



News Notes

#987 A weekly bulletin for residents of Auroville 10 August 2023



In these there is not the Wonder and the Might; the truths occult exist not for the mind of the ignorant. Rig Veda.

As a seer working out the occult truths and their discoveries of knowledge, he brought into being the seven Craftsmen of heaven and in the light of day they spoke and wrought the things of their wisdom. Rig Veda.

Seer-wisdoms, secret words that speak their meaning to the seer. Rig Veda.

Pondering



When there is the decisive emergence, one sign of it is the status or action in us of an inherent, intrinsic, self-existent consciousness which knows itself by the mere fact of being, knows all that is in itself in the same way, by identity with it, begins even to see all that to our mind seems external in the same manner, by a movement of identity or by an intrinsic direct consciousness which envelops, penetrates, enters into its object, discovers itself in the object, is aware in it of something that is not mind or life or body

*The Evolution of the Spiritual Man
The Life Divine by Sri Aurobindo*

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EDITORS' NOTE

Dear Friends, readers of paper version!

We are working on improving the delivery of paper version of News and Notes on Fridays only with no delays.

Please let us know if you do not get your paper copy on Friday before 4:30pm.

Mail us @ newsandnotes@auroville.org.in.

The only excuse of late delivery us rain on Friday.

*Light and Peace
Roy and Agni*



House of Mother's Agenda



(continued from last week)

This work is so minute that it is hard to describe. The only way of working is not to go into deep meditations, which affect only the summits of our being, or to attain an extraordinary concentration or ecstasies, but to remain right in the midst of things, to work at the level of the body, at the very lowest rungs of the ladder, so to speak, every minute of the day and night. This is why Sri Aurobindo insisted on the need for outer work and basic physical exercises, because such activities are the only way to measure oneself against Matter and to drive a little bit of true consciousness into it, or, rather, to allow Agni to emerge. This is why, too, he used to walk for many hours every day and then work at night. Through this external work, and because of it, the seeker will see all the false vibrations appear in broad daylight, all the creases of the body, as the Mother calls them. Next each false vibration will have to be rectified. But this is still a negative way of putting it, for there is only one Vibration of divine joy in the world and in things—the Vibration—because God is Joy. The moment falsehood sets in, that very vibration begins to become discoloured, hardened, tense, and everything begins grating. Suffering is the most certain sign of falsehood. Pain is the Falsehood of the world. The task of the seeker, then, is not so much to struggle against so-called bad vibrations as to keep the true vibration alive, the divine joy in the body, for this joy has the power to set things right again, to ease the pain, to harmonise and to heal all those tight, wearisome, deceitful little vibrations in which our cells constantly live. It would be tedious, as tedious as the work itself, to describe the countless tiny falsehoods of the body through which old age, disease, and death manage to creep in. To do each thing in the true way, as the Mother says, while there are so many false ways of doing the slightest daily gesture. To give an example, this is one direction of the work among many others: we do everything in a state of tension, hurriedly, carelessly, unconsciously; in response to the thousand and one stimuli of outer life, not to mention crises, we behave physically like a patient in a dentist's chair; we are tense and nervous, because we are forever in a rush, afraid, anxious, or eager. This is the legacy of several millions of years of animal nature; our substance has retained the memory of all our struggles for survival, and its immediate response is to tense up. This tension is one of the causes of death, as well as a major obstacle to establishing the true vibration. When we become tense because of a blow, we concentrate all our vital force in one point, as a defense; an enormous current abruptly passes through a tiny opening, which turns red and hurts. If we could learn to expand our physical consciousness and to absorb the blow instead of rejecting it, we would not suffer; all suffering, at any level whatsoever, is a narrowness of consciousness. Similarly, if the warm, gold supramental dust were suddenly to fill our cells and the body reacted with its usual contraction, everything would explode. In other words, our cellular consciousness, like our mental and vital

consciousness, must learn to expand and to universalize itself. Cosmic consciousness must be introduced there also. In mental silence, the mental consciousness universalizes itself; in vital peace, the vital consciousness universalizes itself; in the stillness of the body, the physical consciousness universalizes itself. Stillness, receptivity, and cellular expansion seem to be among the basic conditions for the bodily substance to be able to withstand Agni and to endure.

Immediately, however, a momentous difficulty arises. Universalization of the physical consciousness? But then, if the body is one with all other bodies, it means that all the other bodies are right there inside it, along with all the falsehoods of the world! This is no longer only one person's battle; it becomes the whole world's battle. We are now approaching the real problem. In this new physical transparency the seeker makes yet another, rather brutal discovery: all his yogic achievements and powers are falling to pieces. He had achieved a control of illness, of the body's functions, perhaps even of gravity, had even been able to swallow poison with impunity; he was the master of his house, because his consciousness was in control. But the moment he decides to transform the body, all his powers vanish, like water receding into the sand. Diseases assail him as if he were a mere beginner; the bodily organs begin to deteriorate. Everything goes awry. It would seem that the body has to forget its old false, decay-causing operation for it to learn everything in a new way. Then death enters the picture. Between the old mode of functioning of the body and the new one, in which the symbolic organs will be replaced by the true Vibration, the line separating life from death is often very thin indeed; perhaps one must even be able to cross the line and come back for the conquest to be complete and real. This is what Mother called dying to death, after having undergone an experience from which she almost did not return. In other words, one has to face everything, and everything resists. We are already aware of the same phenomenon at the higher levels of consciousness. As the seeker set out on his path, everything began going wrong: he who believed his mind to be firmly anchored in the truth was suddenly visited by a host of the most aggressive suggestions and doubts; he who believed himself pure and honest suddenly experienced an array of vital horrors, enough to scare off the worst villains in this world plus a few others from beyond. As Sri Aurobindo has already explained, one cannot solve a problem, on any plane, without confronting all the opposites of one's Goal. Otherwise, there would be no victory, but only repression. Nowhere, not on any plane, is it a matter of cutting off evil from the rest, but of convincing it of its own light.

(to be continued next week)

Satprem, *The Adventure of Consciousness*, Chapter 17,
The Transformation

https://sri-aurobindo.co.in/workings/satprem/adventure_of_consciousness_e.htm#064

With love and gratitude,
Gangalakshmi (HOMA)

Townhall Speaks

FROM THE ENTRY SERVICE—ES # 192

Dated: 10-08-2023

The following people have been recommended by the Entry Board to join our community. Please share your feedback within 2 weeks for potential Newcomers, Associates and Friends of Auroville and within 4 weeks for Potential Aurovilians, Returning Aurovilians, Youth and Spouse/Partner of an Aurovillian in writing to auroville.entryservice@gmail.com. We thank you in advance.

NEWCOMER ANNOUNCED:

- Fabio PALUMBO (Italian) staying in Sunship and working at Language lab
- Karunanithi SENGANI aka Balaji (Indian) staying in New Creation and working at Gaia's Garden



Fabio

NEWCOMER CONFIRMED:

- Lopa GOSH (Indian)

AUROVILIAN ANNOUNCED:

- Chitra SADAYANDY (Indian) staying in Sid-dhartha forest and working at Auroville Papers' bookshop (Visitor Center)



Karunanithi

AUROVILIAN CONFIRMED:

- Vismai RAO (Indian)

LEFT ON THEIR OWN:

- Yolane KOCHER (French)

SPOUSE OF AN AUROVILIAN CONFIRMED:

- Monica Prabhu (Indian)



Chitrai

NOTE: The Newcomer probation year becomes effective only after the NC kit has been returned and should not exceed 18 months from the date of confirmation.

A Newcomer becomes an Aurovillian once his/her name has been confirmed by The Admission Committee (aka the Entry Board) after following due process.

The date of becoming Aurovillian is the date of confirmation. A confirmed Aurovillian becomes officially a Resident of Auroville once the individual has filled in and signed the B-Form and his/her name has been entered in the Register of Residents (RoR) maintained by the Auroville Foundation Office (AVF).

A Resident of Auroville is eligible to become an executive of a Unit or Service of Auroville and to get an ID card issued by the Auroville Foundation.

A meeting with the Secretary of the AVF will be arranged by the Entry Secretariat according to the availability of the Secretary and not at any personal request.

Yours, The Entry Board
(Alain, Grace, Jayanthi, Lakshmanan, Matilde, Sara, Sonja and Swadha)

CALL FOR MENTORS

As you might know, according to the present Entry Policy an applicant needs 2 mentors to start his/her Newcomer process. Mentors are responsible for supporting the Newcomers by helping them integrate into the life of the Auroville Community and its ideals. The mentors are the bridge between Newcomers and the Entry Secretariat and the Entry Board.

As you might have noticed, every week we publish the names of people from all over the world applying to become Newcomers and start the process of joining Auroville.

We really need mentors who can assist the Newcomers through their Newcomer period, offering guidance, supporting and being a solid link to the community.

At this moment, many applicants are waiting to start their process, but we are unable to take them in due to either unavailability or unwillingness of mentors..

Could you please reflect upon the present situation and reconsider whether to take new applicants or come forward to become a new mentor.

The Entry Board is available for you to help understand your roles and responsibilities in a friendly manner. Please write to us on auroville.entryservice@gmail.com or entry-board@auroville.services if you offer yourself as a part of the Mentor Pool.

We are looking forward to hearing from you.

*Thanks, warmly, William for The Entry Service,
The Entry Board and the Entry Secretariat*

Entry Service Timings

- Monday, Wednesday, Friday, 9:30am—12:30pm
- Tuesday & Thursday: Newcomer kits, 2:30—4:30pm

0413 2622707, auroville.entryservice@gmail.com

Submitted by William for The Entry Service

Community News

Awakening Spirit

OM Tat Sat Jyotir Aravinda

OM Satyam Gnyanam Jyotir Aravinda

Sri Aurobindo

15 August 2023

COLLECTIVE MEDITATION WITH DAWN-FIRE



at the Matrimandir Amphitheatre
4:45am to 6:30am

150th Birth Anniversary of Sri Aurobindo

- Entrance from the Second Banyan Gate ONLY, from 4am
- All are requested to be seated by 4:45am
- The gate will remain closed from 5 to 5:45am

Important Information

The Dawn-fire Meditation at the Amphitheatre of the Matrimandir is an opportunity for individuals to experience inner silence in a unique collective setting. To maintain the special atmosphere, everyone is requested to **maintain complete silence**.

Please note that Bags, Cellphones, Cameras, Tablets and other recording devices are strictly not allowed in the Park of Unity, the Matrimandir Gardens and the Amphitheatre.

You may leave your belongings at home, in your vehicle or deposit them at the 'Custody Facility' near the designated parking area outside the Park of Unity, Matrimandir. Management will take utmost care of your items, but will not be responsible for theft or damage of items deposited at the 'Custody Facility'.

Traffic Instructions

You are requested to **avoid coming by car**. Parking facilities will be available only at the Mahasaraswati/West Gate, a short walk from the Second Banyan tree; dropping off passengers at the Second Banyan Gate is not permitted.

- Please do not bring your pets to the Matrimandir.

Through your participation, you can help make the collective meditation a precious moment of inner experience. Thanking you for your understanding and cooperation.

Evening Program

- 6pm at the Amphitheatre

Live Chanting lead by Arnab

All are welcome to participate.

- Entrance from the Office Gate from 5:45 to 6pm only.

Guests need to bring along their Aurocard

Bonne Fête, see you there!

AMPHITHEATRE—MATRIMANDIR

Every Thursday at sunset, 6 to 6:30pm
weather permitting

Meditation with Savitri read by Mother to Sunil's music

Enjoy the beautiful open space, an immense sunset, heavenly music 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 use cameras, I-pads, cell phones, etc. No Photos.
- Dear Guests, please carry your Guest Card with you. Access only for the Amphitheatre from 5:45pm and until meditation ends.

Surya & Velmurugan

SAVITRI BHAVAN, AUGUST 2023



Exhibitions

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

Films

- Mondays at 4pm in the Sangam Hall
 - **August 7: Evolution Fast-forward, Part 4—Spiritual History of India in the Light of Sri Aurobindo.** This film traces the spiritual evolution of India over 4000 years, based on Sri Aurobindo's research and discovers the past and future of India's gift to the world. Film by Sopanam, Auroville in 2022. Duration: 67min.
 - **August 14: Life of Sri Aurobindo.** A screenplay by Lopa with pictures and texts about Sri Aurobindo and his work. The story is narrated by people who knew Him during his lifetime. Duration: 32min.
 - **August 21: Sri Aurobindo: The Supreme Avatar of a New Race** 'Man is a transitional being and the step from man towards superman is inevitable because it is the intention of the inner Spirit and the logic of Nature's process', said Sri Aurobindo. Duration: 39min.
- **Followed by: The Power of Sri Aurobindo's Thought:** 5:24min and My touch is always there—Sri Aurobindo: 3.02min.
- **August 28: Nirod-Da: An Inspiration—Honouring the memory of Nirodbaran.** Nirodbaran (1903-2006) was one of the close disciples and the scribe of Sri Aurobindo. A film by the Gnostic Center, New Delhi. Duration: 36min

Talks

The Sixth talk in the series on 'Fundamentals of Sri Aurobindo's Philosophy in Savitri' by Larry Seidlitz will be on Supermind and the life divine

- Tuesday, 8 August 2023, 4—5pm in the Sangam Hall of Savitri Bhavan

Full Moon Gathering

- Tuesday, 1 August & Wednesday, 30 August, 7:15—8:15pm in front of Sri Aurobindo's statue

Dream Divine Series

Directed especially at newcomers, Savitri Bhavan has launched a project called 'The Dream Divine Series'. The goal of the project is to guide newcomers understand the Aims and Ideals of Auroville, learn about the Life and Works of Sri Aurobindo and The Mother, and the Integral Yoga.

- There will be a weekly session every Wednesday 4:30—5:30pm.

The series will include presentations, films, talks, etc., followed by questions and answers.

Regular Activities

- **Sundays 10:30—12noon:** Savitri Study Circle
- **Tuesdays, Fridays, Saturdays 4—5pm:** L'Agenda de Mère: listening to recordings with Gangalakshmi
- **Tuesdays 4:30pm:** Mudra-chi led by Anandi
- **Thursdays 4—5pm:** Videos of The English of Savitri led by Shraddhavan
- **Saturdays 4:30—6pm:** Satsang, led by Ashesh Joshi
- **Exhibitions, Main Building and Office** are open Monday to Saturday 9am—5pm
- **Library and Digital Library** is open Monday to Friday 9am—5pm

Everyone is welcome

*Submitted by Dhanalakshmi,
for Savitri Bhavan Team*

DREAM DIVINE SERIES Huta's Introduction to



Meditations on Savitri Followed by a Slide Show



**Wednesday, 16 August, 4:30—5:30pm
In the Sangam Hall of Savitri Bhavan**

Directed especially at newcomers, Savitri Bhavan has launched a project called 'The Dream Divine Series'. The goal of the project is to guide newcomers understand the Aims and Ideals of Auroville, learn about the Life and Works of Sri Aurobindo and The Mother, and the Integral Yoga. There will be a weekly session every Wednesday 4—5pm. The series will include presentations, films, talks, etc., followed by questions and answers.

Everyone is welcome

Dhanalakshmi, for Savitri Bhavan Team

191 PAINTINGS INSPIRED BY SAVITRI

A Legend and a Symbol



7—20 August, 9—5 daily (Sundays closed)

On view at Savitri Bhavan



The painter is Aghni (he is the founder of Centro Sri Aurobindo e Mere—Italy and he has been exploring Sri Aurobindo's epic through Painting for more than 30 years)

These paintings illustrate the Canto 1 of Book 2 of the poem *The World-stair*, and each one is accompanied by one verse of the canto

Everyone is welcome
Dhanalakshmi
for Savitri Bhavan Team

TO PLEASE SRI AUROBINDO

A Birthday Offering

and a Loving Homage to Shraddhavan

by Arulvazhi Education Centre



Saturday, 12 August, 5 to 6pm
@ Savitri Bhavan Amphitheatre



A replay of an Audio Skit—narrated by Shraddhavan

- Savitri
- An Endless Beginning—Sri Aurobindo and the Mother as the Heralds of the Supermind.

Arulvazhi School Performance: The children from Arulvazhi an outreach school in Moratandi, along with their teacher Nimila Arun, are giving a performance to please Sri Aurobindo and as a homage to Shraddhavan.

- The children will perform to the voice of Shraddhavan
Everyone is welcome

Yoga Velmurugan, Arulvazhi Education centre

LIFE OF SRI AUROBINDO

Monday, 14 August 2023, 4pm at Savitri Bhavan.



Duration: 32min.

The screenplay by Lopa is illustrated with photographs, paintings and texts on Sri Aurobindo's life and work. The story is recounted by the people who knew him during his lifetime: his father and sister, his wife, and his political friends and close disciples such as Amrita, Champaklal, Moni, Nolini Kanta Gupta, Nirodbaran, Purani, Pavitra, Udar, and as well as by Sri Aurobindo himself and the Mother.

The anecdotes and texts are narrated by the voices from friends of the San Francisco Bay Area. The voiceover of the narrator and Sarojini (Sri Aurobindo's sister) is done by Lopa herself, Dr. Krishna Dhan Ghosh (Sri Aurobindo's father) by Ashutosh Das, Mrinalini Devi (Sri Aurobindo's wife) by Jyoti Jain, Amrita by Vasudeva Kamath, Champaklal by Girish Mantry and Nirodbaran & Savitri reading by Shyam Maniyedath.

In the 19th century in Bengal the Indian renaissance had begun with social reformers and spiritual masters, writers and visionaries and spread across the nation. Sri Aurobindo and Bipin Chandra Pal started a journal called *Bande Mataram*. Here Sri Aurobindo wrote about his vision of a resurgence of India. He called for uncompromising freedom and independence, Purna Swaraj. He also analyzed events from a deeper perspective and placed them in a larger scene of history.

Sri Aurobindo's writings and visions are voiced by Stephen Altman.

Lynda Lester reads text from *The Mother*, and the film also contains passages from *Bande Mataram* and from *Savitri*.

The film closes with Sri Aurobindo's poem *A God's Labour* read by William Sullivan:

A God's Labour

*'On a desperate stair my feet have trod
Armored with boundless peace,
Bringing the fires of the splendor of God
Into the human abyss. ...*

*The gulf twixt the depths and the heights is bridged
And the golden waters pour
Down the sapphire mountain rainbow-ridged
And glimmer from shore to shore. ...*

*A little more and the new life's doors
Shall be carved in silver light
With its aureate roof and mosaic floors
In a great world bare and bright.*

*I shall leave my dreams in their argent air,
For in a raiment of gold and blue
There shall move on the earth embodied and fair
The living truth of you.'*


The paintings are by Priti Ghosh and Huta Hindocha.

Submitted by Margrit




NARAD: NEW SCHEDULE

Date/Time	Venue	Class/ Lecture
Monday, 6—7pm	Pondicherry, at Matru Sadan (मातृ सदन), 22 Des Bassyins De Richemont Street.	The Life Divine with Ranganathan. All are welcome and often people can come in with me on a taxi.
Tuesday, 5:30—6:15pm	at Savitri Bhavan	OM Choir
Wednesday, 6—7pm	Pondicherry, at Matru Sadan (मातृ सदन), 22 Des Bassyins De Richemont Street.	The Synthesis of Yoga with Ranganathan. All are welcome and often people can come in with me on a taxi.
Thursday, 6pm,	at the home of Uma and William	Savitri satsang, Only After 15 August
Friday, 6—7pm	Pondicherry, at Matru Sadan (मातृ सदन), 22 Des Bassyins De Richemont Street	Essays on the Gita with Ranganathan. All are welcome and often people can come in with me on a taxi.
Saturday, 6—7pm	Pondicherry, at Matru Sadan (मातृ सदन), 22 Des Bassyins De Richemont Street.	Savitri with Ranganathan. All are welcome and often people can come in with me on a taxi.
Sunday, 6:30—7:15pm, Indian time	Zoom, Meeting ID: 82409352144 https://us02web.zoom.us/j/82409352144	Savitri Sunday, All are welcome. Here are the details.



Celebrating the 150th Birth Anniversary of Sri Aurobindo
Kalakendra Art Gallery Presents

Sri Aurobindo's Life Sketch Photo Exhibition at Kalakendra Art Gallery



SRI AUROBINDO- A LIFE SKETCH

Venue: Kalakendra, Bharat Nivas
Date: Tuesday 8th August, 2023 to 2nd September 2023
Time : 9 to 4.30 pm

INAUGURATION on Tuesday, 15th August 2023 at 9 am
after the Flag Hoisting Ceremony

Open daily from 9 am to 4.30 pm Sundays open

Enquiry contact: Kalakendra Office -0413 - 2622448
Parking available outside the Bharat Nivas main gate

COLLECTION OF TOKENS FOR A ROOM DARSHAN

at the Sri Aurobindo Ashram on 15 August 2023

Residents who have registered their names for a Darshan token with us last week are invited to pick up their tokens.

Please come to Pitanga on

- **Friday, 11 August: 9am—12pm & 3—5pm**
- **Saturday, 12 August: 9am—12pm & 3—5pm**
- Tokens not collected by 5pm on Saturday will be given away.



If you have not registered for a token for Sri Aurobindo's Room Darshan on 15 August, there are other options for you:

1. **Early morning:** You may join the general Darshan queue from 4am onwards. No tokens are required until the meditation in the Samadhi begins.

2. **After the meditation:** From 6:40am onwards, a token is required for entry. You can get your token at the booth near the Ashram Post Office. In this case, you will probably have to wait or come back later at the time indicated on the token.

With love, Andrea for Pitanga team

PONDY SAIER BUS ON DARSHAN DAY 15 August

For those using the SAIER bus to have darshan in Sri Aurobindo's room on 15 August, Sri Aurobindo's 151st Birth Anniversary,

- the bus will leave from Matrimandir at 3pm and return from Pondy at 6pm. This service is reserved to Aurovilians and newcomers only.

Tokens are required, see announcement in the News and Note and the AuroNet.

Submitted by Paulette



BRAHMANASPATI KSHETRAM The Mother Sri Aurobindo Centre Calendar of Regular Events, August

*To my dear little child
live only for the Divine*

- Every Thursday, 6—6:30pm: Meditation
- Every Wednesday, 5:30—6:30pm: reading 'The Mother's Questions & Answers, Vol-7'
- First Tuesdays at 6:30 pm Full Moon, reciting Sri Aurobindo's Gayatri Mantra for 30 min



Many thanks, Tixon
No.3/134, Kalathu Mettu Street,
Edayanchavadi,
Auroville

Kshetram2014@auroville.org.in

UNITY PAVILION: DAILY PEACE MEDITATION

- Unity Pavilion, Peace Hall
- Monday, Tuesday, Wednesday, Friday, 6 to 6:45pm
- Thursday, 5 to 5:45pm



Submitted by Arun

SRI M'S TALK ON THE UPANISHAD

Unity Pavillion
13 August, 4—6pm,
14 August, 10:30am—12:30 & 4—6

Sri M's visit in Auroville
13th - 14th August 2023
Celebrating Sri Aurobindo's 150th Birth Anniversary

13th August 2023 10.30 am to 11 am
Tree Planting at the Bharat Nivas, Auroville

11.30 to 12 noon, Collective Meditation
(around the Peace Table at the Unity Pavilion)

Session I - 4 pm to 6 pm
Talk on the Upanishad
at the Unity Pavilion, Auroville

14th August 2023
6.30 / 7 am to 8 am - Walk of Unity
Starts from Savitri Bhavan, Auroville.

Session II - 10.30 am to 12.00
Talk on the Upanishad
at the Unity Pavilion, Auroville

Session III - 4 pm to 6 pm
Talk on the Upanishad
at the Unity Pavilion, Auroville

QR Code for live streaming link of Sri M's Talk

Regards, Ravindra & Franz

ARAM IN THE THIRUKKURAL

Thirukkural is gnomic poetry, the greatest in planned conception and force of execution ever written in this kind.

Sri Aurobindo

We warmly invite you
Aram in the Thirukkural
A 6-week study
Anchored by Thiru. Kothandaraman.
Introductory online talk on
16th Aug, 8:00 - 9:30 pm IST.
Regular sessions from 23rd Aug onwards.
Sessions will be bilingual - in Tamil and English.

For more details please contact: aram.auroville@gmail.com

The Thirukkural is possibly the most popular and revered Tamil text of the last 2000 years. Written by the sage-poet Thiruvalluvar it has touched countless lives around the world and showed the path towards right living. The book contains 1330 kurals under 133 topics/themes. These topics are further split into three categories—Aram (related to right conduct and action), Porul (concerning wealth,

governance, leadership, etc.) and Inbam (pertaining to love and desire). These also closely parallel the Purusharthas—Dharma, Artha and Kama. The kurals themselves are aphoristic couplets only 7 words long, but as the Siddha Avvaiyaar says, Valluvar has infused the depth and breadth 'of the 7 seas' into each of them.

We feel it's important to engage with the Thirukkural regularly here in Auroville. To start with, we'll study a selected set of 30 kurals on Aram over 6 weeks. The sessions will be bilingual, a combination of Tamil and English to make them more inclusive. Transliterations and translations will be provided prior to the session each week and sessions themselves will be an opportunity to delve deeper into the metaphors and their meanings. Anybody keenly curious is most welcome to be a part of this. Currently the sessions are being planned online. But if there is enough interest, we could meet in person too.

The study will be facilitated by **Raman**, a long term Aurovilian and student of Tamil mystical and devotional poetry.

Dates

We'll start with an **introductory call** over Zoom on 16 August, **Wednesday, 8:00—9:30pm IST**, where Raman will give us an overview of the Thirukkural and the workshop. This is open to all and not just those who've signed up for the study. The **regular sessions** will start from **23 August** onwards for six Wednesdays at the same time as above.

- Contributions are welcome but not mandatory. For further details and registrations, please contact: aram.auroville@gmail.com

Naveen

MUDRA CHI



We restart our Mudra Chi classes on **Tuesday, 8 August at 4:30pm.**

Everybody Welcome.

Facilitator Anandi.ayun.

Submitted by Anandi

For Your Information

AVSST DUTY REPORT

Dear Community members, AVSST's duty reports from January to June 2023 are available on AuroNet.

To find it, go in the Reports section of AuroNet by clicking where indicated in the following screenshot:



AuroNet HOME | ABOUT AUROVILLE | GROUPS | BLOGS | DIRECTORY

All posts from Sante.
All posts from Working Committee.
All Massbulletins

PUBLIC Visible to everybody in Auroville Community
PRIVATE 4 New Visible to you and your group members only

LATEST POSTS | HOT TOPICS | LATEST COMMENTS

Announcements, Reports & Newsletters

Isabelle Are you still abroad and want to return ...
Entry Service New Aurovillians and Newcomers ES # 070 ...

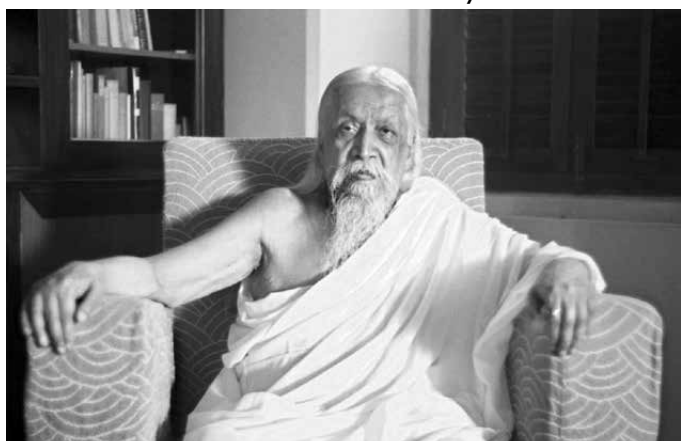
Announcement
Announcement

Thank you, Anandamayi for
Auroville Safety & Security Team (AVSST)
Emergency (24/7): +91 944 30 90 107
Vehicle Access: +91 94 88 75 24 35
Office: +91 413 2623 400

Acres for Auroville

ACRES FOR AUROVILLE LAND CAMPAIGN

15 August 2023, Sri Aurobindo's birth anniversary
& the start of A4A's 10th year



'The earliest preoccupation of man in his awakened thoughts and as it seems, his inevitable and ultimate preoccupation,—for it survives the longest periods of scepticism and returns after every banishment,—is also the highest which his thought can envisage. It manifests itself in the divination of Godhead, the impulse towards perfection, the search after pure Truth and unmixed Bliss, the sense of a secret immortality. The ancient dawns of human knowledge have left us their witness to this constant aspiration; today we see a humanity satiated but not satisfied by victorious analysis of the externalities of Nature preparing to return to its primeval longings. The earliest formula of wisdom promises to be its last,—God, Light, Freedom, Immortality.

These persistent ideals of the race are at once the contradiction of its normal experience and the affirmation of higher and deeper experiences which are abnormal to humanity and only to be obtained, in their organised entirety, by a revolutionary individual effort or an evolutionary general progression. To know, possess and be the divine being in an animal and egoistic consciousness, to convert our twilight or obscure physical mentality into a plenary supramental illumination, to build peace and a self-existent bliss where there is only a stress of transitory satisfactions besieged by physical pain and emotional suffering, to establish an infinite freedom in a world which presents itself as a group of mechanical necessities, to discover and realise the immortal life in a body subjected to death and constant mutation,—this is offered to us as the manifestation of God in Matter and the goal of Nature in her terrestrial evolution.'

'Auroville wants to be the first manifestation of human unity based on the teachings of Sri Aurobindo, where men of all countries would be at home.'

The Mother

Let's Manifest Auroville!!

Join Us To Help Consolidate Its Physical Base

- Please specify your donations for 'Acres For Auroville' via check, bank transfer or online: Donating & Tax Deductibility information: <https://land.auroville.org/new-banking-information/>
- News, videos, and land information: www.land.auroville.org
- Contact: lfau@auroville.org.in

Photo: By Henri Cartier-Bresson, courtesy of the Sri Aurobindo Ashram

Quotes: 'The Life Divine' pp 1-2; The Mother's message of January 1972

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—605101, TN, India

15 August 2023, Sri Aurobindo's Birth Anniversary
and the start of A4A's Year 10

Dear friend of Auroville's marvelous future,

We are writing this letter to you on 15th August 2023—a very special day in the lives of all those who have accepted what Sri Aurobindo termed in his 1947 Independence Day message to India (full version): 'my gospel of life'. Indeed, for those who have accepted Sri Aurobindo's 'gospel of life', 15th August is a day full of deep meaning and relevance—individually and collectively. It may then be asked: 'What is the best way to celebrate this special day?' Here we can be guided by two answers of Sri Aurobindo:



- **Question:** Someone told me that only ten days were left for the 15 August Darshan. I replied that every day should be considered as the 15th.
- **Sri Aurobindo:** 'That is the right attitude. Every day should be regarded as a day when a descent may take place or a contact established with the higher consciousness. Then the 15th itself would be more successful.' (4 August 1934)

And on 13 September 1935, he replied: 'As to the 15th August, well, don't lay too much stress on it, which is after all more a general than a personal occasion — for the individual any day in the year may be the 15th — that is, the birthday or a birthday of something in the inner being. It is with that feeling that one should do the sadhana.' (CWSA, Vol. 35, p. 523)

What we can learn from the above answers is that, ideally, for us each day should be a special day as if it were 15th August! Each day brings new opportunities to cultivate openness and aspiration. Each day can be used to advance on the sunlit path. Moreover, each day could be an opportunity for the 'king' to come forward and subdue the 'ministers'—as Sri Aurobindo termed it in 'The Life Divine'. 'King' here refers to the psychic being and 'ministers' refers to the mind and the life-force, the vital being.

'Blessed are those who take a leap into the future'—reads a message of the Mother, so each day is an opportunity to take a leap into the future. And for Auroville, it is worth remembering these words of the Mother as well:

- **'Auroville—at last a place where one will be able to think only of the future.'**

A place where people think only of the future and ask how to move towards it—this may be seen as one of the ideals or benchmarks of a true life in Auroville. Then the new ways of living, new ways of dealing with the realities of individual and collective existence will open up to us.

We, at Acres for Auroville (A4A), work with this vision and understanding that Auroville's complete and unified land base will provide a ground for the future to be dreamed, envisioned, worked out, embodied, woven into matter and life—manifested—in and through the physical body of the City of Dawn as was envisioned and intended.

- Please specify your donations for 'Acres For Auroville': by bank transfer or via an AVI center (for Foreign donations) or via check, bank transfer or online (for Indian donations)
- Donating & Tax Deductibility information: <https://land.auroville.org/new-banking-information/>
- News, videos, and land information: www.land.auroville.org
- Contact at Lands for Auroville Unified (LFAU): +91 413 2622657, lfau@auroville.org.in

With trust in Auroville's great and sunlit future,
Aryadeep, Mandakini

Arts for Land

ART FOR LAND PRESENTS EXCEPTIONAL CONCERTS

Art for Land in collaboration with the Celebration of the 150th Anniversary of Sri Aurobindo is presenting three Concerts.

- The first on 18 August features Debayan Majumdar on Esraj and Apurba Mukherjee on Tabla.

Art for Land presents

Esraj Concert

A rare & unique instrument in today's modern time by Debayan Majumdar & Tabla by Apurba Mukherjee

DATE & TIME
AUG 18
2023
07.30PM
DURATION 75MINS

  
@auroville.artforland
www.artforland.in
artforland@auroville.org.in

In Association with

Unity Pavilion | International Zone | Auroville | 0413 - 2623576



- On 19 August Sougata Roy Chowdhury on Sarod and Anjishnu Mukherjee on Tabla

Art for Land presents

Sarod Concert

The deep, weighty & introspective instrument by Sougata Roy Chowdhury & Tabla by the young talented artist Anjishnu Mukherjee

DATE & TIME
AUG 19
2023
07.30PM
DURATION 75MINS

  
@auroville.artforland
www.artforland.in
artforland@auroville.org.in

In Association with

Unity Pavilion | International Zone | Auroville | 0413 - 2623576



- On 20 August Sandeep Chatterjee on Santoor with Apurbo Mukherjee on Table

Celebrating 150th Anniversary of Sri Aurobindo

Art for Land presents

Santoor Concert

100 stringed instrument by Sandeep Chatterjee & Tabla by Apurbo Mukherjee

DATE & TIME
AUG 20
2023
07.30PM
DURATION 75MINS

  
@auroville.artforland
www.artforland.in
artforland@auroville.org.in

In Association with

Unity Pavilion | International Zone | Auroville | 0413 - 2623576



Regards, Arun

Education

FRENCH CLASS FOR KIDS

Saturdays, 5:30—6:30pm @ New Creation School

French class (beginner's level) for kids of age group 6 to 12 years old is happening at New Creation school facilitated by Nivetha.

French is an International language rich in culture and a knowledge of this language is definitely beneficial.

- The class takes place once a week on Saturday evening from 5:30pm to 6:30 pm.
- To join the class send an email to nivethavishva@gmail.com or contact 9843188461



Nivetha

AUROVILLE LIBRARY

Weekly Timings:

- Mornings: Monday—Saturday, 9am—12:30pm
- Afternoons: Monday, Wednesday, Thursday, Friday & Saturday 2—4:30pm, Tuesday 4—6:30pm

Story time At the Auroville Library!
Every Saturday, 10—11am: Children's storytime.

- Contact: 0413 2622894, avlib@auroville.org.in
- Web: library.auroville.org.in/
Kathrin, for Auroville Library Team





TUTORING

Chemistry/Physics

Edexcel, CBSE boards

Please inquire at:
satori.auroville@gmail.com

Sergei (Invocation)

Health Care

SANTÉ SERVICES AUGUST 2023



Santé

Working Hours

- Monday—Saturday, 9—12:30pm & 2—4:30pm

Tests and Sample collection

- Monday—Friday before 12pm.
- No sample collection on Saturday.

For emergencies

- Auroville Ambulance 24/7: +91 9442224680
- Government Ambulance 24/7: 108

Appointment

- Please call Santé on 0413 2622803 during working hours for an appointment

Santé Services Schedule

Doctor consults with Dr.Senthil & Dr.Sana: Monday to Saturday	Nursing Care: Ezhil, Thilagam, Archana & Sandhya: Daily, No appointment necessary
Ayurveda with Dr.Sonia & Dr.Be: Monday/ Wednesday/ Thursday/ Friday	Physiotherapy with Arun: Monday to Saturday
Acupuncture with Andres: TOS	Homeopathy with Michael: Monday, Wednesday, Saturday
Integrative Psychotherapy with Juan Andres: Monday to Friday	Pregnancy Care & Women's Wellness with Paula: Tuesday & Wednesday
Physiotherapy & Massage with Galina: Monday to Friday	Physiotherapy with Rebeca: Monday, Wednesday, Friday
Bio-Well Assessment (Evaluation of your well-being) with Helena: TOS	Functional Medicine with Lize: Tuesday/ Thursday/ Friday

- 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.



Submitted by Dasha
for Sante Services

AUROKIYA INTEGRAL EYE CARE @ ARKA

Aurokiya
@
Arka's open house
Free Eye Checkup
With
Refreshments and Music

Date : 5th of August, 2023
Timing : 9.30 am -12.00 pm
Place : Arka Wellness Centre

Get in touch with us for your eye care needs

www.aurokiya.com aurokiya@auroville.org.in +91 80123 05151

- Aurokiya is happy to share with you that we will function full day from 9am—5pm.

The following services are available

- Emergency eye care services with primary-level care
- Complete eye testing facilities for eye problems
- Follow-up services for surgeries and consultation from Aravind
- Spectacles and contact lenses
- Eye medicines (Homeopathy, allopathy, and Ayurvedic Drops)
- Personal guided support to visit Aravind eye hospital for surgeries and procedures
- Personalized eye exercise training, eye yoga sessions, and vision therapy sessions. Both morning and evening slots are available

You can learn more about Aurokiya by visiting our website:
www.aurokiya.com

Contact: aurokiya@auroville.org.in; aurokiya@gmail.com, WA/ Mobile: 8012305151

Warmest Regards,
Aurosugan for Aurokiya Team

AURODENT DENTAL CLINIC



Dental Clinic
Auromode, Auroville.

For Appointment please contact us

Email: aurodent@auroville.org.in

Phone: 0413-2622063 What's up: 9629199328

Working hours

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

Submitted by Sudha

Animal Care

SUMMER IS STILL ON—40 DEGREES HEAT!

Nothing better than spending a refreshing Sunday morning at the Auroville Dog Shelter and getting wet with our adorable dogs and puppies! It's bathing and grooming time!

For those interested Lore will give a workshop about our successful physiotherapy program which helps to restore mobility for our paralyzed dog friends.

- **Join us next Sunday, 13 August at 10am** at the Auroville Dog Shelter to spoil and heal our dogs!

Thanks, Arthur



HOMELESS PUPPIES

Dear AV Community Members, dear Dog Lovers! We want to draw your attention to a pressing concern regarding the well-being of healthy puppies found on the streets. Many of these puppies, despite seemingly being on their own, do actually have nurturing mothers who provide them with vital nutrition. Mother's milk plays a crucial role in their development, offering not only essential nutrition but also a boost for their immune system, which they need to survive.



The Auroville Dog Shelter is dedicated to rescuing dogs that can no longer survive on the streets due to illness, age, or accidents. While our shelter is currently over capacity, we regret that we cannot accommodate healthy puppies. Given that puppies lack vaccinations and our shelter environment is susceptible to viruses, healthy puppies will not survive for long in a shelter environment. Please understand that our shelter is not equipped to handle healthy puppies as we don't have 24-hour staff on site. If a puppy is sick or injured, we will make every effort to accommodate it and provide medical care.

We have initiated a street treatment program despite the many challenging circumstances at the moment. When informed about healthy puppies living on the streets, we establish schedules for visits to provide food and water on the spot, conduct health checks, and administer vaccinations to those of appropriate age. To ensure their survival, we're promoting a fostering program this month. We encourage Auroville residents and dog lovers capable of caring for these little ones to foster them for periods ranging from a few days to three months, offering them a brighter future. Be part of this program! Teaching a young puppy how to socialize, and spoiling it with your love and care guarantees that it will find a good permanent home when adopted.

Once we have built the new Auroville Dog Shelter, we will be able to house and care for puppies, providing a safe and nurturing space. An adoption program will also be developed to find them permanent homes.

We are actively pursuing a sterilization program for street dogs, which is the only long-term solution to controlling the canine population in the whole area. While awaiting approval from the Animal Welfare Board of India, a legal requirement for sterilizations of street dogs, we are fundraising to sterilize 1,000 street dogs in Auroville and the bioregion within a year. This substantial endeavor necessitates Rs. 25 lakhs, or €28,000, to effectively manage the dog population.

Let's work all together to solve this issue for a better future for our dogs and humans living together. Cities like Bangalore have shown that this problem can be solved, so let's show India that Auroville can also find a great long-term solution for the benefit of animals and humans.

Thanks, Arthur for Auroville Dog Shelter Team

AUROVILLE DOG SHELTER

Is looking for an additional executive!

If you've witnessed our crazy journey through the past four months, navigating through turbulent and challenging times, facing storms and impending destruction, and never experiencing even one week without surprises, you might think we're crazy to ask you to take on this crazy, challenging responsibility without the possibility of financial compensation (unless you manage to convince Auroville for urgently needed additional maintenances)



**AUROVILLE
DOG SHELTER**

As we embark on building an entirely new Auroville Dog Shelter, we are seeking a strong-minded and big-animal-hearted individual to join our team as an additional executive. Your support will be crucial in helping us realize this significant project and build something truly remarkable for our dogs and the entire Auroville community.

Your daily presence at the shelter isn't required, but your strong connections within Auroville and knowledge of problem-solving within the sometimes confusing Auroville system will be a valuable asset. With our ongoing need for funding to constantly improve our animal care and expand our AV Community services, we would really need you to handle countless boring grant applications, oversee donation gateways to ensure our commitment to 100% transparency, and assist with organizing various tasks, be they sometimes as banal as finding firewood so we can cook our dogs their meals or even setting up and organizing major charity and fundraising events. The sky's the limit!

We need your professionalism, enthusiasm, patience, love for our dogs, and willingness to participate in our grand vision to build the best model dog shelter in India for our beloved Auroville.

If you think you've got what it takes and want to join us on this incredible journey towards a bright future for the Auroville Dog Shelter, contact us, meet the team, and let us talk!

**Contact Arthur
on 812225266 WA**

DONATIONS FOR RABIES QUARANTINE FACILITY NEEDED!

We want to restart our 24-hour rabies rescue again, but in order to do so, we need to build a quarantine facility, as mandated by the Animal Welfare Board that every shelter must be equipped with one. As IACC shelter was never equipped with such a facility, we had to build a makeshift isolation facility, which proved to be insufficient, especially during the outbreak of canine distemper when the number of affected animals increased rapidly.



The approximate cost we have to fundraise is Rs. 1.5 lakh. With your contribution, we can create a safe space where dogs infected with rabies, parvovirus, or canine distemper can be isolated, treated, and monitored effectively. Please donate to our FS account **251391** or through the AV Donation Gateway.

Please help us to keep Auroville safe!

Thanks, Arthur

The Arts

SINGING FESTIVAL

Dear community, AV Singing Festival will take place on the 14 and 15 October, in CRIPA. We invite participants from all national backgrounds to join this beautiful event. The



theme is Singing Hearts of Auroville.

- Participants are required to fill out a form: <https://tinyurl.com/avfestival>. And prepare your song!

AVSF team: Shakti, Marta, Rolf, Antoine and Ok.

IMMERSIVE THEATER

Dear Lovers of Theatre, you can make it happen! This time, we are on the brink of a new theatrical experience. It's called Immersive Theater, where the audience and the actors are not separated, but take part in the story ...together. Scary? You bet! Thrilling, if we can make it work and arrive, at the end, together, to a new Hope. A new Earth. Auroville!



The play is called "A FIRE: Spiritual Journey of a Nomad", adapted from the story UN FEU (A FIRE) by Aurovilian Paviitra (Pascal Estrem). By the title, you can guess that we are on the road to self-discovery, when a soul (the Narrator) tells us about his family's amazing journey from the horrors of World War II to a search for our "brothers and sisters" to arriving (We are Millions) to a New Earth. A New Creation. Auroville!

We figure the cost to be Rs. 5,46,120 or In Dollars \$7,282, in Euros 6,827. That's our total budget for 3 nights of performance at CRIPA, Kalabhum, Auroville and includes support for the actors, costumes, set design, food and local transport. If you would like to see the full budget break-

down, please let me know. I can send it to you!

Ways to Contribute: It's pretty painless: Just say it's for a project called A FIRE: Spiritual Journey of a Nomad / the Auroville Theatre Group. Our Financial Service account is # 251067.

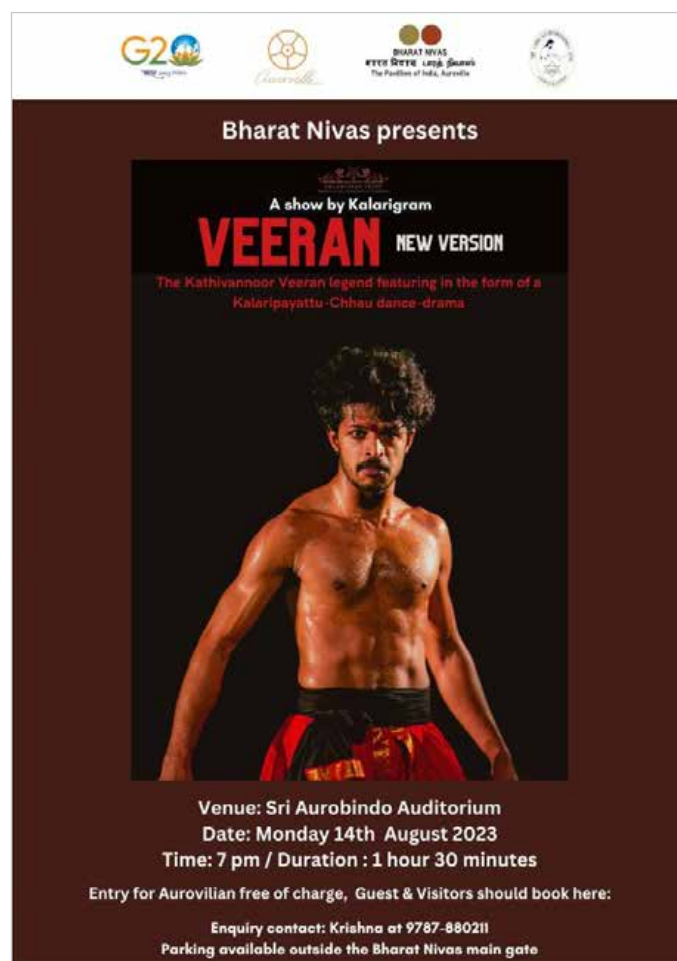
- For Donations from India: <https://donations.auroville.org/>
- For Donations from Abroad: <https://auroville.org/page/donate-from-abroad>

Should you have any questions or need further information about our production, please don't hesitate to reach out to me directly at this email address: jill.navarre@gmail.com or +91 9486416173 WA.

Thank you for taking the time to consider this appeal. Your support, large or small, will truly make a world of difference. We can't do it without you!

With heartfelt gratitude, Jill Navarre
www.theaurovilletheatregroup.com
WA +91 9486416173

VEERAN



Veeran New version, new show. Theyyam, Chhau dance and Kalaripayattu meet on stage to narrate a dramatic tale of courage and passion. On stage 19 performers, 10 excellent musicians and 9 brilliant wonderful performers.

Veeran', directed by Lakshman Gurukkal, is a unique multi-genre performance that enacts the life of a warrior through two visually stunning Indian artforms—Chhau from Odisha, Theyyam and Kalaripayattu from Kerala. The ritualistic Theyyam steps, the vibrant Chhau dance and the electric moves of Kalaripayattu join forces to draw the audience deep into the tale of Veeran—a hero with an indomitable spirit who lives a life of transformation, venturing beyond the laws of the society, only to be overcome by tragedy befitting a legend.

Presented by Kalarigram and directed by Lakshman Gurukkal, the sensory extravaganza enthralls with a talented crew of performers.

Regards, Vani, BN Cultural Team

PITANGA

Art exhibition by Hufreesh Dumasia Whispering Soul, Unveiling the Unseen World



A delicate communication from the soul to the artist. Unveiling suggests an act of revelation, a lifting of the veil to expose what lies beneath. Hufreesh encourages viewers to explore and engage with the mysteries that lie just beyond our grasp through these artworks.

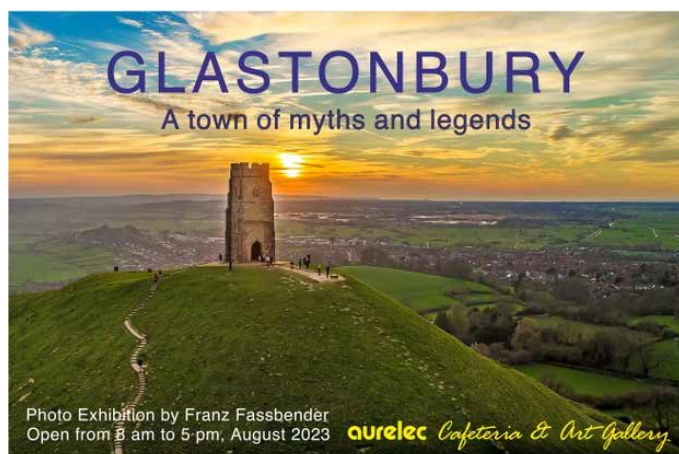
- The exhibition will be open till Thursday, 31 August 31. Monday to Saturday, from 8:30am—12:30pm and 2:30—5:30pm

Andrea for Pitanga Cultural Centre
2622403 / WA 9443902403, info@pitanga.in

GLASTONBURY—A TOWN OF MYTHS AND LEGENDS

Photo Exhibition by Franz Fassbender

August 2023, 8am—5pm, Aurelec Cafeteria



• Why is Glastonbury Tor so special?

It's said that beneath the hill there's a hidden cave through which you can pass into the fairy realm of Annwn. There dwells Gwyn ab Nudd, the lord of the Celtic underworld, with the Cauldron of Rebirth. Later tradition has it that the Holy Grail lies here, brought by Jesus' uncle, Joseph of Arimathea.

• Why is Glastonbury Abbey so famous?

From at least the 12th century, the Glastonbury area has been associated with the legend of King Arthur, a connection promoted by medieval monks who asserted that Glastonbury was Avalon. Christian legends have claimed that the abbey was founded by Joseph of Arimathea in the 1st century.

• Why is the Chalice Well sacred?

According to legend the Chalice Well is believed to have sprung from the ground at the location where the chalice (the Holy Grail), that Jesus drank from at the Last Supper and in which drops of His blood were caught during the Crucifixion was placed.

• Chalice Well

Chalice Well is one of Britain's most ancient wells, nestling in the Vale of Avalon between the famous Glastonbury Tor and Chalice Hill. Surrounded by beautiful gardens and orchards it is a living sanctuary in which the visitor can experience the quiet healing of this sacred place.

Franz

BHARAT NIVAS PRESENTS



The Blue Light Dance Studio: Exhibition of Odisha Handicrafts

from Bhubaneswar, Odisha

- Dates: ongoing till 28 February 2024



- Opening Hours: 9am to 5 pm—
- Sundays open: 9am to 1pm only
- Office Contact: 0413 2622488, 8249335483
 - Parking outside the Main Bharat Nivas Gate

Regards, Vani, BN Culture Team

Activities

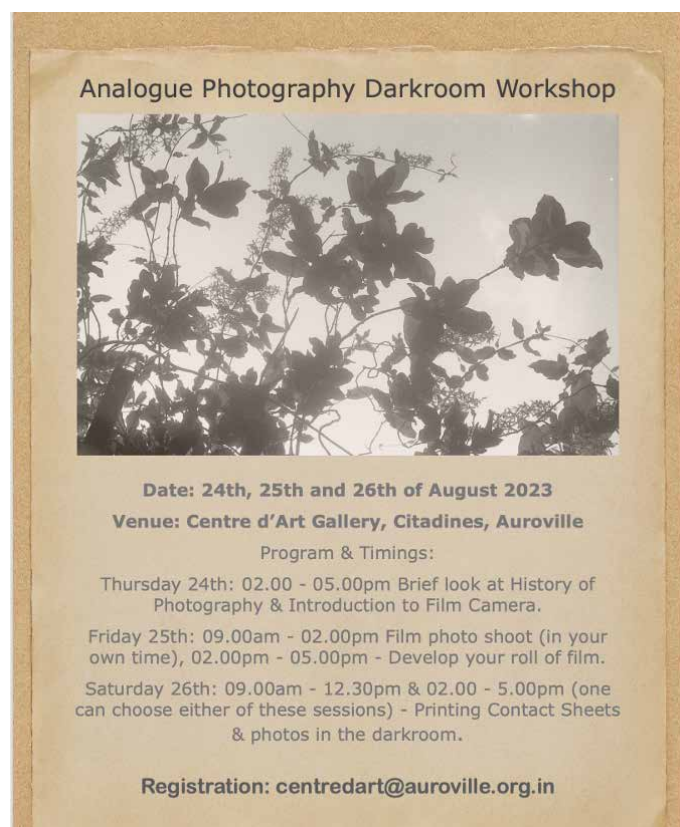
DARKROOM WORKSHOP

by Sasikanth Somu

24—25—26 August 2023

Program:

- **Thursday, 24 August, 2—5pm:** Brief look at History of Photography & Introduction to Film Camera.
- **Friday, 25 August, 9am—2pm:** Film photo shoot (in your own time) 2pm—5pm: Develop your roll of film.
- **Saturday, 26 August, 9am—12:30pm & 2—5pm** (one can choose either of these sessions): printing contact sheets & photos in the darkroom.



- **Registration Contact:** centredart@auroville.org.in

The workshop fee for Guests: towards contribution.

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

- All the material for the workshop is provided except the analogue camera. Analogue/ Film cameras are available to the participants against a contribution.
- Regarding the Analogue camera and any specific questions about the workshop please write directly to the teacher, Sasi sasi@auroville.org.in
- While subscribing for the workshop please share your full name and your mobile number. Kindly write a few words about yourself and your interest in Analogue Photography.

Regards,
Sergey, Centre d'A



The Sound of Bamboo

Various Styles of the Indian Flute



- Kalabhumi Music Studio
- Every Friday
 - Beginner: 11am—12pm,
 - Advanced: 12noon—1pm
 Drop in is possible at any time, flutes available to borrow or buy.
- Contribution:
 - Aurovilians, NCs, Volunteers & Local Villagers: Free donation
 - Guests: Contribution required
- More Info: www.the-sound-of-bamboo.com
- To Donate: <https://pay.auroville.org/divine-arts>
- Learn More About Divine Arts:
 - <https://auroville.org/page/divine-arts>

Warm Regards, Dave, +440 7564119728

djsevens87@gmail.com

TAEKWONDO DEMONSTRATION

Saturday, 12 August, 5:30pm @ Dehashakti Sports ground



Karan G., an international medal list candidate is hosting a demonstration for Taekwondo before he can start offering regular classes to teach the martial arts. If you are interested in exploring this form of Korean Art, please join us at the demonstration session on Saturday, 12 August, 5:30pm at Dehashakti Sports ground.

- After the demonstration, registration for the classes would begin.
- Scan the barcode in the poster for more details on Taekwondo, the instructor and the Class days/ timings.

Thanks & Regards, Shivangi



Dear players, A new game session is open to everyone. It's in the ARKA dining room. You can bring your favorite games as well. It's also potluck time, then bring what you want to share with others, drinks and savory or sweet snacks. Just come, no need to register.

Infos +91 9488512678
See you soon, Veronique

RED EARTH RIDING SCHOOL

Is Offering Free Riding Classes

Red earth riding school is very happy to announce that every Tuesday, Red earth riding school is offering free riding classes for Auroville kids, and the timings are mentioned below:

- **Morning:** 6—8am
- **Evening:**
 - 4—5pm (pony walk)
 - 5pm—6pm (riding classes)

You can also choose morning or evening with refreshment and swimming. You are most welcome to explore the riding horses and enjoy the experience.

Office timing

- Morning: 9:30am—12:30pm
- Afternoon: 2—5pm

Contact

- 04132965242, redearthridingschool@gmail.com

Kalivarathan
for Red Earth Riding School



AUROVILLE AIKIDO at Auroville Budokan

From Auroville Aikido at Auroville Budokan, Dehashakti, near Dana: Welcome if you want to watch a class before, try it out or join us right away!



Children classes from 8 of age:

- With Philippe G. and Surya
Monday, Wednesday & Friday: 4—5pm.

Regular attendance required, as part of the school sports' program.

Adults All levels

- Tuesday & Thursday 6—7:30am
Saturdays 6:30—7:30am with Murugan.

Beginners mostly welcome

- Wednesday 5:15—6:30pm and Saturday.
Early morning class.

Women and young girls (with Surya)

- Sunday 9:15 to 10:30am.

Note: Aikido is a Japanese martial art that is for everybody and usually gender mixed. Its regular and sincere practice will make you work on all your different levels: physical, mental, spiritual. We encourage the youth and especially girls and women to come and train with us!

Practice clothes & other info: to start, beginners can wear a T-shirt & long loose pants (for energy flow, avoid tight fitting clothes) then a white keikogi will be required (we have some). Health Fund or your own insurance necessary. Annual and/or monthly reasonable contribution required for the Budokan (activity under LEAD) depending on your status in Auroville. Please be on time, i.e. 10—15min. before your class!

- **Contact:** Surya 0413 2623813 or 8300189062,
or N. Murugan 9952812843/WA—
budokan@auroville.org.in, suryaniworks@gmail.com

Looking forward and in service,
Surya, N. Murugan, Philippe G. and Cristo
for Auroville Aikido

ABHAYA OFFERS MARTIAL ARTS CLASSES

Abhaya is an Aurovilian Activity that offers classes of martial arts since 2015. Our coaches are former pro-fighters with extensive experience in training and teaching. Our philosophy is to train both the external and the internal aspects of martial arts: test our skill and be confident about the efficiency of the techniques, but also develop an inner sense of progress and become aware of our state of consciousness under pressure, through self awareness and self-discipline. Our classes are open to students of all levels, we have both absolute beginners and students that have already competed in elite tournaments.



Our Regular Classes

- **Monday 5:30pm:** Neijia (internal martial arts) and self defense
- **Wednesday 5:30pm:** Grappling and MMA
- **Friday 5:30pm:** Kickboxing and K1

Contacts

- abhaya@auroville.org.in,
9487340778 WA
- Check our work and follow us here: https://www.instagram.com/giacomo_writer_auroville/



Martial Art Classes For Kids

• **Tuesday, 5:30pm @ Dehashakti Gym.**

Dear Community, Abhaya is receiving a lot of requests about martial art classes for kids.

We are happy to share that we can start offering classes for kids from the age of 7 to the age of 14 for the month of August, every Tuesday at Dehashakti Gym at 5:30pm.

The instructors are Chloe, Brazilian Jiu Jitsu blue belt, and Giacomo, certified instructor of self defense and MMA.

We will mainly offer Brazilian Jiu Jitsu, which is a very safe practice and at the same time one of the most efficient forms of martial art.

• <https://www.youtube.com/watch?v=ZzEB-GtOjys>

• Please contact us to sign up:
abhaya@auroville.org.in or 9487340778 WA

Giacomo



AUROVILLE TANGO ACTIVITIES



Monday, Class
7pm intermediates; 8pm beginners

Wednesday, Practica
7:30pm guided practica
8pm practilonga

Friday, Open Source
6:30-8pm



Venue: Harmony Hall, Bharat Nivas
No partner required, bring socks or dance shoes and plenty of cheer!

+91 98211 66082, tango@auroville.org.in

Submitted by Aurevan

FEMININE DANCE CLASSES IN CRIPA

Feminine Dance classes in Cripa, based on Tribal Fusion and Belly Dance freestyle and combination With 'Masala' music from all over the world, any woman and girl can dance.



- **Tuesdays: All Levels.**
 - **Girls: 4—5pm**
Starts again on July 11
 - **Women: 5:30—7pm**
- **Saturdays: Beginners, 11am—12pm**

Renana, +91986544472 WA

SWIMMING CLASS



- **Kids 6+ & Adults**
- Courses from beginners to advanced level
- **To book contact**
Mani, +91
8637633696

Submitted by Mani

EDIBLE WEED WALKS



Nina

TANGO DANCE CLASS

Every Monday, Cripa, 6:30pm

- By apointment: Any time you can do class

Information

- Bring water bottle, socks
- Every month new batch beginner
- Minimum commitment 1 month
- Listen more Tango music
- Dance Tango every day by booking for couples or Individuals
- Be on time

For bookings contact us:

- +918637633696, bakisatadance@gmail.com.

Submitted by Mani



SALSA DANCE CLASS

- **Beginner Class:**
Every Tuesday, 6:30pm
- **All Levels:** Every Saturday, 6:30pm
- **By appointment** any time you can do Salsa, Bachata Kizomba
- **Need To Bring:** Socks, Water, Smile
- **Venue:** New creation Dance studio
- **Register before coming:**
+918637633696

Mani, @bakisata_dance



PAINTING CLASSES WITH SATHYA

- **Watercolor Class** By Sathya.
Every Monday 5—7pm.
- **Life Drawing Session.**
Every Tuesday 5—7pm.

Contact: +91 9486145072 WA

Warmly, Sathya

Center For Research Education Experience
In The Visual Arts



RUPAVATHI JOY ACTIVITIES

Bio-region Temple Tour

- Every Sunday, Tuesday and Saturday, 9am—12noon, starting from Solar Kitchen

If you want to participate, please book it in advance



Indian cooking

- Every Monday to Friday 12 to 2 noon Evening 5 to 6:30 pm at Creativity.
- Every Saturday and Sunday, 10am to 5 pm



If you want to participate, please book it in advance

Thai Massage

- 12—2noon, 5—7pm every day at Creativity

If you want to participate, please book it in advance:

- +91 8098845200, Voice and WA
- rupavathijoy@gmail.com

Rupavathi Joy

MOHANAM PROGRAM

Auroville Bio region hub for art, craft and culture to bridge and promote Local Tamil culture for August 2023

Conscious and Cultural Tour,
Workshops & Therapy



Make and take hands-on workshops

Bamboo Musical Instrument	Bamboo Jewellery
Bamboo Toys	Clay Modeling
Terracotta	Incense Making
Paper Mache	Lampshade
Kolam Mandala Painting	Palm leaf craft
Coconut shell craft	Stone Carving

Daily: Make and Take, Hands-On Workshops at Bio region Art & Craft Centre (Mohanam, Cross Cultural Experiences and Educational Tours located in Mohanam campus)

- Advance booking is necessary
- **Contact:** Preferred through Email at mohanamprogram@auroville.org.in, or call +91 8300949079
- **Timing:** 10am—4pm / **Day:** Every day, Except Sundays

Mohanam campus tour

Come and visit Mohanam Village Heritage centre to explore the taste of Tamil culture, bamboo experiential farm, sound healing, hands on make and take—art and craft workshops at bio region art and craft centre, Lively one village boutique with products by bio region village artisans, saree & veshti library, local traditional lunch, herbal tea.

- **Timing:** 10 am—4pm
- **Day:** Every day, Except Sundays

Mohanam Sound healing

Book your sound healing session / south bath for groups at Mohanam village heritage centre. A journey into silence, voice, movement and meditation inspired by nature and rhythmic waves we dive into an inner exploration of embodiment and expression. Union of mind, body and spirit through celebration of sound to enhance the sense of balance and reconnect one to their own consciousness.

- Advance booking is necessary
- **Contact:** Preferred through Email at mohanamprogram@auroville.org.in, or call +91 8300949079
- **Timing:** 10am—4pm / **Day:** Every day, Except Sundays

Saree & Veshti Experience Tour

Let the magic of saree & veshti adorn you!

Choose a saree and Vashti from a variety of beautiful saree and Vashti in our library, get your traditional south Indian look with help of our women's group members will assist you to drape / wear the saree & Vashti. You can ask us for a photoshoot as an add on, south Indian style makeover—choose between kolam & cooking for an inclusive traditional experience Days & Date: All working Days except Sunday.

- **Timing:** 10am—4pm
- Advance booking is necessary
- **Contact:** Preferred through Email at mohanamprogram@auroville.org.in, or call +91 8300949079

Kolam Workshop (every Friday)

Join for Spiritual Kolam walk and let the inner spirit and emotions lead the flow of Kolam. Enjoy the Delicious Tamil breakfast after the small trip inside the village, early in the morning made by local women to support them economically.

- **Meeting point:** Mohanam Heritage Village
- **Day:** Every Friday
- **Timing:** 4 to 6pm
- **Email:** mohanamprogram@auroville.org.in
- **Phone:** 8300949079

Conscious and Cultural Tour & Experience in Auroville

The future of the world (Integral—Consciousness—Responsible—Education—Empowerment—Sustainability)

- Bio region village & temple tour
- Bioregion historical \ monument \ heritage educational tour
- Auroville Forest tour
- Auroville Farm tour
- Auroville North-West experience
- Auroville entrepreneurship tour

Includes Tea and snacks, Duration: 2 hours.

Date: 1-day advance booking is necessary

Day & Timing: Every day 10 am—5pm

Cycle Tour with Bio-Region Youth + Breakfast

Auroville is considered one of the best cycle trails in India. We at Mohanam would like to offer our experienced staff as guides to take advantage of the best routes in and around Auroville using cycles. The route shall include the following destinations-

- Includes Tea and snacks,
- **Duration:** 2 hours.
- **Date:** 1-day advance booking is necessary
- **Day & Timing:** Every Saturday & Sunday, 6am to 8am

Auroville North-West Tour + Lunch

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

- **Date and Time:** Every day 10:30am to 1pm (Except Sunday)
- **Meeting / Starting Point:** Visitor center, 1-day advance booking is necessary for group bookings (for single bookings at least before 10am)
- **For Bookings:** mohanamprogram@auroville.org.in or call us at: +91 8300949079

Thiruvannamalai Eco & Spiritual Services

Thiruvannamalai—Mohanam Services: Aurunachala—Auroville Tour, Retreat space, Camping, Temple visit, Ashram, Girivalam Full Moon Experience.

The following services are available in Thiruvannamalai as Mohanam program has partnered with locals to arrange local tours, therapy, ashram visits, healing sessions, trekking and camping packages, group outings and awakening / spiritual tours and Thiruvannamalai volunteering activities. You can book the complete tour (cab, stay, local visit to spiritual places) by the Mohanam youth to Thiruvannamalai.

- **For more information contact us:** mohanamprogram@auroville.org.in, 8300949079
- Thanks and Regards, Guru, for Mohanam

AUROVILLE BAMBOO CENTRE August Workshop 2023

Auroville Bamboo Tour with Special Bamboo Lunch

AUROVILLE BAMBOO TOUR!

Discover

- Treehouse
- Bamboo Food
- Bamboo Species
- Bamboo Sound Garden
- Showroom

EVERY SATURDAY
11:30 AM - 12:30 PM
AUROVILLE BAMBOO CENTRE

with
Special Bamboo Lunch!
pre-book at minimal cost*

Our team will be happy and helpful to share bamboo work and its many gifts.

Note: People are requested to manage their own transport & contribution for the tour is mandatory.





Mobile : +91 8300949081
Telephone: 0413 2623806
Email : bamboocentre@auroville.org.in

Auroville Bamboo Centre
Kottakarai, Mangalam Campus
Auroville 605 111

- Timings: 11:30am—12:30pm
- Days: Every Saturday
- Registration: One day in advance.

Bamboo Centre Campus Tour

Bamboo centre campus tour offers a holistic experience into the world of bamboo all in one place. Takes you from the bamboo sapling, different species, varieties of raw materials, workshops, products, food and wellness services related to bamboo is curated into an educational tour with bamboo tea and refreshments.

- Timings: 9am—12:30pm, 1:30—5pm
- Days: Every day except Sunday
- Registration: Walk in Registration available.

Training and workshop

The importance of Bamboo as an Eco-friendly raw material capable of meeting many needs and is gaining global acceptance among many people.

Being a natural gift to mankind, bamboo is very popular due to its multipurpose use, fast growth, easy propagation, soil binding properties and short gestation period.

- Daily: Make and Take Hands On Workshops, Experiences and Educational Tours available

One-Day, Make and Take Workshops

Auroville Bamboo Centre presents

MAKE & TAKE WORKSHOPS

An immersive learning experience that offers the opportunity to learn the fundamentals of bamboo products under the guidance of an expert.



JEWELLERY, TOYS & MUSICAL INSTRUMENT WORKSHOP

MONDAY TO SATURDAY	09 AM TO 12 PM 02 PM TO 05 PM	3 HOURS
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FURNITURE WORKSHOP

MONDAY TO SATURDAY	9 AM TO 5 PM	FULL DAY
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Mobile : 08300949081
Telephone: 0413 2623806
Mail: bamboocentre@auroville.org.in

FOR REGISTRATION & INQUIRIES:
PREBOOK A DAY IN ADVANCE

Auroville Bamboo Centre
Kottakarai road, Mangalam
Auroville, Tamil Nadu, 605 111

Furniture Workshop

This Immersive Learning Experience that offers the Opportunity to learn the Fundamentals of Furniture Construction and then MAKE AND TAKE the Furniture Piece Back home. This Unique Workshop will take place under the Guidance of an Expert.

- Timings: 9am—12:30pm, 1:30—5pm
- Days: Every day except Sunday
- Registration: One day in advance.

Bamboo Toys

Come and learn to make your own Bamboo Toys at Bamboo centre and take home your own hand made Toys at the end of the workshop.

- Timings: 9am—12:30pm, 1:30—5pm
- Days: Every day except Sunday
- Registration: Walk in Registration available.

Bamboo Musical Instruments

We at Bamboo Centre are happy to share our vast experience and knowledge gained over 15 years. Come and learn to make your own traditional / folk instruments at our centre from professional crafts men and take home your own hand made instrument at the end of the workshop.

- Timings: 9am—12:30pm, 1:30—5pm
- Days: Every day except Sunday
- Registration: Walk in Registration available.

Bamboo Jewellery

Choose to craft, out of bamboo and learn to make your own Bamboo Jewellery at Bamboo Centre from professional craftsmen and take home your own handmade Jewellery at the end of the workshop.

- Timings: 9am—12:30pm, 1:30—5pm
- Days: Every day except Sunday
- Registration: Walk in Registration available.

Upcomming Workshops

Experimental Various bamboo lampshade

This workshop focuses on small-scale lampshade making from bamboo and wood combination.

The Bamboo Lampshade workshop will take place over 3 days, covering full day intensive sessions offered for three days from 9am to 5pm.

- Dates: 22—24 August, 9am—5pm

Bamboo Yurt Workshop

BAMBOO YURTWORSHOP

28, 29, 30 AUG 2023



- Basic theory related to yurt construction
- Demo of Bamboo harvest
- Practical hands-on construction experience

PRICE: 7000/- PER PERSON

(Inclusive of Lunch and 2 Refreshments per day;
Accommodation and Transportation not included)



Auroville Bamboo Centre
Kottakarai, Mangalam Campus
Auroville 605 111.

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

This workshop focuses on Bamboo Yurt building construction from bamboo and various natural materials. The Bamboo Yurt workshop will take place over 3 days, covering full day intensive sessions offered daily from 9am to 5pm.

- Dates: 28 to 30 August, 9am—5pm

For more information, special requirement, and pre-book contact:

- Preferred: bamboocentre@auroville.org
- or +91 8300949081, 0413 2623806

Flexible training dates offered to groups

Contact:


- Voice call and WA: 8300949081
- bamboocentre@auroville.org
- www.aurovillebamboocentre.org

Murugan

ENLIGHT ACTIVITIES

Pottery Workshop

GET YOUR HANDS DIRTY AND CREATE SOME MAGIC




10:00 AM TO 11:30 AM

03:00 PM TO 04:30 PM

MUDDY MONDAYS
WONDERFUL WEDNESDAYS
SATISFYING SATURDAYS

JOIN US FOR OUR POTTERY WORKSHOPS TO EXPERIENCE WORKING IN CLAY AND GAIN ONE-ON-ONE INSTRUCTIONS ON HOW TO CREATE YOUR PIECE. ENLIGHT OFFERS A NATURAL AND RELAXED ENVIRONMENT TO IMMERSE YOURSELF IN POTTERY.

OUR WORKSHOPS ARE FOCUSED ON POTTERY FOR BEGINNERS, SO NO PRIOR EXPERIENCE IS REQUIRED.



Light of Auroville

+91 91594 68946
+91 82700 71581
enlight@auroville.org

Thread Art Workshop

Thread art workshop

Every Saturday
10:00 am - 12:00 pm
1 day Prior booking needed





Crochet



Macrame



Embroidery



Light of Auroville


+91 91594 68946
+91 82700 71581
enlight@auroville.org

Cooking Class

cooking class


South Indian culinary art

learning to cook is a life skill
 'Complete your travel experience by learning the art of south indian cuisine with native women'




Every Saturday and Sunday
10:00 am to 12:00 pm

1 day prior booking need to be done




enlight@auroville.org.in
9159468946 / 8270071581

Curated Experiences




Curated Experiences


Have 10 or more people group, call us and let us organize one of these itineraries for you




Wellness Retreat



Spiritual Reset



Adventure Activity



Off Grid Living

Call us for an customised enriching and exciting experience

Email: enlight@auroville.org.in
 Mobile: +91 8270071581

For Enlight Team,
Arun, Anand, Balaji.

2 Kittens for Adoption

1 ginger, 1 grey
 Contact +91 9655666451

Supriya



Splendor and Standing Fan Available

Hello my name is Nitya. I volunteer in Terrasoul Farm and I am leaving Auroville at the end of this month. I have a Hero Super Splendor 2013 with Tamil Nadu papers in very good condition to sell and a standing brand new fan.

I can be contacted over this email agustinfestino2018@gmail.com or by +34698795311 WA or you can pass by Terrasoul Farm In the mornings

Thank you in advance, Nitya

Space Available

25 sqm. closed space suitable for workshop/ office/ storage inside Aurelec premises with superb infrastructure, including generator, 24 hours security, parking, canteen and sports facilities.

Interested people may contact Mr. Siva at Aurelec in person, or phone to 2622293/294 or adps@auroville.org.in

Siva For ADPS Trust



Looking For

Hot Water Bottles For ATB Explorations

Dear community, do you have a hot water bottle at home that you no longer use? Please consider donating it to the Awareness in the Body hall at Transition School. We use these for several of our explorations and it would be helpful to acquire a few more.

- If you have one to donate, please contact Paula:
paula@auroville.org.in or 94888 23918
 or simply drop it off at the school dining area.

Thank you, Paula



Going to the Netherlands?

Hello, is there anybody going to the Netherlands in August or in the first 2 weeks of September? If so, would you be so kind as to bring a parcel for me to the Netherlands?

Let me know by 8056482444 WA

Greetings, Brigitte (Dutch)



Honorary Voluntary

KUILAI CREATIVE CENTER

Dear Friends, we are looking for people and volunteers who could help and guide in various fields, such as helping in Tailoring, Martial Activities, Painting sessions, and teaching English lessons to adults and children, Sports activities, and to teach Music keyboard to the children.

- For contact: 8608473385
 or kuilaicreativecentre@auroville.org.in

With regards, Selvaraj.A from 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,
8525038274WA or call
8122274924

*Looking forward
to welcoming you!
The Sadhana Forest team,
warmly, Shek*

Foods, Goods and Services

COFFEE

Coffee Learning Community Workshop

Ongoing workshop and classes at Coffee Learning Community

- Foundations of Specialty Coffee
From 28 August—1 September

A holistic introduction to the world of specialty coffee, exploring its many aspects, rather than solely on the final product by tasting and exploring some of the best international and Indian coffees. It covers 6 modules and 1 final assessment and five days of everything about coffee!

Classes will take place from 10am-1pm and 3pm-5pm. at Coffee Learning Community (CLC), First floor Marc's Café



Fermented Drinks Workshop

- Every Saturday 3-5 pm
at Coffee Learning Community (CLC)

Learn how to make delicious Kombucha at home following Matilde's recipes. 2-hour session for beginners that will allow you to make safe fermented drinks at home, learning the basics of fermentation techniques. You will take home 3 unique signature recipes: Tepache, Fruit Soda and Kombucha. The session will end with a tasting from the brewery, a scoby and some tea to take home and kick-start your kombucha making journey.

Coffee Cupping Session

- Every Saturday 10 -12 pm
at Coffee Learning Community (CLC)

2-hour, in-depth introduction to cupping! We will learn how to use The Flavour Wheel, cup a limited selection of specialty coffees from around the world and score them, following the SCA cupping protocols.

Includes a brewing session of the class's favourite coffee, fresh beans of 100g Marc's Coffee for participants to take home.

- For enquiry please contact: contact@marcscoffees.com,
7200881291

Mathilde

VEGAN LUNCH IN RED DOT CAFE

Low carb—vegan office lunch in Red Dot Cafe, Upasana Sign-up lunch scheme.

upasanared.cafe@gmail.com

Uma



AV BAKERY & CAFE CLOSED ON AUGUST 15TH

Av Bakery & Café will be closed on Tuesday, 15 August for Independence Day! Please pick up your Tuesday (15.08.23) order on Monday (14.08.23)

Happy Independence Day



Elumalai.G for AV Bakery

AROHANAM

Arohanam offers its services voluntarily in gratis (Pro Bono) for the below areas only to individuals/ activities who/ which do not have a qualified and experienced in-house resource.



• Focus:

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

• Contact Details:

- Name: Surajkiran
- Mobile: 98842 04918, Voice and WA
- Email: surajkiranv@gmail.com
- Location: Auroville

Regards, Surajkiran

FOOD LINK BASKET SYSTEM

Dear community, we are happy to share with you that we are offering a basket system where you can place your order one day before and pick up your baskets



- on Tuesdays, Thursdays or Saturdays from Foodlink between 10:30am and 12:30pm.

You can place your order using a google form with the link:

- <https://tinyurl.com/Foodlink-basket>

To facilitate this, we have decided to **stop walk-in shopping at Foodlink from Monday, 31 July, 2023 onwards**. Please keep in mind that the system for milk orders will remain the same and you can come and collect the milk as per your regular order.

These changes are being made to meet the need for quick delivery of food to different outlets once the food reaches Foodlink. For example, PTDC and Solar Kitchen need the produce to reach them as early as possible in the morning. We have noticed that the direct sales of produce from the Foodlink shop slows down our entire morning routine.

Our goal is to optimize this process and make quick deliveries to wherever orders have been placed so that the produce reaches fresh and on time.

This will help us keep the place organised with enough time and space in our hands for the work to be done properly and faster.

We understand that this may be a big change for some of you but hope you will understand our need for it. We are open to feedback and suggestions to make this system work better for all of us.

We are sorry for this short notice and will also share this soon in News & Notes and AuroNet. Please feel free to share this with others who may be interested in ordering baskets from Foodlink.

We appreciate your support and goodwill.

Thank you, Foodlink team, Angelica & Falguni

ORGANIC QUALITY MILK AVAILABLE

Organic quality milk available, Morning/Evening, from Sakthi Natural Garden

- For reservations contact 9585180393

Erumalai (Evergreen)



FREE STORE OPENING TIMES

Morning hours:

- Monday to Saturday:
8:30am—1pm

Afternoon hours:

- Tuesday and Thursday:
2:30pm—4:30pm

We kindly request that you bring clean, washed, and usable clothes for exchange at the Freestore. Your cooperation in this regard would be greatly appreciated.

At Her Service,
Kamala For the Freestore team



FOR YOUR NEXT HAIRCUT



For your and/or your child's next haircut contact Ahana with her highly inspired and young talent:

For an appointment kindly contact 9751513906 (all messenger providers, no calls) or essence.touch@yahoo.de

Lovely day, Ulrike Ursavi

AV Radio

AV RADIO

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

- [Here you can listen](#) to the stream channel (playing 24/7).
- [Here you can see](#) on-air schedules.



Last published podcasts

- [Soul Tracks Se.5, Ep.5 Ladies and Gentlemen](#) (Music)
- [Teens Connect—Ep. 6](#) (Integral Education)
- [Exploring Education in Arts, Animation and Film-making—Ep. 13 'Should one Copy When Learning To Draw'](#) (Cinema)
- [Marlenka's weekly Offering—Ep.100](#) (Literature)
- [Une série hebdomadaire de lectures par Gangalakshmi—445](#) (Integral Yoga)
- [Sanjan Interviews John Harper for his Community Service](#) (Community Service Project)
- [Top 10 Greatest Rappers of all time by Raghav](#) (Community Service Project)
- [Water Fest 2023—Speakers](#) (Water)
- [Marlenka's weekly Offering—Ep.99](#) (Literature)
- [Marlenka's weekly Offering—Ep.98](#) (Literature)
- [Une série hebdomadaire de lectures par Gangalakshmi—444](#) (Integral Yoga)
- [Exploring Education in Arts, Animation and Film-making—Ep. 12 'Early growth of the film industry'](#) (Cinema)
- [Exploring Education in Arts, Animation and Film-making—Ep. 11 'Animation Hall of Fame'](#) (Cinema)

Auroville Radio Tv is maintained and supported with the help of a small town budget and voluntary donations.

If you as Aurovilian wish, make a donation to FS account number 0867. Thanks for your help!

....and more! on www.aurovillerradio.org

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

Peace and love, Wobbly forAvRadio team

Voices and Notes

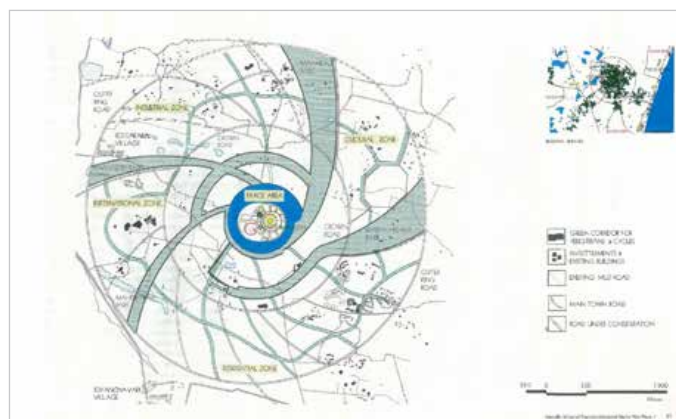
WHAT'S IN A PARK?

Part 1

There seems to be an idea of where parks in Auroville should be, but I wonder how much thought has actually gone into it.

When you picture a park do you think of green lawns with majestic trees here and there? A fountain in a central location? Maybe some permanent/semi-permanent art installations? Benches?

How formal or maintained is it?

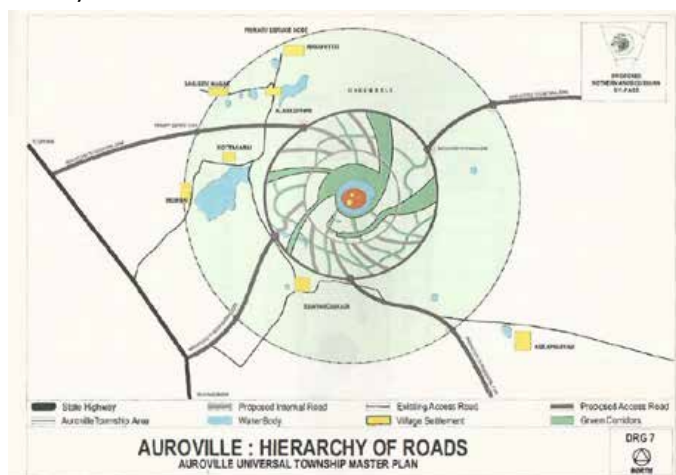


How shaded is it? What about in summer? Is it shaded then?

How much water is used? Unlimited or sustainably managed?

Are there only a few lockable entrances/exits? Is it locked at night? Or perhaps earlier?

Does it have established paths? What are they made of? How wide are they? Are they only for walking or can you also cycle on them?



Are there secluded spots? Is there a maze? Can you clearly see from one end to the other or is it obstructed by vegetation/structures/statues?

Is there a gradient of vegetation with formal, manicured areas and maybe wilder areas for habitats for animals and birds? What about insects? Are there bee hotels?

Does it take into consideration and perform functions related to where water flows in the monsoon?

Are spaces for events there? Permanent buildings?

Here are a few examples of parks in urban areas around the world for reference:

[Hamstead Heath \(England\) \(790 acres\)](#): Contains manicured lawns, pools, play areas, ancient woodlands etc. Always open.

[Chapultepec Park \(Mexico\) \(1,700 acres\)](#): Contains a zoo, lakes, museums, restaurants, sports areas, forest etc. Controlled opening times.

[Ibirapuera Park \(Brazil\) \(390 acres\)](#): Museums, lakes, music hall, concerts, green spaces. Open from 5am until midnight every day.

Dryer areas, closer in type to what we have here

[Kings Park and Botanic Garden \(Perth, Australia\) \(988 acres\)](#): A mixture of grassed parkland, botanical gardens and 1/3 is bushland (the natural vegetation of the area). Open daily.

[Golden Gate Park \(San Francisco, USA\) \(1,017 acres\)](#): Museum, Academy of Sciences, lakes, arboretum, wild animals, etc. Always open.

[Lumphini Park \(Bangkok\) \(142 acres\)](#): Trees, playground lake, library, youth center etc. Openings vary based on areas.

In the next few weeks, I will attempt to go through some aspects related to this, within the Auroville context. What I would like to emphasize is that urban parks are not only a few trees here and there. They can be significantly larger than thin strips, be incredibly varied in style and perform multiple useful functions within urban centers.

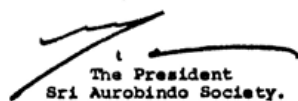
Island, arboriculturist.

OPEN LETTER

Dear Madame Secretary,

This is to inform you, with a heavy heart, that Mother's funding request, 13 pages, to build her town via systems engineering, in five years, has been secretly removed from References, Galaxy section, in the Auronet. This is the niche I had created to post the most relevant documents on Mother's town which I have been gathering for the past thirty-seven years, often receiving them personally. Initially as a member of the Centre for Human Unity, instituted by Kireet Joshi and funded by the GOI.

In 1987 Suresh Hindocha handed over to me a folder, never disclosed before, whose crown-jewel was Mother's resolve to adopt the systems engineering; this is the only document she ever signed on the Galaxy, as President of the Sri Aurobindo Society.


The President
Sri Aurobindo Society.

When, with the help of one administrator, I was about to post under References the complete Hindocha folder, the Auronet was taken over; this was also the end of my historical documentation on Auroville's official website. But at least Mother's letter had been posted, secured... until I discovered that even this most sacred, unique document has been suppressed... Nor does Mother's letter appear in 'Aware'—the new official publication recently initiated—depriving this venue as well of the only, most precious document the Mother signed, and which I attach to you.

To continue documenting Mother's Auroville as assigned to me, from the beginning, by Kireet Joshi, I have so far published three books:

- 'The Auroville Foundation Act and the Mother's Guidelines', 2005, sponsored by the Auroville Foundation.
- 'The New Being and the New Society', 2012, sponsored by SAILER.
- 'Interacting with Unesco during Mother's years', 2014, sponsored by Stitching de Zaaier.

It is my intention to complete the cycle publishing 'Systems engineering Galaxy—the one plan the Mother approved for execution—and her guidelines'.

Regards, Paulette, Auroville, 8 August 2023

AUROVILLE FARM GROUP

*To members of the farmservice,
FAMC, Secretary AVF*

We write to express our concern over the announcement that three farm areas (Buddha Garden, Siddhartha and Shambala) are to be removed to make place for a road, parking lots and convenience facilities. This will certainly be a loss for Auroville's agricultural sustainability and productivity.

We understand that a bypass road of Edayanchavadi may be needed, as well as facilities for visitors to Auroville and that there are not many land parcels in the area where this can be accomplished. However, despite some misgivings, we do not propose to oppose the plan as we do not have a fully clear view of the larger picture. We can see there is some validity behind it, nevertheless, while not opposing the road in principle we think that you could have in all fairness have discussed with the farm group to see if a way could be found to make a road that did not obliterate all this farmland, which appears to us to be in direct contradiction to other statements you have made about wanting to increase agricultural production in Auroville.

If the farms must go then what we wish to emphasize is that a proper plan for relocating these farms be implemented so their activities are not lost for the community. This means locating viable land areas with access to them and sufficient funds, enough to relocate and or establish new facilities, such as borewells, storerooms, accommodation, etc. We believe this to be a reasonable and necessary request that it is Auroville/AVF's obligation to fulfill.

We request that before any works start, the above matters should be cleared in an open and transparent agreement between the farmers, AVFO and the implementing ATDC group.

FARM GROUP



Regards, Auroville farmers

SHORTEN THE REALIZATION TIME

A change of consciousness is like learning to play a new musical instrument: once you've enrolled then constant repetitions and prompts from the Master day in day out. Some don't even know what they've got themselves into. The Maestro has so many tricks up its sleeves to convert the old world mind that is too hard-headed, or too high-headed to even consider being a willing servitor. So lots of baited tempts and painful hammerings needed, administered by the assistant gods. If transformation is not possible in this life then next, and next, and... no escaping One's only eternal Play after all.

The Sunlit Path of Bhakti is the easiest and most joyful, although in our self-limited hierarchical versions we don't get to choose our roles. One might get assigned as the ever repeating metronome...

Tick, tock, tick, tock, tick...

The replaceable string or the stick.

All unique sorts whatever, you name it.

Only upon perfection do you get to pick.

Voilà!

PS: a love gift from none other than the Divine Mother:

'...those who have as a link between them the knowledge Sri Aurobindo has given and the will to live according to that knowledge—there remains for them the possibility of intensifying their aspiration, their will, their effort, to gather their energies together and shorten the time for the realization.'

- <https://incarnateword.in/cwm/09/7-august-1957>

Zech, 2023.08.01

OPEN REPLY TO ANANDI ON HER LETTER TO RA WC

Anandi and Many other Aurovilians who think alike, as most of you remember, or may I remind you that we have always had a difference of opinion on how the galaxy is understood or represented by a few, of the Roger Anger side. I am consciously not calling it the real one, as what we are constantly presented again and again, locally or internationally has not been the vision of the Mother but the vision of the Other, which is your RA: Roger Anger. Not our RA which is the Residents Assembly. Either way, we have always been on different sides. Let's accept this fact.

I have sincerely doubted personally your understanding of India, its political landscape, your vision and understanding of Auroville, which mostly comes from some mental formations of a few. However, the world understands this galaxy or its vision as something in Spirit: A Spirit of Auroville which now many of you are attacking or destroying, with your RA version of the Auroville Foundation's very founding vision by visionaries. I would not name any or many, but the letter of yours, which is totally misguided, misinterpretation of the RA Working Committee's spirit of Auroville they are trying to guide. It is not a number game, or else none of you would have been here today;

This is a fight of the ideological understanding of Auroville, its socio political importance, its spiritual vision and whole-heartedness, which is teaching us Restraint and Resilience to reply this letter; Giving patience to many of us, Strength and its deep understanding that is prompting us all, to fight this battle with principles, help of judiciary, showing the utmost restraint, which none of us are used to or want to, but have to, for That Vision of the Mother, or Sri Aurobindo, whom you all and likes of you have made it into a joke of the contemporary times. We are here to uphold the principles on which the Auroville is founded, not to side you all, for that power you don't understand nor you will ever have....! The prosperity you and the likes of your groups, trying to shower us with, which is going to be the curse of your lifetimes, I am sure is one path of no return for all of you and your likes..!

I have been banned from Aurnet long ago, by your likes, hence I am trying to publish this in the News and Notes. I am not trying to argue with you, nor am I trying to open us to any dialogues with you; I am simply stating here that many of us, Indians and others, are here to stay. To go to the judiciary and interpret any misunderstandings you and your likes have created in this India..! The way you are representing Auroville, its vision of the City and its form, to India, Indian politicians and power structures, which is flawed, misinterpreted, decorated with falsehood and self appeasement, your groups, which are not legal, appointed under the influence of some power structures, we do not want to understand. This country, Mother India and the vision of this City is far beyond any of your understandings, that is limited to your lifetimes, which many of us are at the fog end of it..!! Your mental formations will disappear into oblivion sooner than we can destroy them, or enlighten....! Your ambitions, filled with self deceit, suicidal tendencies which are harming the very Spirit of our Founders, may never materialise; However as fellow Aurovilians, and many on your side, my ex friends, or colleagues, here and there, for short whiles, I sincerely wish that you find Peace with yourself, in your twilight years..! May your over shining delightful arrogant flame or fire, whatever you call it, disappear into the oblivious space, as the last flame..!! May you never be able to harm this very Spirit of Auroville, ever by any of your self congratulatory interpretations or formations!! As a member of the Residents Assembly who is trying to uphold the values in these difficult times, I will keep singing the ode to the Spirit of Auroville that is keeping us all going on, ahead, fly high and see the vastness, which we are blessed with!! We will restrain and be resilient, till the eternity!! and you shall see the Light, which wont reach you, in the dark hours you have chosen to side or hide within!!!

Regretfully, Dharmesh Vikramsinh Jadeja

A THANK YOU LETTER

For the 150th birthday of Sri Aurobindo. We all thank Sri Aurobindo today for what he has achieved for mankind's world consciousness, it is sufficiently explained in his numerous books and letters for everyone. Thanks Sri Aurobindo!

Namaste Auroville, thank you to the Divine that you exist. All sisters and brothers who brought an inner message to Auroville should be thanked here. For 55 years, the Impossible was made possible here in Auroville. People from India and many other countries came and assembled Auroville. 22 March 22, 1969 Mother said:

The day before yesterday this awareness shared something with me and said; 'Good...' But it kept repeating the same thing over and over until it is (Mother hands a note) It explained to me why it is called 'we.' We will strive to make Auroville the cradle of superman.'

Ah... That's significant news. (Mother smiles) So I ask; Why 'we'?

It explained:

'Because an attempt is being made to encourage the people who will be living in Auroville to work together. Thank you Mother! Auroville has a field of consciousness that was created by Sri Aurobindo and Mother and is still being used to learn to practice Human Unity. This process must not be disturbed, for it is for humanity! Thank you to all the people here who are helping the Dream of the Divine for Auroville. ' Since Auroville is a representative microcosm of the whole world, a living laboratory of human evolution, as Mother would say, we seem to have to contend with all sorts of obstacles before real change can take root.'

Mother said:

I will tell you my old mantra. It keeps the outer being very still: OM NAMO BHAGAVATE ! Those three words. To me they mean the following:

OM: I invoke the Supreme Lord. NAMO: Obedience to him. BHAGAVATE: Make me Divine.

LOVE

Rolf—Aurovillian by Heart

Footnote: Mother's words from the Book of ' But it is done ' Victory of Sri Aurobindo and the Mother Jyoti Madbok and Kireet Joshi

Rolf Brokmeier,
(ex Petite Ferme)

Poetry

VOID

Isn't this what we fear most?
Not death, but absence of being.
But, oh, to shed lifetimes
of the smaller self,
draws me, inexorably,
to its margin.

Alan Herbert

EVENING ILLUMINATION

Gray upon gray the troubled cloud-race
Racked through with flickers of impending storm
Breaks open to reveal a sudden space
Intensely blue ... and one calm star.
Steady behind these veils of shifting form,
Smiling, insistent, serene and far,
Unwavering it calls me to behold
All Heaven opening beyond that speck of gold !

Shraddhavan

New: Beginner Spanish with Mila

Great news for Spanish learners!

Our long-time Spanish teacher, Mila is ready to start a new batch for Beginner Spanish. This three-month (24-hour) course is structured on the highly-acclaimed book, "Madrigal's Magic Key to Spanish: A Creative & Proven Approach." Mila has been running this course since many years. By the end of the course, students will be equipped with the Spanish alphabet, phonetics, & vocabulary. The course will also delve into verb conjugations, formation of sentences, use of adverbs & adjectives, and work on the student's listening & reading skills.

- Course will start on August 21 with an introductory class on 16 August. Classes will take place twice weekly, on Mondays and Wednesdays, 2:15 to 3:15pm.

New: Italian with Fabio

Fabio will soon start two new Italian courses in August!

• Beginner Italian

If you are a beginner with little or no knowledge of the Italian language, you are welcome to join this 3-month (24-hour) course. The course will take students through the Italian alphabet and phonetics, spoken grammar, main verbs, pronouns, sentence structure, etc. By the end of the course, learners will be able to introduce themselves & others in a simple way, exchange information about family, work, holidays, home, etc., speak about Every day activities, hobbies, etc. A range of different topics can be explored based on the interests of the students. Feel free to enquire with us and reserve your spot!

- The days & timings of this courses will be fixed at the mutual convenience of the teacher & the students.

• Italian Conversation

This two-month (16-hour) course is for learners who already have a basic knowledge of Italian and would like to explore the language further & polish their speaking skills. Fabio will delve deeper into spoken grammar, phonetics, conversation, and any other topics of interest. This is mainly for those who took the Beginner course last time, but is open to all.

- This course will start August 22. Classes will take place Tuesdays & Thursdays, 2:30 to 3:30pm.

New: French with Jean-François

Jean-François offers four 2-month (16-hour) courses. All his courses are open to new registrations.

• Beginner French

This course is for all those wanting to join a French course but finding themselves too busy through the week! Our Beginner French Course is deliberately planned for Saturdays! The classes are highly interactive delving into French vocabulary of Every day life and the basics of grammar. By the end of the course, you would be able to make simple sentences useful for interaction, and talk about your work, hobbies, daily life, etc. in a simple way.

- This course started on August 5. Classes take place Saturdays, 2:30 to 4:30pm.

• Beginner French for Teens

This course is for students between 13 to 16 years of age. The course is based on exercises that use many media like videos, games, role-playing, etc. to make learning both fun and effective. By the end of the course, students will have an immersion in the French language and will be able to express themselves in a simple way.

- The course will start on August 12, and classes will take place Saturdays, 11am to 12noon.

• French Conversation

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 & fun group! Each lesson covers a theme of daily life (work, family, hobbies, shopping, projects, etc.) and is aimed at developing the students' ability to express themselves and interact in

French. Jean-François would explore a range of topics like food, sports, travel, philosophy, news, literature, economics, social sciences, theater, and more. He will also review the grammar useful for basic conversation.

- This course started on August 3. Classes take place Mondays & Thursdays, 2:30 to 3:30pm.

Intermediate Spanish with Susana

Our long-time teacher, Susana, is offering an Intermediate Spanish course for students who are already familiar with the various verbal modes in Spanish language (Infinitive, Indicative, Conditional, Subjunctive, and Imperative). The course will focus on polishing the conversational skills of the students and will also dive into the rules of grammar. This is a monthly course.

- Classes take place every Tuesday, 2:30 to 4:00pm.

If there is a language you would like to learn, and it's not on our list, please send us a query!

To join or enquire:

Please fill out our form at <http://register.aurovillelanguagelab.org/> You may also drop us an email at info@au-rovillanguagelab.org, call us at 2623661 or come visit us!

Please Note:

Registration and contribution are essential before you join a course with us. Please see our team member at the front desk to ensure this is complete, thank you!

Current Schedule of Classes

Lan- guage	Level	Time	Day(s) of Classes
English	Pre-Intermediate & Intermediate	10:30—11:30am	Tuesday & Thursday
	Conversation	TBA	TBA
French	Beginner Started 5 August 2023	2:30—4:30pm	Saturday
	Beginner for Teens To start 12 August 2023	11am—12noon	
	Conversation Started 3 August 2023	2:30—3:30pm	Monday & Thursday
Tamil	Spoken Beginner, Started 6 June 2023	9:30—10:30am	Tuesday & Friday
Sanskrit	Beginner To start September 2023	TBA	TBA
Hindi	Beginner To start 9 September 2023	10am—12noon	Saturdays
German	A1.1 Beginner	TBA	TBA
Spanish	Beginner To start 21 August 2023	2:15—3:15pm	Monday & Wednesday
	Intermediate	2:30—4pm	Tuesday
Japanese	Beginner To start September 2023	10am—12noon	Saturdays
Italian	Beginner To start August 2023	TBA	TBA
	Conversation To start 22 August 2023	2:30—3:30pm	Tuesday & Thursday

The Language Lab is open

- Monday—Saturday, 9am—12noon & 2—5pm
- **Location:** International Zone, after Unity Pavilion & Pump House.
- **Phone:** (0413) 2623661, 2622467, +919843030355
- **Email:** info@au-rovillanguagelab.org

Vismai, for Language Lab Team

Classes, Workshops & Healing Arts

KOLAMYOGA

- On Sunday, 20 August 2:30 to 6pm we will celebrate with the making of Snake drawn Kolam Naga Pan-chami in Nature outside...
- Tuesday, 22nd, Vishuda Chakra Yantra Kolam 2:30 to 6pm and
- Friday, 25th, Ajna Chakra Yantra Kolam 2:30 to 6pm



We start each session together in haranga (right gate) Grace her house with Mental Theorie, Physical warm, to enter into the emotional experience of the theme chosen. You receive a supporting booklet of reading material, all materials, snacks and my (Grace) step by step guidance is provided for the making of the relevant Kolam.



- Each WS cost 1500/- this is all inclusive.
- Visit www.kolamyoga.com if you wish to know more about what is a Kolam, What is KolamYoga and who is your host Grace Gitadelila.
- Registration is required to be able to plan and provide the work materials accordingly ... Limited space with quality attention to 6 participants only!
- info@kolamyoga.com or 8072449091 WA

I request to please introduce yourself properly, don't be scared and don't limit yourself to just reaching out with an Ola or Hi ... a bit more text helps ;) And is more motivating to answer to.

In her Light, Grace GitadelilaGrace, 8072449091 WA
info@kolamyoga.com

ACTIVITIES BY LAKSHMI

Private Transformational Yoga Classes

- Transformational Yoga
- Pranayama to release Fear, Anger and Anxiety
- Pranayama to achieve Peace, Calm, Quietude and Clarity
- Breathwork

Transformational yoga is inspired by Mother and Sri Aurobindo's Integral Yoga. is an innovative and highly effective yogic system, which synthesizes techniques of Hatha, Raja, Mantra, and Kundalini Yoga to bring about rapid transformation within the mind, body and spirit. Powerful, yet gentle, everyone can reap the benefits of this purifying yoga practice.

Please contact for an Appointment:

- 8489764602 Lakshmi or
- lakshmiprem369@gmail.com



Sound Chakras Healing

Guided vibrational sound journey using (Tibetan Bowls and Tuning Forks therapy) to help to Reduce Stress, Anxiety, Depression, Insomnia, stimulating the natural cellular healing process, Rebalancing the emotions & Reconnecting with your true essence.



Benefits: Peace, Calm and Quietude, Mental clarity, Re-vitalizing, released, Improve sleep, Emotional and mental balance, Inner silence, Deep relaxation, Grounding,

- Individual session, Couple session, Small group (max 4 people)

Activity offered under Abhaya, an activity of ASSA, under Artisana Trust Lakshmi

HOLISTIC HEALTH CARE STUDIO



Appointments

- aurovilleholistic@gmail.com,
christinep@auroville.org.in
- +919489805493 WA
- For kinesio only: +33686928426 WA

Ashtanga Yoga W Christine P	@ Yatra Foundation Monday/ Wednesday/ Friday /Saturday
Integrative & systemic psychotherapy W. Christine P	@ Holistic health care studio, Kuilapalayam
Acupressure Therapeutic Massage	@ Holistic health care
Scientific meditation with sound healing W. Mradul J	@ Holistic health care studio, Kuilapalayam
Analysis of multiple intelligence/ W. Mradul J	@ Holistic health care studio, Kuilapalayam
Kinesiology W Ricardo	@ New creation
Hypnotherapy	@ Holistic health care

Workshop

- Check on our website info and details
- Next one will be from 13—15 August: Yoga /meditation & stress management

Christine for Holistic health and well being center
Auroville Main Road, Kuilapalayam
www.auroville-holistic.com

TWO WORKSHOPS

With Dr. Sehdev Kumar

- Yoga of Forgiveness
 - Saturday, August 12, 2-4:30 pm
- Peace Within: Peace Without
 - Saturday, August 19, 2-4:30 pm



Dr. Sehdev Kumar,
Professor Emeritus, Canada, Author, Poet, Mediator,
Author of Lotus in the Stone: Explorations in Dreams & Consciousness, Kabir: Ocean in a Drop,
7000 Million Degrees of Freedom

NATURE CURE



Welcome to a 7-day health camp with Dr Arun Sarma (IMANAH) on:

NATURE CURE
स्वाधीन स्वास्थ्य महाविद्या



1-7 SEPTEMBER, 2023
7:30 AM TO 6:00 PM
TIBETAN PAVILION, AUROVILLE

For details and registration, please visit:
tinyurl.com/avnc2023

Welcome to a 7-day Health Camp on Nature Cure/ स्वाधीन स्वास्थ्य महाविद्या with Dr Arun Sharma in Auroville from 1—7, September.

• More details are here: <https://tinyurl.com/avnc2023>

Feel free to contact Deven (Samskritam Auroville) on dev-abhasha@auroville.org.in and Sivaraj (Martuvam Auroville) on martuvam@auroville.org.in

Dhanyavaad, Nandri

QUIET HEALING CENTER



www.quiethealingcenter.info/ quiet@auroville.org.in
+91 9488084966, Mobile & WA

OBA® (Oceanic Bodywork Aqua) Basic—Liquid Joy with Fred

• Saturday, 12 & Sunday, 13 August
8:45am—6:30pm, 15 hours

OBA (Oceanic Bodywork Aqua) is an aquatic bodywork modality given in a warm water pool (ideally 35°C). It combines elements of light movements and stretching, massage and joint mobilization in connection with breathing and energy work, conducted both on the surface and underwater.

During this course, you'll learn a sequence of simple movements, both on the surface (with and without cushion and noodle) as well as under water and practice basic techniques and qualities of being (grounding, presence, stillness, movement, attention) while moving another person in water. You'll experience floating other people and being floated, thereby creating a space for deep relaxation and nurturing body, mind and spirit.

OBA offers an opportunity for profound relaxation and letting go, building trust, being nurtured and held, expanding inner and outer boundaries, releasing emotions and traumas—ultimately, for freeing body and mind in a flow, unique to each client and each session.

• No previous experience required!

OBA® (Oceanic Bodywork Aqua) 1—Fluid Body with Fred

• Wednesday, 16—Monday, 21 August
8:45am—6:30pm, 50 hours

During this course, you'll learn a sequence of new movements, both on the surface as well as under water; plenty of time will be offered for practice and integration.

You'll be invited to discover the healing energies of the water, release physical pain as well as emotional tensions, and dive within yourself in unexpected ways. You might encounter a wondrous world of memories, of floating weightlessly in the protective womb of your mother, of going back into that very space where you were surrounded by soft warm water.

This course offers an opportunity to experience again the nurturing qualities of being held and loved, and to rediscover trust, peace within yourself, and a deep sense of coming home.

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

*Thanks, Guido
for Quiet Healing Center Team*

PITANGA



Program for August 2023

Pitanga Healing Space: Drop-In Classes

• Join WITHOUT prior registration!

Mondays	Program & facilitator	Level of the class
7:30—9am, Resumes 14 August	Asanas with Rachel	All levels
8:30—10am	Yoga Therapy with Gala	All levels
4—5pm, Resumes 14 August	Asanas for teenagers with Lisbeth	For teenagers
	<i>Interested new students can give their names to the reception</i>	
Tuesdays		
	<i>No drop-in class on this day.</i>	
Wednesdays		
7:30—9am, Resumes 9 August	Asanas with Rachel	All levels
8:30—10:am	Yoga Therapy with Gala	All levels
4—5pm, Resumes 16 August	Asanas for teenagers with Lisbeth	For teenagers
	<i>Interested new students can give their names to the reception</i>	
Thursdays		
3—5pm	Art Therapy with Gala	Beginners
4:30—5:30pm	Aviva Exercise with Suri-yagandhi	For women only

Fridays		
6:45—8:am	Pranayama with François & Namrita	For former 'The Art of Living' course participants
7:30—9am, Resumes 11 August	Asanas with Rachel	All levels
8:30—10:am	Yoga Therapy with Gala	All levels
9—10:am	Rosa's ATB special for seniors	Seniors
Saturdays		
9—10:am	Yoga for children with Gala	Children 5—8 yrs
10—11:am	Yoga for children with Gala	Children 7—9 yrs
11:am—12pm	Energy Games for children with Gala	Children 9 yrs+

Prior registration Required

Iyengar Yoga with Tatiana

- Mondays 5—6:30pm, Level 1
- Tuesdays 7:30—9am, Yoga for the Spine, All levels
- Wednesdays, 5—6:30pm, Level 2—3
- Saturdays 9—10:30am, Restorative Yoga, Level 2—3

Family Art Therapy class with Gala.

- Friday, 3—5pm, for a max of 2 parents & 2 children. By reservation only.

By Appointment

- Acupuncture by Heidi
- CranioSacral Therapy by Anne H.
- Thai Yoga Massage by Juan

If you wish to receive our program of activities by email, please write to us: info@pitanga.in

See you at Pitanga, with a smile !

2622403/ WA 9443902403, info@pitanga.in

PITANGA



Course: Professional Training, Advanced Massage and Bodywork, Module 4 with Shari

- Weekly twice, for 8 weeks (48 hrs)
- 4 September to 25 October, 2023
- Mondays & Wednesdays, 10am—1pm



We will be working on all levels of therapeutic massage and bodywork including anatomy, the body/mind/spirit as the vehicle for doing body-

work, intimacy and moving deeply into the essence of healing. This will include deep listening, integration, and loving/compassionate touch.

We will explore techniques for treatment of specific conditions including the most often requested work on neck, shoulders, upper back, thoracic and lower back conditions, and contraindications.

This is the fourth in a series of 4 eight-week courses with the intention of going deeply into what it means to be a successful professional in this field.

- Contribution requested.
- Certificate of Completion will be offered.
- The class size is limited to 8 students.

ERRATA: Last week we published the wrong contact number. Sorry! Please use this number only:

- For registration, please contact Shari: +91 73059 41614

Pranayama Course—The Art of Living part 1



Pranayama Course - The Art of Living Part 1 with François & Namrita

The Art of Living Part 1, four days intensive pranayama course, combines breathing techniques, meditation and features Sudarshan Kriya, a breathing technique that uses specific rhythms of breath to detoxify every cell of the body and infuse it with energy.

Thursday 10th - Sunday 13th 6.30 - 8.30am,
August 2023 for 4 days

Please come in loose, comfortable clothing and on an empty stomach. Attendance on all 4 days is compulsory.

Limited places available.
Prior registration required.



Pitanga Cultural Centre, Samasti, Auroville 605 101 | info@pitanga.in | 0413 - 262403, 9443902403
A service unit of the Auroville Foundation, Health and Healing Trust branch | GSTIN: 33AAAAD0378Y3R

Dear friends, we will have a pranayama course in Pitanga from 10 to 13 August, 6:30 to 8:30am. The Art of living breathing techniques, energize the mind and the body, destress and you come out after 4 days feeling fresh and happy.

It's free for Aurovillians and guests' contributions will go for the upkeep of Pitanga.

- To register, send a mail to pitanga@auroville.org.in

Yoga with Rachel restarted!

- Monday, Wednesday, Friday 7:30—9am

Welcome to our drop-in classes. No prior registration is necessary. The classes are suitable for all level of practitioners.

Feldenkrais Classes with Shari

Shari resumes her classes on

- Friday, 11 August, 5:15—6:45pm

Art Therapy in the style of Neurographica™ with Gala



Gala offers art therapy classes for children and adults with the intention of balancing the mind and stimulating creativity and imagination.

The classes are based on the Neurographica method developed by Russian psychologist Dr. Pavel Piscarev. Through the process of drawing, guided by the teacher, one recognizes patterns and hidden obstacles and finds new creative solutions and organic ways to release outdated patterns in one's life.

The process of drawing helps to release tension and mental stress that is present in life.

- For adults: Thursdays, 3—5pm, drop-in class.
- Family Art: Fridays, 3—5pm, by reservation.
- This class is for a max. of 2 parents & 2 children.

If you wish to receive our programme of activities by email, please write to us: info@pitanga.in

See you at Pitanga, with a smile !

Andrea for Pitanga Cultural Centre

0413 2622403/ 9443902403 WA, info@pitanga.in



Vérité

VÉRITÉ PROGRAMS

August 2023

+91 0413 2622045, 2622606,

+91 9363624083, 8489391876

programming@verite.in

www.verite.in

Intensives (pre-registration required)

Day & Date	Intensives	Timings	Presenters
Friday, 11 August	Understanding Pranayama & its Practice in Asanas & Meditation	9:30am—12pm	Radhika
Saturday, 12 August	Healthy Spine with Yoga	9:30am—12pm	Rebeca
Saturday, 12 August	Yoga of Forgiveness—Dr Sehdev	2—4:30pm	Dr. Sehdev
Saturday, 19 August	Energy Cleanse through Yoga Kriyas	9:30am—12pm	Mamta
Saturday, 19 August	Yearnings for Peace—Peace within, Peace without—Dr Sehdev	2—4:30pm	Dr. Sehdev
Friday, 25 August	Restorative Yin & Yoga Nidra—Deep Relaxation for Body & Mind	9:30am—12pm	Emma
Saturday, 26 August	Sivananda Yoga—Masterclass	9:30am—12pm	Mani

Yoga & Re-creation Programs

Days	Drop-in Sessions	Timings	Presenters
Mondays	Pranayama and Meditation—Re-balance your nervous system	10:30—11:30am	Radhika
	Yin Yoga—Healthy Hips	3:30—4:30pm	Emma
	Deep Sound Bath	5—6pm	Satyayuga
	Hatha Vinyasa Yoga	5—6pm	Andres
Tuesdays	Sivananda Yoga	9—10am	Mani
	Gentle Vinyasa Flow	10:30—11:30am	Emma
	Face & Eye Yoga	3:30—4:30pm	Mamta
	Vinyasa Yoga	5—6pm	Rebeca
Wednesdays	Yoga for inner alignment, Asanas for grounding & centring	10:30—11:30am	Radhika
	Yin Yoga—Healthy Spine	3:30—4:30pm	Emma
	Hatha Vinyasa Yoga	5—6pm	Andres
	Kirtan (contributions are voluntary)	5—6pm	Mamta & Savitri
Thursdays	Sivananda Yoga	9—10am	Mani
	Peace with Pranayama—Nourish your prana	5—6pm	Mamta
	Vinyasa Yoga	5—6pm	Rebeca
Fridays	Hatha Vinyasa Yoga	5—6pm	Andres
	Free Flow Dance & Movement	5—6:30pm	Vega
Saturdays	Mindful Flow—Awaken in Movement & Stillness	5—6pm	Savitri

Therapies (by appointment only)

Therapies (by appointment only)	Therapist
Private Yoga Session / Yoga Therapy	Andres
Thai yoga Massage	Andres
Individual Self-Work with Clay	Megha
Biodynamic Cranio-sacral Therapy	Mila
Private Yoga Session / Yoga Therapy	Nadia
Integrated Craniosacral & Foot Reflexology	Radhika
Craniosacral Therapy	Radhika
Foot Reflexology	Radhika
Integrated Ayurvedic Acupressure, Deep Tissue & Heart Healing Massage	Raja

Savitri, Programs Coordinator,
Vérité Programming



ARKA
WELLNESS CENTER & MULTIPURPOSE HALL
Regular activities August 2023

Treatments

Treatment	With Whom	When
Body Logic, Soft Massage and Deep Tissue Massage.	Pepe by appointment 9943410987	Monday to Saturday
Cranio sacral, Lomi Lomi Kahuna massage, Barefoot body massage	Silvana by appointment 9047654157	Monday to Saturday
Facial, Manicure, pedicure, Threading, Waxing, Hair-cuts, Hair Coloring, Henna Coloring	Meha—by appointment 9443635114	Monday to Saturday
In Nutrition, Diet, Weight Loss and Weight Management, Psychosomatic.	Nadia, 9489035457 Only Appointment	Monday and Wednesday afternoon
Tarot, Oracles and Akashic Records Reading (TOS)	Valentina: 9791719387 +393462258049 (WA)	Monday to Friday (Morning)
Psychospiritual Introspective Tarot Reading, Deconditioning Self Inquiry	Antarjyoti: 0413 2623767 antarcalli@yahoo.fr	Monday to Sunday Also, in French

Classes

Class	With Whom	When
Acro Yoga	Damien- 9047722740	Monday: 3pm to 4:30pm, Tues: 5 to 6:30pm
Pilates	Teresa- 7867998952	Tuesday & Thursday 7:30—8:30am Friday 5:30— 6:30pm Appointment
Iyengar yoga (TOS)	Olesya, 9159052743	Monday, Wednesday, Saturday, 6:30—8am Monday, Thursday, Saturday, 5—6:30 pm.
Sound Chakras healing	Lakshmi, 8489764602	Only for Appointment

Thanks & Regards, Ramana



VÉRITÉ WORKSHOPS
Pre-registration required
Please contact Verite @ 0413 2622045,
2622606, 9363624083
or programming@verite.in, www.verite.in

Energy Cleanse through Yoga Kriyas with Mamta

• **Saturday, 19 August, 9:30am—12pm**

Purify your energy channels with 3 Hatha Yoga Kriyas: Jala neti (saline nasal rinse), Trataka (Fixed gaze) & Kapalbhathi (Skull shining breath). They cleanse your body from the inside out, develop immunity & steadfastness, paving the way for evolution of consciousness.

Yearnings for Peace: Peace Within, Peace Without with Dr. Sehdev

• **Saturday, 19 August, 2—4:30pm**

Harmony, Tranquility, Beauty & Generosity are essential expressions of Peace. Disharmony, tension, fear, and depression are various expressions of a life that is not at peace with itself. In this state of peacelessness, all our life energies are slowly dissipated. Peace Within—peace in our hearts, bodies, and minds, and Peace Without—in our families, nations, and in the world at large, are all of one piece. Through one's own life experiences and encounters, this workshop explores Peace as the most scintillating force in all its existential and spiritual manifestations.

*Love and light, Savitri, Programs Coordinator,
Vérité Programming*

YOGA OF FORGIVENESS WITH DR. SEHDEV

Saturday, 12 August, 2 to 4:30pm

From the Darkness of Hatred & Indifference

To the Light of Forgiveness is a momentous step

From Fear & Festering Revenge

To the Courage of Being is the True Journey of the Spirit

We must let go

What ties us to the prison bars

And dream once again of Freedom.

In this freedom alone

lies our true

Redemption.



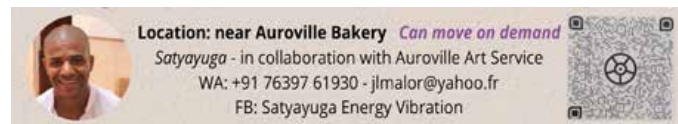
• **Location:** Vérité, Auroville

• **Register:** +91 78678 05812

Dr. Sehdev Kumar

Professor Emeritus, Author, Poet, Mediator

SATYAYUGA



Energy Vibration

- **Reiki with Kototamas:** give energy for the wellbeing and struggle against stress
- **QiGong:** work on the rejuvenation of the body & automassage and Yoga facial. 7 people max
- **Personal trainer:** using Karla Kattai, conscious muscular exercises and stretching of articulations 1 to 3 people
- **Reflexology:** Manual and natural method centered on the selfregulation of human body by pressing reflex zones & Vibrational massage with bowls
- **Nada Yoga Ananda:** Connect to your inner self through Vibrating Chants, @ 4pm for about 2hours.
 - Ecstatic Wednesday
 - Shamanic Friday
 - Sacred Sunday
- **Gongs, Tibetan Bowls & Didgeridoo meditation for Full Moon and New Moon.** Working with the energetic forces of the Moon, we will create an energetic field to power your intention. @ 7pm for around one hour
- **Tibetan bowls. Gongs. Five Elements Sound Massage.** Connect to your inner self through Sound Massage and Vibrating Chants & find peace in a Sound Cocoon
- **Shamanic journey.** A four hour Workshop to connect yourself to the Source. Experience a powerful Sound Journey in your inner self thanks to energetic exercises and transformative sounds. Every Friday, near Auroville Bakery, 10am—12noon & 3—5pm. 7 people max, possibility to split

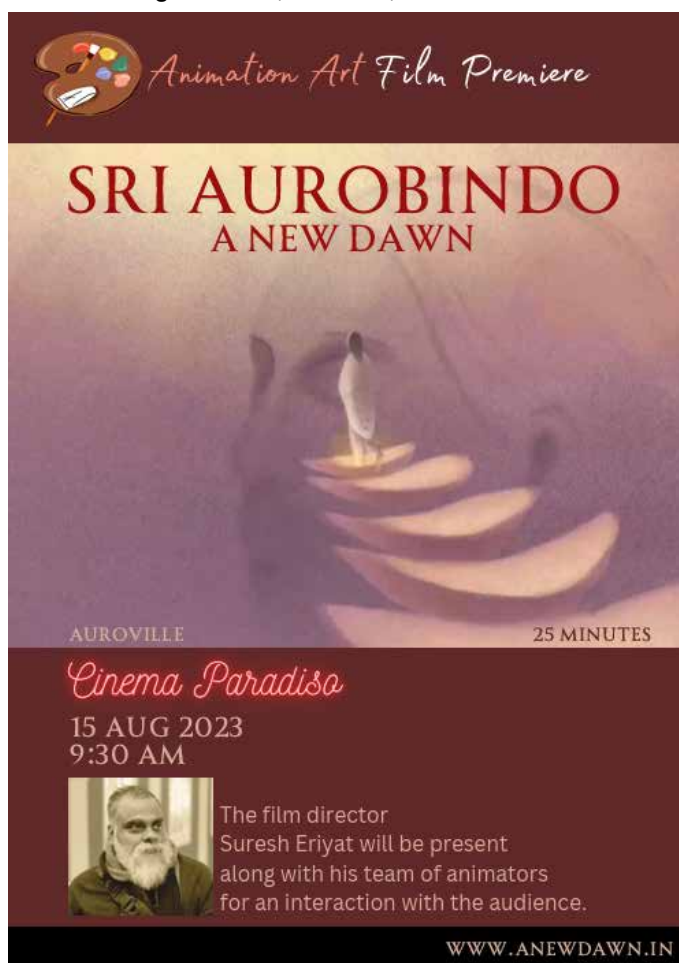
Warmly, Satyayuga (Jean-Luc Malor)

Cinema

SRI AUROBINDO, A NEW DAWN

Film Premiere, Hand Painted Art Animation

15 August 2023, 9:30am, Cinema Paradiso



Synopsis: The film introduces Sri Aurobindo to the world's youth through a symbolic and artistic interpretation of his life and spiritual journey. Depicting the inner life of a spiritual master is nearly impossible; yet, this film achieves a sacred immersion, delving into the river of consciousness that flowed through Sri Aurobindo. The heart of the film delves into Sri Aurobindo's pivotal role in awakening India's soul and her will for freedom. Simultaneously, we witness his spiritual awakening and transformation, shaping his greater purpose concerning the evolutionary future of Earth.

The film director Suresh Eriyat will be present along with his team of animators from Mumbai for interaction with the audience. **All are welcome!**

Manoj Pavithran On behalf of the project team

A NEW FILM SERIES MADE IN AUROVILLE



Dear AV community, My name is Alessandra and I'm a filmmaker and photographer living in AV since 5 years. I'm now working on a new documentary series: that will be featuring some of our community members and their inspiring lives. Too many stories are untold, but yet so important for the

present and future of humanity: stories that are destined to disappear with those who hold them in their memories.

If you know someone who has an inspiring life/vision/project etc. and is based in Auroville or in the surrounding villages, then please contact or write to me.

- WA/phone: +918098362620
- alessandra.silver.in@gmail.com

Many thanks for your collaboration, Alessandra

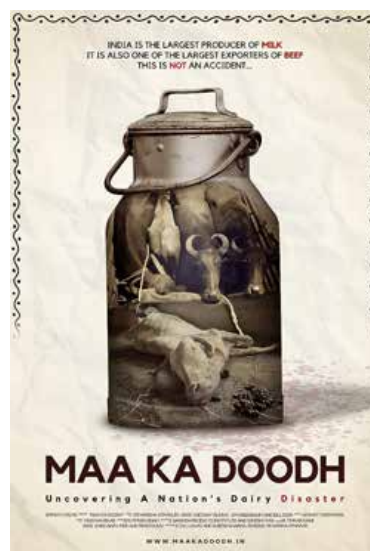
MOTHER'S MILK

Documentary film screening

MMC Auditorium, Cinema Paradiso

Saturday, 19 August, 3 pm

Maa ka Doodh (transl. Mother's Milk). 2023, Dir. Harsha Atmakuri, w/ Maneka Gandhi, Acharya Prashant, English-Hindi w/ English subtitles, 126 mins



On behalf of the Animal Climate Health Save Foundation, I'm pleased to announce the screening of the film 'Maa Ka Doodh' at the Multimedia Center—Cinema Paradiso. This feature-length, award-winning documentary sheds light on the sensitive issue of dairy consumption in India and elucidates how the country has attained its rank among the top-most beef exporters in the world. It highlights the atrocities of the dairy industry on the bovine populations in India and

its impacts on the country's public health, ecosystems, and cultural beliefs so as to find alternatives centered on novelty, sustainability, and ethics.

*Regards, Shubh,
9267914188*

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, 18 August

The Basis of Life + Eco-India

2021/ 37 minutes

- **The Basis of Life**, This documentary shows us a whole new approach to farming. It is an approach centred around protecting and enriching soil and all its inhabitants.
- **Eco India**, This short film captures the story about a group of women in Vellore, in South India who revived a river.

Submitted by Shek





CINEMA PARADISO
Multimedia Center (MMC) Auditorium
Film Program
14 August 2023 to 20 August 2023

During this special week, with multiple celebrations: the birth anniversary of Sri Aurobindo on 15 August, India's Independence Day celebration on the same day, and Pondicherry Independence Day on the 16 August. In honor of these very significant days, we have a very special program line-up for you. Come, watch, participate...

Special Screening—Monday 14 August, 8pm

INDIA'S PARTITION: THE FORGOTTEN STORY

UK, 2017, Dir. Gurinder Chadha, Documentary, 60mins, English w/ English subtitles, Rated: NR (G)

Partition, one of the most seismic events of the 20th century that tore up a nation, families, and changed the lives affecting generations— seems almost forgotten now. The director, travels from UK to India to explore what led to the split, violence, and disruption it had unleashed. She speaks with people who lived through that time and historians seeking answer to the questions why and how did it happen?

Special Screening—Tuesday 15 August, 8pm

Sri Aurobindo & His Dreams for the Future of Mankind

SRI AUROBINDO: THE BEGINNING OF SPIRITUAL JOURNEY

Sri Aurobindo & His Dreams for the Future of Mankind—India, 1997, Biography-Short, 38mins, English, Rated: NR (G). A film, based on Sri Aurobindo's Independence Day Message of 15 August 1947—narrates his five dreams. The picture quality is not great but Sri Aurobindo's writings, beautifully read—is a treat for all.

Sri Aurobindo: The beginning of spiritual journey—India, 2022, Dir. Suraj Kumar w/ Vikrant Chauhan, Suraj Kumar, and others, Biography-Short, 38mins, Hindi w/English subtitles, Rated: NR(G)

The film is based on Sri Aurobindo's prison life in Alipore Jail (1908—1909), a turning point in his spiritual journey. Premiering on 15 August last year marking Sri Aurobindo's 150th birth anniversary, it has been screened in 150 countries. *It has come full circle reaching us on the 15 August this year. Post screening, join the director and Murtaza Ali Khan, a noted film critic on a brief online Q&A session.*

Special Screening—Wednesday 16 August, 8pm

THE TRANSFORMATION—A documentary film on Sri Aurobindo

India, 2022, Dir. Abhiji Dasgupta w/Jayant Kripalani, Charles Beachcroft, Ashoke Viswanathan, and others, 54mins, English, Rated: NR (G)

Last year, on the 150th birth anniversary of Sri Aurobindo and the 75th anniversary of India's Independence, Doordarshan had premiered this acclaimed film. The Alipore Bomb Case trial took place from May 1908 to 1909, in which Sri Aurobindo, then a prominent nationalist leader Aurobindo Ghose, his brother Barindra Ghose, and several young revolutionaries were arrested. The film traces the life of Sri Aurobindo from 1908 to 1909, a turning point in his spiritual evolution.

Special Screening—Thursday 17 August, 8pm

EVENINGS WITH SRADDHALU:

DISCUSSION ABOUT VIRUSES AND BACTERIA

India, 2020, Director-Producer Narad Trust w/Narad and Shraddalu, Documentary-Discussion, 123mins, English

A chat where Shraddalu discusses how viruses and bacteria affect our health, how some are good, and their consequences on human health. It also sheds light on Sri Aurobindo's Aphorism on medical Science, and The Mother's view on true nature and origin of microbes and the yogic perspective on bacteria.

Special Screening—Saturday, 19 August, 8pm

8/12 BINAY BADAL DINESH

India, 2022, Writer-Dir. Arun Roy w/Sushnato Bhattacharjee, Sabyasachi Chakrabarty, Anuska Chakraborty, and others, Drama-History, 98mins, Bengali w/ English subtitles, Rated: NR (R)

The very busy city center of Kolkata, once known as Dalhousie Square is called BBD Bagh now—to honor Binoy, Badal, and Dinesh. The film tells the story of these three heroic youths who had set aside their personal lives and future to seek freedom for all. They walked into the—majestic Writers Building, then the well-guarded British India Secretariat of Bengal, to assassinate the tyrannical Inspector General N S Simpson and strike a blow at the Raj. *Careful, there are some scenes of violence.*

Special Children's Matinee—Sunday, 20 August, 4:30pm

SRI AUROBINDO, A NEW DAWN

India, 2023, Dir. Suresh Eriyat w/ Victor Banerjee & Deepti Naval (narrators), Handpainted-art-Animation-Biography, 25mins, English, Rated: NR (G)

The film introduces Sri Aurobindo to the world's youth through a symbolic and artistic interpretation of his life and spiritual journey. The film delves into Sri Aurobindo's pivotal role in awakening India's soul and her will for freedom. We also witness his spiritual awakening and transformation concerning the evolutionary future of Earth. *You will have the opportunity to interact with Manoj in a Q&A session after screening.*

Classic Films @ Ciné-Club:

Special Screening—Sunday 20 August, 8pm

GARAM HAWA (Scorching winds)

India, 1974, Writer-Dir MS Sathyu w/ Balraj Sahni, AK Hangal, Farooq Shaikh and others, Drama, 146mins, Urdu-Hindi with English subtitles, Rated: NR (PG)

Based on an unpublished short story by Ismat Chughtai this film set in 1947, is a sensitive portrayal of the backlash of the partition. The story focuses on one Muslim family, the Mirzas. When Halim Mirza decides to leave for Pakistan, his brother Salim and his family who remained were marginalized, subjected to religious bigotry and had their loyalty questioned. Yet they endured. A classic if you have not watched you must. *If you have watched here's a chance to catch it again!*

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, or Rating not available. For scheduling programs at MMC/CP venue: please email us at mmcauditorium@auroville.org.in. We appreciate your continued support. Pl donate to 'Cinema Paradiso' (account #105106) or set up for a monthly contribution. We need it now more than ever.

Thanking You, Nina for MMC/CP
 Group Account #105106,
mmcauditorium@auroville.org.in

Accessible Auroville Public Bus

avbus@auroville.org.in, +91 94430 74825



Auroville TO PONDICHERRY

	Trip 1	Trip 2	Trip 3
Svaram Musical Center	7:00	8:50	14:50
Veite Guest house—Junction	7:02	8:52	14:52
Town Hall—Main Parking	7:06	8:56	14:56
Solar Kitchen (Round About)	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 Dinning Hall	7:40	9:35	15:35



Pondicherry TO AUROVILLE

	Trip 1	Trip 2	Trip 3
Ashram Dinning 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—Round about	8:34	12:50	18:44
Town hall Main Parking	8:38	12:54	18:48
Verite Guest House—Junction	8:42	12:58	18:52
Svaram Musical Center	8:45	13:00	18:55

- Monthly Rs.800: Aurovilians & Newcomers, No validity
- Student Pass Rs.1200 per month/ 24 days round trip.
- Rs.150 Round trip for Aurovilians & Newcomers
- Rs.200 Round trip for guests.
- Bus passes are available at Auroville Vehicle Service, Town Hall, Auroville, 0413 2623302

N&N Guidelines



Hard deadline for submissions

TUESDAY 3pm

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

How to submit material:

- Max size of the published poster is 9cm x 9cm independently of the size you sent. The bigger posters will be reduced.
- Please AVOID CAPS letters
- Material (no pdf files, please) may be sent in English only to newsandnotes@auroville.org.in.
- Articles for the Notes section should ideally be no longer than 500 words.
- Please do not send submissions and inquiries as a 'Reply' to the digital subscription mail. There is no guarantee that anyone will see communications sent this way.
- Please try your best to send your announcements, reports, film schedules whenever they are ready. Any modifications of submitted News items must be sent to the editors before Tuesday 3pm.

Disclaimer:

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

Roy & Agnijata, News & Notes,
Media Centre, Town Hall,
NewsAndNotes@auroville.org.in, 0413 2622133

Emergency Services

Ambulance (24/7): Auroville—9442224680

- PIMS—0413 2656271

Security (24/7):

- Auroville Safety & Security Team—9443090107
- Auroville Police Station—0413 2677318
- Kottakuppam Police Station—0413 2236148
- Vanur Fire Station—0413 2677368

Health: Health Center—0413 2622123

- Santé—0413 2622803
- Farewell—8903836246

Mental health 24/7 support:

- Vandrevalla Foundation +91 9999666555

India Emergency Response Service (24/7):

- 108