



News Notes

#1053 A weekly bulletin for residents of Auroville 14 November 2024



Seven are these worlds in which move the life-forces that are hidden within the secret heart
as their dwelling-place seven by seven.
Mundaka Upanishad

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



Accordingly, this world-creating or participating Individual and its desire or assent to the Ignorance must have been awake before the world at all existed; it must have been there as an element in some supracosmic Superconscient from which it comes and to which it returns out of the life of the ego: we must suppose an original immanence of the Many in the One...

It is a fact that mankind, almost from the beginning of its existence or so far back as history or tradition can go, has believed in the existence of other worlds and in the possibility of communication between their powers and beings and the human race...

All truth supraphysical or physical must be founded not on mental belief alone, but on experience, — but in each case experience must be of the kind, physical, subliminal or spiritual, which is appropriate to the order of the truths into which we are empowered to enter.

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

Contents

PONDERING	1	Dance Activities	11
HOUSE OF MOTHER'S AGENDA	4	Dance Classes by Mani: Salsa, Tango	11
TOWNHALL SPEAKS	5	Ballet Dance Classes with Fleur	11
BCC is looking for skilled Office Workers	5	Auroville Tango	11
COMMUNITY NEWS	5	Zumba with Preeti	12
Matrimandir News & Schedules	5	International	12
17 November 2024, The day Mother left Her body	5	French Pavilion: Story-telling Conference: Along the Thread of Fables by Mireille and Sophie	12
Amphitheatre: Meditations at sunset with Savitri	5	Music, & Art Activities	12
Matrimandir Access Information	5	Learn to play the Indian bamboo flute	12
Awakening Spirit	6	Svaram Programs	12
The Mother's Room Darshan 17 November	6	Aurofilm presents:	
Savitri Bhavan Schedule, November 2024	6	Animation Film-making Activities	13
Savitri Satsang & Om Choir with Narad	7	Explore WaterColor Techniques	13
Laboratory of Evolution Library	7	CREEVA: Centre for Research Education Experience In Visual Arts	13
Nītividhāna, Civilizational Public Policy Integral Approaches to Education, Sustainability & Governance	7	Multiple Activities	13
Brahmanaspati Kshetram	7	Bharat Nivas: Regular Workshops, Classes & Exhibitions	13
Bharat Nivas: A weekly study circle on The Synthesis of Yoga—Sri Aurobindo	7	Sports & Martial Arts	13
Auroville Connect	8	Abhaya Martial Arts	13
Crown Update	8	Aikido Classes	14
Education	8	Tai Chi Hall in Sharanga	14
AI-First Full Stack Development Course	8	Kshetra Kalari, Aspiration	14
Earth Institute: November Training Course	8	Swimming Class	14
Kulai Creative Centre	8	Kalpana Gym	14
Academic Tuition offered	8	Bharat Nivas presents Kalaripayattu Class	14
Auroville Library	8	Girls' Futsal Football Club	14
Ecology	9	Bioregion & Other Activities	14
Come & Check Eco Service Treasures	9	Paper Craft Workshop @ Wellpaper, Auroville	14
Health Care	9	Enlight Auroville	15
Simha Hearing Aids and Speech Therapy Center	9	Egai, Art of Giving	15
Childbirth preparation classes	9	Wellness Woodcraft: Auroville Activity	15
Offering Adaptive Therapy at Santé	9	Tour to Thiruvannamalai	15
Offering Nursing Services	9	Fermentation of Kombucha Class	16
Santé Services Schedule, November 2024	9	Help Needed	16
AuroDent Dental Clinic	10	Needs a Laptop	16
Orthopaedics Services Available	10	Looking For	16
Youth Initiatives	10	Seeking Funding	16
Join Interactive Psychology Sessions with Youth!	10	Available	16
Nonviolent Communication Practice session	10	Office Spaces Available: Aurelec	16
Maker Space	10	Office Space Available: Auromode	16
Theatre, Music & Arts	10	Work Opportunities	16
Centre d'Art, Citadine	10	Earth Institute:	
The Symbol of Meditation by Vasandan Virappan	10	Communication and Website Specialist	16
Sacred Echoes by Pujasree Burman	10	Job Openings at The Living Room Cafe	16
Exhibition Open Call	11	Eco Femme	17
Creative Designs Launch	10	Video Editor/ Content Creator	17
Exhibition of Prints:		Social Media Account Manager	17
Nicholas Roerich and Tibet	11		
Listening Beyond: Lucas Posada	11		

Honorary Voluntary	17
Martuvam Healing Forest Call for Volunteers	17
Mohanam: Volunteers Invitation	17
Gau Seva at Sadhana Forest!	17
Volunteering @ Ecoservice	17
Kuilai Creative Center Seeks Volunteers	18
AuroOrchard: Volunteer and Learn Farming	18
Foods, Goods & Services	18
Hemplanet	18
La Ferme Cheese, Auroville	18
Gastronomica: Fresh Flavors Every Day!	18
Auromode Tanto: Friday Discount Dining	18
Sudha's Kitchen	18
FoodLink market open every day	18
Goyo Korean silent restaurant	19
Women's Empowerment Project	19
Queen home food	19
Any time Dosa and Pongal @ the Pathway Cafe	19
Integral Harmony Farm offers charcoal	19
Annapurna Farm Baskets	19
Reduced-Price Maroma Products	19
UTS: Unity Transport Service	19
Sunrise Taxi Service	19
Shared Transport Service	19
Qutee Electric Scooter Service	19
Sarvam Computers	
Offers Reliable Service	20
ITS: Integrated Transport Service	20
Rapid Care Services	20
Book Binding	20
Rupavathi Joy Activities	20
Namaste, Bonjour, Hello, and Vanakkam from Inside India!	20
Surabhi Supplies	20
Poetry	21
La Fuite De La Lune	21
Pride	21
Be humble	21
Rain in the forest	21
Voices & Notes	21
Auroville Radio	21
Tulip: The Unconventional Life Podcast	21
Nothing Can Stop What We Can Do Together	21
Individual City Service Contribution	22
Classes, Workshops & Healing Arts	22
Mindfulness Kindfulness	22
Shiatsu Seminar	22
An Art of Touch	22
Auromode Yoga Space November Schedule	23
Call for Volunteers:	
Join Our Taizé Meditative Singing Group	23
Sound Chakras Healing	23
Auromode SPA Offers Cosmetology Services	24
Angam Tree Wellness Hut	24
Munay-Ki: Surya Kriya & The 5 Tibetans	24
Yoga with Rachel	24
Drop-in Class	
on Meditation, Yin Yoga, Sound Journey	24
Traditional Mantras and Stotras Chanting Classes	24

Quiet Healing Center Workshops	25
Tao of Tea 茶道 Cha Dao	
Sencha Syle Tea Ceremony	25
Pitanga Cultural Centre Program, November	26
Holistic Well-Being Services @ Anitya Community	27
Arka Wellness Center & Multipurpose Hall	
Treatments, Classes	28
Experience the Power of Kundalini Yoga	28
Sound Therapy & Self Healing	28
Body in Light: Energy Healing Workshop	28
Cosmic Dance Wave:	
A Healing Journey Through Movement	28
Vérité, November	29
Yoga & Re-creation Programs	29
Treatments and Therapies	29
Workshops (pre-registration required)	29
Taste Of Yoga @ Vérité	30
Leela Therapy	30
It Matters Schedule from 16 to 23 November	30
Languages	30
Bolstering English	30
Auroville Language Lab	30
Cinema	30
Eco Film Club Every Friday at Sadhana Forest	30
AV Film Institute: Latent Concurrences	31
Cinema Paradiso	
Film Program 18-24 November 2024	32
Aurofilm Special Program	33
Emergency Services	33
Accessible Auroville Public Bus	33

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

House of Mother's Agenda



The Shroud of Mystery

Death is the last veil where the limits of our knowledge cease to be. It is the last earthly barrier we must cross to be a candidate for truth and immortality. In the famous legend of the Sphinx, we see this truth driven home. Sphinx, the strange devouring beast and the symbol of death, has an even stranger puzzle to ask of all who would cross the Theban desert to the other side. "Who is the creature that walks on four in the morning, on two at noon and on three in the evening." None can answer correctly and are therefore devoured. But one man, the legendary hero Oedipus says with remarkable wisdom, "I am the answer." And now it is the turn of the Sphinx to die.

This legend like many others carries within itself the seed of a great truth. The Sphinx, a creature unreal, is a symbol of Death, something so real in everyday life to which all of us lend our own unique form and meaning. Oedipus the traveller, is the adventuring soul of man journeying through the desert of Time towards its authentic kingdom from which it has been expelled even as a child. The soul in man is journeying to regain its kingdom after having grown to full stature, strong and wise having gone through the whole adventure. But the final test of its wisdom and power lies in whether it has discovered itself or not. Death asks this question to all of us at the end of the road of life. If we have discovered who we are then it lets us pass and death is no more for us since we have regained our eternal kingdom. If not, then we return into the womb of death to return again and again to the cycle of birth and into the forest of life till we learn the lesson. The answer of Oedipus is also symbolic. On the face it appears to be a statement of man's physical life but holds a deeper truth concealed in it. The man on four is the animal-man supported almost helplessly by the world around. He is as ignorant and helpless as a child is. The man on two is the humanised-man, assured of his powers and prowess yet lacking in wisdom and maturity. The man on three has learned to lean upon the staff of faith and has discovered the third element in him, the support of his secret soul. It is not just an ordinary staff but the sceptre carrying the sign of his regality, the royal power as well as the true knowledge. Death dies and the last puzzle of man's life is solved when man knows himself. Such is the fate not only of individual men but also of all groups and forms of life that know and rule the world but know not themselves. It is also the fate of religion and science, both of which do not answer the one most important question about who we are. Behind the shroud of death, behind this hooded mask, lies the face of a secret deity that is our own. Death can cover it as a drape covers the body but it can slay it not. Yet the question remains what need had God to hide Himself in this mask of an ominous and terrible shape? What secret necessity compelled our soul to wrestle with this ancient powerful Adversary who seems to be stronger than life itself? Here fails our knowledge, here pauses our philosophy, here stops our vision and wisdom. And he who can answer it is he who shall live forever. He who shall know this dark secret is he who shall enjoy an endless term in time and timelessness both. But as The Upanishads rightly point out: "They who know only our dark and divided state dwell in darkness; yet, they who know only the bright body of God in a greater darkness dwell."¹ We need to know both and know them not just as two opposites but also as a single reality. He who thus knows both as one is he who truly knows. For at the end of all our material and spiritual pursuits, this is the last step of reconciliation—God and Life and Bliss and Love and Light and Truth with their apparent opposites.

¹ Sri Aurobindo: The Upanishads, 'Isha Upanishad', Verse 9

'Into a blind darkness they enter who follow after the Ignorance, they as if into a greater darkness who devote themselves to the Knowledge alone.'

Alok Pandey—*Death, Dying and Beyond*
The Science and Spirituality of Death

<https://auromaa.org/death-dying-and-beyond-alok-pandey/>

With love and gratitude,
Gangalakshmi (HOMA)

Townhall Speaks

BCC IS LOOKING FOR SKILLED OFFICE WORKERS

BCC Finance is looking for two members in their office. Below are the details of their profiler.

- **Qualification:** Degree/ Master Degree in Commerce.
- **Experience:** Minimum 2 years worked in accounting.
- **Skills expected:** Study of Balance sheets, Analysis and presenting skills the highlights.
- **Other skills:** Good communication in English, making correspondences in English, Knowledge on computer, MS Office, PPT... etc

Candidates can send us a mail to hr-bcc@auroville.org.in or visit our office above the Auroville Archives.

For HR, Suresh & Raja

Community News

Matrimandir News & Schedules



17 NOVEMBER 2024

The day Mother left Her body

Meditation under the Banyan Tree at Matrimandir.

6:30–7am

*“But when the hour of the Divine draws near
The Mighty Mother shall take birth in Time
And God be born into the human clay
In forms made ready by your human lives.
Then shall the Truth supreme be given to men.”*

- **Entrance from the Office Gate**, open from 6am.
- **Guests** are requested to carry their Aurocard.
- **Last entry for Aurocard holders** at 6:40am.

Antoine for the MM Team

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

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 9–11 am.
- The **Auroville units can bring their staff** to the Inner Chamber with a prior booking to mmconcentration@auroville.org.in: Tuesday 8–8:30am.

The Petals of the Matrimandir

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

Access to Matrimandir for Visitors and Guests

Matrimandir Viewing Point

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

The Inner Chamber of the Matrimandir

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

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

Awakening Spirit

THE MOTHER'S ROOM DARSHAN

17 November

The Mother's Room will be open for Darshan on

- **Sunday, 17 November, 5am–12noon.**

The Darshan is available to all. **No tokens** are required for a Room Darshan on this day.

Andrea



SAVITRI BHAVAN



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 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

Doing Deeper Body Work in the Light of Savitri's mantric verses and Huta's paintings with Arul Dev

- **Saturdays, 16 & 30 November, 4–5pm @ Sangam Hall of Savitri Bhavan**

What is Deeper Body Work?

This is a labour of love to gently shift our body's habits and to turn it to be a servitor of the Divine. Our body has a sponging nature, and it absorbs emotions, energies, feelings and even thoughts of others, from the environments we are a part of and stores all its experiences within its cells. We wish to reverse this habit. The Mother's practice within the cells was that the cells themselves were turning upwards and offering themselves to The Lord. We too wish to do this practice and wait for the Divine's action and Grace. This allows us to be practitioners in the work of The Mother and Sri Aurobindo, who continue Their transformational work, in Their subtle bodies, in current time.

Deeper Body Work constitutes of tiny practices that are direct, simple, subtle and experiential. These are done within the body's sensations, energies, vibrations, movements, emotions and thoughts. The aspiration is also to discover pure substance which is present in the 'core' of every cell of our body. Pure substance is where the entanglements absorbed from the world are least and the capacity to directly connect to the Divine and receive the Divine Qualities are the highest.

Source

The Spirit and the Matter have many points of union. We can explore this within our physical and subtle body. To connect our body to the Divine and do our inner practices many Sources have been given in Integral Yoga. The mantric words of Savitri can be read by keeping our connection within the substance of our body and receiving the Divine's action that acts through Their words. With practice we can connect and wait within our body and whole being for the waves of Divine action to act and settle within. For body work, an actual connection to Divine Consciousness in real time is needed. Huta's paintings come as a great aid for this. When we learn to concentrate and be with the painting's consciousness certain dimensions of Divine Source Consciousness opens itself to us.

About Facilitator

Arul Dev has been sharing his inner work through his books *'Into Great Depth of Your Being'* and *'The Flame Within'*. Post his engineering graduation, for 30 years he has been in the field of training, coaching, inner development, integral education and human resources consulting. In Integral Yoga his deep research is deeper body practices in the light of Mother's Agenda, Savitri and other works of The Mother and Sri Aurobindo. He practices and shares inner work with others for the transformation of entanglements in the body at the level of sensations, energy, emotions, thoughts and memories. The aspiration is to be fully aware of our body in all its cells and open its substance to connect to Divine Qualities, being in a fully receptive state.

The Mother—Glimpses of Her Life

- **Monday, 18 November 2024, 4pm @ Savitri Bhavan**

The beautiful film from 1978 with pictures from the Mother as a child, as well as documentaries of her presence at Ashram activities along with recordings of The Mother's and Sunil's compositions was re-edited in 2015. *Duration: 18min.*

Followed by *A New Birth—A Meeting of The Mother with Surendra Nath Jauhar on 11.05.1967*

Surendra Nath Jauhar built the Sri Aurobindo Ashram Delhi Branch.

The Mother's message from this meeting is: "Once you have no more desires, no more attachments, once you have given up all necessity of receiving a reward from human beings, whoever they are—knowing that the only reward that is worth getting is the one that comes from the Supreme and that never fails—once you give up the attachment to all exterior beings and things, you at once feel in your heart this Presence, this Force, this Grace that is always with you. And there is no other remedy. It's the only remedy, for everybody without exception."

In 2003 to all Aurovilians, Tara Jauhar gifted a DVD and a small booklet with the written text about the meeting of The Mother with her father Surendra Nath Jauhar. Duration: 23min.

- This film is available on YouTube under the title: **A New Birth | Surendra Nath Jauhar | Sri Aurobindo Ashram | Delhi | The Mother**. The film is supplied with subtitles, and as well below the film is the transcription of the words of The Mother and Surendra Nath Jauhar. [The link is here.](#)
- The film **The Mother—Glimpses of Her Life** is available on the Auromaa.org website and on Youtube. [The link is here.](#)

Dhanalakshmi & Margrit
for Savitri Bhavan

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.

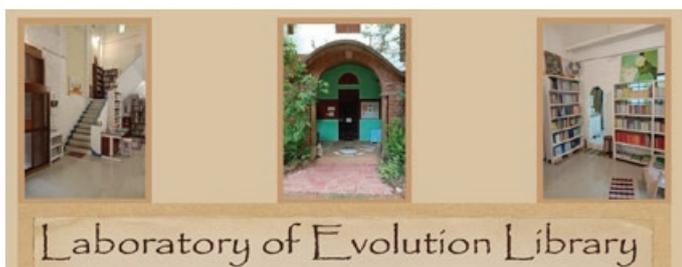
- **Om Choir, 5:30–6:15pm**

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

LABORATORY OF EVOLUTION LIBRARY



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

Rajan

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

Submitted by Monisha

Auroville Connect

CROWN UPDATE

Dear Friends, Auroville Connect brings you the much awaited CROWN UPDATE by the Auroville Crown team. Tune into the different links below and find out about the great research and work that is on going.



- [Join on WhatsApp](#)
- [On Facebook](#)
- [On Instagram](#)

Do watch and share! **Anu for Auroville Connect Team**

Education

YUVABE EDUCATION'S BRIDGE PROGRAM:

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 2 December, 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

EARTH INSTITUTE:

November on-campus Training Course

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

KULAI CREATIVE CENTRE

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

8608473385



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

Submitted by Laura

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 are visiting on **2nd and 4th Saturdays of every month 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.**

Dr Uma

CHILDBIRTH PREPARATION CLASSES

Hall of Light, Creativity community, on Wednesdays

Childbirth preparation classes, including fathers, are offered throughout the year, at Hall of Light, Creativity community on Wednesdays. 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

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

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*



ORTHOPAEDICS SERVICES AVAILABLE

Dear community, this is Sruthi, 26 years old, an Aurovillian who was born and brought up in Auroville. I have completed my Masters degree in Physiotherapy and I am professionalized in Orthopaedics. I am ready to provide regular home visit care at your place.

- **Services provided:** Neck pain, Low back pain, Knee pain, Heel pain, Frozen shoulder, Shoulder related pain, Muscle injury, Ligament injury, Sprain and strain, Sports injuries, Sciatica, Post fracture/ surgical rehabilitation, Stroke/ Paralysis, Facial palsy/ Bell's palsy, General fitness, Ergonomic advice, Geriatric care

Pain is a sign that has to be taken care of.

Kindly get in touch with me if you need home visits.

- Sruthi, 7904769496, WA/ call
- auroshruthi@auroville.org.in

Submitted by Sruthi

Youth Initiatives

JOIN INTERACTIVE PSYCHOLOGY SESSIONS

with Youth!

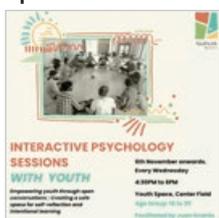
Every Wednesday, 4:30–6pm

@ 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

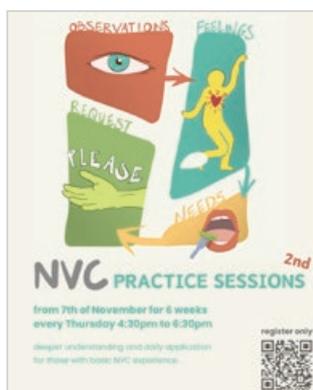
YouthLink would like to invite you to a Nonviolent Communication Practice session Facilitated by Vega (CNVC-certified trainer).

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.](#)

Submitted by 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



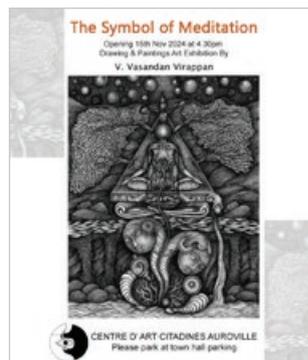
Theatre, Music & Arts

CENTRE D'ART, CITADINE

The Symbol of Meditation by Vasandan Virappan

15 November—4 December

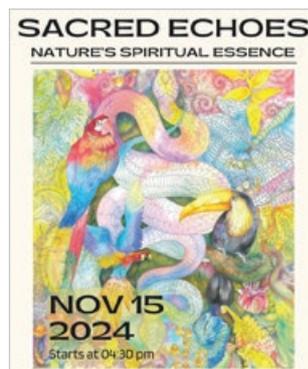
- Tuesday to Saturday 10am–12:30pm, 2–5:30pm
- Opening on Friday, 15 November at 4:30pm
- Guided visit Saturday, 10:30



Sacred Echoes by Pujasree Burman

15 November—4 December

- Tuesday to Saturday 10am–12:30pm, 2–5:30pm
- Opening on Friday, 15 November at 4:30pm
- Guided visit Saturday, 10:30



Submitted by Marco

CREATIVE DESIGNS LAUNCH

Saturday, 16 November, 5–6:30pm

@ Harmony Hall, Bharat Nivas

Dear community and life artists, Welcome to see 30-plus poetic, playful and mystic designs, hear the ideas and stories behind them, decipher what they mean for you, see how you feel about them, give your valuable feedback, and join in a creative relay...

With joyful Gratitude, Anandi Z.



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**

EXHIBITION OF PRINTS

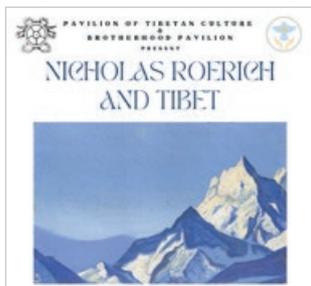
Pavilion of Tibetan Culture & Brotherhood Pavilion Present on the Occasion of the 150th Birth Anniversary of Nicholas Roerich and the Centenary of His Central Asian Expedition

Nicholas Roerich and Tibet

16 November–7 December, 9am–12:30pm & 2–5pm
@ Pavilion Of Tibetan Culture

- Inauguration: 16 November, 4pm
Guided tour by Dr. Alexander Pereverzev with insights into the life of the Master and his expedition. will be repeated: 23 November, 4 pm

Elena



Listening Beyond

Lucas Posada

Art Exhibition
30 Oct – 26 Nov '24

Exhibition timings: Daily, except Sundays
8.30am - 12.30pm & 2.30pm - 5.30pm
Pitanga Cultural Centre, Samasti, Auroville 605 101 | info@pitanga.in | 0413 - 2622403, 9443902403
A service unit of the Auroville Foundation, Health and Healing Trust branch | GSTIN: 33AAATAD007BY3N

Andrea

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

Pavillon de France Presents:

**STORY-TELLING CONFERENCE:
Along the Thread of Fables
By Mireille and Sophie**

Saturday, 23 November, 4:30pm @ French Pavilion

The French Pavilion invites you to a unique conference led by Mireille, blending historical facts with artistic expression in an original conference format. With a background in psychology, Mireille discovered her passion for storytelling, combining human emotions with the art of narration. For 25 years, she has explored oral traditions alongside storytellers like M. Hindenoch and has shared her stories across the world:



Since ancient times, tales and fables have traveled across lands and through countless generations, carried by storytellers who shared them through the spoken word. These stories, rich in imagination and moral lessons, transcended boundaries of language and geography, finding their way into the hearts of diverse cultures. In this lecture, you're invited to walk the path of these storytellers, immersing yourself in ancient tales that reveal universal truths about the human experience. By exploring these narratives, you'll uncover timeless wisdom that continues to resonate and inspire today.

- This event will be held in French with simultaneous English translation. Vivekan

Music, & Art Activities

LEARN TO PLAY THE INDIAN BAMBOO FLUTE

A month-long beginner's course for the Indian bamboo flute, known as the *bānsuri*, will be offered starting on December 16. This is the perfect opportunity to learn how to play this simple, yet versatile and beautiful, instrument. The course will cover both basic theory in the *Hindustāni* musical tradition, including concepts, notation, terminology, etc., and practical techniques for playing the instrument, such as blowing into the mouth hole, covering sound holes with the fingers, etc.



In the latter part of the course students will learn a *bandish* (i.e., a composition) in *rāga* Bhupali. There is no charge for the course, but you will need a small *bānsuri* in the key of G.

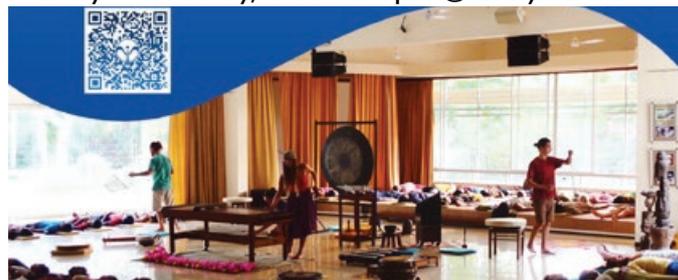
- Class will be held twice per week, Monday and Thursday at 4pm for one hour @ AV guesthouse.
- Contact Chris for details: christopher_buchanan@hotmail.com. +91 9486363282 WA, landline 0413 2910282 Gaya for Gaia's Garden Guest House

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 Zyggar, 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-zyggar/>
Aurelio and the SVARAM Team

AUROFILM PRESENTS:

Animation Film-making Activities

Weekly Seminars by Abhijit Roy
@ Aurofilm Studio, Kalabhumi, Auroville
9:30–11:30am or 10:30–12:30pm

- Monday:** Intro to Concept Design
- Tuesday:** Intro to Character Design
- Wednesday:** Intro to Color Theory
- Friday:** Intro to Storyboarding
- Saturday:** Intro to Screenwriting
 - afacademy.team@gmail.com
 - +91 8300364055 WA



Susana and team

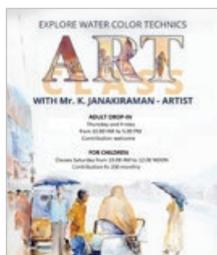
EXPLORE WATERCOLOR TECHNIQUES

Adult Drop-In

- Thursday and Friday**
10am–5pm
- Contributions welcome

Classes for Children

- Saturday**
10am–12noon
- Monthly contribution Rs 200.



Artist number: 8015362636
Office number: 0413 2623576

Unity Pavilion, Crown Road, Auroville
Submitted by Lisa

**CREEVA: CENTRE FOR RESEARCH
Education Experience In Visual Arts**

Weekly Art Activities

- Watercolor Landscape class** by Sathya, Monday, 5–7pm.
- Figurative Drawing Session**, Tuesday, 5–7pm.
- Open Studio** (A space to explore your artistic expression.) Art supplies are available.
 - Open from 12:30–4:30pm, Monday to Friday.
 - If you plan to attend at other times, please inform us in advance. Contact: Abi, +91 9042058981
- Portrait:** For those who wish to have a portrait of themselves in sketch or painting, reach out to schedule a session.



CREEVA Studio, Creativity Community, Auroville

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

Submitted by Sathya

Multiple Activities

**BHARAT NIVAS:
Regular Workshops, Classes & Exhibitions**

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

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 sports-wear 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*

TAI CHI HALL IN SHARANGA

Schedule of classes

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



Krishna

KSHETRA KALARI, ASPIRATION

@ Aspiration Sport Ground

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



Maneesh For Kalari Team

SWIMMING CLASS

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

Kalpna 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



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 & Other Activities

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



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

EGAI, ART OF GIVING



+91 9159468946, egai@auroville.org.in

Arts and Crafts

- **Toys Workshop:** Craft simple toys made of wood and bamboo.
- **Finger Painting Workshop:** Tap into your inner child and learn how to paint with your fingers.
- **Coconut Shell Workshop:** Make and take earrings, keychains, bowls and pendants
- **Incense Workshop:** Come and make your own Agar-battis.

Contact: + 91 9791896488, egai@auroville.org.in

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

TOUR TO THIRUVANMALLAI

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



Arabinda

FERMENTATION OF KOMBUCHA CLASS

Dear Bacteria Lovers, on

- **Saturday, 16 November, at 10am**

we will be conducting a third fermentation of kombucha called **Essence of Xmas**.

If you're interested, please get in touch with us before Friday!

Cheers, Matilde

matilde@marcscoffees.com

9487567593 WA only



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

Looking For

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/cno: **106445**.

Thank you for your time and consideration.

Rama & Vinai

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

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 earthen 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

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)

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, Wordpress (website updates), Google Drive suite, Graphic / aesthetic sensitivity, Competent written and verbal English

We are based in Auroshilpam.

Starting date: Immediate

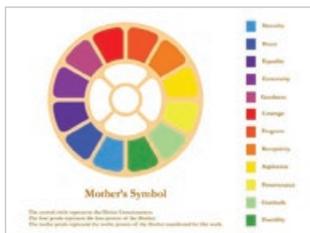
For more detailed information and applications, please write to maha@ecofemme.org with your updated CV. Looking forward to hearing from you!

Mahalakshmi Prabhakar, +91 7094278777

Honorary Voluntary

KCC: Looking for ideas, information, materials, stories, links, physical or online support

Dear Ones, we are doing a great preparation and work plans towards "Integral Activities on Mother's Qualities" and very gladly looking for some ideas, information, materials, stories, links, physical or online support for working on to create some children books with pictures and stories, calendars, gardening work, craft, stitching, games, and many more. Please reach out to us on how you wish to be part of it. Students above 5 to 13 also can participate in this programme.



- **Monday to Saturday, 11 am–1 pm & 2–4 pm**

For registration, please write to...

- kulilaicreativecentre@auroville.org.in
- WA: + 91 8608473385/ 9843195290

Selva from KCC

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. **Join us!**



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

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, Kulapalayam
- **Contact:** +91 70102 883943 Davide

AUROMODE TANTO: FRIDAY DISCOUNT DINING

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

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

FOODLINK MARKET
Fruits, vegetables, milk & eggs from Auroville farms

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

FoodLink
Solar Kitchen Complex
Crown Road, Auroville

Call/WhatsApp:
+91 83002 68804

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

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

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

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

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 262212

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



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



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

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 (Aurovillian) with decades of experience.

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

Govindaraj & B for Qutee Electric Scooter Service

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**

BOOK BINDING

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



8940648542, Michel

RUPAVATHI JOY ACTIVITIES

Bio-Region Temple Tour

Interested in learning more about the religious heritage in and around the bio-region? Come take a guided tour of temples around the bio-region.

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

South-Indian Cuisine

Cooking class Learn to cook some delicious delicacies of south India with Rupavathi.

Thai Massage & Tailoring

We give every morning from 9:30–11:30, 11:30–1:30, 5:30–7:30pm. This is for both the classes: we can tailor and customize any kinds of dresses, sari-blouses and kurtas.

- For any of the above services, contact :
- 8098845200 WA/ ph., rupavathijoy@gmail.com

Rupavathi

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



From now on we will streamline our communications, so please take note of the following:

- For general questions/ matters use insideindia@auroville.org.in only, insideindia@inside-india.com will NOT be used anymore...
- For Tours and traveling requests we will now use: tours@insideindiaauroville.com For the same reasons the addresses insight@auroville.org.in and insight@inside-india.com will be also discontinued...

Thanks for taking note of these changes and sorry for the slight disturbance it may cause during the transition...

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

LA FUITE DE LA LUNE

To outer senses there is peace,
A dreamy peace on either hand
Deep silence in the shadowy land,
Deep silence where the shadows cease.

Save for a cry that echoes shrill
From some lone bird disconsolate;
A corncrake calling to its mate;
The answer from the misty hill.
And suddenly the moon withdraws
Her sickle from the lightening skies,
And to her sombre cavern flies,
Wrapped in a veil of yellow gauze.

Oscar Wilde

PRIDE

A precarious ride
On a foamy tide
The higher the rise
The heftier the price
Of surging and straying
From the calm core
That abides
Only in moments of its fall
Can one hear its call

BE HUMBLE

Be humble.
Don't be little.
Don't belittle.

With joyful Gratitude,
Anandi Z.

RAIN IN THE FOREST

All wet
Arriving to the Free Store
Me.just water
Looking for clothes ...
An Angel came
dry my.shoes
bringing warm.socks
I felt better
An Angel smiling
a.nameless one
giving me a bag full of wet clothes

Anandi A



Voices & Notes

AUROVILLE RADIO

Dear Aurovilians, your favourite radio is always working for you. Stay tuned!

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



Last published podcasts:

- [Exploring Education in Arts, Animation and Film-making Ep.36—The pre-World War II Sound Era Introduction of Sound](#) (Arts & Culture)
- [Une série hebdomadaire de lectures par Gangalakshmi—Ep.472.](#) (Integral Yoga)
- [Une série hebdomadaire de lectures par Gangalakshmi—Ep.471](#) (Integral Yoga)
- [La Vita Divina Ep.45. LIBRO II—CAP. V PARTE III—L'illusione cosmica; Mente, Sogno e Allucinazione.](#) (Sri Aurobindo)

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

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

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

Peace and love

Wobbli

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.

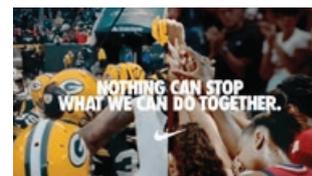
Thank you for being vulnerable enough to share your story.

Alessandra

NOTHING CAN STOP

What We Can Do Together

A most inspiring video for any community or collective endeavour such as the building of this paradigm—shifting City of Dawn:

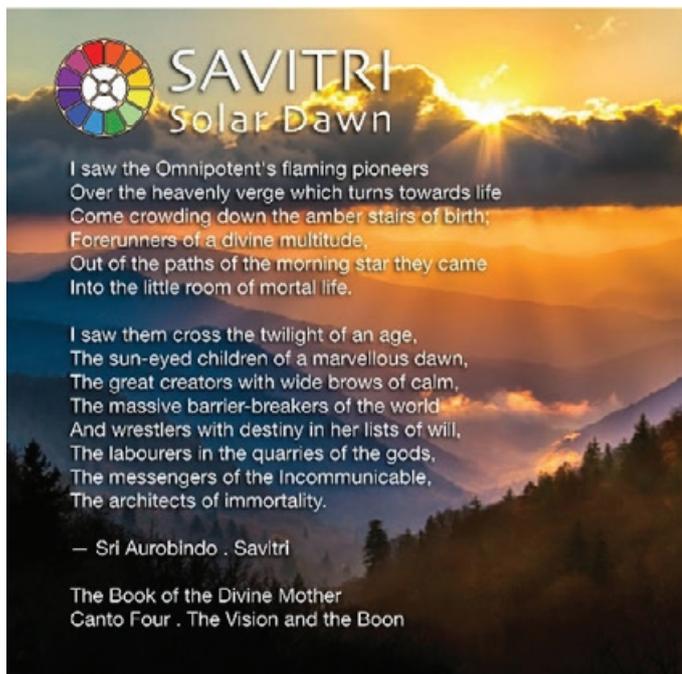


<https://www.youtube.com/watch?v=UXC4Rrnx2jo>

But you have to consciously play your unique role courageously in this Great Cosmic Game of Us, the One Eternal and Infinite Many.

We continue on as Willing Servitors, Messengers and Hero Warriors of the Divine Consciousness—Force here in Auroville the City of Dawn of the Supramental Kalki Avatar Sri Aurobindo and the Mother.





<https://incarnateword.in/cwsa/33/the-vision-and-the-boon>

Zech, 2024.11.08

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

INDIVIDUAL CITY SERVICE CONTRIBUTION

Dear friends, I'm reaching out to invite a shared reflection on a matter currently affecting several Aurovilians due to recent changes in the Individual City Service Contribution (ICSC) guidelines.

Previously, those receiving full or half maintenance from a City Service were not required to pay any ICSC, as it was understood to be part of the remuneration structure. However, under the new BCC and FAMC guidelines published on Auronet on October 7, 2024 (<https://auroville.org.in/article/99001>), "Individuals working half-time in the city service should pay half contribution to City Service. The remaining half should be from their own."

While guidelines may change over time, it seems only reasonable that such changes should not apply retroactively. Nevertheless, the BCC is requesting those who had received half-maintenance in the past, to pay half ICCS for such past years, despite these contributions not being part of the guidelines and the agreed compensation structure at the time.

To me, this raises concerns about fairness, natural justice, and alignment with Auroville's core principles. This approach feels as unfair as it would be to increase the current contribution and then ask everyone to cover the difference for past years.

I have emailed the FAMC to understand their position on this matter, and to advocate for a reconsideration of the retroactive application, but so far I have not received any clear response to my specific questions.

The FAMC told me that many didn't pay their ICSC in the past, and the Indian authorities are asking to collect all outstanding contributions. However, in the situation described above of those who had received half-maintenance, it seems only fair to consider these new required half contributions as not due at all, given that people had followed the practices current at the time.

And by the way, the same could be said for the cases when BCC removed ICSC waivers granted in previous years, at the same time asking for the unpaid contributions for all the years when the waiver was in place. All this often creates a burden for many who had simply followed, in good faith, the guidelines in place. And maybe they are now in urgent need for a new visa and being asked to pay thousands of rupees for "unpaid contributions" back to many years ago.

It would seem reasonable for the FAMC to reconsider these numbers holistically rather than framing them as outstand-

ing debts owed by Aurovilians. First and foremost, we could rightly assume that the contributions I referred above were, and are, not legally due because in line with the guidelines currently at the time.

Besides, all these are not unpaid taxes owed to the Government of India; they are voluntary, internal contributions that our Community established to support our shared needs. As such, it seems within our rights as a Community to decide, should we wish, to waive any kind of contributions. We could explain this position to the Indian authorities, showing how we are handling our finances according to what is feasible and fair for our members.

Considering the potential impact this practice shift has on our collective lives, I believe it's important to come together and discuss this matter openly. I welcome any constructive comments or perspectives you may have on this matter.

Maybe, if we put our voices together, we may help FAMC shape a way forward that respects our shared values and supports each other's well-being.

Thank you for your consideration.

Giovanni, gp@auroville.org.in

Classes, Workshops & Healing Arts

MINDFULNESS KINDFULNESS

Saturday, 30 November, 9:15am–12.30pm

@ Creativity Hall of Light

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



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

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

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

Many thanks, Helen

SHIATSU SEMINAR

An Art of Touch

Join us for a unique Shiatsu Seminar this November, exploring "Synching in" with yourself while giving and receiving the special Shiatsu Touch, discovering Energy-lines / Meridians and potentially new Health Routines from the wisdom of Traditional Chinese Medicine and the Five Elements.



- **Thursday, 12th—Saturday, 14 December and**
- **Thursday, 19th—Saturday, 21 December**
- 4 hours each day, mainly in the morning.

Please come for all the sessions and come a little before the time.

- **Location:** Budokan, Aikido Dojo in Dehashakti

A revitalizing and inspiring experience awaits.

- **Introduction:** Monday, 25 November, 1:30–3pm after prior registering

Ulrike Urvasi,
mothersworkforthemotherswork@gmail.com,
+91 9751513906 (messengers please)



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



Scan for way to the shala:



Follow us:



Scan for Location:






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

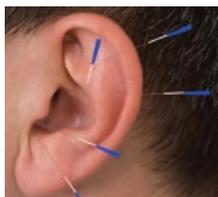
- Thursday to Sunday, 10–11:15am

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, Pranayama & Ear Acupuncture with Dr Linda Lee

- Saturday, 16 November, 9am–12:30pm

Experience a morning of profound healing and inner balance in our **Dynamic Somatic Yoga** workshop, followed by **Pranayama & Ear Acupuncture**. Led by Dr Linda Lee, therapist with 30 years of expertise, this session integrates yoga and somatic techniques with acupuncture and embodied somatic awakening.



What to Expect: The workshop begins with a dynamic blend of yoga and somatics to cultivate stability, resilience, and a sense of ease within. You'll be guided in practices designed to foster courage, contentment, and compassion, setting a foundation for holistic wellness.

Special Feature: Ear Acupuncture & Pranayama

Following the yoga session, enjoy the calming and restorative effects of auricular acupuncture & Pranayama—Breath of fearlessness & Courage .

Workshop Benefits:

- The gentle placement of needles, held for 30–40 minutes, offers benefits such as:
- Enhanced calm and relaxation
- Reduced stress and anxiety levels
- Improved sleep and other benefits

Reserve your spot and prepare for a morning of healing, relaxation, and renewal!

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

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

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



Traditional Massage Therapy Classes

Our course covers Traditional Bodywork based on principles of ancient Indian medicine science of Siddha Varma Kallai 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 Kallai 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 Worskhop

Salsa is 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



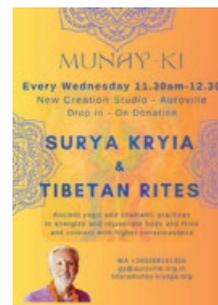
Raja, www.angamtree.com

MUNAY-KI: SURYA KRIYA & THE 5 TIBETANS

Every Wednesday 11:30am–12:30pm
 @ New Creation Studio, Auroville

- Drop in, On Donation

This original blend of energetic yoga and shamanic practices is a drop-in class, offered on a donation basis, held at New Creation Studio. You'll find the studio on the second floor of the building just after La Piscine pool in the Auroville Community of New Creation (Kuilapalayam). Access the stairs in the hallway right after the pool walls.



- [Map link is here.](#)
- WA +393288181300, gp@auroville.org.in
- sitaramunay-kiyoga.org

Giovanni

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.



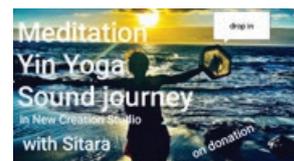
Clases particulares—Pequeños grupos: Tejiendo un tapiz de suaves movimientos, guiándote verbalmente a través de cada asana con detalle, como un hilo dorado que conecta la respiración y el movimiento con tu propia Esencia. Cada Asana, como expresión de equilibrio, invitándote a resintonizar contigo misma,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

Rachel

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

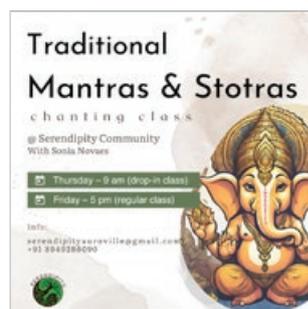
TRADITIONAL MANTRAS AND STOTRAS
Chanting Classes

@ 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.

Sonia



serendipityauroville@gmail.com, +91 8940288090



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

- Saturday, 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!).

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.

Baby Watsu® Class with Appie & Friederike

- Monday, 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.

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 underwater (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.quiethealingcenter.info/

quiet@auroville.org.in

TAO OF TEA 茶道 CHA DAO Sencha Syle Tea Ceremony

The Universe In a Cup of Tea, the unreal veil of, enchanted embroidery lifted, the cup of tea appears, glittering ... (Full poem recited at the ceremony.) Discover a spiritual journey with a Sencha Style Tea Ceremony. During this unique experience 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



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
Tuesdays	
7:30–8:45am	Self Practice with Rachel, not on 19 and 26 November
3:30–4:30pm	Malar Isai—Flower Music for children with Gothainayagi
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
3:30–4:30pm	Malar Isai—Flower Music for children with Gothainayagi
4:30–5:30pm	Aviva Exercise with Suriyagandhi
Fridays	
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
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

- **Malar Isai-Flower Music with Gothainayagi**
 - **Tuesdays & Thursdays, 3:30–4:30pm**
 - For children, 5yrs. +, only

Malar Isai is a class that focuses on the basics of Bharatanatyam and some semi-classical dance as well. This class is for children 5 years and older. No previous experience is required.



"I'm Gothainayagi, born and raised in Auroville. I completed my Arangetram in Bharatanatyam in 2022 under the guidance of Srimati Rajeshwari. I love to teach, especially dance and sports. I'm looking forward to sharing my knowledge of learning with the community."

- **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.”

• **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 “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 for Pitanga Team

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

Ayurvedic Massage with Elene

- Contact: +91 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



**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

EXPERIENCE THE POWER OF KUNDALINI YOGA

Thursdays, 5pm @ Hall of Light, Creativity,

Elevate your spirit and awaken your inner energy through the transformative practices of breath, movement, and meditation. Kundalini yoga offers numerous benefits:

Physical Benefits: Kundalini Yoga can improve flexibility, strength, and balance, reducing pain and enhancing overall physical health. **Mental Clarity:** Regular practice can improve focus, reduce stress, and promote emotional well-being, leading to a calm and centered mind.

Spiritual Growth: Kundalini Yoga can help you connect with your inner self, expand consciousness, and experience a sense of deeper purpose and meaning.

- **Drop-in classes.** Please arrive 5 minutes early. Bring water and a cloth to cover your mat.
- **Contribution Fee:** ₹350 for guests ₹150 Savi volunteers
- **Contact:** +91 7598892065 WA
Bel, a certified kundalini yoga teacher.

Submitted by Bel



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

BODY IN LIGHT:

Energy Healing Workshop

22, 23, 24 November, Friday to Sunday,
9am–5pm, Sunday 9am–1pm
@ Tibetan Pavilion

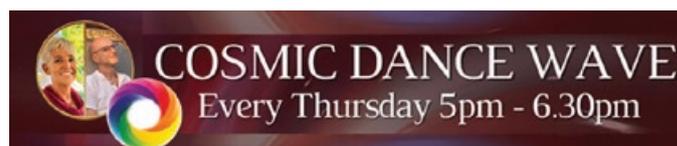
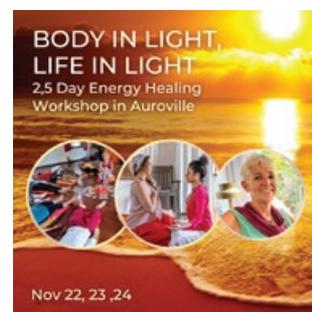
In this 2,5-day workshop we explore with joy the 3 paths to ascension:

- 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.

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

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

Sandhya



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

Sandhya

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, 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

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.

Master Class: Yoga to Enhance Strength and Flexibility with Dev

- Friday, 22 November, 9:15am–12pm

This transformative and comprehensive yoga workshop blends strength, flexibility and relaxation techniques to rejuvenate the body, mind and spirit. The workshop combines breath, movement, strength and flexibility to explore the feeling of the postures, rather than only being in the postures. It allows us to explore the dynamic interplay between expansion & contraction and fluidity & structure. The sequence will help to find space and balance in the constant tussle between strength & flexibility and reduce feelings of stress or anxiety. The workshop allows you to explore the benefits of increasing flexibility and strength through yoga postures for the legs, back, hips, core, neck and shoulders.

Panchakarma: Ayurvedic Purification Techniques with Dr. Geeta

• Saturday, 23 November, 2–4pm

For human health and healing purposes, Ayurveda has a Panchakarma, which is a set of five cleansing procedures. Through this workshop you will learn about these 5 types of cleansing and purification processes. You will learn about internal cleansing as well as external physical body cleansing.

Anandhi for Vérité programming

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



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.

It Matters

Schedule from 16 to 23 November

Weekly Activities—A/C Room

- **Location:** It Matters, Auroville Main Road
- **Info:** @auroville.curated, itmatters.auroville.org/activities

All activities are Rs./600 for guests and Rs./150 for Aurovilians/ Newcomers/ Savi Registered Volunteers. Discount vouchers available.

Date	Activity
16 November, Saturday, 2–4pm	Intuitive Painting with Marie Claire Barsotti
16 November, Saturday, 4:30–5:30pm	The Savitri Research Project with Matthias
19 November, Tuesday, 5:30–6:30pm	Science of Meditation with Matthias
20 November, Wednesday, 3:30–5:30pm	Journey Through Inner Wisdom Board Game with Sitara
20 November, Wednesday, 5:30–6:30pm	Learning Native American Flute with Sitara
23 November, Saturday, 2–4pm	Intuitive Painting with Marie Claire Barsotti
23 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@aurovillelanguagelab.org and tomatis@aurovillelanguagelab.org

Submitted by Mita

Cinema

ECO FILM CLUB

Every Friday at Sadhana Forest

Schedule of Events

- 16:00 Free bus from Solar Kitchen to Sadhana Forest for the Tour
 - 16:30 Tour of Sadhana Forest
 - 18:00 Free bus from Solar Kitchen to Sadhana Forest for the Eco Film Club
 - 18:30 Eco Film Club begins with “previews” of short Sadhana Forest films
 - 20:00 Dinner is served
 - 21:15 Free bus from Sadhana Forest back to Solar Kitchen
- Before the movie, at exactly 16:30 you are welcome to join us for a full tour of Sadhana Forest and an update of our most recent work! After the film, you are welcome to join us for a free 100% vegan organic dinner! The bus service is operated by Sadhana Forest.
- For more information about the bus service please contact Sadhana Forest at 8525038274.
 - **Note:** Families and children are welcome! Dinner for children will be served at 19:00.:)



Friday, 15 November

Last Chance to See

Kakapo 2009/ 59 minutes/ Tim Green

This documentary follows Mark Carwardine and Stephen Fry as they visit New Zealand in pursuit of a rare and charming flightless parrot. Meet the bird who inspired Douglas Adams to get involved so deeply in the world of conservation and whose fate had been changed considerably through the efforts of a Sci-fi Comedy writer. **Aviram**

**AV FILM INSTITUTE:
Latent Concurrencies**

A Beta Presentation By Auroville Film Institute's Open Space Documentary Arts Program Fellows
15, 16, 17 November, 10am onwards

@ Auroville Film Institute, India Space, Bharat Nivas

Latent Concurrencies is a participatory new media installation; having a database consisting of several stand-alone documentary artworks from various stages of development. It showcases two distinct geographic and socio-cultural environments – Auroville and Ladakh – inviting critical engagement with the site/s and subject/s, creating scope for passive to active observation for the audience, their voluntary participation, intentional navigation, and creative interpretation. Recognizing the limitations and bindings of traditional means, this is an initiative to design such modes of engagement and experience detaching images from reality, producing/reproducing/ deconstructing new representations. Modes of engagement include experience designs, participatory installations, and interactive exhibits.

Schedule

15 November	
10am–12:30pm	Screening & Discussion: Open Space Documentary Arts Program Student Films Films by: Indronath PK (Polash), Jahnvi Pradeep, Kartik Sreenivasan, Kotteswaran Prabhudas, L.V Sai Krishna, Maya De, Mayank Chaudhary, Pia Sukhija, Rupa Paul, Sanjana Reddy, Stanzin Angdu, Yoni Vell • For a detailed film program, please refer annexure
2–3:30pm	A Question for Every Answer: A Mime Performance Art By BLIP (aka Drupad)
4–5:30pm	Fragmentations of Fragmentations: An Experience Design of Auroville By Daniel Eshal, Jahnvi Pradeep, and Maya De
6–7:30pm	Presentation: Impressions, Imagings and Impulses in Documenting Realities By L.V. Krishna & Sanjana Reddy
8–9:30pm	Screening & Discussion: Kottukkaali (2024) By P.S. Vinoth Location change to: Cinema Paradiso
16 November	
10am–12:30pm	Screenings & Discussion: Open Space Documentary Arts Program Student Short Docs Films by: Indronath PK (Polash), Jahnvi Pradeep, Kartik Sreenivasan, Kotteswaran Prabhudas, L.V Sai Krishna, Maya De, Mayank Chaudhary, Pia Sukhija, Rupa Paul, Sanjana Reddy, Stanzin Angdu, Yoni Vell • For a detailed film program please refer annexure
2–3:30pm	Mosaics: A Film Photography Discussion with Sasikanth Somu Facilitated by: Jahnvi Pradeep & Stanzin Angdu
4–5:30pm	Fragmentations of Fragmentations: An Experience Design of Auroville By Daniel Eshal, Jahnvi Pradeep, and Maya De
6–7:30pm	Presentation: Violence and Media By Daniel Eshal
8–9:30pm	Screening & Discussion: I Will Come Back Dancing in the Dunes (2022) By Stanzin Gya Location change to: Cinema Paradiso

17 November	
10am–12:30pm	Screening & Discussion: And Toward Happy Alleys (2023) By Sreemoyee Singh
2–3:30pm	Pitch Presentations by Open Space Documentary Arts Fellows A Glimpse of the Future, Kharnak and Kharnakling, Ladakh By Kartik Sreenivasan & L.V. Sai Krishna. Excavating the Past: Journeys Through Ladakh and Beyond By Amogh Chauhan, Jahnvi Pradeep
4–5:30pm	Fragmentations of Fragmentations: An Experience Design of Auroville By Daniel Eshal, Jahnvi Pradeep, and Maya De
6–7:30pm	Conversation with Filmmakers Featuring: P.S. Vinoth and Stanzin Gya
8pm	Open Invite Potluck Dinner

Full Day Exhibitions

- **Mosaics: A Photographic Curation of the Auroville Bioregion** By Jahnvi Pradeep & Stanzin Angdu
- **Reassemblage: Local Trails** By L.V. Sai Krishna & Pia Sukhija
- **Excavating the Past: Journeys through Ladakh and Beyond** By Amogh Chauhan & Jahnvi Pradeep
- **Listen In: An Interview Series Corner** By Daniel Eshal
- **Running Access: Open Space Documentary Arts Program Student Short Docs**

Films by: Indronath PK (Polash), Jahnvi Pradeep, Kartik Sreenivasan, Kotteswaran Prabhudas, L.V Sai Krishna, Maya De, Mayank Chaudhary, Pia Sukhija, Rupa Paul, Sanjana Reddy, Stanzin Angdu, Yoni Vell

- For a detailed film program, please refer annexure

Annexure

Open Space Documentary Arts Program Student Short Docs List 15, 16 November, 10am–12:30pm

- **How does one know if one forgets something?** By Kartik Sreenivasan, L.V. Sai Krishna, Stanzin Angdu
- **The waves will never stop** By Kartik Sreenivasan, L.V. Sai Krishna, Sanjana Reddy
- **Poetic Rhythms** By Pia Sukhija
- **Notes for the Present** By Jahnvi Pradeep
- **In Sickness and In Health** By Maya De
- **When the Song is Over** By Maya De
- **Chiaroscuro** By Maya De
- **Shan** By Mayank Chaudhary
- **Rewoven** By Rupa Paul
- **Disconnected Echoes** By Indronath PK (Polash)
- **Shangri-La** By Kotteswaran Prabhudass
- **Sound of a Land** By Yoni Vell

Jahnvi for AVFI Team





CINEMA PARADISO
Multimedia Center (MMC) Auditorium
Film Program
18—24 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.

Indian—Monday 18 November, 8pm
Srikanth

India, 2024, Dir. Tushar Hiranandani w/ Rajkumar Rao, Jyotika, Alaya F, and others, Biography-Drama, 134mins, Hindi w/ English subtitles, Rated: NR (PG)

Srikanth, defying all odds, rises from rural India to become MIT's first visually impaired student. At MIT, he not only excels academically but also dreams of building a business that can change lives. Founding Bollant Industries, he faces new challenges, balancing his personal dreams with a mission to help others like him. His journey is one of triumph and sacrifice, both embraced with a smile and unwavering determination. A beautiful film!

Potpourri—Tuesday 19 November, 8pm
Mandabi

Senegal-France, 1968, Writer-Dir. Ousmane Sembene w/ Makhouredia Gueye, Ynousse N'Diaye, Isseu Niang, and others, Comedy-Drama, 92mins, Wolof-French w/ English subtitles, Rated: NR (PG)

A money order from a relative in Paris throws the life of a Senegalese family man out of order. He deals with corruption, greed, problematic family members, the locals and the change from his traditional way of living to a more modern one. A film to watch!

Selection—Wednesday 20 November, 8pm
Whiplash

USA, 2014, Writer-Dir. Damien Chazelle w/ Miles Teller, J.K. Simmons, Melissa Benoist, and others, Psychological Drama-Music, 106mins, English w/ English subtitles, Rated: R

Andrew Neiman, an ambitious young jazz drummer, aims to rise to the top of his elite music conservatory. Terence Fletcher, an instructor with terrifying methods, discovers Andrew and moves him to the top jazz ensemble, changing his life forever. Andrew's drive for perfection spirals into obsession, as his ruthless teacher pushes him to the brink of his ability and sanity. Much acclaimed and Must see!

Interesting—Thursday 21 November, 8pm
Planet Earth III (Episodes 1 & 2)

UK, 2023-24, Dir. Nick Easton (S1Ep1) & Wil Ridgeon (S1Ep2) w/ David Attenborough, Tom Greenhalgh, Fredi Devas, and others, Mini-Series-Documentary, 116 mins (58mins each), English, Rated: PG

David Attenborough's third natural history series uncovers unseen locations, stunning landscapes, and amazing animal behaviors. Episode 1, "Coast," explores surprising stories where land meets sea. Episode 2, "Ocean," delves into the vast open ocean, revealing its many secrets and new discoveries.

International—Saturday, 23 November, 8pm
Dane-Ye Anjir-E Ma'abed
(The Seed of the Sacred Fig)

Germany-France, 2024, Writer-Dir. Mohammad Rasoulof w/ Mahsa Rostami, Setareh Meleki, Niousha Akhshi, and others, PoliticalDrama-Thriller, 168mins, Persian w/ English subtitles, Rated: PG-13

This award-winning film was shot in secret since the director faces prison terms in Iran. The story follows a family thrust into the spotlight when Iman becomes an investigating judge in Tehran. As political unrest grows, Iman finds his job more dangerous than anticipated, leading to paranoia and distrust, even towards his wife Najmeh and daughters Sana and Rezvan. A must see despite its length!

Children's Matinee—Sunday, 24 November, 4pm
The Wild Robot

USA-Japan, 2024, Writer-Dir. Chris Sanders w/ Lupita Nyong'o, Pedro Pascal, Kit Connor, and others, Computer Animation-Sci-Fi, 102mins, English w/ English subtitles, Rated: PG

Shipwrecked on a deserted island, a robot named Roz must learn to adapt to its new surroundings. Building relationships with the native animals, Roz soon develops a parental bond with an orphaned gosling. Highly acclaimed and beautifully made!

Sidney Lumet Cinema @ Ciné-Club
Ciné-Club Sunday 24 November, 8pm
Fail-Safe

USA, 1964, Dir. Sydney Lumet, w/ Henry Fonda, Walter Matthau and others, Drama-Thriller, 112 mins, English-Russian w/ English subtitles, Rated: R

A technical malfunction in the Pentagon's strategic control system caused an erroneous order to be sent to a B-52 squadron on a routine training mission instructing the bombers to fly beyond their fail-safe distance. At this point the flight crew are trained to cease communications and prepare to fulfill their objective by bombing Moscow. As the planes near their target, the crisis deepens and together the Americans and Soviets decide on a final, desperate solution.

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*

AUROFILM

Presents @ Multi Media Centre Auditorium, Town Hall

Special Program

I Will Come Back Dancing in the Dunes

• Saturday, 16 November, 8pm

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'

“R.M.N.” Friday, 22 November, 8pm

Directed by Cristian Mungiu, Romania, 2022

With: Marin Grigore, Judith State

Overview: The highly awarded Romanian film director of “4 months, 3 weeks, 2 days” and “Graduation”, sets the action of his last film in Rimetea and various other villages in Transylvania, Romania. Mungiu named the film after a Romanian acronym for nuclear magnetic resonance, as the film is “an investigation of the brain, a brain scan trying to detect things below the surface”. It is based on the 2020 Ditrău xenophobic incident!



Synopsis: A few days before Christmas, having quit his job in Germany, Matthias returns to his Transylvanian village. He wishes to involve himself more in the education of his son, Rudi. He’s also preoccupied with his old father, Otto and also eager to see his ex-lover, Csilla. When a few new workers are hired at the small factory that Csilla manages, the peace of the community is disturbed. Underlying fears grip the adults, and frustrations, conflicts and passions erupt through the thin veneer of apparent understanding and calm... The film was selected in the official competition at the 2022 Cannes Film Festival.

Original version in Romanian with English subtitles. Duration: 2h05'

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

Susana for Aurofilm Team

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

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: AV Vehicle Service, TH, 9am–12:30pm & 2–5pm
Contact: 0413 2623302