



# News Notes

#1054 A weekly bulletin for residents of Auroville 21 November 2024



**SRI AUROBINDO,**  
24 November, Siddhi Day

He passes in his departure from this world to the physical Self; he passes to the Self of life; he passes to the Self of mind; he passes to the Self of knowledge; he passes to the Self of bliss; he moves through these worlds at will.

*Taittiriya Upanishad*

Mortals, they achieved immortality.

*Rig Veda*

## Pondering



We do not create the higher planes, but are intermediaries by which they reveal their light, power, beauty in whatever form and scope can be given to them by Nature-force on the material plane. It is the pressure of the life-world which enables life to evolve and develop here in the forms we already know; it is that increasing pressure which drives it to aspire in us to a greater revelation of itself and will one day deliver the mortal from his subjection to the narrow limitations of his present incompetent and restricting physicality. It is the pressure of the mind-world which evolves and develops mind here and helps us to find a leverage for our mental self-uplifting and expansion, so that we may hope to enlarge continually our self of intelligence and even to break the prison walls of our matter-bound physical mentality. It is the pressure of the supramental and spiritual worlds which is preparing to develop here the manifest power of the spirit and by it open our being on the physical plane into the freedom and infinity of the superconscient...

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

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## *NRN Guidelines*

### **Hard deadline for submissions**

**TUESDAY 3pm**

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

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

*Roy & Agnijata, News & Notes,*  
[NewsAndNotes@auroville.org.in](mailto:NewsAndNotes@auroville.org.in)

# House of Mother's Agenda



## The Soul's Choice

The important thing to understand here is that it is not our outer personality that is reborn but our inmost soul. Our name and form in this life to which we are so attached is nothing more than an outer contrivance put up by the soul. The real person is within, the personality is a mere mask. The word persona in fact means just that — a mask. It is this inmost person that chooses the next formation of its personality and the environment it would like to be born in, the kind of parentage, the experience it needs, etc. It is the soul that chooses our next fate and not some arbitrary force. And unlike our ignorant personality which is always seeking for pleasure and success, the soul may well choose a difficult life if it feels that is what will ensure its progress. Thus the soul inhabiting a king's body may choose to be born as an ordinary man or a commoner in its next life.

After a long or short period of assimilative rest (depending upon whether the previous birth entailed few or many soul experiences), the soul decides about its next agenda and then waits for an opportune moment and appropriate circumstance (not with a mental knowledge but a soul-vision) to plunge again into the great evolutionary adventure. And for its further experiences it uses as much of its accumulated energy of past experiences or karma stored in the true mental, true vital and true physical, all of which are part of the psychic being. A new tale begins, a greater climb under a different form and name.

"As regards the stage at which the soul returning for rebirth enters the new body no rule can be laid down, for the circumstances vary with the individual. Some psychic beings get into relation with the birth-environment and the parents from the time of conception and determine the preparation of the personality and future in the embryo, others join only at the time of delivery, others even later on in the life and in these cases it is some emanation of the psychic being which upholds the life. It should be noted that the conditions of the future birth are determined fundamentally not during the stay in the psychic world but at the time of death — the psychic being then chooses what it should work out in the next terrestrial appearance and the conditions arrange themselves accordingly...

"The psychic being's choice at the time of death does not work out the next formation of personality, it fixes it. When it enters the psychic world, it begins to assimilate the essence of its experience and by that assimilation is formed the future psychic personality in accordance with the fixation already made. When this assimilation is over, it is ready for a new birth; but the less developed beings do not work out the whole thing for themselves, there are beings and forces of the higher world who have that work. Also, when it comes to birth, it is not sure that the forces of

the physical world will not come across the working out of what it wanted — its own new instrumentation may not be strong enough for that purpose; for, there is the interaction of its own energies and the cosmic forces here. There may be frustration, diversion, a partial working out — many things may happen. All that is not a rigid machinery, it is a working out of complex forces. It may be added, however, that a developed psychic being is much more conscious in this transition and works out much of it itself. The time depends also on the development and on a certain rhythm of the being — for some there is practically immediate rebirth, for others it takes longer, for some it may take centuries; but here, again, once the psychic being is sufficiently developed, it is free to choose its own rhythm and its own intervals." (Sri Aurobindo: *Letters on Yoga*, pp. 440-41, 444.)

Life therefore is a real adventure where the only things certain are the Goal and the Guide but it is up to each one to choose the path for reaching it. As is the will and faith, so is the man and so is his destiny. It is in this deepest sense that we can say that man is his faith:

श्रद्धामयोज्यं पुरुषो यो यच्छ्रद्धः स एव सः॥३॥

Whatever the nature of a man's faith, that is the type of man he is. (The *Gita*: Ch. 17, Verse 3)

The Guide is the inmost soul and the sure compass in us and not the outer superficial soul of desire that misguides. The whole mystery of life is solved when this inner guide is found and we can consciously listen to it. Till then life remains a slave to the outer circumstances and inner forces.

(to be continued next week)

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

[https://auromaa.org/death-dying-and-beyond-alok-pandey/death-dying-and-beyond-alok-pandey-appendix-ii-the-shroud-of-death/#The\\_Souls\\_Choice](https://auromaa.org/death-dying-and-beyond-alok-pandey/death-dying-and-beyond-alok-pandey-appendix-ii-the-shroud-of-death/#The_Souls_Choice)

With love and gratitude,  
Gangalakshmi (HOMA)



**N&N POLICY MESSAGE:**



The News and Notes is essentially a service of Auroville to facilitate messages and information that is to be shared from Aurovilians to others inside the community and those who live outside of Auroville.

Therefore, we will not be publishing advertisements for events and services not affiliated with Auroville.

Roy and AgniJata

# Townhall Speaks

## DCG ENTITIES RECEIVED A UNIQUE LINK

Dear Friends, each of the registered DCG Entity has now received a unique link for sending the Quarterly Report. Please save it for future quarters also. Those who have spent or received donations in the last quarter (July—September 2024) are to send the form by 25 November.

- After filling the form, please hit 'Save' button for your reference or for editing.
- After finalising, please hit the 'Submit' button. You will not be able to access the filled form after this submission.
- In case you need to revise it, please send an email to DCG, who will enable editing.
- If you have sent the form from the earlier common link which was given out on 24 October, the data has been transferred to the new unique link.

We will get back to you for any change needed in your QR or it is ok. Please send the QR to your donors after you hear from us.

Naren and Sandeep for Donation Channeling Group  
[dcg@auroville.org.in](mailto:dcg@auroville.org.in)

# Community News

## Passing On

### JEAN-LUC PASSED AWAY

It is with deep sadness that we inform you of the sudden passing of Jean-Luc Buro yesterday in Dharamsala, reportedly due to heart failure. Jean-Luc, who lately lived in Surrender, was a cherished and active member of the community. He dedicated many years to the Auroville Film Festival and was currently working with Aurofilm. Previously, he spent years in Revelation and held a deep love for the sanctuary there. A renowned photographer, his work captured the Spirit of Auroville and beyond. A farewell ceremony will be organized soon, the timing is yet uncertain as the cremation will take place in Dharamsala tomorrow.



May he rest in peace. Aum

Submitted by Lisa

## HOMAGE TO JEANLUC

Aurofilm would like to offer a homage to the sudden passing of Jeanluc, who in the past was an active supporter of Aurofilm's programs and recently became a member of our team! We will miss him very much, his happy and joyful personality, his deep passion for Cinema and his big love for nature and environment!

Here we are sharing a short video memoriam for him:  
[JeanLuc Memorium](#)

Rest in peace dear Jeanluc, Love and Light to your family and friends!

The Aurofilm team. Submitted by Susana

## Matrimandir News & Schedules



### 24 NOVEMBER, SIDDHI DAY

#### or the Day of Victory at Matrimandir

6:30–7am: Meditation under the Banyan Tree at Matrimandir.

*"When the Lord becomes conscious of Himself, the world is created. Consciousness is the breath that gives life to all."*

- 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 Matrimandir Executives

### 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](mailto:mmconcentration@auroville.org.in):
  - Any day except Tuesday & Sunday: 8–8:35am.  
Arrival at 7:45am at the Office Gate.
- The Inner Chamber, the Petals and the Gardens are open to the **Children of Auroville and the Outreach Schools**:
  - Tuesday 9–11am.
- The **Auroville units can bring their staff** to the Inner Chamber with a prior booking to [mmconcentration@auroville.org.in](mailto: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



## *Acres for Auroville*

### ACRES FOR AUROVILLE Land Campaign

#### 24 November: Landmark Date in Integral Yoga

*“Slowly the light grows greater in the East ...”*

*“Light is primarily a spiritual manifestation of a Divine Reality ... and a manifestation of Force. Light is the illumination from above and liberates the being from obscurity and darkness. It clarifies the consciousness and works as a force and makes knowledge possible.” Sri Aurobindo*



According to The Mother, the Matrimandir—the central building in Auroville—represents the Divine Consciousness and is “a place for trying to find one’s consciousness.” The Matrimandir is designed to receive and transmit light: in accordance with The Mother’s vision, the sun’s light enters the Inner Chamber and its ray strikes the crystal at the center—“the symbol of future realisations.” For her, connecting with this pure ray of manifesting light was capital for she wrote: “There is only one recourse, it is to unite ourselves as perfectly as we can with the highest and purest light we can conceive of.”

Along with light, love was capital for The Mother: “To live in Love, by Love, for Love, indissolubly united to Thy highest manifestation.” And when speaking about Auroville in particular, she said “A wide movement of love is the only possible concrete for ‘building something else’”. For, as she has reminded us, “Humanity is not transformed. One should not forget it!”... and so “our aim is to realise the perfection of our being and to change the human animal into the divine man.” The year before Auroville was inaugurated, she gave this message: “Let us forget all that is dark and ugly in the past, in order to make us ready to receive the luminous future.”

Auroville has the honor of having built the Matrimandir through a long, intense labor of dedication. We and all who have contact with Matrimandir are privileged—to experience this living symbol of light and love, and feel its force that nourishes our aspiration for building this “something else”.

**Acres for Auroville is dedicated to raising the funds to protect the environment of the Matrimandir and finish the consolidation of Auroville’s surrounding Master Plan land**

- Donating & Tax Deductibility information: <https://land.auroville.org/new-banking-information/>
- News, videos, and land information: [www.land.auroville.org](http://www.land.auroville.org)
- Contact: [lfau@auroville.org.in](mailto:lfau@auroville.org.in)
- Photo: Lalit Kishor Bhati
- Quotes: “Savitri” Book 7, Canto 4; “Glossary of Terms in Sri Aurobindo’s Writings” p 78; “The Mother on Auroville” pp 64 & 163; “More Answers from The Mother” pp 157 & 355; “Prayers and Meditations” 1 March 1914 (the quote references here don’t always correspond to the sequence of those quotes in the text)

**Acres for Auroville is a collaboration of Auroville International & Lands for Auroville Unified**

**Lands for Auroville Unified (LFAU)**

Auroville Centre for Urban Research,  
Administrative Area, Auroville, Tamil Nadu, India

Once, in 1935, a disciple conveyed to Sri Aurobindo a dream he had:

"... I was walking in the street, carrying some kind of big flat drum. Just for fun I touched it with my fingers and very sweet musical sounds were produced. Perhaps it was a broken drum, for no one expected any music to come from it, but as I went on playing, fine music was coming out."



Sri Aurobindo replied as follows: "It is a symbol of the harmony that can be brought out of the human nature in spite of its present imperfection when one gives it the true touch, that is, puts it under the true psychic influence."

The above single-sentence answer of Sri Aurobindo reveals to us the secret of harmony in human nature and, consequently, in human life. When human nature gets "the true touch", puts itself "under the true psychic influence", then the true and genuine harmony can be revealed and witnessed.

In Sri Aurobindo's "Five Dreams" he spoke of "a step in evolution which would raise man to a higher and larger consciousness and begin the solution of the problems which have perplexed and vexed him since he first began to think and to dream of individual perfection and a perfect society ... That unification of the human world is under way; ... but struggling against tremendous difficulties." And he continued: "unification is a necessity of Nature ... there must grow up an international spirit and outlook ... a new spirit of oneness will take hold of the human race."

The key to this is the inner harmony and unity that is to be discovered and lived. And this is precisely the aim of Auroville. In the first point in her six points note "To Be a True Aurovilian", the Mother referred to this:

"The first thing needed is the inner discovery, to find out what one truly is behind social, moral, cultural, racial and hereditary appearances. At the centre there is a being, free and vast and knowing, who awaits our discovery and who should become the active centre of our being and our life in Auroville."

The important thing for Aurovilians and all who support the vision and goals of Auroville, no matter where they may live, is to keep sight of the goal, of the task, of the road to be traversed and to have endless patience. Auroville provides the material frame for this patience to be practiced, this aspiration to be cultivated, this knowledge to be preserved, this vision to be nurtured. That is the importance of Auroville....and our work at A4A is to secure and safeguard the physical base of Auroville for this to occur.

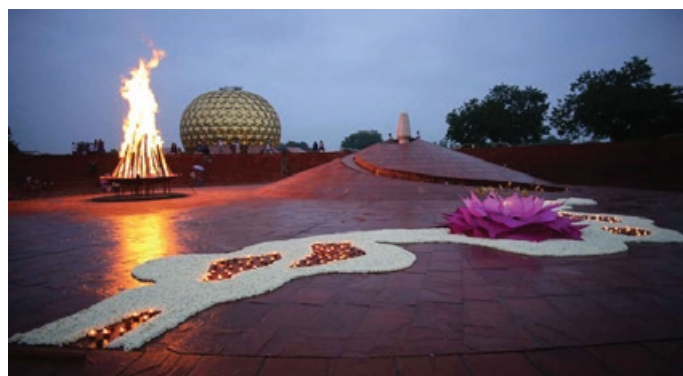
*With trust in Auroville's bright future,  
Aryadeep, Mandakini*

Please specify your donations for "Acres For Auroville":

- Donating & Tax Deductibility information: <https://land.auroville.org/new-banking-information/>
- News, videos, and land information: [www.land.auroville.org](http://www.land.auroville.org) Contact: [lfau@auroville.org.in](mailto:lfau@auroville.org.in)

Contact: [lfau@auroville.org.in](mailto:lfau@auroville.org.in)

Submitted by Mandakini



**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 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.

**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 Shraddhavan
- **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**

- **Saturday, 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.

### On Significance of the Siddhi Day

2<sup>nd</sup> Conversation of Alok Pandey and Narad about  
24 November 1926

- Monday, 25 November 2024, 4pm @ Savitri Bhavan.  
Duration: 46min.

24 November 1926 was an interesting day of transition in the yoga of Sri Aurobindo. He started to work for the descent of higher and higher levels of consciousness that had ever been realised in terrestrial yoga. In this talk from 24 November 2016, Dr Alok Pandey points out three great phases of transition in Sri Aurobindo's yoga.

The first transition came soon after 1908 when Sri Aurobindo experienced the Supramental Oneness everywhere and in everyone in Alipore Jail. Then an Adesh guided him to Pondicherry, and he went into seclusion. About this time Sri Aurobindo wrote to his brother Barin: "The Guru of the world who is within us then gave me the complete directions of my path—its complete theory, the ten limbs of the body of this Yoga. These ten years [1910-1920] He has been making me develop it in experience, and it is not yet finished."

On 24 and 26 November 1926, the next great transition started when Sri Krishna, the Overmind Godhead, descended into the physical body of Sri Aurobindo, and two days later the Overmind plane gave consent. Since the Supreme had descended into him, Sri Aurobindo started giving darshan. 24 November 1926 became the first darshan day, and also the day of the official founding of the Ashram. Prior to that, there was no Ashram, only a group of seekers.

The Mother came to the fore and took full charge of the Ashram and the disciples, and Sri Aurobindo provided his support. Her work was to prepare the earth and humanity for the descent of the Supramental and to remove all obstacles to this great realization. Past avatars supporting evolution and coming from the same source, the Supreme Oneness, also came to support the Mother's work, among them Christ, the Buddha, and Krishna. Each Avatar from the Supreme brings a certain aspect, or certain qualities into play or comes to manifest certain things.

Sri Krishna, the Anandamaya Avatar, had already knocked at the gate of the Supermind, but earth and man were not ready then. Now Sri Krishna handed over his achievements to Sri Aurobindo for further development. Sri Aurobindo's yoga began to move into uncharted realms: it was a totally new yoga in the spiritual history of the earth. He withdrew

into his room and everyone who had access to the room was advised not to look at him because, like Shiva, he had swallowed all the poison of the earth.

The third great transition came in 1950 when Sri Aurobindo withdrew even more when he left his body to hasten the collective realization on earth. He then worked from above together with The Mother for the Supramental descent, which happened on 29 February 1956.

He shared all his challenges, achievements, spiritual experiences, and insights in the mantric lines of his epic poem *Savitri: A Legend and a Symbol*. Dr Alok Pandey reads some verses from the poem.

The film is also available on the AuroMaa website: On Significance of the Siddhi Day (TE 128)

- <https://auromaa.org/siddhi-day-part-2-te-128/>

On YouTube it is by the title:

- [The Siddhi Day \(TE 128\) with Narad](#)

Dhanalakshmi & Margrit  
for Savitri Bhavan

## 24 NOVEMBER, SIDDHI DAY

### Or the Day of Victory Room Darshan

Sri Aurobindo's Room will open  
on Sunday, 24 November for Darshan.

5am–12noon.

The Room Darshan is available to all and no tokens  
are required for entry.

Andrea

## SIGNIFICANCE OF SIDDHI DAY

Saturday, 23 November, 10am–12pm

@ Sangam Hall, Savitri Bhavan

All here shall be one day her sweetness' home. On the occasion of 24 November, Arulvazhi Education Centre is hosting a session on *significance of Siddhi day*.

Senior Aurovilians **Varadarajan** and **Syamala** will speak about their association with the Mother and Dhanalakshmi will give a presentation on 'Siddhi day'.

All are welcome.

Muthukumari for Arulvazhi Team.

## 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

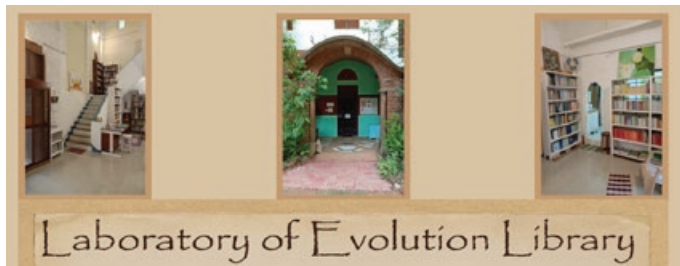
*The voice that chants to the creator Fire, the symbolled OM, the great assenting Word. Savitri*

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*

**BRAHMANASPATI KSHETRAM**

**BRAHMANASPATI KSHETRAM**  
The Mother Sri Aurobindo Centre

**Calendar of regular events of November 2024**

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

Every Thursday 6:00 - 6:30pm  
**Meditation**

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


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

kshetram2014@auroville.org.in




*Rajan*

**A weekly study circle on**  
**The Synthesis of Yoga**  
- Sri Aurobindo



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

**Venue :**  
Resource Library,  
Bharat Nivas, Auroville



*Submitted by Monisha*

*Education*

**YUVABE EDUCATION'S BRIDGE PROGRAM:**

**AI-First Full Stack Mastery**

Starts **2<sup>nd</sup> December**

**Data Engineering, APIs, LLMs & Visual Intelligence**

Scan to Join WhatsApp Group

We're thrilled to share a new opportunity with you! Yuvabe Education's Bridge Program is launching an AI-First Full Stack Development Course for young adults in the Auroville Bioregion. **Starting 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](mailto:bridge@yuvabe.com)

**Follow Us on Social Media:**

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

*Abilash*

**KULAI CREATIVE CENTRE**

Next to Auroville Bakery, Kulapalayam  
[kulaicreativecentre.auroville@gmail.com](mailto:kulaicreativecentre.auroville@gmail.com)  
8608473385



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

*Selva for KCC*

**ACADEMIC TUITION OFFERED**

With my 18 years of experience in education, I offer academic tuition sessions from grade 1 to university level in all subjects. Also I am a spoken English and Hindi language trainer. My contact number is 8270512606.

*Ashwini, Aspiration*

**EARTH INSTITUTE:**

**November on-campus Training Course**

**CSEB Intensive : 25th Nov - 30th Nov**

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

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

**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](mailto:avlib@auroville.org.in)
- **Opening timings:**
  - **Mornings:** Monday—Saturday: 9am–12:30pm
  - **Afternoons:**  
 Monday, Wednesday, Thursday, Friday & Saturday:  
 2–4:30pm  
 Tuesday: 4–6:30pm

Laura

*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 **2<sup>nd</sup> and 4<sup>th</sup> 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](mailto:morningstar@auroville.org.in)

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](mailto: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**

<b>Doctor Consultation</b> with Dr.Senthil & Dr.Pavan: Monday to Saturday	<b>Nurse Care</b> Thilagam, Ezhil, Archana & Sandhya. Daily: no appointment needed
<b>Ayurveda</b> with Dr. Be: TOS	<b>Integrative Psychotherapy</b> with Juan Andres: Monday to Friday
<b>Acupuncture</b> with Andres: TOS	<b>Homeopathy with Michael:</b> Monday/ Wednesday/ Saturday
<b>Physiotherapy &amp; Massage</b> with Galina: Monday to Friday	<b>Physiotherapy with Arun:</b> Monday to Saturday (except Friday)
<b>Midwifery &amp; GYN Care</b> with Paula: Monday & Wednesday	<b>Adaptive Therapy</b> (all ages) with Asita: Wednesday & Saturday
<b>Bio-Well Assessment</b> (Evaluation of your well-being) with Helena, <a href="mailto:adminsante@auroville.org.in">adminsante@auroville.org.in</a>	<b>Soundbed Session</b> 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](mailto:sante@auroville.org.in),  
<http://sante.auroville.org.in>

**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](mailto:auroshruthi@auroville.org.in)

Submitted by Sruthi

**AURODENT DENTAL CLINIC**

@ Auromode, Auroville

For Appointment please contact us:

- [aurodent@auroville.org.in](mailto:aurodent@auroville.org.in)
- 0413 2622063 ph., 9629199328 WA



Working hours:

- Monday—Friday: 9am–1 pm & 2pm–6pm
- Saturday: 9am–1pm

Submitted by Sudha

**MONSOON**

with Ayurveda and local plants



During monsoon, the climate is cold and humid, rains and little sunlight increase drastically the moisture in the air and on the ground leading to a more acidic environment, sour taste prevails. The body struggles to keep warm and dry, the digestive power can also be less.

- Vata gets cold and gives joint pain,
- Pitta keeps fermenting,
- Kapha bloats and retains water.

An extra focus will be given to Vata imbalances, as it is the right season to reduce or expel Vata toxins (in body: stiffness, bloating, coldness, pain and inflammation in the joints; in the mind: anxiety, anguish, fear, dismay, confusion, doubts). This is a period to slow down and care for Agni—digestive fire.

**In the Food:**

- All meals are warm, cooked in a sauce-pan, easy to digest, light, spicy
- Proteins:** Mungdal, beans, chickpeas, lentils (all of these cooked with asefoetida to prevent bloating), white meat, egg, peanut
- Vegetables:** amaranth, green leaves, carrot, beetroot, cauliflower, bittergourd/ snakegourd/ bottlegourd, morninga (drumstick), chow-chow, radish, pumpkin—all should be well washed to avoid contamination
- Sweet taste with old grains—barley, rice, millet, oat, wheat
- Fruits:** apple, pomegranate, banana, papaya, grape, guava, pear
- Spices:** ginger, pepper, long pepper (pippali), turmeric, cumin, clove, asafoetida, mustard seeds, ajwain, cinnamon, fennel seeds, fenugreek seeds, onion, garlic
- Ghee or sesame/ olive/ sunflower oil (cold pressed)
- Drinks:** herbal teas, warm or boiled water, with honey or jaggery
- Ayurvedic formulas to take after meals:** Panchakola, Trikatu, Hingwashtak churna... with honey

**Avoid:**

- All food with yeast/ baking powder, cheese, yoghurt, curd, lassi, beer
- Drinking too much liquid during or straight after meals
- Uncooked vegetables and salads
- Heavy and difficult to digest (fried food, pizza at dinner, etc)
- Milk coffee, ice cream
- Carbonated soft drinks

**In Activities:**

- Be regular in the daily routine, especially in taking meals and going to bed
- Time to keep Vata balanced with Abhyanga (oil massage + steam bath), Shirodhara (warm oil on forehead), Basti (warm oil enema)
- Foot bath with warm salty water
- Wash with warm water (shower or bath)
- Keep body warm: neck and feet especially
- Soft physical exercise: 30 minutes a day
- Yoga, Pranayama, Meditation-concentration, Qi-Gong...
- Fumigation with eucalyptus, neem, sage
- Nasya (oil drops in the nose) with Anu Tailam at bedtime or in the morning to clear the sinuses

**Avoid:**

- Siestas and day naps
- Intense physical sport or work
- Moist and cold air, wind, fan
- Staying humid after being in the rain
- Long hours in front of the computer
- Skipping meals or fasting
- Staying awake late at night
- Too many travels
- Most of the above aggravate Vata.

**Herbs and Medicinal Plants for the Rainy Season:**

- Moringa—*Moringa Oleifera*: to balance Vata and Kapha by increasing the digestive power
- Bhunimba (Nilavembu)—*Andrographis paniculate*: in feverish condition
- Guduchi (Giloy)—*Tinospora cordifolia*: natural immunoregulator
- Haritaki—*Terminalia chebula with a little of rock salt*: to balance Vata and ease bowel movement
- Dashamoolarishtam—for joint pain and inflammation, to balance Vata

Enjoy the rain and stay warm and dry

Be @ Sante Clinic

*Animal Care*

**MONSOON BRINGS SUFFERING for Puppies in Auroville**

As the rains intensify, so does the plight of countless puppies born and abandoned across Auroville. Each day, we receive desperate calls to rescue these vulnerable pups from the harsh elements and looming death. However, despite our deep desire to help, our old shelter is overcrowded to the maximum and the monsoon rains have flooded it severely.



**AUROVILLE DOG SHELTER**

A recent Parvo outbreak, which tragically claimed the lives of many unvaccinated puppies, has deepened this crisis. Our inability to quarantine sick animals due to the lack of proper quarantine facilities has left us powerless. During our vaccination and free treatment drive, we managed to treat and vaccinate over 1,000 dogs and cats in Auroville and surrounding areas, which depleted our stock of medicines almost entirely.

**A Plea for Essential Support**

Our petition, which has gathered over 800 signatures, calls on Auroville’s administration to provide Rs. 3 lakh in basic monthly funding to cover our operational expenses. This support is vital until we can build our new shelter and it is operational and self-sustaining. However, after months of waiting, the lack of an appointed Auroville Secretary has stalled negotiations, leaving us and our dogs to endure yet another monsoon in the inadequate and overcrowded old shelter.

Despite all the hardships, we have made significant progress on the new Serenity Building, which is almost complete and will allow us to relocate dogs from the most severely flooded enclosures. However, the broader HOPE area, where this structure stands, is also on low-lying land which turns into a lake. For over a month, we’ve already been waiting for 45 truckloads of earth from the Matrimandir Lake to raise the ground by a foot. This vital step is necessary to make the area safe and habitable for the dogs.

**How You Can Help**

During these trying times, we turn to all dog lovers and Auroville residents for help. Here’s how you can make a difference:

- Donate Supplies: We urgently need rice, old clothes, building materials, and roof sheets.
- Volunteer Your Time, even if it’s just one hour per day: Join us in the daily dog walk experience from 9 to 10am.
- Donate to our FS 251391 or find more donation gateways at [www.aurovilledogshelter.com](http://www.aurovilledogshelter.com)

Stand with the Auroville Dog Shelter as we navigate this challenging time together. Let us hold onto the hope that after this long period of darkness, a renewed spirit and light will emerge, bringing a brighter future for Auroville and all its residents—both human and animal. For a better tomorrow.

Arthur for Auroville Dog Shelter

*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



**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@au-rovillle.org.in](mailto:Youthlink@au-rovillle.org.in) or for in cash donations you can directly transfer to our account 251048.

Lucrezia & Youthlink team



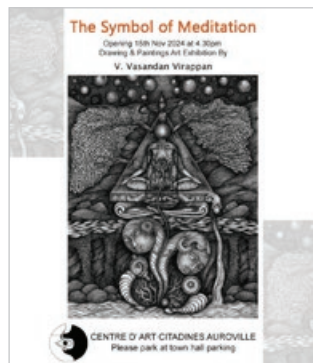
*Theatre, Music & Arts*

**CENTRE D'ART, CITADINE**

**The Symbol of Meditation by Vasandan Virappan**

15 November—4 December

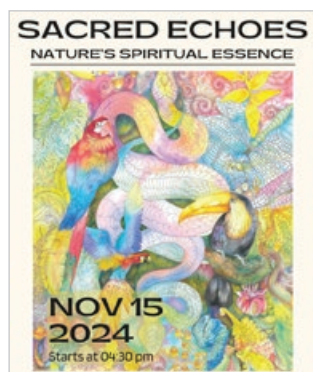
- Tuesday to Saturday 10am–12:30pm, 2–5:30pm
- Opening on Friday, 15 November at 4:30pm
- Guided visit Saturday, 10:30



**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

**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](mailto: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.

Submitted by Marco

**EXHIBITION OF PRINTS**

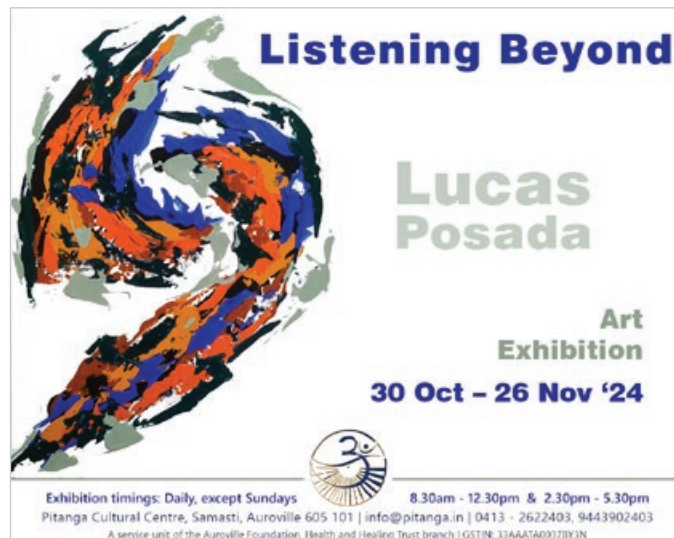
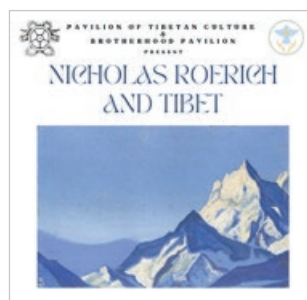
Pavilion of Tibetan Culture & Brotherhood Pavilion Present on the Occasion of the 150<sup>th</sup> Birth Anniversary of Nicholas Roerich and the Centenary of His Central Asian Expedition

**Nicholas Roerich and Tibet**

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

Guided tour by Dr. Alexander Pereverzev with insights into the life of the Master and his expedition: 23 November, 4pm

Elena



Andrea

**THE ZOO STORY**

By Edward Albee

Auroville Theatre Group Presents

23 & 24 November, 7:30 pm @ CRIPA

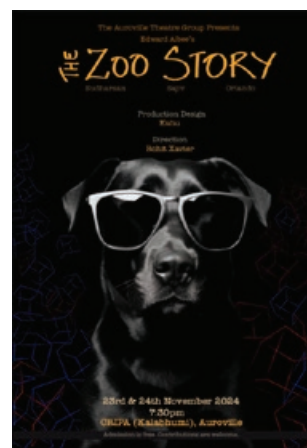
Directed by Rohit Xavier Shaji (remember him from Peter Pan: Lost and Found, A Fire (Spiritual Journey of a Nomad) and Macbeth!

With Aurovilians Sajiv Pasala and Sudharshan Rangarajan. Music by Hartmut von Lieres.

The Zoo Story, written by Edward Albee, is a one-act play that explores themes of isolation, communication, and the human need for connection. The play centers on an encounter between two men: Peter, a successful, middle-aged executive, and Jerry, a troubled and lonely man who disrupts Peter's quiet afternoon in a Park. Through an increasingly intense and bizarre conversation, Jerry draws Peter into a confrontation that challenges his contentment and forces him to confront the darker sides of human nature. The play delves deeply into social alienation, with Jerry embodying the outsider figure who feels abandoned and misunderstood by society. His stories serve as metaphors for his observations on human behavior, the barriers people construct between each other, and the often cruel indifference of society.

- Admission is free. Contributions welcomed!
- +13 recommended

Jill Navarre, 9486416173



## 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](mailto:tango@auroville.org.in)



Submitted by Maud

## New Creation Dance Studio

Sweatout & Smile

# ZUMBA

Every Mondays!

@ 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

Pavillon de France Presents:

### CELLULAR MEMORY: HOW TO REDISCOVER THE IM-PRINTS OF WHAT CAUSES US SUFFERING?

Conference by Annëlle Le Coguic,  
Cellular Memory Therapist. Conference In French

Friday, 22 November, 4:30pm

@ Pavillon de France (opp. Visitor Centre)

Mother and Sri Aurobindo explored the transformative potential of our cells, revealing humanity's possibility to reach a higher level of consciousness. Inspired by their work, Myriam Brousse, a pioneer in cellular memory therapy, developed her research on cellular memory. Based on the principle that our body retains all experiences from our conception—and even beyond—she created a method to uncover these deep imprints. Anaëlle, who was trained by Myriam Brousse, integrates this approach into her work as a cellular memory therapist. During this conference she will invite us to reflect on this process.



#### See—Accept—Transform

How can we access these memories carefully preserved by the body? How can we accept our story as it is and view it from a new perspective? Finally, how can we transform our suffering into a tool to follow our true path in life, rather than the one desired by our parents?

"Il semble que l'on ne puisse jamais comprendre vraiment que lorsqu'on comprend avec son corps". Mère

Vivekan

*Music, & Art Activities*

**EXPLORE WATERCOLOR TECHNIQUES**

@ Unity Pavilion

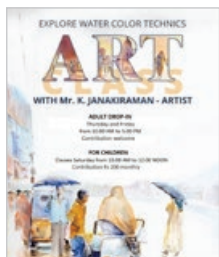
**Adult Drop-In**

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

**Classes for Children**

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

Artist: 8015362636,  
Office: 0413 2623576



Submitted by Lisa

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

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



**CREEVA**

CREEVA Studio, Creativity Community, Auroville

- [sathyacolour@auroville.org.in](mailto:sathyacolour@auroville.org.in)
- +91 9486145072 WA Sathya.

Sathya

**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](mailto:christopher_buchanan@hotmail.com).  
+91 9486363282 WA, landline 0413 2910282  
Gaya for Gaia's Garden Guest House

**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](mailto:afacademy.team@gmail.com), +91 8300364055 WA  
Susana and team

**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, 2<sup>nd</sup> 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](mailto:svaramprograms@auroville.org.in)

**Upcoming Programs and Workshops**

**Cosmic Octave: 2—6 December**

This is a 5-day special interactive workshop to discover the Harmonics of the Universe with Jens Zygarr, 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-zygarr/>

Aurelio and the SVARAM Team

*Multiple Activities*

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



**BHARAT NIVAS**  
 भारत निवास பாரத நிவாஸ்  
 The Pavilion of India, Auroville

**REGULAR WORKSHOP, CLASS & EXHIBITION**

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

**WOMAN KABADDI CHAMPIONSHIP  
Tournament 2024**

23–24 November 2024

@ New Creation sports ground

8:30am–7pm

Dear community members, the Auroville Kabaddi team contacted the women's kabaddi championship tournament for the first time in a bio region area on 23–24 November 2024 at the New Creation sports ground.

- Around 30 women's team are participating in the event: 400 players.
- We welcome your kind financial support. Our Fs ac no is 251738

*Ramesh and Selvam for  
Auroville Kabaddi team*

**KALPANA GYM**

Kalpana Gym is open 7–9am & 5–8pm

- Monday to Saturday

All are welcome!

*Submitted by Satyakam*

**DEHASHAKTI NEW YEAR'S TOURNAMENT**

3–4 January 2025

A series of fun, competitive, and inclusive sporting events aimed at promoting teamwork, sportsmanship, and healthy activity among our children. This event is open to children of Aurovillians, Newcomers and Volunteers. Parents/Trainers can come together to form teams and apply for entries in the open category for the following:

- **Under 13 and Under 18 Team Sports:**
  - Futsal 7+3 players
  - Basketball 5+3 players
  - Frisbee 7+3 players
  - Volleyball 6+3 players (under 18 only)
- **Individual Athletic Events:**
  - Long Jump
  - Sprint 60 mtrs.

**Important dates to remember:**

- **Tournament dates:**  
Friday, 3 and Saturday, 4 January 2025
- **Last date to send entries:**  
Friday, 6 December, 3pm
- **Supportive Coaching and Practice sessions from AV-PEB & Dehashakti teams:** 26, 27, 28 December

The main goal is for children to work independently toward building their teams and organising their practice routines with some support from the parents/facilitators/trainers. From the time of this announcement till 25 December children can start working on building their teams and athletes.

AVPEB and Dehashakti team members will be in communication with one adult representative of each team in the coming months to support the children. Interested parents/coaches please write to [avpeb@auroville.org.in](mailto:avpeb@auroville.org.in) and we will make an appointment with you to share the details

*Lijun and Saravanan for  
AVPEB and Dehashakti Teams*

**ABHAYA MARTIAL ARTS**

**Regular classes**

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

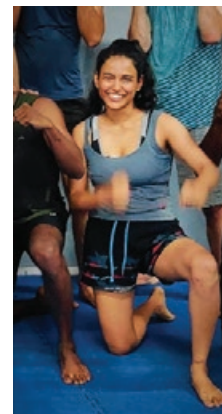


If you wanna be updated about these changes and know how to participate, please contact +91 9487340778 WA Contribution required. Be punctual, short nails, in sports-wear and no jewelry. Stay home if you are sick or if you have open wounds.

**Brazilian Jiu-Jitsu Classes For Kids!**

- 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 is 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.



- 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. 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](mailto: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*

### 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



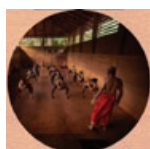
*Mani*

### 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](mailto:bharatnivas@auroville.org.in), office: 0413 2622253



*Monisha for BN Team*

### GIRLS' FUTSAL FOOTBALL CLUB

Every Wednesday at 5:10pm  
@ Dehashakti

Girl's football team in Dehashakti. 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*



### 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*

### *Bioregion & Other Activities*

#### 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](mailto:wellnesswoodcraft@auroville.org.in)

*Submitted by Anand*

#### PAPER CRAFT WORKSHOP @ Wellpaper, Auroville

10am–4pm, every day except Sunday

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

+91 9385744722, 0413 2969722



*Zeevic*



Contact: 8270071581/ 9159468946  
[enlight@auroville.org.in](mailto: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](mailto: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](mailto:egai@auroville.org.in)

*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*

*Help Needed*

**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*

**NEEDS A LAPTOP**

Dear Auroville Community, Aurovillian 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*

**Looking for Two Experienced Gardeners**

Aurelec is looking for 2 experienced gardeners to replace our 2 who are leaving shortly. Applicants should contact Siva, our Office Manager, for further information at:

- 2622293, 09442786055 or
- [adps@auroville.org.in](mailto:adps@auroville.org.in)

Tim



*Lost and Found*

**E-Bike Key Found**

Yesterday I found a key sitting on my bike while it was parked at Town Hall. It's an e-bike key with a blue plastic label saying town-bike lock. I have no idea how it got there or whose it is. I will return the key to Reception at Town Hall the next time I pass by there.

Suzie

*Available*

**Available Folding Chairs**

14 folding chairs with black fabric (to change) and 7 folding chairs with the structure only (have to be painted again). Available immediately. Contact: 8940566062.

Shanta, Auromodele

**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.



These 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](mailto: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](mailto:pandian@auroville.org.in)



Pandian

*Work Opportunities*

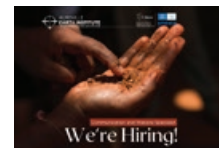
**EARTH INSTITUTE:**

**Communication and Website Specialist**

We are seeking a Communication and Website Specialist to join our team.

Are you passionate about sustainability and architectural communication?

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](mailto:info@earth-auroville.com).
- Contact: +91 0413 2623330/ 262 3064. T.Ayyappan

*eco femme*

**Social Media Account Manager**

Eco Femme is looking for a creative individual to join our team as a Part-Time Social Media Account Manager. If you're passionate about making a positive social impact, love working across a range of social media platforms, and are skilled in coordination and organization, this may be your ideal role!

**Proven experience required:**

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

We are based in Auroshilpam.

Starting date: Immediate

For more detailed information and applications: please write to [maha@ecofemme.org](mailto:maha@ecofemme.org) with your updated CV. Looking forward to hearing from you!

Maha Prabhu

*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, 11am-1pm & 2-4pm

For registration, please write to...

- [kuilaicreativecentre@auroville.org.in](mailto:kuilaicreativecentre@auroville.org.in)
- WA: + 91 8608473385/ 9843195290

Selva from KCC

### 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](mailto:mohanamprogram@auroville.org.in), 8300949079, 04132190757, 04132622667 Balu



### 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



### 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](mailto:auroorchard@auroville.org.in), 9566631079 WA (Nidhin)  
Nidhin for AuroOrchard team



### 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](mailto:kulaicreativecentre@auroville.org.in)  
or call us 8608473385 Selva for KCC

### GAU SEVA

at Sadhana Forest!

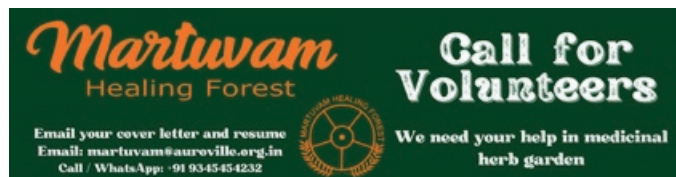


Your heartfelt service is needed at the Sadhana Forest Gaushala!

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](mailto:sadhanaforest@auroville.org.in),  
8525038274WA or call 8122274924

The Sadhana Forest team,  
Aviram



We need your help in medicinal herb garden, send us your cover letter and resume [martuvam@auroville.org.in](mailto:martuvam@auroville.org.in)  
Shivaraj, +91 9345454232, call/ WA

### Foods, Goods & Services

### PTPS & DROPZY ANNOUNCEMENT

*Pour Tous பூர் தூஸ் For All*

Dear Residents, we are happy to announce that PTPS is now ready to deliver your fruits, veggies and other essentials through Dropzy.

**As a first phase**, we will take orders from you through Email, Phone and WhatsApp and the details for it are enclosed below.

- Email: [ptps@auroville.org.in](mailto:ptps@auroville.org.in)
- Phone or WA: 9786526171

The deliveries will be on the same day if your orders are received between 9am to 3:30pm. The delivery will reach you in minimum an hour and half from the time of your order placed by a Dropzy delivery person.

If you are sending your order through Email or WhatsApp, please include the following details.

- Auroville Name; Community; Financial Service Account #; Mobile/ Telephone #; Details of your order; Notes, if any.

**For the second phase**, PTPS will be listed in Dropzy's mobile app platform through which you can also place your orders at your convenience.

Looking forward to receiving your orders and serving at your convenience.

Iyyappan & Kumaran  
for Pour Tous Purchasing Service

## 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

## GASTRONOMICA: FRESH FLAVORS EVERY DAY!

Visit Gastronomica for a wide selection of fresh bread, focaccias, sliced pizza romana, and sandwiches. We also offer quality cured meats, cheeses, homemade sauces, and sweets in jars, all available for takeaway. Additionally, we have a full range of handcrafted pasta, including tagliatelle, penne, fusilli, and more. Our daily lunch specials feature dishes like ravioli, lasagna, or roast chicken. Whether you're looking for a quick meal or premium ingredients to take home, we have something for everyone!



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

## 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.

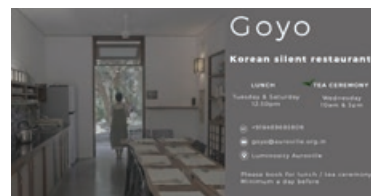
Pavithra  
for AuroMode Tanto Team

## 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: +91 9489693809, [goyo@auroville.org.in](mailto:goyo@auroville.org.in)

Won Ja for Taste of Korea

## SUDHA'S KITCHEN

We are open from Monday—Saturday, 8am–9pm

We are open after the summer break and serving Mediterranean Cuisine for breakfast, lunch and dinner.

We are warmly welcoming you to join us and taste our fresh and delicious food.



You can find more about us on:

- Instagram @Sudhaskitchenav & Dropzy app.
- Contact number:  
+0413 3509884, +91 7094358547
- E-mail ID: [sudhaskitchen14@gmail.com](mailto: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](#)

## 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

**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](mailto:integralharmonyfarm@auroville.org.in)

*For Integral Harmony Farm, Pranav and Velmurugan*

**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

**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](mailto:its@auroville.org.in)

*Rajesh.D for Shared Transport Service*



UNITY TRANSPORT

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](mailto:uts@auroville.org.in)

*Lakshmi for UTS Transport Service Team*



Integrated Transport Services

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.*

**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*

**QUTEE ELECTRIC SCOOTER SERVICE**

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



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

- You may call Qutee 9443372418/WA 9092637055 or email [govindaraj@auroville.org.in](mailto: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](mailto:sarvamcomputers@auroville.org.in)

*Bala*

## 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](mailto:rapidcare@auroville.org.in)
  - **Secondary Email:** [rcsrapidcareservice@gmail.com](mailto: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 Kulapalayam.



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](mailto:rupavathijoy@gmail.com)

Rupavathi

## NAMASTE, BONJOUR, HELLO, AND VANAKKAM

### from Inside India!

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



### Get in Touch with Mr. Ganesh, Your Travel Consultant

- You can find Mr. Ganesh at our Kalpana Office from 10am—5pm, Monday to Friday.
- He's available on landline 2623030 or via mobile/WA at +91 9894598686.
- Reach him by email at [ticketing@insideindiaauroville.com](mailto:ticketing@insideindiaauroville.com). Saturday visits are by appointment only.

### Exclusive Offers & Tailored Travel

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

### Current Flight Deals

- **Air India**—from Chennai to Frankfurt, London, Amsterdam, Milan, Nairobi.
- **Qatar airways**—from Chennai to Frankfurt, London, Rome.
- **Ethihad airways**—from Chennai to Frankfurt, London, Amsterdam, Brussels, Vienna, Zurich, Rome, Barcelona, Milan.
- **Lufthansa**—From Chennai to Paris, Amsterdam, Rome, Lisbon, Athens.
- **Gulf Airways**—From Chennai to Rome
- **Ethiopian airways**—Athens, Johannesburg

### Travel Updates You Should Know

- Indian Railways: Starting November 1, passengers can book train tickets 60 days in advance (reduced from 120 days), making trip planning easier and more flexible.
- Chennai Airport: International travelers can now drop off baggage at the I-to-D transfer facility before moving to domestic terminals.
- Indonesia: Complete the SATUSEHAT Health Pass (SSHP) before arrival.
- Thailand ETA System: From December, nationals of visa-exempt countries will need an Electronic Travel Authorization (ETA).
- VFS Global to offer new Indonesia e-Visa on Arrival service to Indians.
- Airport Fast-Track Options:
  - DigiYatra: Enjoy fast check-ins with facial recognition at Chennai Airport.
  - New Parking Facility: Skybridge access to terminals at Chennai Airport for easier parking.
  - Fast-Track Immigration—Trusted Traveler Program: Indian nationals and OCI cardholders can now apply for FTI-TTP for smoother immigration processing. Learn more and apply at the official FTI-TTP website.

### Important Reminders

- Be sure to bring your Original Visa along with your e-FRRO Stay Visa to avoid check-in issues.

We accept a variety of payment methods, including debit/credit cards, Aurocard, UPI, and QR codes at our office.

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

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

*Poetry*

**POSTSCRIPT**

And some time make the time to drive out west  
 Into County Clare, along the Flagggy Shore,  
 In September or October, when the wind  
 And the light are working off each other  
 So that the ocean on one side is wild  
 With foam and glitter, and inland among stones  
 The surface of a slate-grey lake is lit  
 By the earthed lightening of flock of swans,  
 Their feathers roughed and ruffling, white on white,  
 Their fully-grown headstrong-looking heads  
 Tucked or cresting or busy underwater.  
 Useless to think you'll park or capture it  
 More thoroughly. You are neither here nor there,  
 A hurry through which known and strange things pass  
 As big soft buffetings come at the car sideways  
 And catch the heart off guard and blow it open  
Seamus Heaney

**MEETING**

What matters if these outward beings meet  
 To smile and speak?  
 From time to time their souls,  
 While these do slumber,  
 Will hail each other,  
 Light hailing light.  
 They know the encounter of Self with Self,  
 The mystery of one Self in the Other.  
 By day they labor to remember:  
 Life's mystery is replenished.  
 It is the dream that counts.  
 In time it will become the substance of earth's days.  
 When that time comes  
 We shall not choose if they should meet or not  
 But we shall in our outer motions keep The course of Self  
 and Self,  
 Of one Self in the Other  
 That now across time-spaces guides our flight in sleep.  
Maggi Lidchi-Grassi

**I COME TO THE GRASS**

I come to the grass  
 And remember  
 We once sat here  
 And relayed stories  
 After stories.  
With joyful Gratitude, Anandi Z.

**AN ANGEL IN THE FREE STORE**

An Angel in the Free Store  
 Rain in the forest  
 Raining raining  
 Arriving to the Free Store  
 All just wet  
 Look for clothes  
 An angel came  
 dry my shoes  
 bring warm.socks  
 I felt better  
 An angel

Anandi ayun

*Voices & Notes*

**DRIVING AROUND AUROVILLE**

Driving around Auroville on existing and new, not quite finished, roads is becoming a challenge. Some stretches of the new Crown Road are not finished as a piece of land is missing. This is the case on the road from Kalpana to Kalabumi. Those who know this road, will turn off to continue on the cycle path.

I have seen cars with non Aurovilians driving on this stretch who don't know that a few 100 meters further the road stops and turns into a 2-wheeler (and now very wet) path. If they are lucky they don't go there in the dark to find out!

The same is with the stretch going towards the Darkali tank and the unfinished bridge. A few days ago I saw a car driving there (it looks like a nice road lined with street lights) and luckily it managed to turn around just before dropping down into the water.

Then there is the new first part of the Outer Ring road, opposite Certitude. It looks more or less ready, but it isn't.

**My question is why there are no road signs like: "Dead end road", or "Road under construction" ?**

My last point is the crossing from Kalpana to Solar Kitchen and Certitude towards Matrimandir. When there was a roundabout at least the traffic slowed down a bit, but these days almost everyone drives there full speed.

I hope you will implement some safety measures.

Tineke

**REALIZATION**

The tree *Delonix regia* is between 12 to 15 meters in height and has many common names: Flamboyant, Peacock Flower, Flame Tree, Royal Poinciana, Gulmohar.



According to the Mother, its spiritual name is "Realization". She commented: "The goal of our efforts". We Aurovilians exist for Sri Aurobindo's and the Mother's ideas.

Mankind usually creates violence against Nature. But in Auroville man and nature work in collaboration. Auroville is now a green oasis among semi-desert environments.

Nature has its own realization—for example, the beauty of flowers. This beauty is for whom? For people or for bees? Maybe for God?

Boris



## INFINITE POTENTIAL 2.0

As an atom of hydrogen  
Is distinct from oxygen  
Being born by One Origin  
At every moment's fraction,  
You as an individual unique  
Is entitled to a viewpoint distinct.  
With that the term cosmoscentric,  
As an upgrade from planetcentric  
Emerging from ethnocentric  
And base false-separative egocentric,  
As hierarchies of a Consciousness-Force  
That creates Its forms to express,  
As energy that is neither created  
Nor destroyed, only transformed.

This poem's title  
Of Infinite Potential  
Indicates One Source Eternal  
As basis for each unique individual  
With 'Infinite' meaning no limits.  
And if boundaries none  
Then there is Only One.  
And You are That.  
Only at every unfolding moment  
Still Homo sapiens the limited  
With some having the realisation  
That possibilities have no limitation.  
Thus the conscious co-hastening  
Of this terrestrial evolution  
Towards a species without limitation.  
To all unique individuals welcome  
To Your Own Great Cosmic Game  
Of the infinite many that is One  
Unfolding towards the Life Divine.

"The first necessity is the inner discovery in order to know what one truly is behind social, moral, cultural, racial and hereditary appearances.

At the centre there is a being free, vast and knowing, who awaits our discovery and who ought to become the active centre of our being and our life in Auroville." ...

To Be a True Aurovilian

<https://auroville.org/page/a-true-aurovilian>

सत्त्वानुरूपा सर्वस्य श्रद्धा भवति भारत ।

श्रद्धामयोऽयं पुरुषो यो यच्छ्रद्धः स एव सः ॥

Sri Aurobindo's Interpretation:

The faith of each man takes the shape given to it by his stuff of being, O Bharata. This Purusha, this soul in man, is, as it were, made of shradha, a faith, a will to be, a belief in itself and existence, and whatever is that will, faith or constituting belief in him, he is that and that is he.



<https://bhagavadgita.org.in/Chapters/17/3>

We consciously continue on...

Infinite Potential 1.0:

<https://zechjoya.blogspot.com/2024/11/infinite-potential.html>

Zech, 2024.11.18

## Classes, Workshops & Healing Arts

### CREATIVE VOICE SOUND HEALING WORKSHOP

Saturday, 30 November, 3:30–7pm

@ Hall of Light, Creativity community

Using vocal techniques, breathing, toning, singing, rhythm dancing, etc .. to promote relaxation, self discovery, emotional release, free expression and happiness. We discover our heart voice through singing.



We explore how different voice sounds affect our energy. We create a singing circle integrating voice and instruments. The aim is to create a safe space for personal expression and healing through voice.

- No need for singing experience .
- Registration: +91 9443069335 WA

Lola

### VOCAL EXPLORATION & BODY MOVEMENTS



Saturday, 23 November, 11am—1:30pm

@ Anitya Community, Maloka Hall

#### The Power of Voice and Movement

Our voice is a powerful tool for our unique energy, resonating with a spiritual vibration when aligned in body, mind, and spirit. This universal language of sound connects us to higher consciousness and our primal selves.

#### Vocal Exploration and Body Movement

Unlocking Your Voice: Begin by reconnecting with your voice through guided vocal and breathing exercises. Overcome societal conditioning and personal insecurities to reclaim this powerful tool and discover the healing power within your sound.

**Emotional Release:** Integrate voice work with body movements to release emotional blockages and physical tensions. Vocalizing while moving fosters emotional freedom and reduces stress.

**Heart Chakra Connection:** Focus on the Heart Chakra, the seat of love and compassion. Vocal exercises help open and balance this chakra, enhancing your ability to give and receive love.

Experience the synergy between voice and movement. Release endorphins, uplift your mood, and express your creativity dynamically and holistically. Join us on this journey to explore, express, and embody your voice through sound and movement, connecting deeply with yourself and others.

- Reserve your space: Lakshmi  
+918489764602 WA, [Lakshmiprem369@gmail.com](mailto:Lakshmiprem369@gmail.com)

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

## AUTHENTIC RELATING

Every Wednesday, 9:30am–12:30pm  
@ Hall Of Light, Creativity Community  
with Dave & Prem Shakti

This offering creates a safe space for heart-centered, authentic expression, leaving us more alive and resourced to share our light with the world. Authentic Relating uses interactive games to build skills for deep, meaningful connections, fostering wholeness through honest self-expression. It cultivates genuine, fulfilling, and mutually rewarding relationships. Please bring comfortable clothes and your presence.



- Register now here:  
<https://tinyurl.com/ARAuroville>. Dave

## MINDFULNESS FOR STRESS REDUCTION (MBSR)

**1 week intensive course**

Monday, 9 December—Saturday, 14 December  
@ Creativity Hall of Light

- 7:15–9:15am, Monday—Friday &
- 9am–4pm, Saturday

The Mindfulness Based Stress Reduction (MBSR) course is considered the gold standard in mindfulness meditation globally, with a growing body of research supporting its wide-ranging health & wellbeing benefits. It synthesizes ancient Eastern spiritual practices with emerging findings from neuroscience, positive psychology & Mind-Body Medicine.



The MBSR course has been found to improve participants' ability to cope with the stresses of everyday life—cultivating space to respond rather than react. Through a gentle, kind curiosity participants become familiar with their patterns of stress reactivity & explore the possibility of making healthier choices to support improved wellbeing.

Research has found the MBSR course can help with anxiety, depression, management of chronic pain, diabetes, lowering blood sugar levels & reducing menopausal symptoms. It can also improve emotional regulation, increase attention, focus & memory; and plant inner seeds of resilience, kindness & self-acceptance.

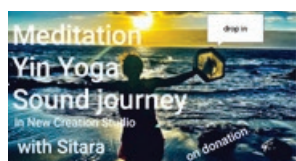
- The course is suitable for those new to meditation as well as experienced meditators looking to deepen their practice. It is guided by Helen, an Aurovilian and qualified MBSR teacher.
- The course is run over 1 week, with daily sessions from Monday to Saturday. Sessions will be held at 7:15–9:15am Monday to Friday & 9am–4pm on Saturday, 14 December.
- **Pre-registration is required.** Please contact Helen on 7094753054 WA to book or see [innersightav.org](http://innersightav.org)

Helen

## 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

## 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](http://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, 12<sup>th</sup>—Saturday, 14 December and**
- **Thursday, 19<sup>th</sup>—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](mailto:mothersworkforthemotherswork@gmail.com),  
+91 9751513906 (messengers please)



## 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](mailto:mothersworkforTheMotherswork@gmail.com)

Ulrike

## AUROMODE YOGA SPACE 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](mailto:balaganesh.siva@gmail.com), +91 9892699804 WA only

Day	Time	Description
All days of the week, Monday–Sunday	5:30–7pm	Vinyasa flow Yoga with Arun or Bala
Thursday–Sunday	10:15–11:15am	Mobility work with Karlakattai & Kalaripayattu
By Appointment	By Appointment	Harmony of Sound, Vibration & Marma head massage
Monday–Saturday	7:30–9:30am	Morning Vinyasa flow with Bala

### Morning Vinyasa Yoga & Meditation with Bala

- Monday to Saturday, 7:30–9am

### 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.

### Harmony of Sound, Vibration & Marma head massage

- By Appointment only.

Lay back, relax, and allow the Vibrasonix experience and Marma Point Head Massage to harmonize your energy and restore balance. This unique session combines the transformative power of sound frequency therapy with the ancient healing of Marma points.

**What to expect:** During this 40-minute session, you'll lie on a Vibrasonix board connected to a playlist of soothing binaural beats. The gentle vibrations create a deeply relaxing experience, while we use our fingertips to massage Marma points on your head, promoting profound relaxation and stress relief.

**Benefits** of the Vibrasonix Vibration Board & Head Massage:

- Feel deeply restored as Vibrasonix frequencies calm your mind and soothe your emotions.
- Enjoy improved sleep quality and enhanced cellular vitality through Vibrasonix's PEMF and vibroacoustic technology.
- Release deep-seated tension and restore emotional balance.
- Clear the mind, body, and spirit, to promote healing and energy.
- Marma massage activates your life-force energy, connecting body and mind in true harmony.

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

Bala

## 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:

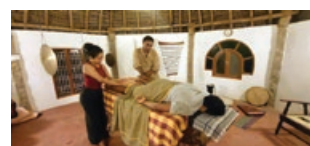
Lakshmi +91 8489764602, [lakshmiprem369@gmail.com](mailto:lakshmiprem369@gmail.com)

Offered under Abhaya, Lakshmi



### Traditional Massage Therapy Classes

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

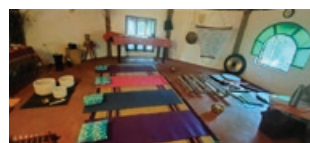


The certificate course:

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

### Arunachala Sound Healing Therapy:

Positive musical psychotherapy using Visualization, Breathing.



### Idumban Karlakattai Muscle Therapy

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



### Siddha Varma Kalai Massage Therapy

Acupressure and deep tissue varma points healing massage therapy.



### Nattakkalai Movement Arts Therapy

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



### LA Style Salsa Dance Workshop

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, 1<sup>st</sup> floor, Isaiambalam road

Raja, [www.angamtree.com](http://www.angamtree.com)

## MUNAY-KI: SURYA KRIYA & THE 5 TIBETANS

Every Wednesday 11:30am–12:30pm

@ New Creation Studio, Auroville

This unique combination of ancient yogic 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, Kulapalayam. Access the stairs via the narrow pathway that runs alongside the pool walls and the adjacent building. [Map link is here.](#)

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

## TRADITIONAL MANTRAS AND STOTRAS

### Chanting Classes

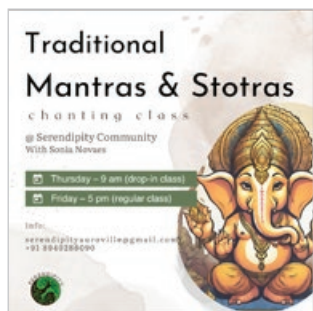
@ Serendipity Community with Sonia Novaes

- **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](mailto:serendipityauroville@gmail.com),  
+91 8940288090



## 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*

## 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](mailto:joyofimpermanence@auroville.org.in)

Mathilde

for the JOI Anitya team





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

- **Saturday, 23 November, 3:30am–5pm**

Discover the benefits of yoga in warm water!

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



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

### **Baby Watsu® Class with Appie & Friederike**

- **Monday, 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 under water (with a nose clip). You will also practice basic qualities such as grounding, presence, stillness and attention, while moving another body in water. You will experience floating other people and being floated, on the surface and underwater, thereby creating space for deep relaxation and nurturing body, mind and spirit.

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

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

### **Watsu® Yoga Round with Ellie & Fred**

- **Sunday, 1 December, 3–6:30pm**

Watsu Yoga Round is a powerful tool for deep relaxation and inner peace. It focuses on listening to the body and offers a way to come back to your heart, to an inner silence that is fully alive and vibrant. It is an invitation to feel, awaken and celebrate the energy of your being.

While immersed in warm water during the Watsu Yoga Round, your body does not suffer from the effects of gravity; the flow of movements and stretching, alternated with moments of stillness, invite a progressive feeling of well-being: body and mind become free to dance!

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

### **OBA 1—Fluid Body with Fred**

- **2–7 December, 8:45am–6:30pm: 50 hours**

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



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

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

### **WOGA 1 & 2 with Dariya**

- **8–9 December, 9am–5pm: 12 hours**

Woga is a combination of two words: water and yoga. This 2-day course is based on classic yoga poses and stretches, modified for standing in water that is waist-to-chest height.

It focuses on Hatha Yoga in water, including asanas performed in standing position, against the wall, in floating position, and under water. The course also includes pranayama and meditation and offers a structure similar to land-based yoga classes: breathing exercises, warm-ups, a series of poses, and a relaxation period. The key difference is that you are in a warm water pool!

In addition, by reducing the effects of gravity, warm water allows ease of movements, unblocks joints, lengthens and relaxes muscles, alleviates negative tensions, and prevents stress, insomnia and anxiety.

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

### **Baby Watsu® Class with Appie & Friederike**

- **Thursday, 12 December, 9:30–11am**

A special opportunity to connect with your baby!

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



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

### **Watsu® & OBA Basic with Dariya**

- **10–15 December (1–6pm): 31 hours**

Watsu and OBA (Oceanic Bodywork Aqua) are bodywork and therapy modalities given in a warm water pool. In this course, you'll learn Watsu's basic sequence and techniques to work with someone on the surface. During the OBA Basic, you'll get acquainted with bringing your receiver under water (with a nose clip), thereby offering a unique experience.

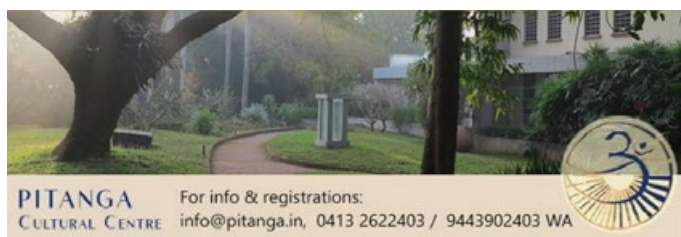


In this beginner’s course, you’ll practise basic techniques and qualities such as grounding, presence, stillness, movement, and attention while moving another person in water. You’ll experience floating others and being floated, both on the surface and under water, thereby creating space for deep relaxation and nurturing body, mind and spirit.

This course offers an opportunity for profound relaxation and letting go, for building trust, for being nurtured and held, for expanding inner and outer boundaries, for releasing emotions and traumas—ultimately, for freeing body and mind.

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

Guido for Quiet, +91 9488084966,  
[www.quiethalingcenter.info/](http://www.quiethalingcenter.info/)  
[quiet@auroville.org.in](mailto:quiet@auroville.org.in)



**Program November 2024**

**Drop-In Classes. Join without prior registration!**

Mondays	
7:30–9am	Asanas mixed level with Rachel, not on 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 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 not on 27 November
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	
7:30–9am	Asanas mixed level with Rachel not on 29 November
8:30–10am	Yoga Therapy with Gala
4:30–5:30pm	Readings of the Life Divine with Balvinder
5:15–6:15pm	Feldenkrais with Shari
5:30–6:45pm	Vinyasa Flow Yoga with Dinagar

Saturdays	
9–10:30am	Asanas intermediate level with Rachel not on 23 and 30 November
2:30–4:30pm	Truth Based Relationships—Practical Sessions with Juan Andrés
4–5pm	Odissi Classical Dance, a beginners’ class especially for children, with Agila, assisted by Rekha

**Youth Activities**

These are ongoing educational programs. If a child is interested, parents need to talk to the teacher before joining the class.

- **Asanas for Teenagers with Lisbeth**
  - Mondays, Wednesdays, 4–5:15pm

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

**Classes. By prior registration**

- **Art Therapy with Gala**
  - Thursdays, 3–5pm for adults
  - Fridays, 3–5pm for families
- **ATB Exploration with Isora and teacher in training Rosario**
  - 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](http://asrmodel.com)

**Healing Space. By Appointment**

- Antigymnastique® individual session by Francesca F.
- Bio-Resonance (with Bi-Com machine) by Afsaneh
- Cranio Sacral Technique by Anne H.
- Chiropractic by Afsaneh
- Shiatsu by Patricia G.
- Syntropy Insight Bodywork with Véronique D.
- Thai Yoga Massage by Juan

*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](mailto:info@pitanga.in),  
Andrea for Pitanga Team

**ARKA  
Wellness Center & Multipurpose Hall  
Regular Activities,  
November**

For any details and queries,  
you can contact us:

[arka@auroville.org.in](mailto: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 <a href="mailto:antarcalli@yahoo.fr">antarcalli@yahoo.fr</a>
Integral Regression Therapy, Integral Reiki Healing, Breathwork—the holotropic way	Niyati Thakkar (TOS)	only by Appointment <a href="mailto:niyatithakkar2112@gmail.com">niyatithakkar2112@gmail.com</a> , 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*

**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*

## 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. Bel

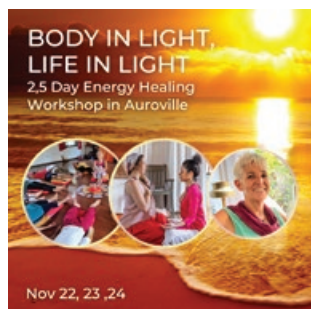


## BODY IN LIGHT: ENERGY HEALING WORKSHOP

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-ijva.com](mailto:contact@auroville-ijva.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

## 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](http://www.innersightav.org) or contact Kardash on 9940934875 WA. Kardash

## It Matters

### Schedule from 23 to 30 November

Weekly Activities—A/C Room

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

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

Date	Activity
23 November, Saturday, 2–4pm	<b>Intuitive Painting</b> with Marie Claire Barsotti
23 November, Saturday, 4:30–5:30pm	<b>The Savitri Research Project</b> with Matthias
26 November, Tuesday, 5:30–6:30pm	<b>Science of Meditation</b> with Matthias
27 November, Wednesday, 4:30–5:30pm	<b>Journey Through Inner Wisdom Board Game</b> with Sitara
27 November, Wednesday, 5:30–6:30pm	<b>Learning Native American Flute</b> with Sitara
30 November, Saturday, 2–4pm	<b>Intuitive Painting</b> with Marie Claire Barsotti
30 November, Saturday, 4:30–5:30pm	<b>The Savitri Research Project</b> with Matthias

*Bhakti & Sandra*

## TASTE OF YOGA @ VÉRITÉ

Monday to Saturday  
9am–12pm & 13–16:30pm

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



*Anandhi for Verité*



## VÉRITÉ, NOVEMBER

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



or [programming@verite.in](mailto:programming@verite.in), [www.verite.in](http://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, 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

#### 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.

#### Sivananda Yoga: Masterclass with Mani

- Saturday, 30 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.

#### Food is Medicine: Lifestyle Health Practices with Parvathi

- Saturday, 30 November, 2–4pm

Learn how to use food as a natural remedy for common health concerns in this practical workshop. Discover targeted nutrition strategies and healing foods that can help manage conditions like inflammation, digestive issues, hormonal imbalances, and more. Gain insights on restoring gut health, reducing symptoms, and creating personalized dietary plans to support your body's healing processes.

*Anandhi for Vérité programming*



### 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](mailto:pat@auroville.org.in), or [patauroville@gmail.com](mailto:patauroville@gmail.com) Patricia

### AUROVILLE LANGUAGE LAB

#### Current Schedule of Classes as of 21 November

Language	Level	Time	Day(s) of Classes
English	The English of Shakespeare	9:30–10:30am	Tuesday & Thursday
	Pre-Intermediate & Intermediate	11m–12pm	Tuesday & Thursday
	Creative Writing	9:30–10:30am	Monday & Wednesday
	Learn English through theatre	11am–12pm	Monday & Wednesday
French	Beginner	4:30–5:30pm	Started 17 November, Monday & Wednesday
	Conversation - Intermediate	2:30–3:30pm	Started 19 November, Tuesday & Thursday
	Conversation–Pre-Intermediate	11am–12:30pm	Friday, Starting 29 November
Tamil	Spoken Beginner	9:30–10:30am	Started 5 November, Tuesday & Friday
German	Level A1 Beginner	5–6:30pm	Started 5 November, Monday, Tuesday & Friday
Spanish	Beginner	2:30–3:30pm	Monday & Wednesday
Italian	Beginner	TBA	TBA
	Advanced	4–5:30pm	Wednesday
Didgeridoo	Beginner	4:45–5:45pm	Tuesday & Thursday

#### News From Auroville Language Lab.

Did you know that the Language Lab is a wireless-free space? Please switch off your mobile (or put it on flight mode—No, silent mode is not enough!). You need to switch off the wireless signal on your mobile and all bluetooth devices and laptops while in the Lab. Why? Have a look at <https://ehtrust.org>

#### French with Jean-Francois

- **Beginner French.** This-16-hour course is for those who want to discover the French language. The classes are highly interactive, delving into French vocabulary of everyday life and the basics of grammar. By the end of the course, you would be able to make simple sentences useful to interaction, and talk about your work, hobbies, daily life, etc., in a simple way.
  - This course started on 18 November. Classes take place on Mondays and Thursdays, 4:30 to 5:30pm.

- **French Conversation (Pre-Intermediate level).** This 12-hour course is for post-beginners with a little knowledge of French who are not yet comfortable conversing in French. This course will focus on day-to-day topics and will be a good mix of grammar, interactive verbal as well as written exercises. By the end of the course, students will be able to communicate in the present, past and future tenses. All students who have taken Jean Francois’s Beginner course are welcome to join!
  - This course will start on 29 November. Classes take place on Fridays, 11 to 12:30pm.
- **French Conversation (Intermediate level)** For those of you who know a bit of French, this is the perfect course to get more fluent, expand your vocabulary and speak without inhibition in a diverse and fun group. The course is aimed of developing the students’ ability to express themselves and interact in French. In each course, students will review a grammar theme and will explore a range of topics like travel, sport, food, social sciences, news, theater, literature, economics and more.
  - This 16-hour course will start on 26 November. Classes take place on Tuesdays and Thursdays, 2:30 to 3:30pm.

#### New English classes

- Rupam continues the **Intermediate English** class and is offering several new classes, all with a theatre twist.
  - **Creative Writing:** develop your creative writing journey by starting to write short stories which can be further developed into short scripts.
  - **The English of Shakespeare:** Let’s read Shakespeare’s plays together and enrich your literary journey.
  - **Learn English Through Theatre:** Looking for people interested in acting in English for an intimate performance in Auroville after 3months.
- **Beginner or Advanced** level English classes can also be offered mornings, if there is interest.
- **Private English classes:** Vismai is offering individual English lessons at all levels.

#### Ongoing Classes

- **Tamil:** Ongoing beginner class with Saravanan. Contact us to give your names for the next batch.
- **Spanish:** Mila’s Beginner Spanish Class continues. You need to meet her first if you want to join now. She is also available for private lessons.
- **German:** Ben continues the A1 Beginner level and one Advanced level class.
- **Italian:** Karuna has just started an Advanced Italian class, which is once a week and open to all. It’s great when students progress from one level to another! A new Beginner class is open for registration.
- **Didgeridoo:** Breath is the basis of everything. Sunny is offering classes with didgeridoos he has made by hand. It is a wonderful means to center and calm oneself.

**Registration is required for all classes** Send an email to [info@aurovillelanguagelab.org](mailto:info@aurovillelanguagelab.org) or call 0413 2623661, +919843030355 WA.

- **New Study course on Sanskrit Grammar, Vedic & Classical.** Introducing a text-oriented Sanskrit method for spiritual seekers. For the past five years, Nishtha has developed a systematic Sanskrit grammar that from the beginning incorporates the earliest Vedic grammar along with that of the later Classical period. This method is especially meant for students interested in studying the main source texts of the Indian spiritual tradition, from the Rig Veda via the early and later Upanishads to the Bhagavad Gita.
  - This free evening class will start Tuesday, 26 November from 5 to 6pm.

#### Catch updates here

[Language Lab Latest Schedule of Classes](#)

### Reminder about our free Evening Programs

The evening conversation classes are a chance for all to practice speaking with native speakers offering their time. Barring indicated exceptions, these sessions happen weekdays from 5 to 6pm as follows:

- **Mondays:** French with Patricia and Isabelle
- **Tuesdays:** Spanish with Gloria and Tamil with Prithivi
- **Wednesday:** Sanskrit Chanting of the Lalitasahasra-naama (1,000 Names of the Goddess), with Ramesh 5:30 to 6:30pm
- **Thursdays:** English with Amy and Darren
- **Fridays:** We are still looking for native speakers to facilitate German, Italian and Hindi conversation. Actually, any weekday from 5 to 6pm is open for people to offer their language.

### Tomatis

Spaces are finally opening up for Aurovilians, Newcomers and Volunteers (adults, teenagers and kids) to do the Tomatis listening training programs. Have a look at Alfred Tomatis Method—Auroville Language Lab for more info. If you have been waiting a while, or thinking about this for long, now is your chance. Send an email to [tomatis@aurovillelanguagelab.org](mailto:tomatis@aurovillelanguagelab.org).

While we do offer 3-week wellness programs and shorter language integration and listening training programs, which are open to guests too, to do the whole program, you need a minimum of 4.5 months. Listening Tests and Consultations will be done only for those who are doing a program.

Facts: Did you know that every single muscle of the human body is controlled by the ear, rather, the two ears working together? That “hearing” is different from “listening”? And that listening can be trained, with profound effects on how we learn, and interact with the world? This is what the Alfred Tomatis program does!

- Resonance, the book!  
Check it out at <https://books.aurovillelanguagelab.org>
- **To enquire or register:** [tomatis@aurovillelanguagelab.org](mailto:tomatis@aurovillelanguagelab.org) or call 0413 2622467 or 3509932.

### Film Shows

Two documentary films, one on the Alfred Tomatis method (48 minutes) and one on the special features of the Language Lab building (27 minutes) are available on our new website, and at the Lab. You are welcome to watch them at the Lab. All are welcome.

### Volunteers Needed

- **English teachers:** Are you a trained ESL (English as a Second Language) Teacher, or is your mother tongue English, or did you grow up speaking English at home? Can you give 1-1.5 hours, twice a week, for a minimum commitment of 3 months?
- **Idea organisers/project managers:** Do you have both an analytic and a synthetic mind? Is your mind super-organised but you never lose track of the larger picture? Can you mind-map or use Trello? Can you give one hour per day for two weeks?
- **App development advice:** We have a program we need to convert to a mobile/desktop/web app. Can you help?
- **Fundraising collaboration:** We need to find funds to finish the unique system of cooling-without-air conditioning in our building. We have a lot of ideas but need someone with some time. Are you that someone?

Please send an email to [info@aurovillelanguagelab.org](mailto:info@aurovillelanguagelab.org) with a copy to [mita@aurovillelanguagelab.org](mailto:mita@aurovillelanguagelab.org)

Louis for Auroville Language Lab

### NEW MOON MOVIE

Saturday, 30 November, 5pm,

@ Multimedia room, Centre d'Art.

Every New Moon Day, Art movie screening at Centre d'Art. The first one will be on Saturday November 30, at 5pm, in the Multimedia room.



Centre d'Art  
Auroville

**Anselm**, by Wim Wenders, 2023, 93 min.

In Anselm, Wim Wenders creates a hypnotic portrait of Anselm Kiefer, one of the most innovative and important painters and sculptors of our time.

The film presents an immersive cinematic experience of the German artist's work, which explores the overawing beauty of human existence, landscape, and myth while confronting the horrors of his country's history and seeking to undo the postwar silence in which both artist and director came of age.



Marco

### 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, 22 November South Georgia—Penguin Paradise of the South Atlantic

2021/ 40 minutes/ Roland Gockel and Rosie Koch



The film explores the challenges faced by a film crew led by Roland Gockel and Rosie Koch in documenting the life of King Penguins on South Georgia Island,

located in the Antarctic Ocean. Over a span of five years, the film crew's patience and sensitivity yielded previously unknown and poignant insights into the daily lives of King Penguins.

Submitted by Aviram



**CINEMA PARADISO**  
**Multimedia Center (MMC) Auditorium**  
**Film Program**  
**25 November–1 December 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 25 November, 8pm**  
**Umran Ch Ki Rakheya (Age is Just a Number)**

India, 2022, Dir. Simerjit Singh w/ Poonam Dhillon, Raj Babbar, Raj Singh Jhinjar, and others, FeelGood-Drama, 101mins, Punjabi w/ English subtitles, Rated: NR (PG)

This highly acclaimed film is one of the first of its kind made in the language. In a peaceful retirement community, Pyare Lal and Kelly, played by veteran actors, unexpectedly fall in love. Their blossoming romance challenges societal norms as they strive to be together, showcasing the power of love—where age doesn't matter. *An independent, off-beat film to watch!*

**Potpourri, Tuesday 26 November, 8pm**  
**Breakfast At Tiffany's**

USA, 1961, Dir. Blake Edwards w/ Audrey Hepburn, George Peppard, Patricia Neal, and others, Romance-Comedy, 115mins, English-Portuguese-French-Japanese w/ English subtitles, Rated: NR (G)

Holly Golightly, a charming socialite, leads a life of parties and mystery, but everything changes when struggling writer Paul Varjak moves in next door. Despite their pasts, an irresistible connection grows between them. As they explore New York City together, tender feelings develop, leading to a blossoming romance. *A classic to watch all over again!*

**Selection, Wednesday 27 November, 8pm**  
**Hundraåringen Som Klev Ut Genom Fönstret Och Försvann (The 100-Year-Old Man Who Climbed Out the Window and Disappeared)**

Sweden-Croatia-USA-Turkey-Denmark-Netherlands, 2013, Writer-Dir. Felix Herngren w/ Robert Gustafsson, Iwar Wiklander, David Wiberg, and others, DarkComedy-Adventure, 114mins, Swedish-German-English-Spanish-French-Russian w/ English subtitles, Rated: R

Based on the internationally best-selling novel by Jonas Jonasson, the unlikely story of a 100-year-old man who decides it's not too late to start over. For most people it would be the adventure of a lifetime, but Allan Karlsson's unexpected journey is not his first. For a century he's made the world uncertain, and now he is on the loose again.

**Interesting, Thursday 28 November, 8pm**  
**Planet Earth III (Episodes 3 & 4)**

UK, 2023-24, Dir. Tom Greenhalgh (S1Ep3) & Nick Easton (S1Ep4) 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 3, "Deserts & Grasslands" explores the conditions in the vast wilderness that can change in an instant. To be successful, you need to be able to adapt—quickly. Episode 4, "Freshwater": Housing one tenth of all species on the planet, freshwater is a rich and diverse habitat filled with never-ending surprises.

**International, Saturday, 30 November, 8pm**  
**Widow Clicquot**

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

Based on Tilar J. Mazzeo's book, this film tells the story of Barbe-Nicole Ponsardin, the "Grande Dame of Champagne." She witnessed the French Revolution and later married into a winemaking family, becoming Madame Clicquot. Despite facing the Napoleonic Wars and financial struggles, she built a successful Champagne empire and became one of France's richest women. Her tale highlights her resilience, entrepreneurial spirit, and legacy in the Champagne industry.

**Children's Matinee, Sunday, 1 December, 4pm**  
**Goldbeak**

China, 2021, Nigel W. Tierney & Dong Long w/ Robert N. Skir, Jeff Sloniker, Vivian Yoon, and others, Animation-Adventure, 94mins, Chinese-English w/ English subtitles, Rated: NR (PG)

The eaglet was raised by chickens. But his instincts took their toll, and he goes in search of himself. Incredible journeys lead the eagle to the Bird Sanctuary, where he finds not only his relatives, but also a new goal—to become a member of the Feathered Patrol team. However, he does not yet suspect that a terrible conspiracy is brewing in the city.

**Sidney Lumet Cinema @ Ciné-Club**  
**Ciné-Club Sunday 1 December, 8pm**  
**Serpico**

USA-Italy, 1973, Dir. Sydney Lumet, w/ Al Pacino, John Randolph and others, Drama-Thriller, 130 mins, English-Italian w/ English subtitles, Rated: R.

Biopic of the New York City detective whose anti-corruption efforts in the 1960s and early 1970s led to the creation of the Knapp Commission and the uncovering of widespread corruption of police officials at all levels. As he advances in his career he finds that corruption is rampant and his refusal to take any money puts him in bad stead with his colleagues to the point that his life could be in danger.

*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](mailto: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](mailto:mmcauditorium@auroville.org.in)

# AUROFILM

Presents @ Multi Media Centre Auditorium, Town Hall

**Reminder: "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'

**Friday, 29 November, 8pm**

**"Lala's Gun"**

**(Chinese: 滚拉拉的枪; pinyin: Gun Lala De Qiang)**

Directed by Ning Jingwu, China, 2008

With: Wang Jishuai, Shi Mingma, Gun Danyuan

**Synopsis:** Shot in the tribe's own Hmong language, Lala's Gun is the story of a boy from the village of Biasha in Congjiang County, where resides a branch of Miao, one of China's biggest minorities. As part of the village's tradition, every boy upon reaching the age of fifteen was to receive a gun from his father as a symbol of reaching manhood... Praised for its lush visuals and nuanced depiction of the Miao people!



Original version in Hmong with English subtitles.

Duration: 1h43'

• **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](mailto: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