

Debo for TLR (The Living Room Team)



Honorary Voluntary

Martuam
Healing Forest

Call for Volunteers

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

Shivaraj, +91 9345454232, call/ WA

MOHANAM: VOLUNTEERS INVITATION

Mohanam is seeking passionate long-term volunteers to join our team on a full-time or part-time basis! We're looking for individuals with skills in: *Facilitation and training, Written Documentation and Filing, Administration, Accounting, Teaching kindergarten children, WordPress Website Management, Newsletter Creation, Film Making, Canva Designing, Digital Marketing and Promotion, Physical Marketing and Promotion, Fundraising and Grant Writing, Program Coordination, Kitchen Management, Campus Logistics and Maintenance, Team building and leadership, Content Writing—blogs, social media posts, program descriptions, etc. Social media handling—Instagram, Facebook, Youtube and LinkedIn*



- **Volunteering Duration**
 - Short term volunteers: Minimum 3 months
 - Long term volunteers: Minimum 6—12 months
- **Language you must know:** English. Optional languages (if you speak or understand, it will be beneficial): Tamil, Hindi
- **Campus Timings:** 8:30am—5pm
- **Working Days:** Monday to Saturday. We might require you to be there on Sunday in case of special programs/ events.
- **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.
- mohanamprogram@auroville.org.in, 8300949079, 04132190757, 04132622667



Balu

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

VOLUNTEERING

@ 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

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

AUROORCHARD: VOLUNTEER AND LEARN FARMING

Monday to Saturday

7—9am and/ or 9:30am—12pm

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.



Please reach out to us for any queries:

auroorchard@auroville.org.in, 9566631079 WA (Nidhin)

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

Foods, Goods & Services

HEMPLANET

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

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 2622212

GASTRONOMICA: 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



Dear All, we are happy to announce that we will be having a **50% discount for dining on every Friday for Aurovillians.**

Our timings: **Monday to Saturday**

- **Lunch:** 12—3:30pm
- **Dinner:** 6—9pm

We are also available on Dropzy for deliveries.

We are closed on Sundays.

You can call or WA us at 7448811088.

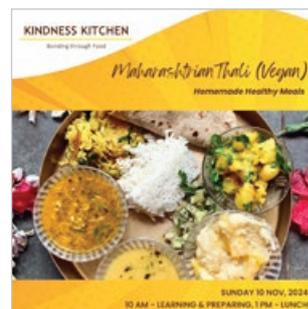
Pavithra for Auromode Tanto Team

FLAVORS OF MAHARASHTRA in the Kindness Kitchen

Sunday, 10 November

10 am—Learning & Preparing, 1 pm—Lunch

Discover the vibrant flavors of Maharashtra in the upcoming Kindness Kitchen! This interactive experience will not only delight your taste buds but also foster a sense of togetherness as we share the joy of cooking and serving wholesome, homemade meals.



Menu

- Maharashtra Thali (Vegan)
- Koshimbir (salad)
- Bataatechi sukki bhaji (potato dry curry)
- Chapaati (We will learn the technique of making round, soft and fluffy ones)
- Masale bhaat (spicy rice)
- Kande bhajji (deep fried onion crispies)
- Sheera (desert)

Hosted at the home of Nirmala & Naresh @ Pushpanjali, Kottakarai, Bioregion Auroville.

- To RSVP [fill this form](#) or call on +91 9082486890

We have limited seats this time so request you to RSVP at the earliest.

Kindness Kitchen is an experiment in generosity and heart-felt connections. No prices, no strings attached. Guests are invited to contribute from the heart, not for what they received, but for those who come after. At the end, everyone has an opportunity to keep the chain alive and pay it forward with money, time or other expressions of wealth for future guests.

Nirmala Naresh

WOMEN'S EMPOWERMENT PROJECT Queen home food

Monday to Saturday 8—10am @ Wellpaper

Breakfast: we offer a fresh and healthy breakfast made with locally sourced grains and vegetables

ABI at: +9042058981

Viji



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.

www.thesprout.in
Monica

ARTISTE CAFE

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

Break-fast, Lunch & Dinner available

Enjoy our traditional home-cooked South Indian food.

- **Venue:** Near New Creation, Kuilaplayam, Auroville
- 0413 2623071, 9786772209
- yatraartistecafe@gmail.com
Yatra Srinivassan



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

FOODLINK MARKET

open every day

Monday—Saturday, 9:30am—12:30pm

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](#)

GOYO KOREAN SILENT RESTAURANT

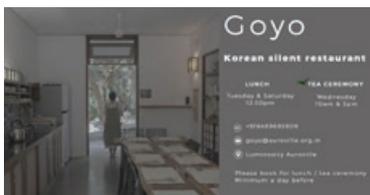
Lunch:
Tuesday & Saturday,
12:30pm

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



ANY TIME DOSA AND PONGAL @ THE PATHWAY CAFE

Bharat Nivas Cafe has been serving Masala Dosa, Onion Dosa, Ghee Dosa, all day, everyday at a very good price. Now for the Pongal lovers: you can also get Pongal or Khichidi everyday. We also serve organic Tea only for Rs 20.



Please, come and enjoy, welcome to Bharat Nivas cafe.

Arabinda for Bharat Nivas team

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.

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

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. Jesse



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

HIVE COWORKING SPACE—OPEN HOUSE

8 November, Friday, 9am—5pm

@ HIVE, Auromode.

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



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

Dhesh for Hive Team

SUNRISE TAXI SERVICE

Dear Auroville Community Members, this is to inform that Sunrise taxi service is active now with new executive Sathish from UTS. It is an Auroville Unit.

- For taxi bookings please call us on Mobile: 9843880591 and office: 0413 2220591, 2220592

As a new unit we need your full support to my journey

Sathish

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

QUTEE ELECTRIC SCOOTER SERVICE

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

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

SARVAM COMPUTERS

Offers Reliable Service

Dear Community, we are happy to inform you that Sarvam Computers has moved to the newer location in **Utsav Complex**. And we would always like to provide you with fast and reliable service. Sarvam Computer offers all types of computers sales and service, data recovery, all types of Apple device sales and services, office network and server setup, monthly and annual maintenances etc.



Contact Sarvam Computers

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

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

Bala



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.*

RAPID CARE SERVICES

Rapid Care Services is your trusted one stop solution for repair and maintenance and ancillary works since 2022. For more information or to schedule a service, please don't hesitate to contact us.



Services offered

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
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

Starting point from Solar Kitchen. Can be scheduled any-time throughout the week. Please contact me in advance for more information and booking.

• South-Indian Cuisine—Cooking Class

Please book sessions in advance.

- Monday to Saturday, 10am—5pm @ Creativity.
- **Thai Massage: Monday—Saturday, 9am—5pm.**
 - 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
Phone/ WA 8098845200,
rupavathijoy@gmail.com

Rupavathi Joy

NAMASTE, BONJOUR, HELLO, AND VANAKKAM from Inside India!

We're here to make your travel seamless, whether you're flying to far-off lands or exploring the magic of India. From flights and trains to buses, travel insurance, and visas—we've got it all covered! Need a taxi, a cozy place to stay, or help with passport renewals? Count on us.



Get in Touch with Mr. Ganesh, Your Travel Consultant

- You can find Mr. Ganesh at our **Kalpna Office** from **10am to 5pm Monday to Friday.** He's available on land-line **2623030** or via **mobile/ WA +91 9894598686.** Reach him by email at ticketing@insideindiaauroville.com. *Saturday visits are by appointment only.*

Exclusive Offers & Tailored Travel

Dreaming of a custom journey through the breathtaking South of India? Drop us an email at insideindia@auroville.org.in or tours@insideindiaauroville.com, and let us bring your travel dreams to life!

Current Flight Deals

- **Air India:** from Chennai to Frankfurt, London, Copenhagen, Amsterdam, Milan
- **Qatar Airways:** from Chennai to Rome, Brussels, Milan
- **Etihad Airways:** from Chennai to Frankfurt, Paris, London, Rome, Amsterdam, Barcelona, Zurich, Milan, Brussels, Vienna.
- **Lufthansa:** Stockholm, Copenhagen, Madrid, Barcelona, Dublin, Rome.

Travel Updates You Should Know

- **Indian Railways:** Starting November 1, passengers can book train tickets 60 days in advance (reduced from 120 days), making trip planning easier and more flexible.
- **Chennai Airport:** International travelers can now drop off baggage at the I-to-D transfer facility before moving to domestic terminals.
- **Indonesia:** Complete the SATUSEHAT Health Pass (SSHP) before arrival.
- **Thailand ETA System:** From December, nationals of visa-exempt countries will need an Electronic Travel Authorization (ETA).
- **VFS Global** to offer new Indonesia e-Visa on Arrival service to Indians.

Olivier
for the Inside India Team

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

Poetry

OF THE DARK DOVES

In the branches of the laurel tree
I saw two dark doves
One was the sun
and one the moon
Little neighbors I said
where is my grave—
In my tail said the sun
On my throat said the moon
And I who was walking
with the land around my waist
saw two snow eagles
and a naked girl
One was the other
and the girl was none
Little eagles I said
where is my grave—
In my tail said the sun
On my throat said the moon
In the branches of the laurel tree
I saw two naked doves
One was the other
and both were none

Federico García Lorca

THAT GAZE

There is a calm and loving gaze
And from the very start
It sends a heavenly dart to blaze
Its way into your secret heart.
A psychic wound is opened,
No markings can be seen
But the heart's been wounded and refuses to be healed.
Sharp honey's then poured in
To keep the edges wide apart.
So the heart will close no more.
She has pierced it to the very core.
And now that it is open
None may enter here
But the One who opened it to the mystery.

Maggi Lidchi

SURGING WAVES

Surging waves
Splashing foams
On a shallow sand beach —
Naught speaks for
The vast and deep expanse.
With joyful Gratitude, Anandi Z.

Voices & Notes

TULIP:

The Unconventional Life Podcast

- Have you struggled to fit into society's standards or left them behind?
- Are you grieving what couldn't be—and may never be?
- Are you letting go of the life you imagined for the one unfolding before you?
- Have you reached a point in your healing journey where you're ready to share?



If so, we invite you to be a guest on our podcast! Join us in genuine conversations where we explore the inner worlds of those on unconventional paths. The intention is to normalize diverse ways of living beyond society's prescriptions, so more people feel seen and empowered to follow the life meant for them.

If interested, email your story to share@tulippodcast.com. If it's a good fit, we'll schedule a video recording with you in-person in Auroville in a conversation format.

Thank you for being vulnerable enough to share your story.

Alessandra

INFINITE POTENTIAL



Auroville the City of Dawn is already
 Serving its role as playing field exactly
 Concentrating the cosmic archetypes
 In a magic mirror dance of the self
 Engaging in the very hastening
 Of the advent of a new being
 An intensified cyclic upgrading
 From the false-separative ego-mind
 To the Truth-Unity Supermind
 The Vision-Goal of which is the eventual
 Divine Manifestation of a being Supramental.

And so consciously or not We continue on
 Under the Mother MahaShakti's modulation
 Feeling like victims or players in our own game
 Until "Voilà!" the Life Divine for all happens.

Welcome to the Marvel of Infinite Potential¹
 Of this Great Cosmic Play of You, the Eternal.

Cheers!

Screening Of "Anbe Sivam"—Love Is God. To access the links please scan the QR Code or visit:

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

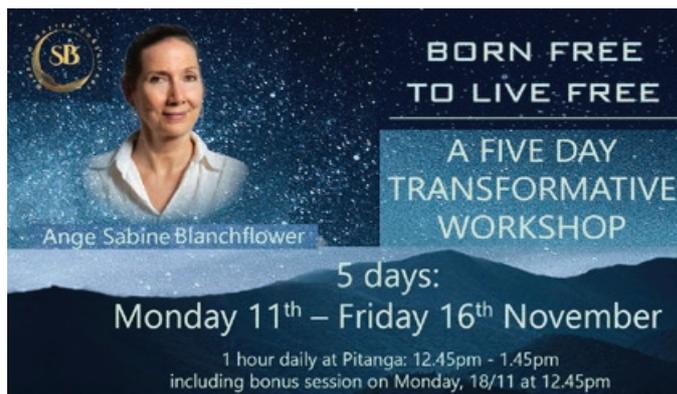


¹ <https://www.youtube.com/watch?v=9scqyLPmkAw>.
 Read the description.

Zech . 2024.11.03

Classes, Workshops & Healing Arts

BORN FREE TO LIVE FREE



- **Monday, 11—Friday, 15 November,**
- **Daily, 12:45—1:45pm, for 5 days**
- **Bonus session** on Monday, 18 November
- Registration required.

Ange invites: "Friends, you have an internal GPS that keeps taking you down the same road to the same destinations. To change your destination you need to reconfigure. Start by entering where you would love to go...the new location. The money/time freedom. The supportive relationship. Body fitness and health. The growth you want to experience in yourself. Then join my workshop, and find out how to get there!"

Ange

VOCAL EXPLORATION & BODY MOVEMENTS



Saturday, 9 December, 11 am—1:30pm
@ Anitya Community, Maloka Hall

Join us for a transformative journey of Vocal Exploration & Body Movement—a unique workshop designed to help you connect deeply with your voice and body.

What to Expect:

Begin by centering yourself with gentle breathing exercises, harmonizing body, mind, and voice. From there, dive into vocal play, experimenting with spontaneous sounds and tones. As our voices open up, we'll shift into expressive body movements, letting voice and body interact in an authentic, freeing experience.

You'll also be immersed in pure Solfeggio frequencies, expanded by our collective voices. Together, we'll listen and hum along to undiluted pure tones, feeling their impact and where they resonate in our bodies. This unique frequency immersion will deepen your awareness and connection to each sound.

Whether you're a singer, a dancer, or simply curious, this workshop offers a space to explore, connect, and expand your unique expression.

- **No prior experience needed**—just bring an open heart and a willingness to explore!

Let your voice and body align in a dance of self-discovery! Reserve Your Spot Now! Spaces are limited, so make sure to secure your place.

Lakshmi, +91 8489764602 WA,
Lakshmiprem369@gmail.com

Auromode Yoga Space
Hospitality Trust- Atirothama
Email - balaganesh.siva@gmail.com WA + 91 98926 99804

Scan for way to the shala: [QR Code]

Follow us: [QR Code]

Scan for Location: [QR Code]

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

Day	Time	Description
Monday to Friday	7:30—9am	Morning Vinyasa Yoga, Meditation with Bala
All days of the week, Monday to Sunday	5:30—7pm	Vinyasa flow Yoga with Arun or Bala
Thursday to Sunday	10:15—11:30am	Mobility work with Karlakattai & Kalaripayattu
Every Saturday	9—10:15am	Dynamic Somatic Yoga with Dr Linda Lee

Morning Vinyasa Yoga & Meditation with Bala

- Monday to Saturday, 7:30—9am

Start your day with a powerful blend of Vinyasa yoga and meditation. Guided by Bala, this morning session combines movement and mindfulness to energize and ground you, enhancing both physical and mental clarity.

Vinyasa Flow Yoga with Arun or Bala

- Every day of the week, 5:30—7pm

These evening sessions blend traditional yoga principles with dynamic Vinyasa flow, balancing breath and movement. Led by Arun or Bala, this class is perfect for beginners and intermediates alike, providing flexibility for your weekly schedule.

- **Arun's Classes:** Monday to Thursday
- **Bala's Classes:** Friday to Sunday



Mobility Work with Karlakattai & Kalaripayattu

- Thursday to Sunday, 10—11:15am

Inspired by the ancient martial arts of Kalaripayattu and Karlakattai, as well as modern movement techniques like Animal Flow, this class offers a holistic approach to fitness. Led by Bala, a seasoned practitioner, the session combines elements of flexibility, strength, endurance, and body conditioning for comprehensive health and well-being. Discover a fusion of ancient and contemporary practices designed to boost both physical fitness and mental resilience.

Dynamic Somatic Yoga with Dr. Linda Lee

- Every Saturday, 9—10am

Dr. Linda Lee, a Doctor of Chinese Medicine and Summa Cum Laude graduate, brings over 30 years of experience in yoga therapy. Her class integrates somatics with yoga to foster stability and ease from within. Embracing techniques such as acupuncture, cupping, herbal medicine, and embodied somatic awakening, her sessions promote holistic resilience. Prepare for a transformative journey, cultivating courage, contentment, and compassion.

Instructor Profiles

Arun brings a grounded, encouraging approach to Vinyasa Flow. His classes integrate discipline and adaptability, making them ideal for students seeking a meditative, energizing experience. He balances structure with creativity, creating a welcoming environment for practitioners at all levels.

Bala. With a foundation in traditional yoga philosophy and personal growth, Bala offers a supportive space for students to connect deeply with breath and movement. His classes blend focus and flow, encouraging strength, inner calm, and resilience. Bala also leads the Mobility Work sessions, drawing from his experience in mixed modalities to create an innovative, engaging practice.

Dr. Linda Lee's expertise in Chinese Medicine and somatic yoga therapy creates a unique, integrated approach to well-being. With over 30 years of experience, she blends modalities such as acupuncture and embodied somatic awakening, guiding participants toward holistic resilience and inner harmony.

- [Find our Yoga Shala @ Auromode Apartments](#)

Bala

BREATHE

A unique approach to mental health well-being. Combining modern neuroscience, ancient wisdom and exclusive sound frequencies (not available on any online platform).



Workshops/Classes	Timing	In Charge	Venue
Mental health well-being program: customized to alleviate depression, general anxiety disorders, sleeping disorders, etc	Prior appointment required	Mradul mradul.jain@gmail.com	Yatra Art and Culture Foundation next to New Creation
Scientific meditation and sound healing		Mradul mradul.jain@gmail.com	Yatra Art and Culture Foundation next to New Creation
Exclusive super sensory development workshop (From 6yrs to 50yrs)		Mradul mradul.jain@gmail.com	Yatra Art and Culture Foundation next to New Creation
Exclusive analysis of multiple intelligence 1 st appointment for fingerprint test: 30 min 2 nd appointment for explanation/counselling: 1h30 min	By appointment	Mradul mradul.jain@gmail.com	Yatra Art and Culture Foundation next to New Creation

Yatra Art and Culture Foundation,
Near New Creation Sports Ground
For more queries: +91 9818909935 WA
Yatra Srinivassan

CALL FOR VOLUNTEERS:

Join Our Taizé Meditative Singing Group

Do you love to sing and share in moments of peace and reflection? I am looking to bring together a group of people who are interested in Taizé meditative songs—beautiful, simple, and repetitive chants that create a sense of serenity and community. We are planning to organize a special Taizé singing event at the end of November, and would love to form a small team to help with organizing this meaningful gathering. Whether you are familiar with Taizé or simply curious to learn more, your participation would be greatly appreciated. If you are interested in joining us, please get in touch! Let's come together to create something beautiful for our community.



- Ulrike Urvasi 9751513906 (messenger apps only, eg WA)
mothersworkforTheMotherswork@gmail.com

Ulrike

SOUND CHAKRAS HEALING

Guided vibrational Sound Journey using Shamanic Drum, Tibetan Bowls and tuning forks to Reduce Stress, Anxiety, Depression, Stimulating the natural cellular healing process, Rebalancing the emotions & Reconnecting with your true essence.



- Individual Sessions, Couple Sessions
- Group Sessions (on request)

For appointments, contact me at:

Lakshmi +91 8489764602, lakshmiprem369@gmail.com

Offered under Abhaya, Lakshmi

YOGA WITH RACHEL

One to One lessons—Small groups: Weaving a tapestry of gentle guidance, leading you through each asana with detail. Verbal cues as a golden thread connecting breath and movement to the essence of your being. Each Asana as an expression of balance, inviting you to return with yourself, aligning your body, mind and spirit.



Clases particulares—Pequeños grupos: Tejiendo un tapiz de suaves movimientos, guiándote verbalmente a través de cada asana con detalle, como un hilo dorado que conecta la respiración y el movimiento con tu propia Esencia. Cada Asana, como expresión de equilibrio, invitándote a resintonizar contigo misma, alineando cuerpo, mente y espíritu.

Rachel

AUROMODE SPA

Offers Cosmetology Services

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



Megha for Auromode SPA

THE POTENTIAL OF KINDNESS

World Kindness Day

Wednesday, 13 November, 4—5:30pm

@ Maloka Hall, Anitya community

We are happy and excited to share with the community that SDZ will be kindly funding a project on 'The Potential of Kindness'. This project aims to deepen our understanding of kindness within Auroville. We plan to explore and measure the impact of proven kindness-building interventions and share this knowledge so it can be used to support the entire community.

We invite you to join us for our launch event on World Kindness Day. This will be a wonderful opportunity to learn more about the project, share your ideas, and find out how you can play a part. We would love to work with others who are passionate about kindness. It will also be an opportunity to start our journey of cultivating kindness within ourselves and our community.

We hope this project will inspire wide ripples of connection, empathy, and kindness throughout the community and beyond!

Helen & Nikethana



Traditional Massage Therapy Classes

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



The certificate course:

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

Arunachala Sound Healing Therapy:

Positive musical psychotherapy using Visualization, Breathing.



Idumban Karalakattai Muscle Therapy

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



Siddha Varma Kalai Massage Therapy

Acupressure and deep tissue varma points healing massage therapy.



Nattiyakkalai Movement Arts Therapy

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



LA Style Salsa Dance Workshop

Salsa dance from Los Angeles, it's all with Music & Dance with Presences of mind. It is fun, great skill to have in life, way to make new friends, relieves stress, builds confidence, exercise and universal dance. Salsa dancing not only feels good, but it also improves your physical strength, endurance, flexibility and coordination.

Kindly bring water bottle, towel and wear loose fitting clothes with socks and canvas shoes.

- **Saturdays, 6—7:30pm**
- **Contact:** Raja, + 919751395939, ph./WA
- **Location:** Egai Campus, 1st floor, Isaiambalam road, Auroville

Raja, www.angamtree.com

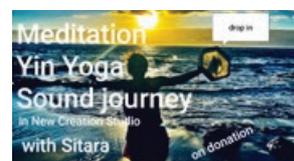


DROP-IN CLASS

on Meditation, Yin Yoga, Sound Journey

Every Thursday, 10:30am—12pm

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



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

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

Giovanni



Woga® (Yoga in Water) Classes with Friederike & Tamara

- **Saturday, 9, 16 & 23 November, 3:30am—5pm**

Discover the benefits of yoga in warm water!

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!).

Baby Watsu® Class with Appie & Friederike

- **Monday, 11 & 25 November, 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 at 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.

Ayurvedic Marma Massage Course with Kumar

- **16—21 November, 9am—5pm**

Are you passionate about holistic health and wellness? Do you want to expand your skills and knowledge in traditional Ayurvedic practices? Join us for an enriching journey into the world of Ayurvedic Marma massage—a profound healing art that has been practiced for centuries to balance mind, body, and spirit.



Marma massage is an ancient Ayurvedic technique that focuses on stimulating the 107 vital energy points (Marmas) in the body. These points, when activated, can influence the physical, mental, and emotional aspects of well-being. By applying gentle pressure and specific massage techniques, you can release blocked energy, reduce stress, enhance circulation, and promote overall health.

This 36-hour Ayurvedic Marma massage course is designed for both beginners and experienced practitioners who wish to deepen their understanding of Ayurveda and its therapeutic applications. This course will guide you through the foundational principles of Ayurveda, the identification and significance of Marma points, and hands-on training in Marma massage techniques.

- **Curriculum:** Gain in-depth knowledge of Ayurvedic principles, the Doshas, and their influence on health.
- **Hands-On Practice:** Learn the art of Marma massage through guided practice sessions, ensuring you gain confidence and competence.
- **Expert Instructor:** Study under an experienced Ayurvedic practitioner, who will provide personalized guidance and insights.

- **Holistic Approach:** Understand how to integrate Marma massage with other Ayurvedic therapies for a complete healing experience.

Who Should Attend?

- Massage therapists looking to expand their skill set.
- Yoga instructors interested in incorporating Ayurvedic principles into their practice.
- Holistic health practitioners seeking to offer more comprehensive treatments.
- Anyone passionate about learning traditional Ayurvedic healing methods.

Certificate will be provided upon successful completion of the course.

- **Prerequisite:** no previous experience required.

OBA Basic—Liquid Joy with Fred

- **29 & 30 November, 8:45am—6:30pm**

A 2-day course on the surface and underwater. OBA (Oceanic Bodywork@Aqua) is an aquatic bodywork modality, developed by Kaya Femerling and Nirvano Martina Schulz in the mid-80's and practiced in a warm water pool (ideally 35°C). It combines elements of light movements, soft stretching movements, aquatic tissue massage and joint release as well as energy and breath work in a unique way both above and below the water surface.



During this course, you will learn a series of simple movements and techniques, both on the surface (including floating with cushion and pool noodle) as well as under water (with a nose clip). You will also practice basic qualities such as grounding, presence, stillness and attention, while moving another body in water. You will experience floating other people and being floated, on the surface and underwater, thereby creating space for deep relaxation and nurturing body, mind and spirit.

This basic course is for everyone interested in a first exploration into the joy of aquatic therapy work.

- **Prerequisite:** no previous experience required.

Guido for Quiet, +91 9488084966,
www.quieth healingcenter.info/ quiet@auroville.org.in

TAO OF TEA 茶道 CHA DAO

Sencha Style Tea Ceremony

The Universe In a Cup of Tea, the unreal veil of, enchanted embroidery lifted, the cup of tea appears, glittering ... (Full poem recited at the ceremony.) Discover a spiritual journey with a Sencha Style Tea Ceremony. During this unique experience you will also explore the healing aspects of the tea of your choice: Organic teas only, tea blends with herbs/ flowers also available.



Sessions: 1-on-1 or small groups up to 4 people. For more 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

**ARKA
Wellness Center & Multipurpose Hall**

**Regular Activities,
November**

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 (TOS)	only by Appointment niyatithakkar2112@gmail.com , 7041391995 Monday to Sunday

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*

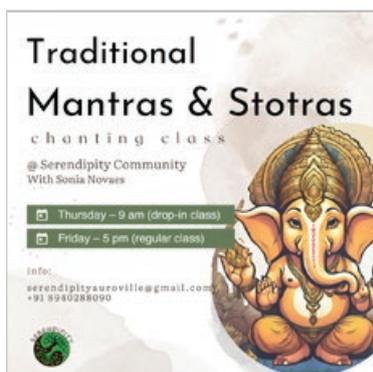
TRADITIONAL MANTRAS AND STOTRAS

Chanting Classes

@ Serendipity Community with Sonia Novaes

- **Thursdays, 9am,**
Drop-in class
- **Fridays, 5pm,**
Regular class

Everyone is welcome who wants to learn traditional chanting of mantras and prayers with precise pronunciation. If you'd like to explore further and continue your studies of mantras and chants, you're welcome to join our regular classes.



serendipityauroville@gmail.com,
+91 8940288090
Sonia

HOLISTIC WELL-BEING SERVICES

@ 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.



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 7904143719

Soothing full body oil massage intended to dissolve tension in the body and rejuvenate prana by focusing on head, back, stomach and feet.

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*





Program November 2024

Drop-In Classes. Join without prior registration!

Mondays	
7:30–9am	Asanas mixed level with Rachel, not on 18 and 25 November
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, not on 11 November
Tuesdays	
7:30–8:45am	Self Practice with Rachel, not on 19 and 26 November
5:30–7pm	Antigymnastique® with Francesca F
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
Thursdays	
7:30–8:30am	Lucid Journey—Immersive Guided Meditation with Malcolm
4:30–5:30pm	Aviva Exercise with Suriyagandhi
Fridays	
7:30–9am	Asanas mixed level with Rachel, only on 8 November
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	
9–10:30am	Asanas intermediate level with Rachel, only on 9 November
2:30–4:30pm	Truth Based Relationships—Practical Sessions with Juan Andrés
4–5pm	Odissi Classical Dance, a beginners’ class especially for children, with Agila, assisted by Rekha

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

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

Classes. By prior registration

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

New Activities

- **Antigymnastique® with Francesca F.:**

An invitation to discover, connect and live in your body

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

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

Transmuting heavy emotions with Dr. Lasko

- **Wednesdays, 5:30pm–7pm**
- This is a drop-in session.

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.

• **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.”

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

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.

Please contact us for an appointment.

• **Truth Based Relationships**

Practical Sessions with Juan Andrés

- **Saturdays 2:30–4:30pm.** This is a drop-in class.

Practical Sessions based on the Authentic Self Relationships Model by its author, psychologist Juan Andrés.

Use the opportunity for conscious growth that all your relationships offer you in everyday life. First timers need to have previously explored the content at asrmodel.com

Healing Space. By Appointment

- Antigymanstique® 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.

Workshop

• **Workshop “Introduction to The Journey” with Anne Hildebrand**

An experiential morning workshop for those who have never done journey work before

- **Thursday, 14 November, 9:30am—12:30pm**
- Registration recommended. Contribution requested.

This workshop will guide participants in learning the timeless and ancient practice known as “journeying”. Also called “shamanic journeying”. It is a skill we all have the ability to learn where we explore perception beyond our five physical senses and enter a state of awareness



where spiritual guides, teachers and animal totems become available. Once mastered, journeying can be a tremendous resource in our lives.

This experiential workshop is for those who have never done Journey work before or who wish to develop their skills. The aim of the morning will be to find your personal spirit totem.

Workshop “The 5 Tibetan Rites” with Ben Pohle

- **Tuesday, 19 and Thursday, 21 November, 3—4:30pm**
- A two-day workshop with Ben
- Registration at Pitanga recommended.

The fountain of “Youth”—An integral exercise for body, mind & spirit. A profound physical sequence of movements—easy to learn and apply. Ideal for a short yet holistic routine.



Join this compact workshop, introducing the “5 Tibetans” and gain a practice highly beneficial and gentle for posture, balance and spine.

More information: Ben +91 89405 72194

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!

Pitanga Cultural Centre

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

SOUND THERAPY & SELF HEALING

Rejuvenating soundbath combined with breathing techniques for maximum benefits.



- By immersing yourself in the vibrations from a sound bed you will start to connect with your body's consciousness.

- 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.

Contact 9385428400 call/ WA to book your session today! Donation Based

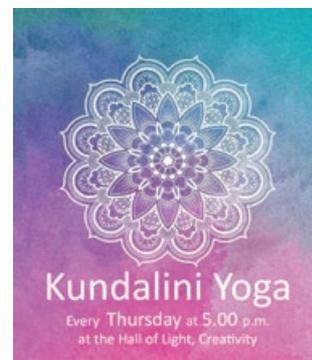
Submitted by Isha

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.

Submitted by Bel

TASTE OF YOGA @ VÉRITÉ

Monday to Saturday

9am—12pm & 13—16:30pm

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 Verité

VÉRITÉ, NOVEMBER

Please contact Vérité @ 0413 2622045,
2622606, 9363624083,
+91 8489391876



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
	Hatha Vinyasa Yoga	5—6pm	Andres
	Deep Sound Bath	5—6pm	Satyayuga
Tuesdays	Hatha Yoga Essentials	10:45—11:45am	Dev
Wednesdays	Yoga for Happy Hips	7:30—8:30am	Dev
	Shamanic Breathwork & Free Movements	9:15—10:45am	Lakshmi
	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	3:30—4:30pm	Samrat
	Deep Sound Bath	5—6pm	Satyayuga
	Cosmic Dance Wave—A Healing Journey through Movement	5—6:30pm	Sandyra
Fridays	Pranayama & Meditation	7:30—8:30am	Radhika
	Free Flow Dance & Movement	5—6:30pm	Vega
Saturdays	Strengthen and Align Yoga	7:30—8:30am	Dev
	Deep Sound Bath	5—6pm	Satyayuga
	Sivananda Yoga (no class 2 November)	5—6pm	Mani

Treatments and Therapies

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

Workshops (pre-registration required)

Day & Date	Workshops (pre-registration required)	Timings	Presenters
Friday, 8 November	Pain Management: Yoga for Lower Back Pain	9:15am—12pm	Dev
Saturday, 9 November	Introduction to Ayurveda and its Lifestyle	2—4pm	Dr. Geeta
Friday, 15 November	Understanding Pranayama & its Practice in Asanas & Meditation	9:15am—12pm	Radhika
Saturday, 16 November	Master Class: Sivananda Yoga	9:15am—12pm	Mani
Saturday, 16 November	Face & Eye Yoga: Face Your Self	2—4:30pm	Mamta
Friday, 22 November	Master Class: Yoga to Enhance Strength and Flexibility	9:15am—12pm	Dev
Saturday, 23 November	Panchakarma: Ayurvedic Purification Techniques	2—4pm	Dr. Geeta
Saturday, 30 November	Master Class: Sivananda Yoga	9:15am—12pm	Mani
Saturday, 30 November	Food is Medicine: Remedy for Health Issues	2—4pm	Parvathi

Pain Management: Yoga for Lower Back Pain with Dev

- Friday, 8 November, 9:15am—12pm

This pain management workshop focuses on a series of gentle yet powerful poses, breathing techniques, and relaxation methods designed to alleviate back pain, improve posture, and enhance range of motion as well as overall well-being. You will learn about the causes of back pain and how yoga can help. Personalized attention and modifications will be given to safely accommodate individual's needs.

Introduction to Ayurveda and its Lifestyle with Dr. Geeta

- Saturday, 9 November, 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 practices, which aim to detoxify, rejuvenate, and restore balance to body, mind and spirit.

Understanding Pranayama & its Practice in Asanas & Meditation with Radhika

- Friday, 15 November, 9:15am—12pm

Pranayama is a system of breathing techniques that helps us to harness the power of our life energy. In this workshop we will focus our attention on pranayama and discover the effect of various techniques on our breath. We will explore different pranayama practices, using some of these in a sequence of asanas and maintain observation of our breath in a guided meditation.

Sivananda Yoga: Masterclass with Mani

- Saturday, 16 November, 9:15am—12pm

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

Face & Eye Yoga: Face your Self with Mamta

• Friday, 16 November, 2—4:30pm

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

BODY IN LIGHT:

Energy Healing Workshop

22, 23, 24 November, Friday to Sunday,

9am—5pm, Sunday 9am- 1pm

@ Tibetan Pavilion

In this 2,5-day workshop we explore with joy the 3 paths to ascension:

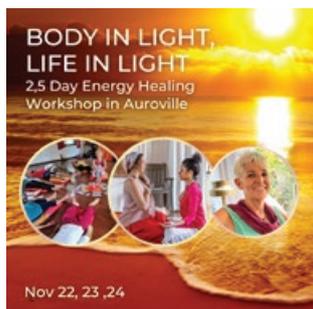
- Healing old pains, patterns and programming
- Aligning to your Divine Essence
- Tuning into mystical moments of realization by stepping into the frequency of the four powers of the Divine Mother: Wisdom, Strength, Harmony & Creation
- Dive into powerful techniques for self-healing, and explore Fundamentals, Principles and Universal Laws of energy healing.

For more info: <https://bit.ly/bodyinlight-workshop>

Facilitator: Sandrya, Energy Healer & Guide since 25 years.

Register now: contact@auroville-jiva.com or +91 94436 19403 WA.

Sandrya



A Healing Journey Through Movement

We warmly invite you to experience our transformative Cosmic Dance Wave, where the ancient art of healing merges with the freedom of dance. This unique journey guides you through four Divine energies:

- **Earth Energy—Mahasaraswati:** Ground yourself and connect to your physical light body and call in Divine manifestation
- **Water Energy—Mahalakshmi:** Leave your emotional baggage behind and flow into love, beauty and abundance
- **Fire Energy—Mahakali:** Find your true inner power and transform anger and fear through dynamic expression
- **Air Energy—Maheswari:** Clear your mental patterns and move into higher consciousness and create a Divine reality

Through this sacred practice, you'll experience:

- Deep healing across physical, emotional, vibrational, and mental planes
- Elevation of your personal frequency
- Connection to states of wholeness and higher consciousness
- Integration of body, mind, and spirit

Sandrya

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

It Matters

Schedule from 2 to 9 November

Weekly Activities—A/C Room

- **Location:** It Matters, Auroville Main Road
- **Info:** [@auroville.curated, itmatters.auroville.org/activities](https://auroville.curated.itmatters.auroville.org/activities)

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

Date	Activity
9 November, Saturday, 2—4pm	Intuitive Painting with Marie Claire Barsotti
9 November, Saturday, 4:30—5:30pm	The Savitri Research Project with Matthias
12 November, Tuesday, 5:30—6:30pm	Science of Meditation with Matthias
13 November, Wednesday, 3:30—5:30pm	Journey Through Inner Wisdom Board Game with Sitara
13 November, Wednesday, 5:30—6:30pm	Learning Native American Flute with Sitara
14 November, Thursday, 5:30—6:30pm	Taichi, The way of the Leaf with Kaarthikeyan Kirubhakaran
16 November, Saturday, 2—4pm	Intuitive Painting with Marie Claire Barsotti
16 November, Saturday, 4:30—5:30pm	The Savitri Research Project with Matthias

Bhakti & Sandra

Languages

BOLSTERING ENGLISH

Native English speaker offers help with spoken English, for presentations and performance or simply for clearer pronunciation, in individual or small group sessions; no charge.

- For those connected to Auroville who already can function in English.
- Includes rhythm, nuanced expression, and some dialects, if wished.
- Long or short session(s); long or short intervals between sessions;

Also, always available to anyone at any level for co-exploration of the wonders of SAVITRI.

- **For first contact:** pat@auroville.org.in, or patauroville@gmail.com

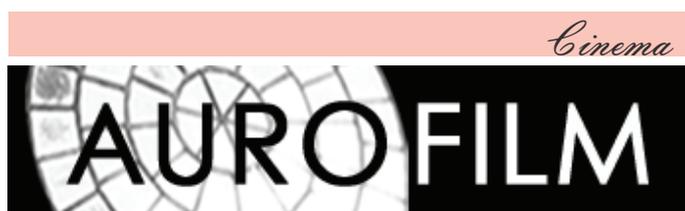
Patricia

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@aurovillelanguage.org and tomatis@aurovillelanguage.org

Submitted by Mita



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

Note: There will be **no cinema screenings on Fridays, 8 and 15 November.**

We will come back on Saturday, 16th with a special program in collaboration with Cinema Paradiso and Auroville Film Institute. Rendez-vous the week after!

Cinema Paradiso and Aurofilm presents at Cinema Paradiso, MMC Auditorium

Saturday, 16 November, 8pm

I Will Come Back Dancing in the Dunes

Directed by Christiane Mordelet & Stanzin Dorjai Gya, Mongolia, 2022

This screening presented in collaboration with Cinema Paradiso, is made possible by the generous support of the filmmakers and the Auroville Film Institute.

The film director, Stanzin Dorjai will be present and will introduce the film!

Synopsis: Otgo, the youngest in a family of herders in the Gobi Desert, is just 11 years old. Like her sister, she could follow in the footsteps of her parents and grandparents, tending to camels and goats. However, television has introduced her to a new dream: to become a dancer at the national opera in Ulaanbaatar, the capital of Mongolia. Her life, deeply rooted in the legends told by her father and the comfort of caring for animals, seems set on a traditional path. Even in the harsh winter, when temperatures plummet to nearly -50°C, festive songs echoing in the family yurt make life feel more bearable. Can she risk abandoning the boundless freedom that both defines her and fills her with pride... This film explores the dilemmas faced by many children from nomadic cultures in the 21st century, as climate change, modern education, and the digital age challenge their traditional ways of life.

Original Mongolian version with English subtitles. Duration: 1h13'

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

Susana
for Aurofilm Team



“ANBE SIVAM”—LOVE IS GOD

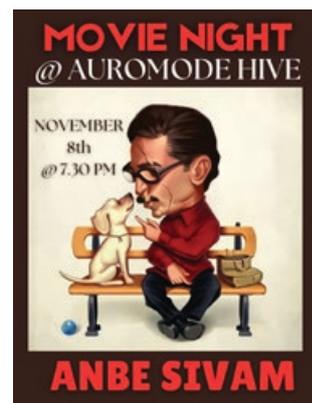
8 November, 7:30pm @ Hive, Auromode Campus

Entry is free, all are welcome

Dear All, we invite you for the screening of “Anbe Sivam”—Love is God, a Tamil classic that beautifully blends humor and heartfelt moments, showing how kindness, compassion, and humanity can surpass differences, revealing the essence of godliness within human connection.

- Contact: +91 7092197375 WA/ +91 9042759540 WA

Join us for an evening of laughter, inspiration, and community spirit. See you all!



Dhesh for Hive Team

ECO FILM CLUB

Every Friday at Sadhana Forest

Schedule of Events

- 16:00 Free bus from Solar Kitchen to Sadhana Forest for the Tour
 - 16:30 Tour of Sadhana Forest
 - 18:00 Free bus from Solar Kitchen to Sadhana Forest for the Eco Film Club
 - 18:30 Eco Film Club begins with “previews” of short Sadhana Forest films
 - 20:00 Dinner is served
 - 21:15 Free bus from Sadhana Forest back to Solar Kitchen
- Before the movie, at exactly 16:30 you are welcome to join us for a full tour of Sadhana Forest and an update of our most recent work! After the film, you are welcome to join us for a free 100% vegan organic dinner! The bus service is operated by Sadhana Forest.



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

Friday, 8 November

Last Chance to See—Blue Whale

2009/ 59 minutes/ Tim Green

The San Ignacio Lagoon, Baja, is the midpoint in a 10,000 mile long migration route for the grey whale—one of the longest migrations of all mammals. They come here to mate, give birth and raise their calves in the safety of the lagoon. Because they come here every year at the same time, it is one of the most guaranteed wildlife spectacles. However, this regularity was a problem in the past when whalers used this to their advantage, killing thousands every year. Now protected, the gray whale numbers have begun to recover.



Aviram



CINEMA PARADISO
Multimedia Center (MMC) Auditorium
Film Program
11—17 November 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.

As we honor spirits in parts of India, coinciding with Halloween and Mexico's Day of the Dead, we bring you some spooky films!

Indian—Monday 11 November, 8pm
Zwigato

India, 2022, Writer-Dir. Nandita Das w/ Kapil Sharma, Shabana Goswami, Sayani Gupta, and others, Drama, 105mins, Hindi-Odiya w/ English subtitles, Rated: NR (PG-13)

After losing his factory job during the pandemic, Manas becomes a food-delivery driver, navigating daily obstacles and impatient customers in Bhubaneswar. To help financially, his wife applies for a mall cleaning job, seeking independence. Manas struggles with his outdated views on being the breadwinner as the daily grind takes its toll.

Potpourri—Tuesday 12 November, 8pm
Marcario

Mexico, 1960, Dir. Roberto Gavaldón w/ Ignacio López Tarso, Pina Pellicer, Enrique Lucero, and others, Fantasy-Mystery, 91mins, Spanish w/ English subtitles, Rated: NR (PG-13)

Poor, hungry peasant Macario longs for just one good meal on the Day of the Dead. After his wife cooks a turkey for him, he meets three apparitions, the Devil, God, and Death. Each asks him to share his turkey, but he refuses all except Death. In return, Death gives him a bottle of water which will heal any illness. Soon, Macario is wealthier than the village doctor, which draws the attention of the feared Inquisition. A Must Watch!

Selection—Wednesday 13 November, 8pm
Togo

USA-UK-India-China-Canada, 2019, Dir. Ericson Core w/ Willem Dafoe, Julianne Nicholson, Christopher Heyerdahl, and others, Animal-Adventure-Biography, 113mins, English w/ English subtitles, Rated: PG



The historical film by the American director Ericson Core, which is dedicated to the events of the Great Mercy Race of 1925. The events of the film unfold around the drover Leonhard Seppala and his dog Togo, who went together the longest leg in the relay. A Must See!

Interesting—Thursday 14 November, 8pm
The Pigeon Tunnel

USA, 2023, Writer-Dir. Errol Morris w/ Jake Dove, Charlotte Hamblin, Garry Cooper, and others, Documentary-Biography, 92mins, English w/ English subtitle, Rated: PG-13

Spans six decades as le Carré gives his final and most personal interview, interrupted with rare archival footage and dramatic anecdotes. It is set against the stormy Cold War backdrop that extends into the present day.

International—Saturday, 16 November, 8pm
I Will Come Back Dancing In The Dunes

France-India, 2022, Dir. Christiane Mordelet & Stanzin Dorjai Gya w/ Luvsantseren Otgontseren, Luvstantseren Dashpansan, Luvsantseren Bolormaa, and others, Docu-Drama, 74mins, Mongolian w/English subtitles, Rated: NR (PG)

In the Gobi Desert, 11-year-old Otgo, the youngest in a family of herders, is torn between her cultural roots and a new dream sparked by television—becoming a dancer at the national opera in Ulaanbaatar. Balancing the freedom of her nomadic life with this exciting yet uncertain ambition, she faces the dilemmas of children from nomadic cultures in a rapidly changing world. This screening, in collaboration with AuroFilm, is supported by the filmmakers and the Auroville Film Institute. Join Director Stanzin Dorjai Gya for a brief, engaging Q&A right after the screening. Don't miss this unique chance to connect with the film's creative minds!

Children's Matinee—Sunday, 17 November, 4pm
Elemental

USA, 2023, Dir. Peter Sohn w/ Leah Lewis, Mamoudou Athie, Ronnie Del Carmen, and others, ComputerAnimation-Comedy, 101mins, English w/ English subtitles, Rated: PG

The film journeys alongside an unlikely pair, Ember and Wade, in a city where fire-, water-, land- and air-residents live together. The fiery young woman and the go-with-the-flow guy are about to discover something elemental: how much they actually have in common.

Sidney Lumet Cinema @ Ciné-Club

Sidney Lumet, a master filmmaker, was renowned for his technical expertise and eliciting stellar performances, often in his beloved New York. With over 40 films, he brought complexity and emotional depth without sentimentality, earning recognition for strong direction, storytelling, and social realism.

Ciné-Club Sunday 17 November, 8pm
12 Angry Men

USA, 1957, Dir. Sydney Lumet w/ Henry Fonda, Lee J Cobb and others, Crime-Drama, 96 mins, English w/ English subtitles, Rated: NR

The film follows twelve jurors debating the conviction or acquittal of a teenager accused of murder. Their disagreements force them to question their morals and values. In 2007, it was preserved in the U.S. National Film Registry for its cultural, historical, and aesthetic significance.

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

To organize a seminar/ program at MMC kindly email us at mmcauditorium@auroville.org.in. Our projector is crawling towards the end of its life, making us to look for a new one. We request you to financially support through a one-time or recurring donations to "Cinema Paradiso" (account #105106) or set up for a monthly contribution.

*Nina, MMC/ CP Group Account# 105106,
mmcauditorium@auroville.org.in*

Emergency Services

Ambulance (24/ 7): Auroville—9442224680

- PIMS—0413 2656271

Security (24/ 7):

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

Health:

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

Mental health 24/ 7 support:

- Vandrevala Foundation +91 9999666555

India Emergency Response Service (24/ 7): 108

N&N Guidelines



Hard deadline for submissions

TUESDAY 3pm

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

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

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

Editors' Note



Dear readers of paper version!

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

The only excuse of late delivery is rain on Friday.

*Light and Peace,
Roy and Agnijata*

Accessible Auroville Public Bus

avbus@auroville.org.in, +91 9443074825



Auroville TO PONDICHERRY

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



Pondicherry TO AUROVILLE

Monday to Saturday	Trip 1	Trip 2	Trip 3
Ashram Dining Hall	8:00	12:15	18:10
Ashram Road Junction	8:02	12:17	18:12
Lotus Hotel—S.V Patel Salai	8:07	12:22	18:17
Quiet Healing Center—Junction	8:17	12:32	18:27
ECR Junction—Aroma Guest House	8:20	12:35	18:30
SBI Bank—Kuilapalayam	8:25	12:40	18:35
New Creation Road	8:27	12:42	18:37
Certitude	8:32	12:47	18:42
Solar Kitchen—Roundabout	8:34	12:50	18:44
Town hall—Main Parking	8:38	12:54	18:48
Vérité Guest House—Junction	8:42	12:58	18:52
Svaram Musical Center	8:45	13:00	18:55

Bus passes

- Rs.800: **For All** (10 single trips)
- Rs.850: **One-Way Monthly** (Workers/ Volunteers)
- Rs.1200: **Student Monthly pass**

AV account/ Cash/ UPI Transfer:

- Rs.100: **One way trip**—for all
- Rs.200: **Round trip**—for all.

Bus passes are available

At Auroville Vehicle Service, Townhall, Auroville.

- 9am—12:30pm & 2—5pm

Contact

- 0413 2623302

Below link to join WhatsApp group

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

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