



News Notes

#990 A weekly bulletin for residents of Auroville 31 August 2023



That moves and That moves not; That is far and the same is near; That is within all this and That also is outside all this.

He in whom it is the Self-Being that has become all existences that are Becomings for he has the perfect knowledge, how shall he be deluded, whence shall he have grief who sees everywhere oneness?

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

The Breath of things is an immortal Life, but of this body ashes are the end. OM! O Will, remember, that which was done remember! O Will, remember, that which was done, remember

Isha Upanishad

Pondering



A highest spiritual transformation must intervene on the psychic or psycho-spiritual change; the psychic movement inward to the inner being, the Self or Divinity within us, must be completed by an opening upward to a supreme spiritual status or a higher existence. This can be done by our opening into what is above us, by an ascent of consciousness into the ranges of overmind and supramental nature in which the sense of self and spirit is ever unveiled and permanent and in which the self-luminous instrumentation of the self and spirit is not restricted or divided as in our mind-nature, life-nature, body-nature.

*The Triple Transformation
The Life Divine by Sri Aurobindo*

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NN Guidelines



Hard deadline for submissions TUESDAY 3pm

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

Disclaimer:

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**Roy & Agnijata, News & Notes,
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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)

The Vedic rishis, speaking of the subconscious forces and subconscious beings, called them 'those-who-cover,' 'those-who-devour,' or the 'sun-thieves.' There could be no better description for them; they are indeed merciless thieves. No sooner do we make some progress, draw a new light or a more intense vibration, than we suddenly become covered over or pulled downward beneath a suffocating bell-jar where everything disintegrates in a dreadful mugginess; the harmonious vibration of the day before, so clear, so luminous, so supple, suddenly become blanketed by a thick, sticky layer, as if finding a bit of light meant wading through miles of seaweed; everything we see, touch, or do becomes as if spoiled, decayed by that invasion from below. Nothing makes sense anymore. And yet, outwardly, the conditions are the same, and apparently nothing has changed. *There is a sort of locked struggle, wrote Sri Aurobindo, in which neither side can make a very appreciable advance (somewhat like the trench warfare in Europe), the spiritual force insisting against the resistance of the physical world, that resistance disputing every inch and making more or less effective counter-attacks.... And if there were not the strength and Ananda within, it would be harassing and disgusting work. The battle seems endless. One 'digs and digs,' said the Vedic rishis, and the more one digs, the more the bottom seems to recede downward: 'I have been digging, digging... many autumns have I been toiling night and day, the dawns aging me. Age is diminishing the glory of our bodies.' Thus, thousands of years ago, lamented Lopamudra, the wife of the rishi Agastya, who was also seeking transformation: 'Even the men of old who were wise of the Truth and they spoke with the gods... yea, they reached not an end.'* But Agastya was not easily discouraged; his reply is magnificently characteristic of the conquerors these rishis indeed were: 'Not in vain is the labour which the gods protect. Let us have the taste of even all the contesting forces, let us conquer indeed even here, let us run this battle-race of a hundred leadings.' (I.179) To be sure, it is a hydra. Night after night, in his sleep or with his eyes wide open, the seeker uncovers very strange worlds. One after another, he unearths all the birthplaces of human perversion, human wars, human concentration camps, where everything we live here is being prepared; he catches in their dens all the sordid forces that move the petty and cruel men.

*A lone discoverer in these menacing realms
Guarded like termite cities from the sun.*

The more Light he possesses, the more darkness he uncovers. Night after night he tracks down the surreptitious rot that undermines Life; for how can anything change as long as that gangrene is there? Since by now the seeker's mind and vital are too well established in the truth, too pure to be affected by those subterranean forces, it is his body that becomes stricken—for the body is Falsehood's last hiding-place. Then the seeker perceives in minute details through what complicity illnesses and death can penetrate the body—each defeat in those realms means a defeat here—and he understands tangibly, concretely, the enormous van-

ity of those who pretend to cure the world through external means and new institutions; no sooner is evil cured here or exterminated there than it instantly revives elsewhere, in some other place or some other form. Evil is not outside, but inside and below, and as long as that particular Disease has not been cured, the world can never be cured. As Sri Aurobindo put it: *The old gods... know how to transmigrate.*

All the way underneath, beyond the disorders and the fear—the great presiding Fear underneath—the seeker meets a stupendous Weariness, something that refuses and says NO to all this pain of living and this violation by the light. He senses that going farther down, to the end of this NO, would mean merging into a great release of stone, just as the ecstasy above meant merging into a great release of Light. Yet death is not the opposite of Life! It is the other side of, or the door to, the luminous Superconscious; at the very end of that NO there is a YES and YES, which keeps driving us into one body after another, for the unique purpose of joy. Death is only the regret of that YES. The great Weariness at the bottom is only a shadow-form of that Bliss. Death is not the opposite of Life! It is the dark release of a body that has not yet found the luminous release of an eternal joy. When the body finds that particular ecstasy, that vastness of light and rapture within its own flesh, as above, it will no longer need to die.

Where is the 'I' in all this? Where is 'my' difficulty, 'my' death, 'my' transformation? The seeker has broken through the thin crust of the personal subconscious only to find himself in the world's totality. It is the whole world that resists: *It is not we who wage the war; it is everything that wages wars against us!* We think we are separate, each in our own little sack of skin, with an 'inside' and an 'outside,' an individual and a collective, like the tiny borders around our countries—but, in reality, everything perfectly interconnects! There is not a single perversion, not a single disease in the world that is not also rooted in ourselves, not a death in which we are not an accomplice. We are all equally guilty and in the same boat; no one is saved unless everyone is saved! It is not the difficulty of one body, says the Mother, but the difficulty of the Body. Sri Aurobindo and the Mother thus discovered *materially*, experientially, the oneness of the world's substance: we cannot touch a point without touching all points, take a step ahead or upward without the rest of the world also taking a step ahead or upward. We spoke earlier of a 'strategic' difficulty; it may well be that the divine strategy is to prevent any single point from progressing all by itself without all the other points. This is why the Vedic rishis failed six thousand years ago. There cannot be any complete and lasting individual transformation without a minimum of world transformation.

(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

REGARDING TWO WRIT PETITIONS

This is to inform the community that 2 Writ Petitions filed by Aurovilians against the Auroville Foundation were dismissed by Madras High Court.

The first Writ Petition WP 13970 filed by Abha Tewari Arpi on 28 April 2023 challenging the Office Orders of 12.4.23 by the Auroville Foundation to reconstitute the management of 14 committees or units under the Auroville Foundation. The petition was filed to quash the same. It was dismissed by Madras High Court on 11.8.23.

In point #10.2 the judge reiterates the powers of the Residents Assembly as per the Foundation Act in section 19, then concludes:

A close reading of Section 19 of the Foundation Act: 'Functions of Residents' Assembly' indicates that its functions are limited to admission or removal of any person from the register of Residents' Assembly, to organize various activities of Auroville, to formulate the master plan for Auroville, and to make recommendations to raise funds for Auroville.

However, the constitution of various committees for efficient discharge of duties and functions of Act is left exclusively to the Governing Board. Therefore, the contention of the petitioner that the Governing Board ought to have consulted the Residents' Assembly before reconstituting the various committees is untenable...

12. For the above stated reasons, this Court does not find any merit in the petition, and the same is dismissed.

The 2nd Writ Petition filed recently by Aurovillian Deepa Dunean McKenzie of Solitude was rejected at the admission stage. WP SR.No. 87772 of 2023. Deepa asked the Foundation to stop planning and construction of the Outer Ring Road. She also claimed that she was asked to vacate her house without proper legal procedure and would be relocated due to the upcoming outer ring road.

Vide order dated 11.08.2023, the court has categorically dismissed this petition with the following key remarks:

Para 7: '...It is not the case of the petitioner that the property belonged to her. [...] A reading of the statutory enactment, viz., The Auroville Foundation Act, does not envisage any provisions where the property of the respondent would be given to third party either on rent or lease or otherwise. The preamble of the enactment would suggest that the Act had been enacted to provide for acquisition and transfer of undertakings of Auroville and to vest such undertakings in a foundation established for the purpose with a view to make long term arrangements for the better management and further development of Auroville.'

To further elaborate on this point, all residents of Auroville are permissive occupants and have voluntarily signed up for the project which has preset ideals, a Charter and values guiding daily life given by the Mother based on the works and yoga of Sri Aurobindo. None of these ideals relate to holding on to property, in fact one of the key ideals of Auroville is that of non-ownership towards a spiritual goal of being free from the sense of personal possession.

*The Working Committee
(Anu, Arun, Joseba, Partha, Selvaraj, Tine)*

ENTRY SERVICE TIMINGS

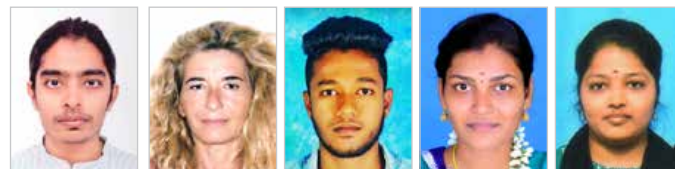
- Monday, Wednesday, Friday, 9:30am—12:30pm
 - Tuesday & Thursday: Newcomer kits, 2:30—4:30pm
- 0413 2622707, auroville.entryservice@gmail.com
Submitted by William for The Entry Service

FROM THE ENTRY SERVICE—ES # 195

Dated: 31-08-2023

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:



Amurto Corrine Elamkathir Kanimozhi Suruthi

- Aumurto CHAUDHURY (Indian) staying in New Creation GH and working at AVAG and AV ARTS
- Corrine AKIL SALVIANI (French) staying in Serendipity and working at Auroville Dog Shelter
- Elamkathir K (Indian) staying in Udavi school Campus and working at C3 Steamland
- Kanimozhi ANANDABASKARAN (Indian) staying in Humanscape and working at ICA (Inner Climate Academy)
- Suruthi DURAIRAJ (Indian) staying in Celebration and working at Housing Service

NEWCOMER CONFIRMED:

- Fabio PALUMBO (Italian)
- Karunanithi SENGANI aka Balaji (Indian)

AUROVILIAN ANNOUNCED:

- Lakshmi PANNEERSELVAM (Indian) staying in Humanscapes and working at Aurosoya
- Praveen RAJ (Indian) staying in Baraka and working at Last School & Matram



Lakshmi

AUROVILIAN CONFIRMED:

- Julien SCHELLENBERGER (French)
- Susana Andrea BUSTOS GARAY (Chilean)



Praveen

YOUTH TURNED 18 CONFIRMED:

- Jessica SINGH aka MIMI (Swiss)

SPOUSE OF AN AUROVILIAN CONFIRMED:

- Sumathi GUNASEELAN (Indian)

LEFT ON THEIR OWN:

- Cesare FASSI (Italian)

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)

Community News

Remembering

AUDREY WALLACE-TAYLOR

Audrey Wallace-Taylor was born Audrey Langworthy Taylor during the Great Depression into a family of Hollywood artists. Her father Dwight wrote movies like 'Top Hat' with Fred Astaire and Ginger Rogers, her mother Marigold was an actress, and her grandmother, Laurette Taylor, was one of the leading stage actresses of the 20th century. As a youngster, she lived much of the time at a boarding school in Ojai Valley, California, where her older brother Jeff also went. There she learned many of the skills of independence and love of nature that would serve her well. She lived many of her teen years in Winnetka, Illinois with her aunt Francis Murray, who remained a strong influence for the rest of her life. In Winnetka, she met and married Tim Wallace when she was 18. They went to work on a ranch in Oregon where she lived the life of a rancher's wife and had her first child, Carey. They soon moved to Corvallis so Tim could go to graduate school, and she had her second child, Peter. They moved to Sparks, Nevada, and then West Lafayette, Indiana, where her third child, Barbara, was born. When Tim finished his doctorate, they moved to Berkeley, California in 1964.



Audrey's life as an artist began very young, and it was a constant in her life even when she put it on hold for moves and children. In the Bay Area, she attended the San Francisco Art Institute studying with Richard Deibencorn, Jack Jefferson, and Bruce McGaw. She assisted many prominent artists such as Francois Gilot and Harry Sternberg, and she worked for seven months with Judy Chicago on 'The Dinner Party.' All along she taught and maintained a fulltime studio practice. She divorced and became independent in the mid-70s.

In the mid-90s Audrey sold most everything she had and traveled to India, Russia, Finland, England and Ireland. After returning to the U.S. she was drawn back to Southern India, to Auroville, where she had first landed on her round-the-world adventure. Auroville is one of the oldest and largest international communities in the world, founded on principles articulated by Sri Aurobindo and the Mother. After a few years of going back and forth, she became an Aurovillian in 2006, and Auroville has been her home since. In India, she maintained an atelier for the community to facilitate people's own sense of self expression. She painted full time in between teaching and being active in the community. She and others finally started CRE-EVA, a kind of artist's cooperative, which is still running.

She died at 90 years of age, and was painting up until three days before she left.

Here are some of Audrey's own words about painting, which seemed applicable to many things:

Wholeness is what I am seeking. I try not to avoid anything that comes, whether conceptually or in process. Consistency was part of a past discipline. Now I can let it be there—or not—within my work.

Starting to work, I usually mix three or four colors (a very pleasant time, like cooking). Then I use rollers, sprays, sponges, squeegees, brushes, throwing, glazing—applying the paint in any way that seems appropriate. I consciously want the viewer to know that my body is creating this work. Actually, it is my body and gravity, for many times I work on a panel on the wall of my studio that I can rotate clockwise and counterclockwise letting the paint move.

Audrey is survived by family members: daughter Barbara, son Peter, daughter-in-law Megan, granddaughter Lucia, grandson Kai, great-granddaughters Elena and Audrey, and brother Andrew and her sister Laurel. And she is survived by her chosen family in Auroville

Submitted by Roy

Auroville Matters

IN THE SPIRIT OF THE MATRIMANDIR



We would like to remind everybody that no meetings of any kind should be held in the gardens of Matrimandir, the Park of Unity.

We kindly ask everybody to respect the Spirit of Matrimandir and this long existing guideline.

Antoine, Divya, John H., Judith, Sundar K, Vinay
Matrimandir Executives

Awakening Spirit

DREAM DIVINE SERIES 'The Path of Works'



Speech by Dr. Alok Pandey



Wednesday, 6 September, 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

SAVITRI BHAVAN, SEPTEMBER 2023



Exhibitions

- **Meditations on Savitri:** the entire series of 472 paintings created by the Mother with Huta from 1961-67 is now on display in the picture gallery.
- **Glimpses of the Mother: Photographs and texts** in the Square Hall. 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

- **September 4:** 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.
- **September 11:** The Genius of India—This beautiful movie from 2001 by Olivier Barot who was inspired by Sri Aurobindo's 'The Renaissance in India' Duration: 29min.
- **September 18:** The Aim of Life. An outcome of the excellent educational work done by late Dr. Kireet Joshi. Duration: 52min.
- **September 25:** Sri Aurobindo and the Mother's Guidance in Everyday Life. Video of a talk by Dr. Alok Pandey reflects on our outer and inner life and its many levels. Duration: 42min.

Full Moon Gathering

- **Friday, 29 September, 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 make 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:** Monday to Friday 9am—5pm

Everyone is welcome

Submitted by Dhanalakshmi
for Savitri Bhavan Team

SPIRITUAL HISTORY OF INDIA

In The Light Of Sri Aurobindo—Evolution Fast-Forward Part 4.



Monday, 4 September 2023, 4pm, at Savitri Bhavan.
Duration: 67 min.

This film traces the spiritual evolution of India over the past 4,000 years, seen from a special Indian perspective based on Sri Aurobindo's research. It discusses the past and future of India's spiritual self-discovery, the progress of its civilization and the evolution of consciousness including the *Age of Intuition* which corresponds to Vedic times, the *Age of Reason*, the *Age of Devotion*, the *Age of Power*, and *Age of the Body*.

'In the India of Vedic times we have the record left of the other line of achievement, that of spiritual self-discovery;... We may say that here in India the reign of Intuition came first, intellectual Mind developing afterwards in the later philosophy and science. [...] If we analyze the spiritual history of India we shall find that after reaching this height there was a descent which attempted to take up each lower degree of the already evolved consciousness and link it to the spiritual at the summit.' -Sri Aurobindo, *Letters on Yoga—I, Spiritual Evolution and the Supramental*, p.267.

The *Age of Intuition* resulted in the composition of the Vedas. It was the age of mysteries and the dawn of spiritual awakening and the evolutionary transformation of human nature. The Vedic experience was orally transmitted across generations and coded as mantras. Sri Aurobindo refers to this ancient mantric knowledge as *Devabhasha*—the language of gods—in which the creative power of the word was central. The Rishis discovered the flame of aspiration, or *Agni* arising from their innermost depth. On the physical plane, the expressions of this aspiration became Vedic mantras. This *Agni*, this flame of aspiration was not only within them. They saw it everywhere around them carrying forward the mysterious process of evolution towards the higher levels of consciousness.

The next phase in conscious evolution was the *Age of Reason*. A powerful movement of revival of the truth of the Veda expressed in the form of the *Brahmanas* and the *Upanishads* around 1500 BCE- 800 BCE and the *Vedanta* in 900 BCE-1600 CE. Sri Aurobindo says: *'The Vedic age was followed by a great outburst of intellectual philosophy which yet took spiritual truth as its basis and tried to reach it anew, not through a direct intuitive or occult process as did the Vedic seers, but by the power of the mind's reflective, speculative, logical thought; at the same time processes of Yoga were developed which used the thinking mind as a means of arriving at spiritual realisation, spiritualising this mind itself at the same time.'* (p. 267)

After the bright and powerful *Age of Reason*, the center of consciousness of the Indian civilisation shifted further down to the heart. Thus, the *Age of Devotion* arrived giving an emotional dimension to India's spiritual culture (700 CE-1600 CE). This was the time of the Puranic literature which retained the truth of the Veda but created new forms of expression. The emergence and growth of regional *Bhakti* movements and their evolutionary impulse reverberated across the Indian subcontinent.

In the *Age of Power*, around 600 CE onwards, the center of consciousness shifted further downward. This corresponded to the emergence of Tantra and the compilation of the Puranas. The union of Shiva and Shakti as the focal point of spiritual realisation came to the forefront in the Tantra through the practice of *Bija* mantras or seed sounds. Over the centuries, Tantras and Puranas mingled and gave rise to the most vital and enduring movements of India's classical age. It was the universality of Indian art, science and technology that attracted India's neighbours. India's spiritual influence spread far and wide.

After spiritualising the mind, emotions and dynamic energy, the center of consciousness of the Indian civilisation shifted further down around 1100 CE which gave rise to the Age of the Body. This shift brought forth the body consciousness and its spiritualisation as the next stage in India's mission. It emerged naturally as the continuation of the ongoing development of Tantra and the knowledge of the chakras. The body and its divinisation became the field of research and area of expertise of Indian yogis.

Sri Aurobindo stated the following about the transformation of power and body consciousness: *'Then followed an era of the development of philosophies and Yoga processes which more and more used the emotional and aesthetic being as the means of spiritual realisation and spiritualised the emotional level in man through the heart and feeling. This was accompanied by Tantric and other processes which took up the mental will, the life-will, the life of sensations and made them at once the instruments and the field of spiritualisation. In Hatha Yoga and in the various attempts at divinisation of the body there is also a line of endeavor which attempts to arrive at the same achievement with regard to living matter; but this still awaits the discovery of the true characteristic method and power of spirit in the body. [...]'* (pp.267-268)

Sri Aurobindo and the Mother, the two Avatars, were developing the power of the spirit in the body: *'Our Yoga is in its principle a taking up and summarizing and completing of this process, an endeavor to rise to the highest possible supramental level and bring down its consciousness and powers into mind, life and body.'* (p.268)

- This film by Sopanam about India's spiritual journey can also be seen on YouTube: <https://www.youtube.com/watch?v=BzJxIsb7kLE>

Submitted by Margrit

SAVITRI SATSANG

Thursday, 6:30pm, with Narad

An in-depth study of Savitri open to all.

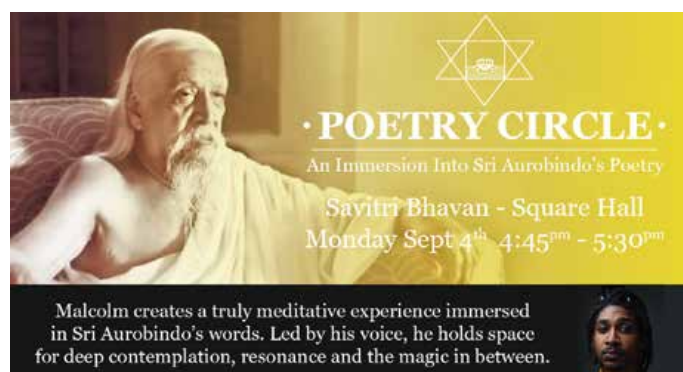
At the home of Uma and William (E1-2B) in Kalpana

Thanks, William

POETRY CIRCLE

Monday, 4 September

Savitri Bhavan Square Hall, 4:45—5:30pm



Dear lovelies, this Monday at Savitri Bhavan, Malcolm offers to present the poetic works of Sri Aurobindo. He is a native English-speaker and spoken-word poet. The programme will be in the Square Hall from 4:45pm until 5:30pm.

All are welcome. Musicians who play meditative music (singers, guitarists, flutists, etc.) and would like to participate are encouraged to attend—he'll have his kalimba. See you there!

*Peace, Love & Soul,
Malcolm*

UNITY PAVILION: DAILY PEACE MEDITATION

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

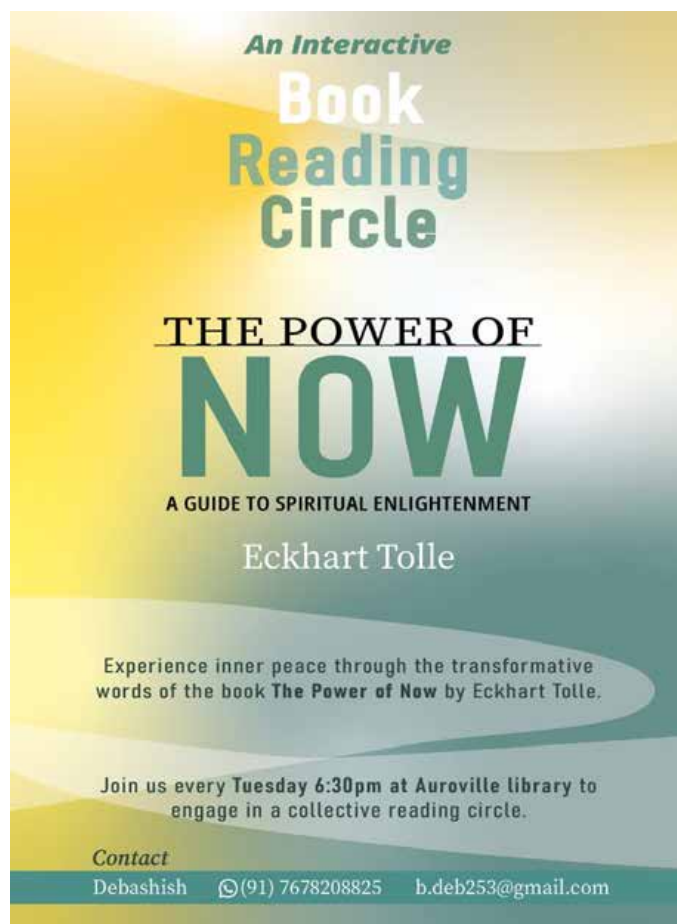
Submitted by Arun



BOOK READING CIRCLE

The Power of Now

Every Tuesday 6:30—7:30pm, starting 22 August.



Experience inner peace through the transformative words of the book 'The Power of Now' by Eckhart Tolle. Join us at the Auroville Library to engage in a collective reading circle.

Contact:

- Debashish, (91) 7678208825, b.deb253@gmail.com

Debashish

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





MUDRA CHI

Every Tuesday at 4:30pm.
At Savitri Bhavan
Facilitator Anandi.ayun.

Everybody Welcome!

Submitted by Anandi

BRAHMANASPATI KSHETRAM

Calendar of regular events, September 2023



BRAHMANASPATI KSHETRAM
The Mother Sri Aurobindo Centre

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

Calendar of regular events of September 2023

Every Thursday 6:00 - 6:30pm
Meditation

No reading circle on Fridays for
the month of September only

29th, Friday at 6:30pm full moon, reciting
Sri Aurobindo's Gayatri Mantra for 30min

No.3/134, Kalathu Mettu Street
Edayanchavadi, Auroville

Location



kshetram2014@auroville.org.in

Submitted by Rajan

Youth Initiatives

AUROVILLE YOUTH INTEGRATION PROGRAM (AVYI)



In the month of June 2023 YouthLink launched a new program, the Auroville Youth Integration program. The aim of this program was to give an opportunity for 'Children of Aurovillians' between the ages of 16 to 25 to make a well informed decision to join Auroville as full fledged members of the community.

The pilot program in June had 9 participants, who provided overwhelmingly positive feedback. The program which runs for 4 days (Monday—Thursday) covers various informative areas (history, spirit, organizational structure, economy, etc), introspective exercises to understand one-self, and exercises and games that promote connection and cooperation.

- If you are between the ages of 16 to 25 and would like to participate in the upcoming AVYI program, please fill up the form through the QR code provided so that our team can choose dates that suit you best.



You can also find more information about the AVYI program and the previous participants' testimonies on our website: youthlink.org.in under our blogs section.

Namu, YouthLink Team

Education

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/



Kristen for Auroville Library

TUTORING

Chemistry/Physics
Edexcel, CBSE boards

Please inquire at:
satori.auroville@gmail.com



Sergei (Invocation)

MATHEMATICS WORKSHOPS and weekly sessions by Enlight Activity.



Math is a play

- Weekly sessions for elementary levels, 1st and 2nd graders on visual mathematics.
- Every Saturday 10am—12pm @ The European House**

These sessions offer a groundwork for middle school and high school math concepts in a playful, non-rigid way. We work together to understand these concepts through various experiences around us which later prove helpful in learning the same concept in a classroom.

These sessions are ideal for parents and children who are long term residents of Auroville.

Please request an appointment to take it further.

Integral Education and Mathematics

- Every Friday 4—6pm**

An Introductory workshop on Integral Education and Mathematics for short-term residents and visitors.

This two hour workshop is ideal for parents, teachers and anyone above 18 yrs who would like to learn from the writings of The Mother and Sri Aurobindo and how an understanding in mathematics can support an individual on the path shown by them.

To join or enquire

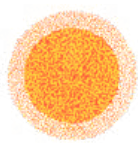
about any of the above activities,

- please connect via email (enlight@auroville.org.in) or phone(Snehal—9529673687)
- To understand our learning approach; please click on the link to listen to our podcast with Auroville radio <https://www.aurovillerradio.org/interview-with-snehal-d-roy/>
- This event is contribution based

Best regards, Arun, Anand and Balaji
For Enlight team

SAIER: CALL FOR PROPOSALS

Dear community, SAIER is now in the position to consider supporting projects in the fields of education and/or culture which will be conducted this financial year (ending 31 March 2024). SAIER is accepting project proposals in three categories:



1. Research
2. Activities
3. Publications


Please write to saiier@auroville.org.in to request these application forms. Project funds can support human resources and/or materials for the project. Projects must be of limited duration, instead of recurring yearly activities.

Please send us your proposals by **29 September, 2023** for them to be considered this year.

Please feel free to contact saiier@auroville.org.in with any questions.

Thank you, Kristen, for SAIER Team

AUROVILLE EARTH INSTITUTE: TRAINING COURSES



SEPTEMBER:
4th-9th: CSEB Production
11th- 16th: CSEB Masonry
18th-23rd: AVD Theory
25th-30th: AVD Masonry

OCTOBER:
9th-12th: Ferrocement
16th-21st: Wind Generator

NOVEMBER:
20th-25th: CSEB Design
27th-2nd Dec: CSEB Intensive

DECEMBER:
4th-9th: AVD Intensive

TRAINING COURSES 2023

Discover Earthen Architecture like never before!
JOIN THE CLAN!!

Contact Us
+91 (0) 413 - 262 3330
+91 (0) 413 - 262 3064

<http://www.earth-auroville.com/index.php>

Submitted By Satprem

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 6:30pm.
- **To join the class** send an email to nivethavishva@gmail.com or contact 9843188461



Nivetha

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.Be & Dr.Sonia: Monday/ Wednesday/ Thursday/ Friday	Pregnancy Care & Women's Wellness with Paula: Tuesday & Wednesday
Acupuncture with Andres: Monday to Friday	Homeopathy with Michael: Monday/ Wednesday/ Saturday
Integrative Psychotherapy with Juan Andres: Monday to Friday	Physiotherapy with Arun: Monday to Saturday
Functional Medicine with Lize: Monday to Saturday	Physiotherapy with Rebeca: Monday/ Wednesday/ Friday
Bio-Well Assessment (Evaluation of your well-being) with Helena: As per availability	Physiotherapy & Massage with Galina: Monday to 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

sante@auroville.org.in

<http://sante.auroville.org.in>

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

AUROKIYA INTEGRAL EYE CARE @ ARKA

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

The following services are available

1. Emergency eye care services with primary-level care
2. Complete eye testing facilities for eye problems
3. Follow-up services for surgeries and consultation from Aravind
4. Spectacles and contact lenses
5. Eye medicines (Homeopathy, allopathy, and Ayurvedic Drops)
6. Personal guided support to visit Aravind eye hospital for surgeries and procedures
7. 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

Regards, Aurosugan for Aurokiya Team

BIRTH—ENTRY INTO THE PHYSICAL WORLD.

Miracle and Significance of Birth.

Easier, happy, healthy and safe births. For everyone, who ever was born, has birthed, will birth or knows someone who does—for everyone!

Education starts at Birth,—says The Mother—how can we integrate this and many other words of wisdom from ‘the two who are one’ in the very start of life of our children?

For the way our children are born, how they arrive on this planet greatly matters. Especially here in the City of the Future we shall understand the significant imprint the very first moments have on the life of the individual baby and its family as well as the potential these very first moments hold for humanity as a whole.

- **7 September 2023, 5:30pm, Birth—always sacred!**

Every baby is Krishna! Happy Janmashtami! Study and Get Together Circle with focus on Significance and Miracle of Birth! Mothers and all other Lovers are welcome!

- **23 September 2023, 5:30pm. Birth—Entry into the Physical World. Significance and Miracle of Birth.**

60-90 mins Slide Presentation with Q&A by Ulrike Urvasi

- **at Pavilion of Tibetan Culture**

Ulrike Urvasi is a Nurse, Birth-Doula and Practitioner of Shiatsu and Traditional Chinese Medicine

Ulrike

Animal Care

AUROVILLE DOG SHELTER

Seeks Support Person

Are you a social media expert with a passion for dogs?

- Are you a social media wizard proficient in various platforms? Can you craft eye-catching posters, spearhead fundraising campaigns, produce short videos, and above all, do you adore dogs?



If your answer is a resounding YES, then the Auroville Dog Shelter wants YOU!

We're in search of a creative and seasoned individual to lend their support for 20 hours per week. While much of the work can be accomplished remotely, this role will require you to visit the shelter to capture photos and videos of our wonderful dogs.

- Reach out to Arthur via 8122225266 WA or send us an email at aurovilledogshelter@auroville.org.in if this opportunity resonates with you.

Wheelchair Training and Physiotherapy Workshop

- **Sunday, 3 September, 10am.**

Join us on Sunday, 3 September, at 10am for a special event: a Physiotherapy Workshop and Wheelchair Training session for our cherished paraplegic dogs. This invitation is open to the Auroville Community, dog enthusiasts, and friends alike.



Caroline and Arthur will delve into the significance of Physiotherapy, which plays a crucial role in helping some of our dogs regain the ability to walk. For those unable to use their legs, we've initiated wheelchair training to enhance their mobility. We invite you to be a part of this event as we work together to support our dogs in reclaiming their freedom of movement.

And that's not all—our adorable puppies are eagerly waiting to be pampered and showered with your affection! Come, and be a part of another exhilarating Sunday morning at the Auroville Dog Shelter.

We look forward to welcoming you!

Auroville Dog Shelter Monthly Transparency Report, August 2023

As part of our commitment to transparency, we are happy to present our report for August.

Overview

- New admissions: 20
- Dogs dumped at the shelter: 12
- Rabies suspect cases rescued: 3
- Parvo Virus cases rescued: 4
- Canine Distemper dogs rescued: 2
- Rescue dogs and shelter dogs deceased: 12
- Successful adoptions: 6 (total 52 since April)
- Dogs rehabilitated and released post-treatment: 0
- Vaccinations administered: 75 adults, 12 puppies (Rs. 260 per vaccination, puppies Rs. 389)
- ABC shelter dog sterilizations: 4—3 female, 1 male
- Deworming: 42 doses

Donations

This month we managed to just break even to cover our running costs of Rs. 3 lakh a month.

We received Rs. 313.019 in monetary contributions which includes Rs. 50.000 funds from BCC.

Milaap Fundraiser: Fight Anemia finished successfully

As in the past, over a long time our dogs had been fed a very low nutritional food consisting mainly of plain white rice with a tiny amount of meat. Many of them suffer from anemia which can cause severe health issues and even death. We were able to reach 76% or Rs. 68,386 of our Rs. 90,000 goal in funds to buy Hemobest and aRBC Syrups in bulk to treat our dogs. Thanks to a donor from the USA who donated the rest to reach our goal, we are able to place the order very soon and heal anemia in our dog population.

Donations in kind

Our Thursday donation pick-up has been highly successful, and we extend our heartfelt gratitude to all the participants for their generous weekly contributions, which make a significant difference. A special thanks goes out to Damaan Shelter in Mahabalipuram who donated pedigree food and to the amazing folks at Youth Centre for materials we can use to patch up our leaky shelter roofs.

Donation Boxes

Even though we still haven't managed to get a QR code to receive donations due to seemingly impossible challenges to overcome, we have finished creating beautiful donation boxes which we have started to distribute in different locations to help us to raise much needed funds for running the shelter.

Expenditures

• Animal Food:

This month we fed our dogs: 1.550 kg of rice, 1.825 kg of chicken, 30 kg of beef, 110 kg of pedigree, 4 kg of daal, and 600 eggs, supplemented with donated food with a total cost of over Rs. 1.1 lakh. As we are taking care of a whole litter of eight tiny 3-week-old babies, we need a big quantity of milk powder which is expensive.

• Animal Health:

We spent in August Rs. 36,294 on necessary medicine and supplementary syrups. This month we were only able to perform ABC surgeries on 4 dogs due to the lack of funds. The surgery costs of a male dog including Post-Op care and medicines are Rs. 1,900, females Rs. 2,400. Together with other medical procedures, we spent Rs. 14,150 for surgeries this month. As sterilization is crucial for the health of animals and also benefits the safety of human residents, we urgently ask for donations to be able to increase the number of sterilizations next month. Please donate to the Auroville Dog Shelter FS account 251391 or through the AV donation gateway channel.

• Staff Costs:

Veterinary Salary, workers, summer staff members and animal handlers amount this month to Rs. 97,345

• Other Expenditures:

We purchased another monster-sized cooking pot, workers aprons, a new food transport trolley, made our donation boxes, and had donated fans installed in dog enclosures. Total costs approx. Rs. 17,500

Ongoing Fundraiser

• Dog Houses:

For now only a few dormitory places exist in the shelter, where dogs have to sleep crowded together in one place, which often leads to fights. Some dogs prefer to have individual places to sleep in peace. We will soon start a Milaap Fundraiser for Rs. 1.2 lakh to build a lot of individual dog houses which withstand rain and also the summer heat and which can be moved to the new dog shelter location.

• Rabies suspect cases

This month we have continued to vaccinate 87 dogs in Auroville and the bioregion with Nobivac Dhppi which guarantees protection not only against CD but also rabies, parvovirus, and other viruses. The total costs were Rs. 24,168.

Even the number of canine distemper cases is finally declining as most infected dogs have died, a worrying trend shows that rabies cases are on the rise again. Earlier this month one rabies suspect case was caught near town hall. On 27 August a rabies suspect puppy had bitten 5 people at Bharat Nivas where the AV literature festival was held. We managed to identify 4 out of the 5 people and sent them to hospital for anti rabies shots immediately. An alert was sent out to inform the Community and also visitors to immediately seek medical treatment if more people were bitten, as the puppy strolled also around the Visitors Centre which was full with people. We managed to catch another puppy the following day, 2 more puppies both of sand brown color of the litter of 4 are still around Auroville and were spotted near Certitude trying to bite people on bikes and got into fight with other dogs, who could have gotten infected. Please remain vigilant and inform yourself about the danger of rabies. Once infected there is no cure and whatever your beliefs are, you will die. It is not possible to perform a test on a dog which is still alive as brain tissue samples have to be taken and sent to a lab in Bangalore

or Chennai and it takes weeks to get a result. In the past all rabies suspect samples which we had submitted tested positive for rabies infection. Dogs which already show symptoms of rabies can remain alive for up to 10 days.

We have reinstated our 24-hour rabies rescue service even though we don't have yet a secure quarantine facility as mandated by the regulations set forth by the Animal Welfare Board of India. The newly constructed Auroville Dog Shelter will include a state-of-the-art quarantine facility, ensuring the safety of Auroville and the bioregion from infectious diseases.

New Auroville Dog Shelter

Progress has been made for the preparation in constructing the new Auroville Dog Shelter. A rough cost estimate and a site plan has been worked out. Thanks to the pro bono work of Shailaja of PATH Architects and Planners and Helmut of Grace Community individual building plans are already being drawn and we hope to be able to apply for the necessary funds soon and start construction.

Thank you all for your continued support!

*Auroville Dog Shelter Team,
Lore, Coco, Caroline, Arthur, Kiran*

The Arts

MUKHTIYAR ALI LIVE

Saturday, 2 September, 7pm

Mukhtiyar Ali Live

Free entry
First come, first served
Donations are welcome

2nd September 2023,
Saturday

7:00 PM

Sri Ratan Tata Koothu Kovil,
Adishakti Theatre, Pondicherry

Serendipity Arts Foundation has arrived in Pondicherry with a mesmerising evening of Rajasthani folk celebrating the poetry of Kabir, Mira, and Bulleh Shah.



#BeyondSerendipity

Sri Ratan Tata Koothu Kovil,
Adishakti Theatre, Pondicherry

Serendipity Arts Foundation is coming to Adishakti with a mesmerizing evening of Rajasthani folk celebrating the poetry of Kabir, Mira, and Bulleh Shah. A Mukhtiyar Ali Concert.

Join us for a glimpse of **Serendipity Arts Festival**, as all the events that happen in Adishakti the entry is free, first come, first served and donations are most welcome.

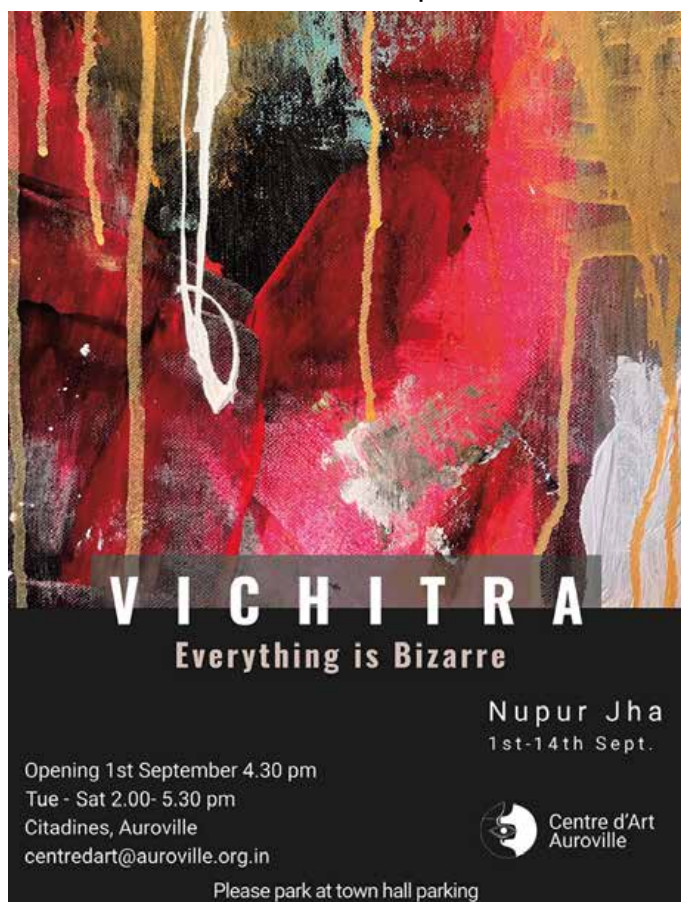
See you there!
Warmly, Vinay Kumar

adiShakti
LABORATORY FOR THEATRE ART RESEARCH

VICHITRA

Opening of the exhibition Vichitra by Nupur Jha
on Friday, 1 September at 4:30pm

Exhibition from 1 to 14 September 2023



Gallery hours Tuesday to Saturday 2—5:30pm
Centre d'Art Gallery, Citadines, Auroville.

Please Park at town hall

Thank you, Marco

BHARAT NIVAS PRESENTS

The Blue Light Dance Studio:
Exhibition of Odisha Handicrafts

- Dates: ongoing till 28 February 2024



- Opening Hours: 9am to 5 pm—
- Sundays open: 9am to 1pm only

An Evening of Folk Songs of India

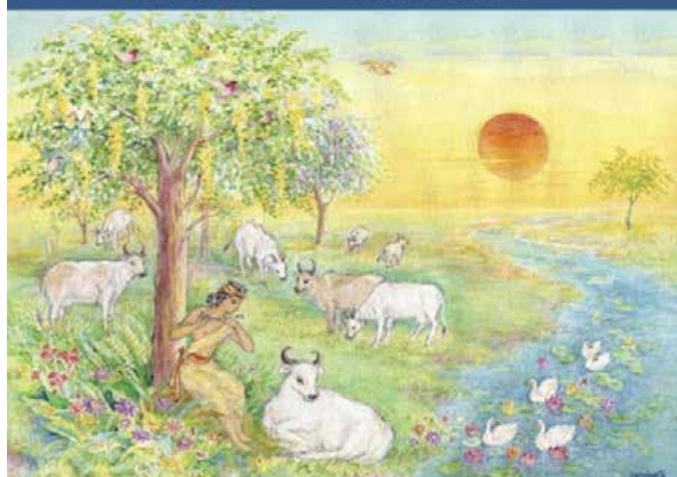
Celebrating Sri Aurobindo's 150th Birth Anniversary

Bharat Nivas presents

An Evening of Folk Songs of India

Singers

- Gautam Mitra
- Shantanu Verma
- Sahana U
- Buvaneswari G



All Are Welcome !

Venue: SAWCHU

Date: 3rd September 2023

Time: 7 pm (Duration - 1 hour)

Contact : Krishna - 9787880211 -Parking Outside the Main Gate

- **Singers:** Gautam Mitra, Shantanu Verma, Sahana U, Buvaneswari G
 - **Venue:** SAWCHU, Date: Sunday, 3 September
 - **Time:** 7pm, Duration 1 hour
 - **Contact:** Krishna, 9787880211
- Parking Outside the Main Gate.

Nibedan: Odissy Dance Performance

Bharat Nivas presents

NIBEDAN

Odissy Dance Performance

by

Smt Sonali Mohapatra
& her Students



All Are Welcome !

Venue: SAWCHU

Date: 8th Friday, September 2023

Time: 7 pm (Duration: 45 minutes)

- By Smt Sonali Mohapatra & her Students
- **Venue:** SAWCHU,
- **Date:** Friday, 8 September,
- **Time:** 7pm, Duration 45minutes
- **Contact:** Krishna, 9787880211

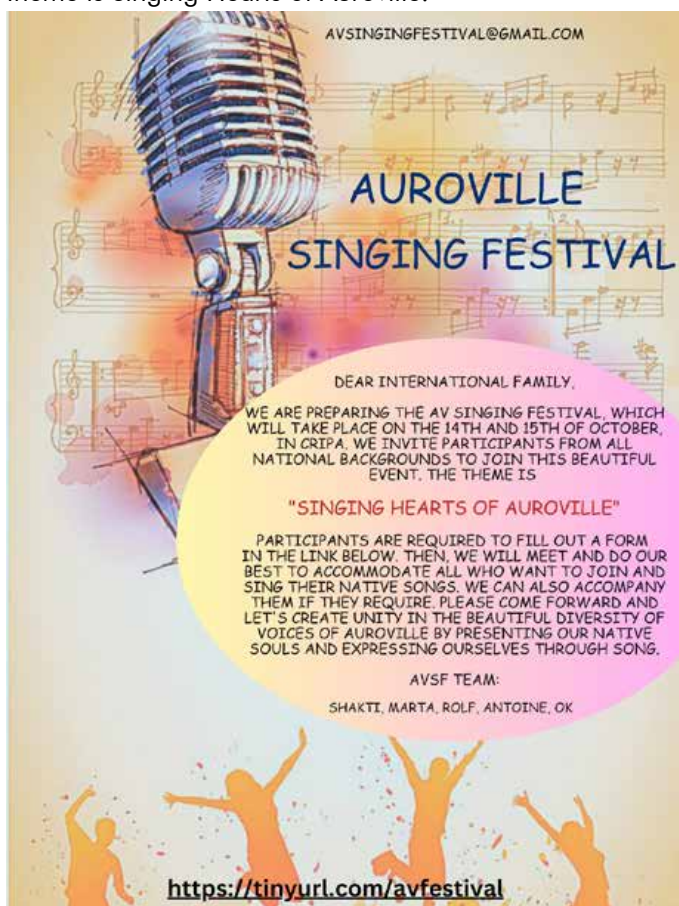
Parking Outside the Main Gate.

Regards, Vani, BN Cultural Team.

Thanks, Shakti

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.

Activities

BIODANZA WORKSHOP

Youth Center, Friday, 1 September, 5pm—7pm



YouthLink is hosting a Biodanza Workshop with Leonor at the Youth Center on Friday, 1 September, from 5 to 7pm!

Biodanza, Greek bio [life]

and the Spanish danza [Dance], literally the dance of life, is a system of self-development utilizing music, movement and positive feelings to deepen self-awareness. It seeks to promote the ability to make a holistic link to oneself and one's emotions and to express them.

It is free of charge, and is open to people from all ages.

See you there!

Namu for YouthLink Team

BLIND BABBLE

7 September, 5:30—7pm @ Le Morgan

Blind Babble is a communication card game created by YouthLink.

The game is composed of five categories, Auroville, Love & Relationships, Introspection, Personal Opinions and Life in which you will find several questions that will enable you to get to know people on a deeper level!



You will be randomly paired up with a group of strangers and have a chance to get a glimpse into their world! Join Us!

Please note that the event will consist of two rounds, each lasting 30 minutes.

- If you arrive late you will have to wait for the next round that will start at 6:30pm, please be on time!

Warmly, Madhu from the Youthlink Team

POETRY IN MOTION

2 and 3 September, 9am—12pm & 2—5pm

@ Cripa Big Studio



Join us for 'Poetry In Motion' a weekend exploration journey, to find the various ways we can embody our own inner poems whilst also dancing them with the wider collective. Bringing what is inside us in our own authentic expressions of movement, poetry and sound, whilst allowing that to be supported, inspired and transformed by the collective energy force.

We—Louise, Valentina & Mukul—will guide you lovingly through exercises, games and reflections; which will be journeyed through both inner and outer as a mix of individual, peer and collective group explorations.

At the end of the weekend we will co-create the collective dance poem as a piece that is filmed with the potential of becoming a dance film.

- Poetry in Motion will be taking place in Cripa Big Studio 9am -12pm and 2—5pm (with additional breaks) on both Saturday 2nd and Sunday 3rd September.
- Pre-registration and contribution on a sliding scale basis is requested.

To pre-register and for the workshop breakdown (including what to bring along) please click the link below

- https://docs.google.com/forms/d/e/1FAIpQLSddwFyo0t6K9-b9hnbw8JxPu-B1eQ20imx8F2gA2SEdus6FA/viewform?usp=sf_link

Valentina

UPCYCLING WORKSHOP

Ilaignarkal Education centre
presents

UPCYCLING WORKSHOP

TEXTILE UPCYCLING - TRANSFORMING OLD FABRICS INTO NEW TREASURES!!

Learn to make beautiful
figures with the textile
scraps and use it as a
keychain and many more!!

Every Tuesday between 10am
to 12noon

Please call to register or
for more details

IEC 0413-262 3773 or
Pachiamma @ 093602 80841

CONTACT US

Ilaignarkal Education centre, Near Townhall,
Auroville

Thank you, Ayyanar,
Ilaignarkal Education Centre Team

The Sound of Bamboo

Various Styles of the Indian Flute



Group Classes With Michael

- 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

SWIMMING CLASS

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

Mani



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



KALPANA GYM

Kalpana Gym has a new Caretaker

It is open

- 7—9am & 5—8pm
- Monday To Saturday



All Are Welcome, Satyakam

990 - 31 August 2023

TANGO DANCE CLASS

Every Monday, Cripa, 6:30pm

- By appointment: 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, bakisa-tadance@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



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

One of the best Indian fighters ever, Bharat Kandare

Abhaya has the great pleasure to host one of the best Indian fighters ever: Bharat Kandare, the first Indian UFC fighter in the history of MMA. Do you wanna train with us?

- **Contact Abhaya** via email abhaya@auroville.org.in or via 9487340778 WA for more info.



See you on the tatami, 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
 - **Women:** 5:30—7pm
- **Saturdays: Beginners,** 11am—12pm



Renana,
+91986544472 WA

AUROVILLE BAMBOO CENTRE September Workshops 2023

Bamboo Centre Campus Tour

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

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: Everyday except Sunday
- Registration: One day in advance.

Every Saturday Auroville Bamboo Tour with Special Bamboo Lunch

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

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

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: Everyday except Sunday
- Registration: One day in advance.

3 Hours 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

FURNITURE WORKSHOP

MONDAY TO SATURDAY
9 AM TO 5 PM
FULL DAY

Mobile : 08300949081

Telephone: 0413 2623806

Email: bamboocentre@auroville.org.in

FOR REGISTRATION & INQUIRIES:
PREBOOK A DAY IN ADVANCE

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

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 or 1:30—5pm
- Days: Everyday 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 or 1:30—5pm
- Days: Everyday 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 or 1:30—5pm
- Days: Every day except Sunday
- Registration: Walk-in registration available



Upcomming Workshops

Bamboo and Poured Mud Concrete Workshop

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

- Dates: 14 to 16 September, 9am to 5pm

Bamboo Reinforcement Workshop

This workshop focuses on Bamboo reinforcement technique from bamboo and various natural materials.

The Bamboo Reinforcement workshop will take place over 4 days, covering full day intensive sessions offered daily from 9am to 5pm.

- Dates: 27 to 30 September, 9am to 5pm

3 Hours Make and Take Workshops

Make and Take Bamboo Archery

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

- Timings: 10am—12:30pm
- Days: 9 September
- Registration: One day in advance.

Make and Take Bamboo Ganesha Memento

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

- Timings: 1:30—4pm
- Days: 16 September
- Registration: One day in advance.



Join us on
16th September 2023
10:00am - 05:00pm

World Bamboo Day

EVENT HIGHLIGHTS

- Special Notes from Eminent Speakers
- Bamboo Open House Workshops (Jewellery, Toys, Musical Instruments, Furniture and Mementos)
- Special Bamboo Lunch
- Bamboo Products Open House
- Live Counters
- Ecstatic Bamboo Instrumental Performance

It is time to think about Sustainability & Bamboo how it can impact our lifestyle. On Bamboo Day, we would like to invite you and explore the possibilities.

bamboocentre@auroville.org.in
 0413-2623806, +91 8300949081
www.aurovillebamboocentre.org

Auroville Bamboo centre

We are pleased to announce we are organizing our annual **Bamboo Day special event to be held on 16 September!** This is a worldwide event celebrated in many places on 18 September. Due to the Ganesh Pooja celebration on 18 September, we have organizing the event in earlier on 16 September as a **7th Bamboo Day in Auroville**. As part of our event schedule, we have planned many interesting seminars, Bamboo Products Open House, Cultural Programs, Bamboo Special Lunch and Inauguration of Tree House, Bamboo Sculpture and etc.

- Timings: 10am—5pm

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

- Preferred through bamboocentre@auroville.org
- or telephone number: +91 8300949081, 0413 2623806
- Flexible training dates offered to groups
- Contact: Voice call and 8300949081 WA

www.aurovillebamboocentre.org

Thanks and Regards, Murugan
 For Bamboo Centre

ENLIGHT ACTIVITIES



Pottery Workshop

GET YOUR HANDS DIRTY AND CREATE SOME MAGIC

10:00 AM TO 11:30 AM | MUDDY MONDAYS
 03:00 PM TO 04:30 PM | 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.

ENLIGHT
 Light of Auroville

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

Thread Art Workshop



Thread art workshop

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

Crochet | Macrame | Embroidery

ENLIGHT
 Light of Auroville

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


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

Arun, Anand and Balaji For Enlight team

Sports

SRI AUROBINDO'S 150TH ANNIVERSARY CLOSING CEREMONY AUROVILLE BIOREGION SPORTS EVENT

The aim of physical education here is not to produce champions or winning athletes, but to train the body and perfect it to become an instrument capable of manifesting on the physical plane a higher consciousness and force. **Sri Aurobindo**

Last year in 2022, we successfully completed a sports event in celebration of Sri Aurobindo's 150th Anniversary in the month of August 2022.

In continuation of the celebration of Sri Aurobindo's 150th Anniversary, we wanted to finish the Anniversary year with a Grand Sports Event along with bioregion villages of Auroville. Therefore, we invited all players and teams from the different villages to participate.



- The sports tournament included **Athletics, Badminton, Basketball, Cricket, Cycling, Football, Kabaddi, Kottipul (Gilli Danda), Kho Ko, Table Tennis, Volleyball and Yoga.**
- In total, around 1237 players participated in this sports event, between 30 July to 13 August 2023.

Athletics

The event took place at the New Creation Sports Ground. The teachers from the Dehashakti sports ground volunteered to manage it. They organized a 75 meters Running Race and Long Jump. Around 50 players participated and it



Long Jump

was separated in two categories, junior & senior. In each category the first 3 placed players were awarded with medals and T-shirts of the event.

Badminton

The badminton competition took place at Certitude badminton court. It was managed by the Certitude badminton players from 4 to 13 August. In this event, 232 players participated from the bioregion villages and Aurovilians in all categories, like Sub junior, Junior, Senior and Super Seniors (above 45 years old) for boys and girls. All categories were played in doubles. In each category, the first 2 winners were awarded with Trophies and T-shirts of the event.



• Sub Junior girls: Sub Junior boys

Winner: Anusree & Rishmita (Udhavi School) **Winner:** Suriya & Yugan (Kuilapalayam) **Runner—**Sadhana & Mathi (Udhavi School) **Runner:** Prem & Yuvnesh (Udhavi School)

• Junior girls: Junior boys

Winner: Imaiyaval & Catherine (Auroville) **Winner:** Jagadeesh & Bhuvanesh(Kuilapalayam) **Runner—**Pragathi & Varunya (Sanjeevinagar) **Runner—**Vasanth & Kaviarasan(Kuilapalayam)

• Women's doubles: Men's doubles Category-C

Winner: Manjula & Lakshmi (Auroville) **Winner—**Akshay & Kishore (Auroville) **Runner—**Ancy & Julie (Dehashakthi) **Runner—**Mani & Stefan (Moratandi)

• Men's Doubles: Super Senior 45+

Winner: Shakthi & Guna (Kottakarai) **Winner-** Prakash & Kumar(Auroville) **Runner:** Sudhakar & Bharathy (Alankupam) **Runner:** Sharma & Manickam (Auroville)

Basketball

The basketball matches were conducted in New Creation Indoor basketball court and Aspiration Court from 11 to 13 August with the help of experienced basketball players. Six Senior men's teams, 6 Juniors teams (boys & girls) and 6 sub junior teams (boys & girls) with total of 180 players participated.



Cycling

The Auroville Cycle Ride took place from Auroville's Townhall on 12th of August for a distance of 20Kms ride around the bioregion villages of Auroville. Around 30 people participated for the early morning ride. The interesting thing of the ride remained a surprise till the very end. The lucky draw winner was chosen from all participants, and the lucky winner got a new cycle as a gift! It was sponsored by the **Central Cycle Store**, Pondicherry. Also, breakfast and T-shirts were provided to the participants.



Cricket

This event took place at Kuilapalayam Cricket ground from 30 July to 13 August, only on Sundays. Around 16 teams participated in the event from the Auroville bioregion villages. It was conducted in 10 matches due to the shortage of days. Kottaimedu cricket team won the first prize and the runners were Superior Cricket team from Kuilapalayam. 240 players



participated in this sport. Winners were awarded with medals and trophies. Our sincere thanks to the Superior team which coordinated the event in a peaceful manner.

Football

The football matches happened at Certitude football ground. All players were below 17 years old. Ishan, Shasha and Udavi School's sports teacher were very helpful to complete this event on time. Two teams from Auroville and 2 teams from Pondicherry. Around 60 kids participated and all received a medal and T-shirt for the first and second place.



Hatha Yoga

The event was organized with help of Mr. Velmurugan from Arulvazhi School who conducted an open Yoga practice for people to participate. This event took place at the New Creation indoor basketball court on 13 August for one hour in the morning. Around 40 kids took part with special yoga uniforms that had been offered to them.



Kabaddi

The Kabaddi event took place at the New Creation indoor basketball court. The Auroville Kabaddi team conducted these matches on mat surfaces instead of hard soil court. It brought joy in all players' faces and they enjoyed the day in full and enthusiast happiness. It was interesting when the kabaddi coordinators decided to mix all team players instead of letting them play in regular registered teams. This way brought more sharing between each player though they remained originally playing for their registered teams. The joy and knowledge were shared between the players. The event was conducted for girls and boys separately. Around 90 players participated in the Kabaddi sports. Medals were provided to all players. Some had been partially supported towards their purchase of shoes for their regular training purposes on the mat surface.

Kho Kho

Kho Kho is, one of the traditional games of India, dating from the 4th century. This sport doesn't require any equipment or a big space and its objective is mainly to tag or catch an opponent and score points. To promote this game to the current generation of kids who are addicted to the mobile phones and modern sports, the event was organized by the Auroville women at the Certitude Sports ground. Around 20 women and 35 kids participated in the event from 8.00am to 1.00pm on 13 August.

Kiti-Pul (Gilli Danda)

This game is played in various areas of south Asia countries and also in African countries. The game is played with two sticks: a large one called a danda, which is used to hit a smaller one, the gilli. It is similar to bat & ball, and is played with a minimum of 2 players to unlimited number of players. The game took place at the GAIA frisbee ground with help of youths from Kulapalayam. Around 50 players participated on 13 August. The Winners and Runners of this event were awarded with medals and a cash prizes. Till now this sport was not recognized in the local areas and was never taken up in any sports events. Therefore, the players who participated were overjoyed when they received medals and cash prizes along with the other modern sports.

Table Tennis

The table tennis matches were played at the Certitude sports ground. Mr. Rajesh came forward to help organize them. Not many players registered for it compared to the other sports. There were only 7 players in total who participated in it.

Volley Ball

This sport took place at New Creation Sports ground from 12 to 13 August with day and evening matches. Around 26 teams participated from the Auroville bioregion and few teams came from far villages too. Around 208 players participated. The matches went on for the night of 12 August till 3.00am and the players were overjoyed to play in Auroville, where they got support from the audience for the complete two days. The Villupuram district Secretary of Volleyball, Mr. Mani was invited for the final day to present the gifts to the players. The first four placed teams were awarded with medals, trophies and cash prizes. Kulai friends won the first prize.

Our sincere thanks go out to all the Donors, Coordinators of each sport, Auroville Road Service, Auroville Electrical Service, Vinoth from New Creation ground, Selvi Arumugam, Murali from

Avdzines, Saranraj, Murugaiyan from Green Ride Cycle, Magesh from Central Cycle Store, Amsa sound systems, Anbu for the breakfast, Divakar. P for the water supply, Alok, Guy, Referees, Umpires and the Participants of this event. Without your support, this event couldn't have been completed with such a great success. THANK YOU ALL.

We Believe Sports Will Bring The Unity Among Ourselves.

*Raju & Others,
Organizing Team*

AUROVILLE CYCLE RIDE-4

9 September, 6am
@ Townhall Main Parking

AUROVILLE CYCLE RIDE - 4



Dear All,

We invite everyone to join on 9th September 2023 at 06.00am in Town hall Main Parking for the cycle ride for 20kms in and around Auroville.

Let's pedal together to create the awareness and importance of cycling.

Bring your own cycle and a water bottle.

Note: People who don't have a cycle could pick one from us and return it back after the ride

(depends on the availability / First come gets priority).

Ride Schedule

06.00am : Reporting at Town Hall Main Parking.
06.30am – 07.30am : Cycling around Auroville
07.30am – 08.30am : Breakfast at Town Hall campus

Contact: Raju – 9443074825 / Saranraj - 9787095511
email: avvehicle@auroville.org.in

Submitted by Raju



Help Needed

MAATRAM

Maatram is moving to its new premises in Arka. To make this space conducive, functional and inviting for our work in psychological health and counselling, and to create more therapy rooms, there is a need for some construction/civil work to be done.



As we do not generally receive direct payment/contribution from Aurovilians, Newcomers and volunteers for our services, our available funds are sufficient only for our routine expenses.

For this extra construction work in setting up the space, we are reaching out to the community for support. If you align with the cause and our work, and would like to support us, we would be grateful for any contributions to support this work.

- The amount can be transferred to A/c no. 240001 Unity Fund with, 'For Maatram' in the description.

If you have any more questions, please email us on maatram@auroville.org.in.

You can also visit our website maatram.org.in for more details about our work.

Warmly, Megha for Maatram

SUPPORT

Accessible Auroville Public Bus Service

Accessible Auroville Public Bus service started in 2016 with help of an Italian donor, who contributed to purchase a public bus to Auroville. Since 2016, we have received good support from Aurovilians, guests and all. The service self-sustained by collecting contributions from the bus users to cover the running expenditures. We were supported by the AVI Canada to cover the yearly maintenance like, Insurance, Fitness Certificate, Yearly Maintenance of the vehicle. Since the covid-19, the users of the bus have reduced and it became hard to cover the running cost of the bus. Therefore, we often request help from the community to support. We tried different options to increase the bus users but still no progress. Only during the season, the bus is filled with people. So, it shows that most of the aurovilians are willing to use the individual vehicles to visit Pondicherry, other than using the public transport.



We do not get any financial support from the BCC for our monthly running cost or yearly maintenance. We tried a few times with BCC to support the public transport in Auroville to avoid an increase of individual transports, taxis, etc.,. It was never accepted by the BCC since 2016. Therefore, we invite Aurovilians, New Comers, Volunteers and Unit workers from Pondicherry to use this service to support the public transport in Auroville. While increasing the number of users, the service will sustain itself without any financial crisis. So far, the service could function because the financial gaps were generously covered by advances given by Auroville Vehicle Service, but it cannot continue.

We do not get any financial support from the BCC for our monthly running cost or yearly maintenance. We tried a few times with BCC to support the public transport in Auroville to avoid an increase of individual transports, taxis, etc.,. It was never accepted by the BCC since 2016.

Therefore, we invite Aurovilians, New Comers, Volunteers and Unit workers from Pondicherry to use this service to support the public transport in Auroville. While increasing the number of users, the service will sustain itself without any financial crisis. So far, the service could function because the financial gaps were generously covered by advances given by Auroville Vehicle Service, but it cannot continue.

- Let us join together to reduce the carbon footprint and the traffic around us.

By supporting public transport, you could have a safe Journey, reduce the carbon footprint and save money.

Last week, we took an advance of a lakh rupees to cover the annual maintenance of the bus (Repainting the vehicle, renewal of bus insurance, mechanical work, tyres replacement etc.,). We need to pay back this amount to Auroville Financial service in a month. Therefore, we kindly request you to contribute small or big to cover the loan amount.

- For donations Avbus A/c No : 251675

Details of works to be done

- Re-Painting of Bus—Rs.15,000
- Tinkering work—Rs. 11,000 (Body + flooring + rear door)
- Tyres Replacement—Rs.21,500 (2 rear Tyres)
- Seat repair + Seat cover replacement: Rs.18,000 (10 seats)
- Renewal of Insurance: Rs.31,000 (2023-2024)
- Mechanical works: Rs.8,150
- Total : Rs.1,04,650

Regards, Raju for AAPB Team, Auroville

Available

Reliable Housekeeper

Selvi has been known for 2 years as a reliable worker and warm natured person. She understands basic English, does all kinds of housework and can also take care of children. She likes babies very much. Selvi is now available half time and for babysitting in the evenings.



- If you wish to enjoy working with her, contact Urvasi at 9751513906 (no calls!, all messaging providers like Signal, WA etc.) or 2622906.

Ulrike

Hall Available

If you practice an activity in the spirit of Auroville for which you need a temporary space, do not hesitate to contact us!

- Contact 9787468179 or comm4unity@auroville.org.in

Michael for Comm4unity

Kz-Edx Pro Available



Selling new from the box earphones. KZ-EDX PRO Bought for ₹1,011. Selling for ₹800. The earphones are working perfectly, but the model wasn't the one I intended.

Contact Yam: 8489776526, yamyardenisivan@gmail.com

Yam

Work Opportunities

AV PRE-CRECHE IS LOOKING FOR TEACHERS

The AV pre-creche is looking for teachers to replace our ToS team members, with an eventual possibility to continue for longer. Our kids' age group is 1,5 to 3 years old.

- Kindly contact office number 2623161 between 10 and 11, or send a message to 9443215065 or avprecreche@auroville.org.in.



Tatiana for The AV pre-creche team

Lost and Found

Transparent Glasses Lost



I lost my transparent glasses around MM and Auromode..Please if you got them,please return them to me as I need them badly. Thanks, 9952746285, Anandi A, Certitude

anandi7@auroville.org.in

Looking For

Looking for a Chess Player

Looking for a chess playing partner in Auroville.

- Contact +918290951211WA
- yashwantsingh.shekhawat@gmail.com



Yashwant

Seeking Housekeeping Work

Lakshmi is a nice tamil woman, hard working and honest with a basic english. She has 3 days free per week and would like to find a place for regular housekeeping work.

If you are interested, please, contact Monica, 8300132409. Thank you very much, Monica



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 kulaicreativecentre@auroville.org.in

With regards, Selvaraj.A from KCC

CALL FOR FARM VOLUNTEERS

At AuroOrchard farm, join us from Monday to Saturday 7am to 9am OR/AND 9:30am to 12pm

- Learn to work with plants and soil
- Observe farming systems in a large and established farm
- Work with a diverse and dynamic group
- Enjoy breakfast with us at 9am with produce sourced from the farm.



No former experience or skill required. Minimum physical ability is needed.

Please contact

- email: auroorchard@auroville.org.in
- voice call: 9882685365 (Anshul)
- WA: 9566631079 (Nidhin)

Nidhin, for AuroOrchard team
<https://auroorchard.auroville.org>

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

OPEN HOUSE IN AUROORCHARD



Nidhin for AuroOrchard team
<https://auroorchard.auroville.org>

BIKE TRANSPORT SERVICE

Hello all I am planning to create a bike transport service inside Auroville. It will be a paid service.

Anyone looking for a part time job, at any convenient time, if they have a bike and a mobile, please write to me arabinda@auroville.org.in, 9090819998 WA.

We can meet and work out the schedule.

Thank you, Arabinda



ORGANIC QUALITY MILK AVAILABLE

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

- For reservations contact 9585180393

Erumalai (Evergreen)



RAPID CARE SERVICE

Rapid Care Services has been serving the community at its best capacity.

Over the period of 6 months, we have made a lot of improvements with our services and technicians in order to cope with quality, beauty and time, which are the 3 mandatory factors that we work on.

Rapid Care Service, as an Auroville activity, is dependent only on Aurovilians and Auroville, while we also do not take advantage of our own community in terms of rate and quality.

We make sure the work is completed on an economical budget without compromising quality.

Please use Rapid Care Services to keep Auroville's economy healthy, and rotational to benefit Auroville as a whole.

List of services provided by Rapid Care Services

- Aluminum channel work
- Welding
- Carpentry
- Masonry—renovations and remodulation
- Plumbing
- Painting
- Insect Treatment
- Fencing
- Electrical
- Washing machine repair & installation,
- A/c repair and installation,
- Inverter repair and installation,
- Dth repair and installation and
- Furniture purchase assistance

Kindly contact us and hire our services at the below mentioned contact details.

- Balaji, 8270071581, Arun, 7639810621
- rcsrapidcareservices@gmail.com
- rapidcare@auroville.org.in

Balaji and Arun for Rapid Care Team

JOIN DROPZY

Products and services from in and around Auroville.

Dropzy is a mobile app marketplace for Products and Services from in and around Auroville helping to deliver it at your door-step.



Dropzy is a mobile app marketplace for ordering from a wide range of in and around Auroville eateries, grocers, bakers, farms, etc and has partnered with ITS (Integrated Transport Service) whose delivery personnel will pick up the orders from the outlets/stores and deliver them to the customers at their doorsteps.

Dropzy works by providing a complete ordering and delivery solution that connects the existing neighborhood outlets/stores with the comfort and convenience of ordering from home.

Find new customers, build your business and grow your sales. Increase your order volume, drive more revenue and improve profitability with help from Dropzy.

- **Register your Unit/Activity**
Click on this link: www.dropzy.in/join-dropzy
- Know more about Dropzy on www.dropzy.in

Regards, Sathish Arumugam For Dropzy



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



MARK'S CAFE RECURRING EVENTS

And September Closure

Recurring Events

- **Every Saturday:**
 - 10am—12pm: Coffee Cupping Sessions
 - 3—5pm: Kombucha and Fermented Drinks Workshop
- **Every Friday:**
 - 3—5pm: History of Indian Coffee (Tamil or English)



Monthly Classes (check on the dates)

- **We offer classes on**
 - Foundations of Specialty Coffee
 - Foundations of Roasting
 - Molecular Coffee: A Master Class
- Location: CLC, on top of Marc's Cafe Store
- For bookings and more info, visit our website: Marcscoffees.com or email us at Admin@marcscoffees.com

September Closure

Please note that we will be closed for 3 days in September due to our participation in the World of Coffee event in Bangalore, (first time in India). We'll be back on 28 September.

Wish us luck as one of our in house baristas competes in the National Barista Competition!

Matilde

NOWANA

Home Delivery

NOWANA Delivery

MONSOON

Sep 1 to Nov 30

Stay dry and enjoy your favorite NOWANA at home



91 73396 43557
0413 296 5490

NOWANA

*Thank you, Gumsoon
For Nowana Korean Restaurant*

ĀDESHA

Ādesha 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

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:

Tailoring

Any kind of Dress, Blouse, Kurtis can be done.

Contacts

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

Rupavathi Joy

LATEST NEWS FROM INSIDE INDIA

Travel Shop

Mr. Ganesh our Travel Consultant will be at our Kalpana office from 10am till 4pm, Monday to Friday. Saturdays only on appointment. He can also be contacted anytime by phone

- landline 2623030,
- or +919894598686WA,
- or by email: travelshop@inside-india.com



- Emirates offers are available from Chennai to Frankfurt
- Oman airways has special fares from Chennai to Milan and Frankfurt
- Air Vistara has competitive fare from Chennai to Paris
- Lufthansa special fare from Chennai to Amsterdam

Joster

HAIRDRESSER



For your and/ or your child's next haircut: inspired, striving for the perfect, 11yrs young artist Aha-na looks after your and/ or your child's hair and well being.

After everyone who came was happy and content, we are now requesting short and long **Hair Models** to step forward and try something new and beautiful!

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

Lovely day, Ulrike Urvasi

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

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.7 The Greatest Show on Earth](#) (Music)
- [La Vita Divina—Ep.31](#) (Sri Aurobindo)
- [Savitri, B. II, C. IV, Part 1](#) (Integral Yoga)
- [I just wanna write—Ep.12 'Connecting with inner Wisdom'](#) (Creative Writing)
- [Marlenka's weekly Offering—Ep.103](#) (Literature)
- [Une série hebdomadaire de lectures par Gangalakshmi—448](#) (Integral Yoga)
- [Exploring Education in Arts, Animation and Film-making—Ep.16 'What Is Perspective In Drawing?'](#) (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

Regards,
Wobbli for AvRadio team



Poetry

THE ROAD NOT TAKEN

Two roads diverged in a yellow wood,
And sorry I could not travel both
And be one traveler, long I stood
And looked down one as far as I could
To where it bent in the undergrowth;

Then took the other, as just as fair,
And having perhaps the better claim
Because it was grassy and wanted wear,
Though as for that the passing there
Had worn them really about the same,

And both that morning equally lay
In leaves no step had trodden black.
Oh, I kept the first for another day!
Yet knowing how way leads on to way
I doubted if I should ever come back.

I shall be telling this with a sigh
Somewhere ages and ages hence:
Two roads diverged in a wood, and I,
I took the one less traveled by,
And that has made all the difference.

Robert Frost

WRITING POEMS

A sheet of paper is screaming with laughter
My brain tries to touch my heart
Or does my heart try to touch my brain?

A sheet of paper is screaming with laughter
My brain is covered with mist
Or is my heart covered with mist?

I am screaming with laughter
My heart and brain is open

For us

Ivana

TRUE FREEDOM

True freedom
Never bound
Seldom found
Ever around

Warmly, Anandi Z.

Voices and Notes

THE MOTHER'S MUSEUM

About two years ago the 'Auroville to-day' published a very informative article 'The Mother and Japan' by Helena Capvok (Feb. 2021). Author wrote that the Mother brought from Japan to Ashram Sri Aurobindo some souvenirs. Yes, they are now in the Mothers's Museum, not far from Samadhi (most close to the post office). These objects are in one room which has Japanese things only.

We can see the clothes in this room (kimono etc), wooden chapels (gheta), many dolls... I visited the museum many times, sometimes with Auroville's guests. After time the exposition became more rich because new guests from Japan brought other objects.

I was studying Japanese language for three years in Irkutsk



city (East Siberia). One sentence I keep in my memory: 'Nihongo wa muzukashikedo omoshiroidesu' 日本語は難しいけど面白いです

'It means 'Japanese language is difficult but interesting'.

In 'News and Notes' appeared information 27.7.23 that Deborah Smith passed away. She in America studied Japanese language, after lived in Japan and learned ceramic work. The Mother invited her in Ashram Sri Aurobindo. She created Golden Bridge Pottery.

Of course the Mother knew Japanese word *chiochio* 蝶, means *butterfly*. There is a famous opera Italian composer Puccini *Madame Butterfly*—in Japanese *Chiochio San*. I think the Mother didn't know other Japanese word, *kamikaze*—literary god wind, means a suicidal pilot during Second World War.

The museum in Ashram Sri Aurobindo is one of the swan songs of the Mother.

Boris

NO EXCUSES

What the Mother went through, passing onto a different realm, hastening the evolutionary process towards a Life Divine on Earth, is not easy to understand¹. And most crucial of all for the torchbearers to continue and practice what She and Sri Aurobindo have started, which is why Auroville was envisioned and created.

We were not invited here to simply continue the old mental world that is becoming more brutal and caustic. We are invited to transform it to a Supramental world, a Divine world. Without this Vision-Goal reiterated in our life and psyche day in day out, one cannot have the change of consciousness necessary to counter the powerful pull and resistance of the old unwanted realm of mind.

What the Mother warned us of, enforced by the power of crashing circumstances², is that what we really need to push us to change? Maybe, as they are indeed happening.

But there are a few, only a few, who are already practicing the Integral Yoga and deep in concentration. These few must be left in peace to continue on with the difficult work, while all others are requested to cooperate and collaborate with the difficult endeavor that True Aurovilians have been decreed with by the Supreme.

As the progressive development of Auroville, this City of Dawn, is the very process of the hastening and intensification of this Supramental evolution, what is happening at every moment is what is supposed to be. Either one is conscious of it or not is the only difference.

To be more conscious is easy: simply remember, always, that this is the Auroville of the Supramental Avatars Sri Aurobindo and the Mother.

All their written guidance, in print and digital, are freely available. There are no excuses for any of the participants here in Their Auroville who are fully expected to be willing servitors of the Divine Consciousness³. Expected to be True Aurovilians⁴ preparing for and hastening the advent of the new species the Supramental being.

A conscious consenting choice has to be made.

The Supramental Truth is incompatible with the mental falsehood:

Truth or the abyss.⁵

There are no excuses.

Om Namo Bhagavate

¹ https://sri-aurobindo.co.in/workings/satprem/mother_or_mutation_of_death_e.pdf

² <https://incarnateword.in/cwm/15/human-unity>

³ <https://auroville.org/page/auroville-charter>

⁴ <https://auroville.org/page/a-true-aurovillian>

⁵ <https://incarnateword.in/search?query=Truth+or+the+abyss&page=1&auth=m&phrase=true>

Zech, 2023.08.24

WHAT'S IN A PARK?

Part 4: Extents

Previous parts and other articles [can be found here](#).

So, the parks seem to end at the edge of the city limit. What? Yes. But why? It may be that as the Galaxy Concept ends at the city limit, people have put more effort into planning, detailing and buying this area than the 'Green belt'.

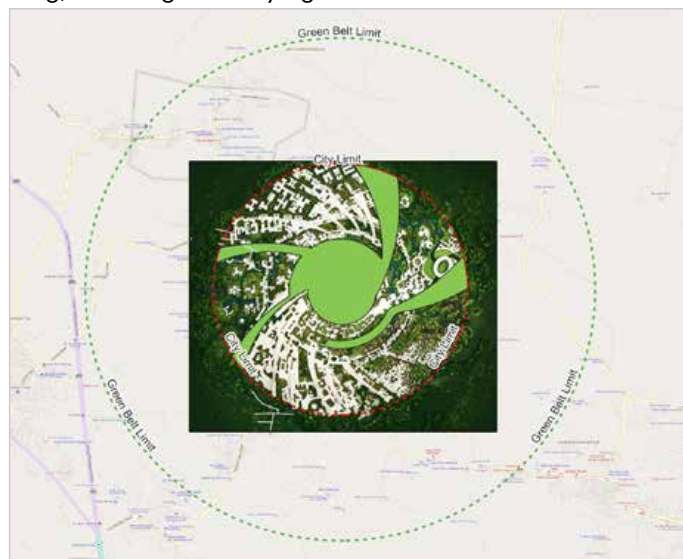


Figure 1 Galaxy/City and Green Belt Limits

There is a lot of history around why this happened (which I won't go into here). The city area has not been detailed much and the 'green belt' has been detailed even less. For example, there are no significant details of parks in either 'Master Plans', even though they are in the 'City' area. So, even though it is not mentioned, should there be no parks in the 'Green belt'?

But why am I writing it 'Green belt' and not just Green belt? Because Auroville currently owns less than 30% of the land within the designated 'Green belt' area which also contains 6 villages and a large area of temple land (see figure 2). In short, it will likely never be complete (unless we completely, immorally, evict everyone through some sort of land acquisition scheme/scam).

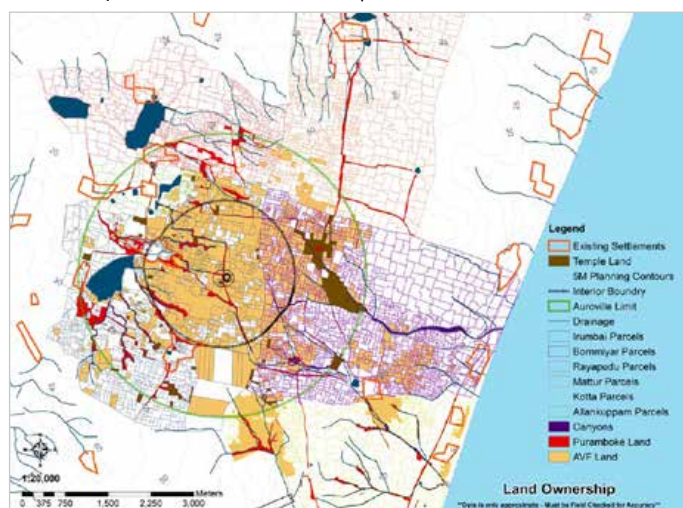


Figure 2 From the Auroville Green Belt Development Plan, 2016. In the [Auroville Green Belt Land Use Plan, 2015](#), which was followed by the [Auroville Green Belt Development Plan, 2016](#), it was mentioned that it may be an idea to start thinking a bit differently about the 'Green belt' idea and to try to adapt it to changing circumstances.

Instead of an unattainable Green Belt, the study mentions considering linking existing corridors and designating areas to be linking areas for natural aspects but also for human connectivity (such as for cycle paths and other access ways). It also mentions putting vegetation where it makes

sense, such as by canyons and other water sensitive areas.

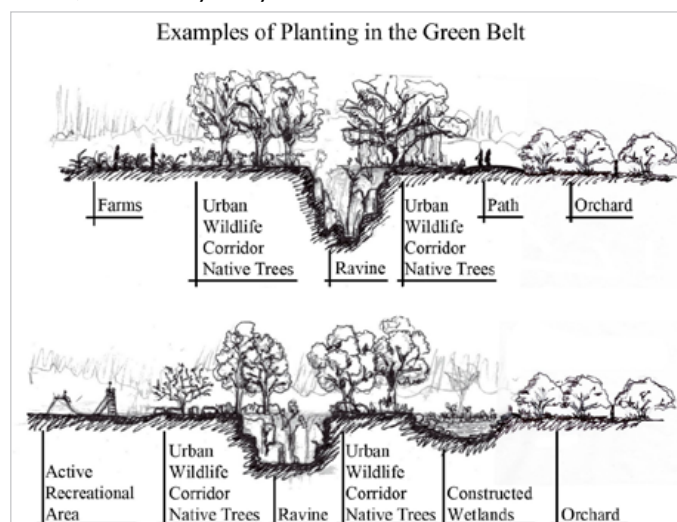


Figure 3 From [The Green Belt Development Plan And The Green Belt Land Use Plan](#) presentation.

Do the examples in figure 3 look different to how vegetation could be used in the 'City' area? Could the outer zone in the figure, where farms and orchards are, be replaced (where it makes sense) by residential or commercial areas? I think my question really is: 'Should there be any difference between the 'Green belt' and the 'City in general?' or could it possibly be that things are considered more from a gradient between one necessity and theme point of view to another instead of just using black and white ideas?

If we are to move forward, then we need to evolve our thinking, constantly. This is a given, no? It doesn't necessarily mean reinventing things or starting from scratch, it means using what we agree on and working with that and possibly, bit by bit, adding to it.

Island, arboriculturist

THE CREED OF THE ARYAN FIGHTER



The Teacher himself enumerates in a later chapter the qualities of the god-like nature in many places among them compassion to creatures, gentleness, freedom from wrath and from the desire to slay and do hurt, no less than fearlessness and high spirit and energy. Harshness and hardness and fierceness and a satisfaction in slaying enemies and amassing wealth and unjust enjoyments are Asuric qualities;

they come from the violent Titanic nature which denies the Divine in the world and the Divine in man and worships Desire only as its deity. ...

There is a divine compassion which descends to us from on high and for the man whose nature does not possess it, is not cast in its mold, to pretend to be the superior man, the master-man or the superman is a folly and an insolence, for he alone is the superman who most manifests the highest nature of the Godhead in humanity. This compassion observes with an eye of love and wisdom and calm strength the battle and the struggle, the strength and weakness of man, his virtues and sins, his joy and suffering, his knowledge and his ignorance, his wisdom and his folly, his aspiration and his failure and it enters into it all to help and to heal. In the saint and philanthropist it may cast itself into the mold of a plenitude of love or charity; in the thinker and hero it assumes the largeness and the force of helpful wisdom and strength. It is this compassion in the Aryan fighter, the soul of his chivalry, which will not break the bruised reed, but helps and protects the weak and the oppressed and the wounded and the fallen. But it is also the divine compassion that smites down the strong tyrant and the confident oppressor, not in wrath and with ha-

tred,—for these are not the high divine qualities, the wrath of God against the sinner, God's hatred of the wicked are the fables of half-enlightened creeds, as much a fable as the eternal torture of the Hells they have invented,—but, as the old Indian spirituality clearly saw, with as much love and compassion for the strong Titan erring by his strength and slain for his sins as for the sufferer and the oppressed who have to be saved from his violence and injustice. ...

*Sri Aurobindo, Essays on the Gita, Ch. 7,
The Creed of the Aryan Fighter, 53-4*

Submitted by Paulette

ONLY DIFFICULTIES OF CONSCIOUSNESS

'The difficulty of the old recalcitrant [human] species...

Such is the problem of the transformation, which is perhaps not only nor essentially a physiological or anatomical one, but a total problem, because evolution is everything, from the protoplasm up to us. There is no material impossibility, there is no physiological impossibility, no more than in the Iron Age or the Age of nickel—there is always, eternally, a difficulty of the past that does not want to die and clings to the old forms. To its favourite suffocation.

Mother's and Sri Aurobindo's experience is no doubt the most violent traumatism the earth has suffered since the appearance of Life. It is but a beginning.

And everything can be miraculous...

If something gives way in our consciousness.

There are only difficulties of consciousness.'

[Mother or The Mutation of Death](#)

Zech, 2023.08.26

Languages

CLASSES AND COACHING: SPOKEN ENGLISH

Materials, classes and coaching for spoken English offered freely. I have a collection of diverse interesting materials (in English) for 'classes'. The topics include Auroville, science, spirit, human nature, enlightened management, inspiring humor, Savitri. Contact me soon if you would like to pick up these materials or if you have a small group who would like to explore the topics with a native English speaker.

Or, I can participate in an occasional interactive 'class' in simple or advanced English about the purpose, principles and founders of Auroville, or give gentle coaching for actors and presenters.

Patricia at Creativity,

pat@auroville.org.in, 0413 262 3750

LEARN FRENCH BY 'THE SOUNDS OF ITS MUSIC

Learn French by 'the Sounds of its Music' With the **Auro-lang** 2 method in 50 lessons on book + CD-Rom With English, Tamil and Hindi translations. Just click on it to hear and pronounce correctly from the start. Or train and drill with a native speaker in French Pavilion (International zone Auroville)

• **Every Tuesday & Thursday 5 to 7pm**

by Jean-Marie Master in Applied linguistics Brussels State University

• Book + CD: 500 INR. First batch 30 hours class drill: free contribution

• Mail: ecohome2@skynet.be or jeanmarieDemulier@gmail.com

• Call: 918148401950 WA

Thanking you, Jean-Marie Aspiration



NEWS

From Auroville Language Lab



Please remember to put your mobile phones on flight mode and switch off all wireless and Bluetooth devices before you enter the Lab. We are a wireless-free space!

• **Looking for:** If you are a true-blue Malayali and speak Malayalam with an authentic Malayalam accent, please contact us by Whatsapp at +919443631861 or email at tomatis@aurovillelanguagelab.org. We need to record some words & sentences as well as some simple daily life conversations in Malayalam for a research project.

Tomatis

There are spaces available for both language & therapeutic programmes!

• Please contact 0413-3509932 or 0413-2622467 or email us at tomatis@aurovillelanguagelab.org to schedule your Listening Tests & Consultations.

To know more about the Tomatis Method, please have a look at the following links:

- <https://www.aurovillelanguagelab.org/tomatis-method.php>
- <https://www.aurovillelanguagelab.org/tomatis-kids.php>
- <https://www.youtube.com/watch?v=wnpXprTI3m0>
- <https://www.youtube.com/channel/UCeTIG0y-sBMlyy-wZNdZcAng/videos>
- <https://www.listenwell.com/>

For those who slipped through the cracks, whose requests we were not able to respond to, we sincerely apologize. Please send us an email if still interested, and we'll get back to you soon!

Current Language Courses at ALL

New: German with Ben

We are thrilled to announce that Ben has joined us as our new German teacher! A recent newcomer & native German speaker, Ben has been an online teacher for three years now, giving integration classes and language courses to immigrants from various backgrounds. He is now eager to apply his skills to an in-person classroom. Ben is a language enthusiast and takes interest in translating poetry and studying ways of integral education. Ben is offering two courses:

Beginner German: This 3-month course will be structured around the Goethe Institute material & will employ a variety of audiovisual tools and interactive elements.

This course will start September 11. Classes will take place Mondays & Wednesdays, 9:30 to 11 am.

German Conversation: This 2-month course is for those who already know a bit of German and would like to further polish their speaking skills.

• This course will start September 12. Classes will take place Tuesdays & Thursdays, 4 to 5pm.

New: Spoken Tamil with Saravanan

The current course will conclude soon. We will start a new batch in September! Saravanan has been running this interactive and practically-oriented course for the past seven years. The class modules are based on a booklet called 'Fun with Tamil', which has been put together with a lot of research and thought. By the end of this course, you would be able to converse in Tamil on day-to-day matters, having achieved a deeper understanding of its sounds, pronouns, conjugations, etc. This course fills quick. Register soon!

• Classes will take place Tuesdays & Fridays, 9:30am to 10:30am. Course will start on September 12 comprising 24 hours of teaching over three months.

New: Beginner Hindi with Alka

We have a new Hindi teacher!

A native Hindi speaker, Alka has a passion for teaching which she has keenly pursued over the last twelve years. Her approach is to make learning easy through games, songs, poems, & other fun activities. This three-month beginner course is a great introduction to the Hindi language, and intends to make learners comfortable with basic Hindi vocabulary, grammar, and everyday sentences. The course will be paced to align with each student's comfort!

The course will start on September 9. Classes will take place Saturdays, 10am to 12noon.

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.

- We hope to start on September 5 with an introductory class on August 31, if we have 6-7 confirmed registrations. Classes will take place twice weekly, on Tuesdays and Thursdays, 2:30 to 3:30 pm.

New: French with Jean-François

Jean-François offers four 2-month (16-hour) courses.

- **Beginner French**
 - This course is now closed for new registrations.

• 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.

- We need five confirmations to start the course. 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.

New: Italian with Fabio

Fabio is offering two courses:

• Beginner Italian

If you are a beginner with little or no knowledge of the Italian language, you are welcome to join this 2-month (16-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 everyday activities, hobbies, etc. A range of different topics can be explored based on the interests of the students.

- This course will start September 4. Classes will take place Mondays & Wednesdays, 2:30 to 3:30pm.

• 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 close at 4 registrations.

- This course will start September 12. Classes will take place Tuesdays & 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 4pm.

Beginner and Pre-Intermediate English with Rupam

Rupam continues to offer morning English classes. Her classes are a mix of discussion on current topics, and grammar as necessary. You are welcome to try out a class and see if it fits your needs. However, please note that this is not a drop in/walk in class but is meant for students committed to joining the course.

- Classes take place Tuesdays & Thursdays, 10:30 to 11:30am. Enquire now to join!

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

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 soon	11am—12noon	
	Conversation Started 3 August 2023	2:30—3:30pm	Monday & Thursday
Tamil	Spoken Beginner To start 12 September 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 To start 11 September	9:30—11am	Monday & Wednesday
	German Conversation To start 12 September	4—5pm	Tuesday & Thursday
Spanish	Beginner To start September 2023	2:30—3:30pm	Tuesday & Thursday
	Intermediate	2:30—4pm	Tuesday
Japanese	Beginner To start November 2023	TBA	TBA
Italian	Beginner To start 4 September 2023	2:30—3:30pm	Monday & Wednesday
	Conversation To start 12 September 2023	2:30—3:30pm	Tuesday & Thursday

To join or enquire

Please fill out our form at <http://register.aurovillelanguageagelab.org/> You may also drop us an email at info@aurovillelanguageagelab.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!

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@aurovillelanguageagelab.org

Vismai, for Language Lab Team

Classes, Workshops & Healing Arts

A SUNLIT PATH

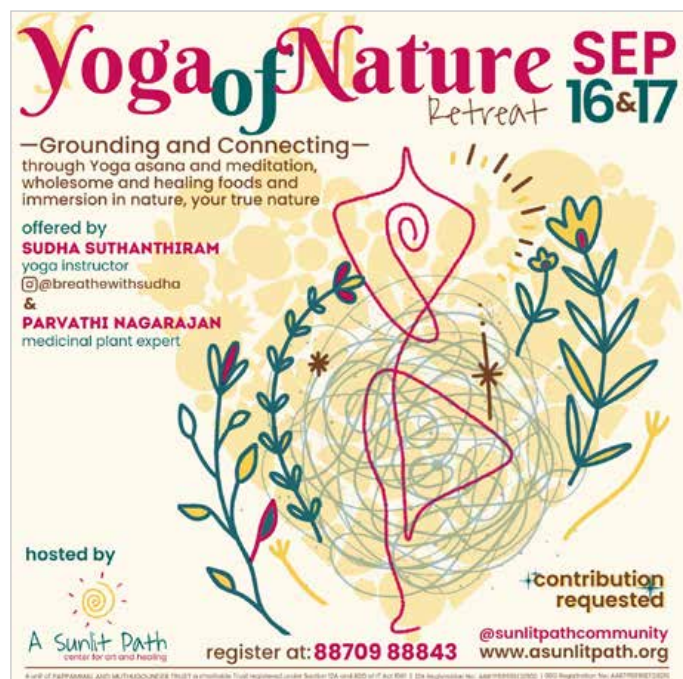
Dear friends and fellow light seekers, as we transition into September, we are happy to share with you the experiences we have planned for you at A Sunlit Path in collaboration with Abhaya, an Auroville activity of ASSA.



September Calendar

Retreats

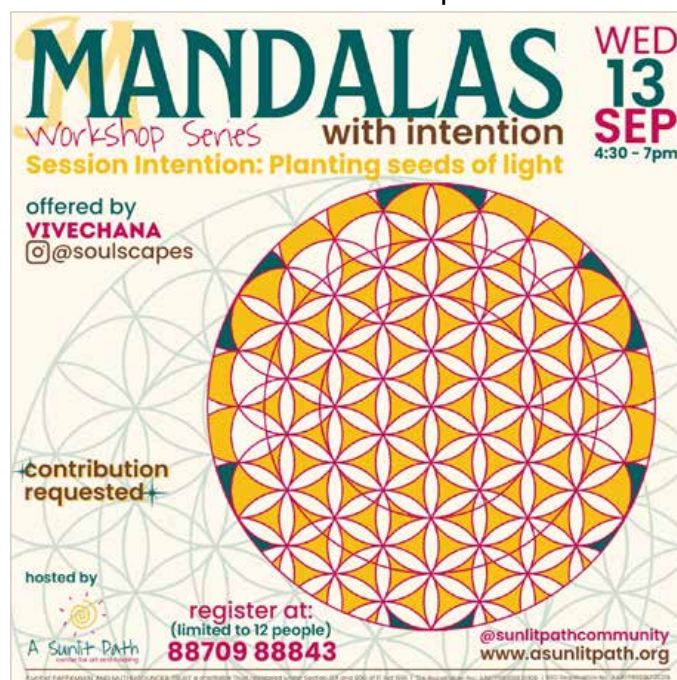
- Dhrupad Retreat
 - 1, 2, 3 September, 10am—12pm & 3—5pm, with Niloy Ahsan
- Immerse yourself in the ancient Indian tradition of Dhrupad music. Connect with yourself more deeply through the yoga of sound.
- Yoga of Nature Retreat
 - 16 & 17 September, Saturday 6:30am to Sunday 5pm with Sudha Suthanthiram & Parvathi Nagarajan



Deepen your connection to both the natural world and your own self through yoga asana, meditation, nourishing meals and practices that will connect you to the five elements. You will be guided in your journey by an experienced yoga instructor and a medicinal plant expert.

Workshops

- Awareness through Kolam Workshop
 - 8 September, 4—6:30pm, with Jyothirmayee
- Explore the ancient pictorial language of kolam, hands-on and discover the spiritual significance of kolam in your everyday life
- Mandala with Intention Workshop with Vivechana



Journey to the self by creating mandalas with Sacred Geometry, Color Resonance, Journaling and Visualisation. You may join one or the series of workshops coming up throughout the year.

- 13 September, 4:30—7pm, Session Intention: Planting Seeds of Light
- 27 September, 4:30—7pm, Session Intention: The Inner Sun

Community Gatherings

- Mandala Exhibition Opening
 - 10 September, 5—6:30

Enjoy Vivechana's beautiful mandala artwork and take one home to bring light into your space.

- Kirtan Evening
 - 23 September, 5—6pm, with Lakshmi Santra

Join us for an evening of devotional melodies in a call-and-response style with a talented and heartfelt Hindustani vocalist.

- Full Moon Gathering
 - 29 September, 7—8:30pm, with Sudha Suthanthiram
- Celebrate the mystical energy of the full moon with a fire gathering under the night sky.

Mark Your Calendars

- September at A Sunlit Path

For detailed schedules, registration, and any inquiries, visit our website or reach out to us directly at 8870988843. Let's walk The Sunlit Path together...

With love and light,
Sudha,

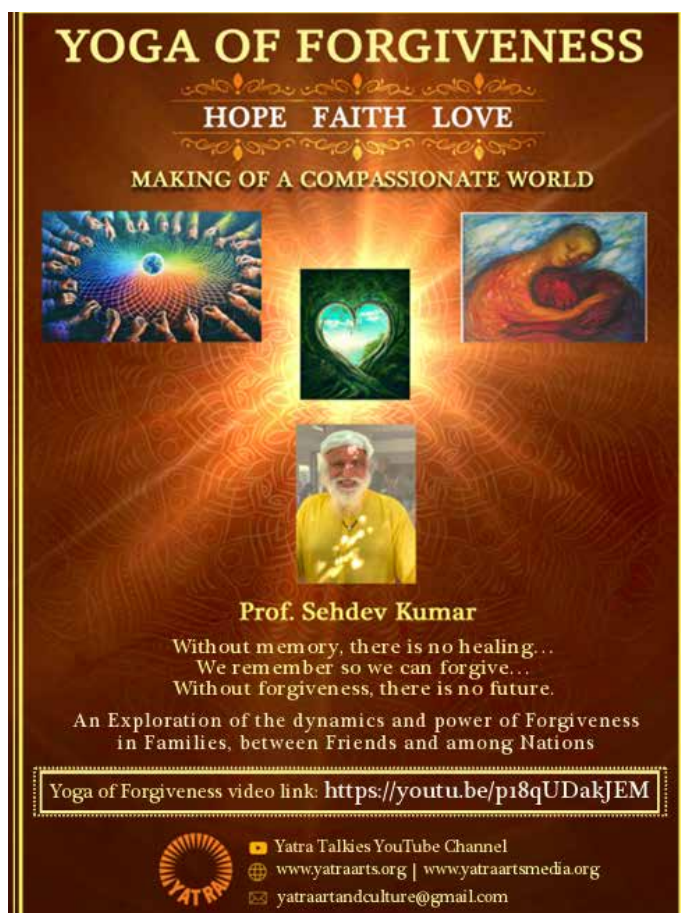
A Sunlit Path Family & Abhaya Team



YOGA OF FORGIVENESS

with Dr. Sehdev Kumar

Thursday, 31 August, 7pm, CT, watch live on our YouTube channel.



YOGA OF FORGIVENESS
HOPE FAITH LOVE
MAKING OF A COMPASSIONATE WORLD

Prof. Sehdev Kumar
Without memory, there is no healing...
We remember so we can forgive...
Without forgiveness, there is no future.

An Exploration of the dynamics and power of Forgiveness in Families, between Friends and among Nations

Yoga of Forgiveness video link: <https://youtu.be/p18qUDakJEM>

Yatra Talkies YouTube Channel
www.yatraarts.org | www.yatraartsmedia.org
yatraartandculture@gmail.com

- Video Link: <https://youtu.be/p18qUDakJEM>

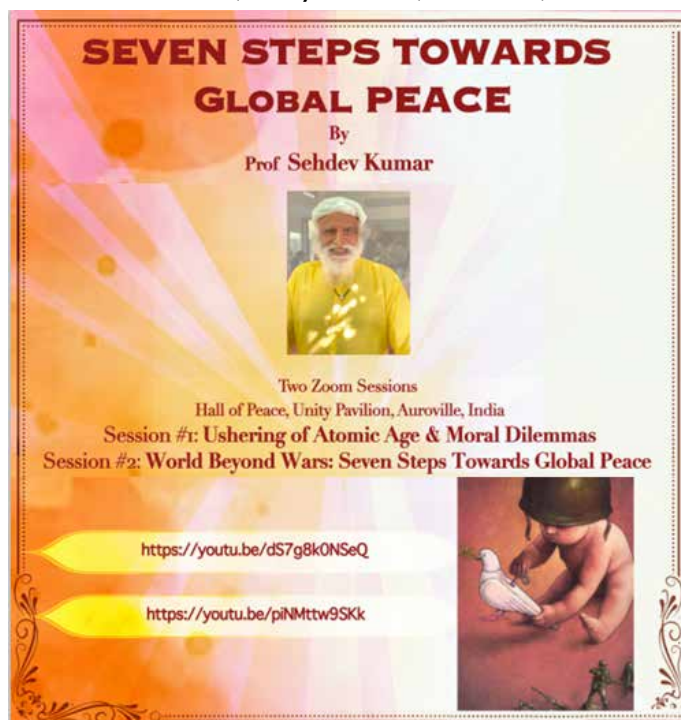
The Theosophical Society in America <https://www.theosophical.org/program/webinars/5898-yoga-of-forgiveness>. Watch this week's FREE lecture! Yoga of Forgiveness with Dr. Sehdev Kumar

Dr. Sehdev Kumar

SEVEN STEPS TOWARDS GLOBAL PEACE

Two Zoom Sessions

Hall of Peace, Unity Pavilion, Auroville, India



SEVEN STEPS TOWARDS GLOBAL PEACE
By
Prof Sehdev Kumar

Two Zoom Sessions
Hall of Peace, Unity Pavilion, Auroville, India
Session #1: Ushering of Atomic Age & Moral Dilemmas
Session #2: World Beyond Wars: Seven Steps Towards Global Peace

<https://youtu.be/dS7g8kONSeQ>
<https://youtu.be/piNMttw9SKk>

- Session #1: Ushering of Atomic Age & Moral Dilemmas
◦ <https://youtu.be/dS7g8kONSeQ?si=oVO2smsCRnpS8hulk>
- Session #2: World Beyond Wars: Seven Steps Towards Global Peace
◦ <https://youtu.be/piNMttw9SKk?si=nz81Bu-rmS2J-4Call>

By Prof Sehdev Kumar, Radiation Physicist, Historian of Science, Professor Emeritus of Environmental Studies

Dr. Sehdev Kumar

SHIATSU—AN ART OF TOUCH

Seminars to begin or deepen Your Journey

- Shi-atsu—thumb-pressure

Shiatsu brings with its practice stress reduction and peace, vitalisation of life force or Ki as well as a potent chance to grow strong for and with challenges on all levels of our being through touch.

Come, experience and explore conscious and calm Perception, inner Sensing and Awareness of Touch in connection with the study of 12 Classical Meridians and 5 Elements, Health Wisdom, strengthening and harmonizing exercises and ways to move for your daily practice.

Courses are part of a Seminar-Series spanning over the next 2—3 years for a complete 500 hours Shiatsu Practitioner Training to be established.

September

- 8, 9 September, Friday, Saturday, 8:30am—3:30pm, 2 days: Introduction to Shiatsu and Meridians. Preparation for the 6 days courses. Open for All Interested.
- 16, 17 September, 23, 24 September, 30 September, 1 October. Saturday, 8am—3:30pm, Sunday, 11am—6:30pm. 3 weekends/ 6 days course. Mu Points. Points of diagnostic findings and for improvement of acute imbalances.

More courses coming up in October

- 6, 7 October, Friday, Saturday 8:30am—3:30pm, 2 days, Introduction to Shiatsu and Meridians. Preparation for the 6 days courses. Open for All Interested.
- Shen (Spiritual) Aspects of Elements. Probable dates: Monday, Tuesday, Wednesday 9, 10, 11 September, afternoon and Friday, Saturday, Sunday, 13, 14, 15 September full day.

Location

- Budokan Auroville on Dehashakti Sports Ground
Shiatsu—because Health matters!
Contribution required for ensuring future seminars.
Kindly give from your heart.
Do contact Ulrike Urvasi for more info and registration at mothersworkforthemotherswork@gmail.com, 9751513906 (WA, Signal, Telegram)! Ulrike

ATB WORKSHOP—INTENSIVE ADVANCED

24 September to 2 October.

Last free place for ATB workshop—Intensive Advanced

There's still one last free available place for the 9 Days ATB intensive workshop—24 September to 2 October.

- Being the Advanced modules, to participate is necessary to have previously done ATB1,2,3.

This slot will be given on a 'first arrived, first served' basis. If it's something you'd be interested in contact us soon by mail at: atbconrosa@gmail.com Thank you, Francesco



DHRUPAD RETREAT

September 1,2,3, 10am—12pm & 3—5pm



A Sunlit Path, in collaboration with Abhaya, an Auroville activity of ASSA, is happy to bring you another Dhrupad Retreat with Niloy Ahsan on September 1, 2 & 3 from 10am—12pm & 3pm—5pm.

Join us for a 3-day immersion into the meditative and healing vibrations of Dhrupad music! We'll have a mix of vocal classes, active listening sessions, question and answer sessions, exploration of nada yoga as a way to connect to the self as well as private classes with Niloy for those that wish to dive deeper into their musical journey. This retreat is open to those from all backgrounds. While prior training in music and/ or yoga can be useful, it is not a prerequisite.

- **Location:** A Sunlit Path, Auroville
- **For info/registration:** 8870988843 WA

Niloy Ahsan is an exceptional Dhrupad vocalist in the Dagar lineage. For Niloy, music is a play of Prana, an exploration of the sound within, and the practice of Dhrupad is a path to self-awareness.

- Read more about Niloy at <https://www.asunlitpath.org/niloy> and IG @dhrupad_niloy.
- **Mark your calendars also for Dhrupad concert at Unity Pavilion by Niloy Ahsan in the evening of 31 March.**

Warmly, Sudha, Abhaya Team



Warm regards, Vega

QUIET HEALING CENTER



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

- Saturday 2, 9 & 16 September, 4:30—6pm

Yoga in water is based on classic yoga poses and stretches, modified for standing in pool water, which is waist-to-chest high. Classes are structured like their yoga equivalents on land: breathing, warm-up exercises, a series of poses, and a relaxation period. The difference is that you are in a warm water pool (35°C). The substantial decrease of gravity in warm water allows greater ease of movement, unblocks articulations, lengthens & melts muscles, and removes negative tensions, thereby preventing stress, insomnia and anxiety.

- No previous experience required (also no need to be able to swim)!

Watsu® & OBA® Basic with Dariya & Daniel

- 19—24 September, 1—6pm: 31 hours

Watsu & OBA are aquatic bodywork modalities given in a warm water pool (ideally 35°C). Watsu, the part where the client's face stays always on the surface, introduces the qualities and body mechanics required to work with someone in water in order to create a profound state of both physical and mental relaxation. During the OBA part the receiver is also brought under water (with nose clip), which offers a unique experience.

In this course, you will practice basic techniques and qualities (grounding, presence, stillness, movement, attention) of being and moving another body in water. You will experience floating other people and being floated, on the surface and underwater, thereby creating space for deep relaxation and nurturing body, mind and spirit. Participants in this course often appreciate the group space, which fosters deep, meaningful and nurturing connections.

Prerequisites: no previous experience required.

Watsu® Basic with Petra

- 26—27 September, 8:45am—6:30pm: 16 hours

A 2-day course on the surface only. Watsu Basic introduces the qualities and body mechanics required to work with someone in water in order to create a profound state of both physical and mental relaxation.

In this course, you will practice basic techniques and qualities (grounding, presence, stillness, movement, attention) of being and moving another body in water. You will experience floating other people and being floated on the surface, thereby creating space for deep relaxation and nurturing body, mind and spirit.

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

Watsu® 1 (Transition Flow) with Petra

- 29 September—3 October, 8:45am—6:30pm: 34 hours

A 5-day course on the surface only. Watsu 1 (Transition Flow) teaches to connect the basic movements and positions you have learned in Watsu Basic with long, gracefully flowing transitions and to adapt this work to people of different sizes, shapes, and dispositions. You will also learn about your own body mechanics and how to support and move each person as effortlessly as possible. On land, you will be introduced to both Co-Centering and Tantsu, and explore what being held means to you and others.

- **Prerequisites:** Watsu Basic

Thanks, Guido, Quiet Healing Center Team
www.quiethealingcenter.info/ quiet@auroville.org.in
 Mobile & WA: +91 9488084966

SHIATSU TRAINING HOURS

- **Wednesdays, 7—9 am during the months of September and October** at Budokan, Aikido Hall, Dehashakti

Time to deepen your learning (of meridians and more), to give and receive SHIATSU. An Art of Touch for Health and Happiness! During these regular Shiatsu training hours in the months of September, October and possibly beyond, we will mainly focus on the practical refinement of the Shiatsu Art of Touch. According to the needs of the participants, we will include a brief look into the extensive theory of Shiatsu as well.



This is a good time for those who ever in their life enjoyed the Study of Shiatsu and wish to practice and deepen with additional inspirations in a supportive environment as well as for those without prior experience who would like to simply get a free feel of this specific Shiatsu-Touch, characterized by 'intentionless intention'.

These hours are also a good way of tuning in and preparing for the soon up-coming Shiatsu Seminars for anyone with (active participant) or without (models) prior experience.

We are looking forward to hearing about your coming as well as hearing your questions, wishes, aspirations.

Contributions required for ensuring future seminars. Kindly give according to your resources.

- Do contact Ulrike Urvasi at mothersworkforthemother-swork@gmail.com or 9751513906 (WA, Signal, Telegram) for necessary registration or questions.

Ulrike



VÉRITÉ PROGRAMS

September 2023

+91 0413 2622045, 2622606,

+91 9363624083, 8489391876

programming@verite.in

www.verite.in

Yoga & Re-creation Programs

Days	Drop-in Classes	Timings	Presenters
Mondays	Sivananda Yoga	9:30—10:30am	Mani
	Pranayama & Meditation	11am—12pm	Radhika
	Yin Yoga—Healthy Hips	3:30—4:30pm	Emma
	Deep Sound Bath	5—6pm	Satyayuga
	Hatha Vinyasa Yoga	5—6pm	Andres
Tuesdays	Gentle Vinyasa Flow	11am—12pm	Emma
	Face & Eye Yoga	2:30—3:30pm	Mamta
	Vinyasa Flow	5—6pm	Rebeca
	Holistic Hatha Yoga	5—6pm	Sabrina
Wednesdays	Sivananda Yoga	9:30—10:30am	Mani
	Yoga for Inner Alignment—Pranayama & Asanas	11am—12pm	Radhika
	Yin Yoga—Healthy Spine	3:30—4:30pm	Emma
	Kirtan Songs for your Soul	5—6pm	Mamta & Savitri
	Hatha Vinyasa Yoga	5—6pm	Andres
Thursdays	Peace with Pranayama	3:30—4:30pm	Mamta
	Holistic Hatha Yoga	5—6pm	Sabrina
	Vinyasa Flow	5—6pm	Rebeca

Fridays	Hatha Vinyasa Yoga	5—6pm	Andres
	Free Flow Dance & Movement (No Class 29 September)	5—6:30pm	Vega
Saturdays	Sivananda Yoga	5—6pm	Mani
	Mindful Flow—Awaken in Movement & Stillness (No Class 2 September)	5—6pm	Savitri

Workshops (pre-registration required)

Day & Date	Workshops (pre-registration required)	Timings	Presenters
Saturday, 2 September	The Healing Power of Gayatri Mantra	9:30am—12pm	Sabrina
Friday, 8 September	Restorative Yin & Nidra Yoga	9:30am—12pm	Emma
Friday & Saturday, September 8 & 9	Speaking From The Heart—Based on Non-Violent Communication	Friday: 9:30am—4:30pm, Saturday: 9:30am—1pm	Vega
Saturday, 9 September	Awareness Through the Body	9:30am—12pm	Amir
Monday, 11 September	Emotional Well-ness	9am—4:30pm	Ananda
Wednesday, 13 September	Boundaries and Boundless	9am—4:30pm	Ananda
Friday to Sunday, 15—17, September	Prana Yoga—Tuning Life Energy	9am—4:30pm	Ananda
Friday, 15 September	Master Class—Mantra, Breathing & Asanas for Internal Organs	9:30am—12pm	Andres
Friday & Saturday, September 15 & 16	Re-connect: An Expressive Arts Exploration	1:30—4:30pm	Anjali
Saturday, 16 September	Anatomy for Yoga Practitioners: The Knee	9:30am—12pm	Rebeca
Friday, 22 September	Sivananda Yoga—Masterclass	9:30am—12pm	Mani
Saturday, 23 September	Introduction to Traditional Thai Yoga Massage (Nuad Boran)	9:30am—12pm	Andres
Friday, 29 September	Understanding Pranayama and its Practice in Asanas and Meditation	9:30am—12pm	Radhika
Saturday, 30 September	Energy Cleanse through Yoga Kriyas	9:30am—12pm	Mamta
Saturday, 30 September	Balance your Koshas (Bodies) through the Practice of Yoga	9:30am—12pm	Sabrina

Therapies (by appointment only)

Therapies (by appointment only)	Therapist
Thai yoga Massage	Andres
Private Yoga Session / Yoga Therapy	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
Private Yoga Session / Yoga Therapy	Sabrina

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



Vérité

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

The Healing Power of Gayatri Mantra with Sabrina

- Saturday, 2 September 9:30am—12pm

Gayatri mantra is one of the most important mantras in the Yogic tradition, connecting us with the sun, giving us energy, and helping purify body and mind. In this workshop you will learn both the mantra and the mudras (healing hand postures) associated with it. Open to all; no prior experience with mantra is necessary.

Restorative Yin & Yoga Nidra: Deep Relaxation for Body & Mind with Emma

- Friday, 8 September, 9:30am—12pm

The workshop will be divided into two parts. The first one will include theory and practice, where we will journey through conscious relaxation, exploring a contemplative Yin Yoga practice to restore the natural condition of the deep tissues in the body while releasing tension in the physical, energetic, and mental layers. Then we shall transition into a relaxing Restorative Yoga practice which unwinds deep tension helping you to slowly let go of stress and feel more connected to your body. Finally, we shall experience Yoga Nidra — known as yogic sleep — a form of guided meditation practiced laying down, where we move into a deep state of conscious sleep, which is a deeper state of relaxation, taking us effortlessly into restful balance and harmony.

Speaking from the Heart Based on Non-violent Communication with Vega

- Friday, 8 September, 9:30am—4:30pm &
- Saturday, 9 September, 9:30am—1pm

Learn the basics and principles of non-violent communication, a practice that helps to restore connection to and communication from the heart, which is within our nature.

Awareness Through the Body with Amir

- Saturday, 9 September, 9:30am—12pm

Exploring the theme of FORM: one of the activities that was developed into the ATB program. Relaxing into the attention to approach the physical plane spontaneously forming Shapes while easing into a receptivity to the inner movement. A space for tuning and cultivating the positioning of the observer within by being guided into taking different physical shapes that embody expressions of different qualities.

Emotional Wellness with Ananda

- Monday, 11 September, 9am—4:30pm

An experimental journey to become aware, understand and explore conditioning, emotions, triggers, underlining needs, patterns and transform by practicing sharing, listening, awareness exercises, mediation, and conscious tools for expression.

Boundaries and Boundless with Ananda

- Wednesday, 13 September, 9am—4:30pm

An experiential journey to explore boundaries- energy of protection and survival, boundless energy of expansion and creativity to develop clarity with boundaries, communicating & honouring and by practicing sharing, listening, awareness exercises, mediation, and conscious tools for expression.

Regular Events—September 2023

Classes

Sivananda Yoga with Mani

- Monday, Wednesday 9:30—10:30am & Saturday 5—6pm

The purpose of the practice is to remove the toxins accumulated in body and mind to clear the blockage in energy channels(nadis), Increasing the pranic energy level, Channelizing the pranic energy for spiritual progress. The class starts with breathing practice followed by some basic asanas to warm up and loosen up the body and joints. Then slowly proceed to some intermediate asanas and finally concludes with guided relaxation.

- Contact 0413 2622045, +91 9363624083 WA, or email programming@verite.in.

Pranayama and Meditation with Radhika

Monday 11am—12pm

Re-balance your nervous system: you will be guided in breathwork techniques such as Suka, Nadi Shodana and Kapala Bhati as well as Meditation, all of which help to develop focus and breath awareness, enabling grounding and re-balancing of the nervous system.

- Contact 0413 2622045, +91 9363624083 WA, or email programming@verite.in.

Yin Yoga—Healthy Hips with Emma

Wednesday 3:30—4:30pm: Quiet and relaxing practice complementary to the yang practice. Yin yoga focuses on passive seated postures to mobilize and strengthen joints, ligaments and deep fascia network while providing a restful context for meditation.

- Contact 0413 2622045, +91 9363624083 WA, or email programming@verite.in.

Deep Sound Bath with Satyayuga

Monday 5—6pm: Deep Sound Bath is based on the ancient art of using vibration to awaken the inner being & align the body, heart & soul to the frequency of the universe. Sound Bath uses the unique frequencies of various instruments to promote healing on a cellular level. Some of the instruments used are Tibetan bowls, xylophone, and drum along with mystic chanting.

- Contact 0413 2622045, or email programming@verite.in.

Hatha Vinyasa Yoga with Andres

Monday, Wednesday & Friday 5—6pm: Participants are guided towards a tension-free state of well-being, through postures (asanas), breathing techniques (pranayama), activation of the energetic centers (chakras), and relaxation techniques (yoga nidra, savasana). As a result, balance is restored in the physical, mental, and emotional being. With consistent practice, contentment (santosh), equanimity (Samatha), health, connection and well-being are established in daily life!

- Contact 0413 2622045, +91 9363624083 WA, or email programming@verite.in.

Gentle Vinyasa Flow with Emma

Tuesday 11—12am: This Gentle Vinyasa practice explores the Range of motion of the body while working on mobility and flexibility. The class focuses on breath and mindful movements with a moderate intensity.

- Contact 0413 2622045, +91 9363624083 WA, or email programming@verite.in.

Face & Eye Yoga with Mamta

Tuesday 2:30—3:30pm: The physical & mental state of our inner world determines how we experience our outer world. Sense organs are the tools for each experience we have. Face Yoga involves simple self-massage techniques & exercises to release tension in the facial area, stimulate blood circulation & improve efficiency of our sense organs. In an era of increased screen time, our eye health may be compromised, unless we actively exercise this area. Eye Yoga uses techniques such as palming, blinking, near & far viewing & candle gazing. You will also learn tips to prevent eye damage caused by screen time.

- Contact 0413 2622045, +91 9363624083 WA, or email programming@verite.in.

Holistic Hatha Yoga with Sabrina

- Tuesday & Thursday 5—6pm

Come and experience a complete Hatha Yoga class, to balance the whole being! Each class includes pranayama, mantras, mudras, asanas, and meditation.

- Contact 0413 2622045, 7867805812 WA, or email programming@verite.in.

Yoga for inner alignment, Pranayama & Asanas with Radhika

- Wednesday, 11—12am

This yoga is a physical practice that embraces the reality of life through attitude, alignment, and action, helping us to feel more grounded and centered in our daily activities.

- Contact 0413 2622045, +91 9363624083 WA, or email programming@verite.in.

Yin Yoga—Healthy Spine with Emma

Wednesday 3:30—4:30pm: Quiet and relaxing practice complementary to the yang practice. Yin yoga focuses on passive seated postures to mobilize and strengthen joints, ligaments and deep fascia network while providing a restful context for meditation.

- Contact 0413 2622045, +91 9363624083 WA, or email programming@verite.in.

Kirtan—Songs for the Soul with Mamta & Savitri

- Wednesday 5—6pm

- contributions are voluntary

Kirtan brings out our sacred vibration through uplifting rhythms into a state of divine love. This practice helps cleanse and nourish our energies and ground into our being.

- Contact 0413 2622045, +91 9363624083 WA, or email programming@verite.in.

Peace with Pranayama with Mamta

Thursday 3:30—4:30pm: Prana is the vital force or the subtle bio energy which keeps us alive & functioning in the healthiest way possible. Yogic practices like Pranayama help nourish this Prana which in turn nourishes our mind & body. Pranayama is a modulation or regulation of Prana, done via controlled breathing exercises. We will the meaning of Prana & Pranayama, it's references in Yogic texts, prerequisites for Pranayama, postures, mudras & explore the interconnectedness of mind, body & breath. The session concludes with a brief relaxation in Shavasana.

- Contact 0413 2622045, +91 9363624083 WA, or email programming@verite.in.

Free Flow Dance and Movement with Vega

- Friday 5—6:30pm

- No class 29 September

The body can be a great guide to the soul, enabling us to connect and reveal ourselves through movement. Join us and give your body an opportunity to flow in its rhythm and express itself freely.

- Contact 0413 2622045, +91 9363624083 WA, or email programming@verite.in.

Vinyasa Flow with Rebeca

- Tuesday & Thursday 5—6pm

Teaching a non-dogmatic style of yoga fusing ancient wisdom with contemporary understanding of the body, challenging it in different ways, focusing on the development of coordination, balance, strength, and flexibility. Under the view of a physiotherapist teacher, there is a focus on individual alignment with anatomical explanations for safe performance, considering this practice as therapeutic exercise. Absolute beginners may find these classes a bit challenging.

- Contact 0413 2622045, +91 9363624083 WA, or email programming@verite.in.

Mindful Flow—Awaken in Movement & Stillness with Savitri

- Saturday 5—6pm

- No class 2 September

A guided session in which we first ground ourselves and bring awareness to our bodies with the help of sound and music. Then we explore slow, small, movements of the body, from head to foot, bringing attention to sensation. Next, we expand outward, with intention, moving both freely and mindfully—with awareness of our sensations and surroundings, as well as of others. Finally, we bring our focus inward, shifting into stillness to heighten awareness of subtle sensations and the natural flow of our body and breath. We close with a circle for sharing and appreciation.

- Contact 0413 2622045, +91 9363624083 WA, or email programming@verite.in.

Treatments and Therapies

Private Yoga Sessions with Andres at Vérité

Personalized sequence for specific needs or injuries. This session helps you to advance in your personal practices and learn Ashtanga Yoga.

- By appointment: 0413 2622045, 2622606, 9363624083 WA, treatments@verite.in

Thai Yoga Massage with Andres at Vérité

Sometimes referred to as assisted yoga, Thai Yoga Therapy (Nuad Boran) is an ancient technique used to improve the flow of energy throughout the body. The practitioner uses acupressure, stretching, pulling, and rocking techniques to relieve tension, promote relaxation and improve flexibility and circulation.

- By appointment: 0413 2622045, 2622606, 9363624083 WA, treatments@verite.in

Individual Self-work with Clay with Megha

Clay has innate qualities that help us connect with ourselves creating a more real, tangible, and physical experience of our subtler state and inner environment. While our breath becomes an intricate part as we connect with the "earth" it brings awareness, presence, and balance within. Through feeling and sensing clay, we will immerse ourselves in an inner journey using certain hand building techniques and the wheel.

- By appointment: 0413 2622045, 2622606, 9363624083 WA, treatments@verite.in

Biodynamic Craniosacral Therapy with Mila

This therapy uses gentle touch to the head to help release tension in the skull, spine and sacrum, freeing energy that can help re-establish integral balance, and stimulating the healing capacity of the body.

- By appointment: 0413 2622045, 2622606, 9363624083 WA, treatments@verite.in

Private Yoga Sessions / Yoga Therapy with Nadia

Yoga therapy is the specific application of sequences of posture, breathwork and meditation with the support of props, to address an individual's physical, mental, and emotional needs within a holistic and highly personalized framework. Yoga Therapy is for those who require specific guidance and modification or may not be able to follow a regular class due to special needs, pace, or recuperation requirements, typically these include back care, joint issues, energetic/hormonal imbalances, lack of mobility due to injury, injury to the nervous system, PTSD, anxiety, circulatory problems and much more.

- By appointment: 0413 2622045, 2622606, 9363624083 WA, treatments@verite.in

Integrated Craniosacral & Foot Reflexology with Radhika

Craniosacral therapy is a safe and beneficial bodywork treatment that uses gentle pressure and movements to relieve stress and pain. It facilitates deep states of relaxation, hence enabling the body to heal and be brought back into balance and harmony. Foot reflexology involves applying pressure points and massage on different areas of the foot. Among its many benefits, it reduces stress, improves digestion, and promotes sound sleep. This integrated therapy provides the benefits of both craniosacral therapy and foot reflexology, easing one into a deep state of relaxation, strengthening the nervous system and accelerating the body's ability to heal and regenerate.

- By appointment: 0413 2622045, 2622606, 9363624083 WA, treatments@verite.in

Integrated Ayurvedic Acupressure, Deep Tissue & Heart Healing Massage with Raja

Acupressure is the application of pressure on specific points on the body to address symptoms such as pain or digestive issues. Deep Tissue involves applying sustained pressure using slow, deep strokes to target the inner layers of your muscles and connective tissues. Heart Healing Massage helps increase relaxation, which helps reduce blood pressure and heart rate improvements in the delivery of oxygen to the heart and rest of body.

- By appointment: 0413 2622606, 9363624083 WA, treatments@verite.in

Private Yoga Sessions / Yoga Therapy with Sabrina

Yoga is an amazing tool to relieve and strengthen the body and mind, bringing back energy and a sense of balance. Through yoga-therapy, pranayama, mudras, mantras and asanas, Sabrina proposes to create and guide you through your own personalized sequence according to your needs.

- By appointment: 0413 2622606, 9363624083 WA, treatments@verite.in

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

PITANGA: PROGRAM FOR SEPTEMBER 2023



Classes—Registration required

• Iyengar Yoga with Tatiana and Chloé.

All Iyengar Yoga classes are designed for healthy adults. If you have any physical problem, please talk to the teacher before the class to find out if this class is for you. We do not offer any medical yoga classes and our classes are not for people who need a therapeutic approach.

- Mondays, 5pm—6:30pm, Level 1, Tatiana

A general asana practice class. Each session includes the practice of Salamba Sarvangasana (shoulderstand) or preparatory stages. Regular attendance is expected.

- Tuesdays, 7:30am—9am, Spine class, All levels, Chloé

Suitable for all levels of practitioners. Special attention is paid to relaxing the back and the correct position of the spine in various types of asanas. Each practitioner should be prepared to independently use props such as chairs, rollers, bricks.

- Wednesdays, 5pm—6:30pm, Level 2—3, Tatiana

For seasoned practitioners. Classes include both asanas and pranayama. Inverted poses like Salamba Sarvangasana, Salamba Sirshasana are practiced regularly.

- Saturdays, 9am—10:30am, Restorative Yoga, Level 2—3, Tatiana

Each session includes time for deep work in inversions, backbends and forward bends with support and deep relaxation on a physical and mental level. Practitioners are expected to independently choose alternative postures according to their ability and are prepared for prolonged use of inverted postures.

- Saturdays, 11am—12:30pm, Mixed Level, Tatiana

An active practice class for Iyengar Yoga practitioners of all levels. Suitable for beginners. Exceptionally, this class can be attended without registration as well.

• Art Therapy class with Gala

- Thursdays, 3—5pm, for adults
- Fridays, 3—5pm, for families

Youth activities

These are ongoing educational programs. If a child is interested, parents need to talk to the teacher before. Please see with the teacher if the class happens during school term break 22 September—07 October.

Date	Activity
Mondays, Wednesdays, 4—5pm	Asanas for teenagers, with Lisbeth
Saturdays, 9—10am	Yoga for children, 5—8 yrs., with Gala
Saturdays, 10—11am	Yoga for children, 7—9 yrs., with Gala
Saturdays, 11am—12pm	Energy games for children, 9 yrs+, with Gala

Healing Space

- By appointment, 262403, 9443902403
 - Acupuncture by Heidi
 - Cranio Sacral Therapy by Anne H.
 - Shiatsu by Ulrike
 - Thai Yoga Massage by Juan

Drop-In Classes

	Class & teacher	Class level
Mondays		
7:30—9am	Asanas with Rachel	All levels
8:30—10am	Yoga Therapy with Gala	All levels
Tuesdays		
4:45—5:30pm	Odissi Dance with Rekha (Not on 26/09)	Beginners
Wednesdays		
7:30—9am	Asanas with Rachel	All levels
8:30—10am	Yoga Therapy with Gala	All levels
Thursdays		
4:30—5:30pm	Aviva Exercise with Suriyagandhi	For women only
Fridays		
6:45—8am	Pranayama with François & Namrita	For former <i>The Art of Living</i> course participants
7:30—9am	Asanas with Rachel	All levels
8:30—10am	Yoga Therapy with Gala	All levels
9—10am	Rosa's ATB special for seniors with Rosa	Seniors
3:45—4:30pm	Odissi Dance with Rekha (Not on 29/09)	Beginners
5:15—6:15pm	Feldenkrais class with Shari	All levels
Saturdays		
11am—12:30pm	Iyengar Yoga with Tatiana	Mixed levels

New activities

- **Weekly Readings of the Life Divine** with Balvinder, Fridays, 4:30—5:30pm, Resumes 1 September.

'The ascent to the divine life is the human journey...This alone is man's real business in the world and the justification of his existence...' **Sri Aurobindo**

The weekly reading sessions of The Life Divine are led by Balvinder, an Aurovilian and lifelong student of Sri Aurobindo's writings. Each session will proceed with Balvinder reading and giving explanations of the English prose.

No prior knowledge of The Life Divine is necessary, just an openness to experiencing the beauty and wisdom of Sri Aurobindo's masterpiece. All are welcome to join. Feel free to come and listen even once to see if this is for you.

- No registration is necessary.
- **Shiatsu sessions by Ulrike**

Quantum Shiatsu, which Ulrike has been practising for over 20 years, follows a multi-dimensional and holistic understanding that reminds us of and activates the self-healing powers within each of us. Please contact us for an appointment.

Workshops

- **Professional Training—Advanced Massage and Bodywork—Module 3, 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 bodywork, 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 third 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.

There are **some seats available** in this course and it is possible to join the 3rd module without having participated in the previous ones.

New interested persons will be interviewed by Shari and could receive a special 'catch up' class, if needed.

- For registration, please contact Shari: +91 7305941614

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!
Love, Andrea

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, Revitalizing, 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

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



ARKA

WELLNESS CENTER & MULTIPURPOSE HALL

Regular activities September 2023

Treatments

Treatment	Therapist	when
Body Logic, Soft Massage and Deep Tissue Massage.	Pepe	Monday to Saturday by Appointment 9943410987
Cranio sacral, Lomi Lomi Kahuna massage, Barefoot body massage	Silvana	Monday to Saturday by Appointment 9047654157
Facial, Manicure, pedicure, Threading, Waxing, Hair-cuts, Hair colouring, Henna colouring	Meha	Monday to Saturday: by Appointment 9443635114
In Nutrition, Diet, Weight Loss and Weight Management, Psychosomatic.	Nadia (English & French)	Monday and Wednesday afternoon by Appointment: 948 90 35 457
Tarot, Oracles and Akashic Records Reading (TOS)	Valentina	Monday to Friday Morning: 9791719387, +393462258049
Psychospiritual Introspective Tarot Reading, Deconditioning Self Inquiry	Antarjyoti (English & French)	Monday to Sunday By Appointment: 0413-2623767, antarcalli@yahoo.fr

Classes

Classes	Teacher	when
Acro Yoga	Damien	Monday: 3 to 4:30pm, Tuesday: 5 to 6:30pm or by Appointment: 9047722740
Pilates	Teresa	Tuesday & Thursday: 7:30—8:30am. Friday: 5:30—6:30pm by Appointment: 7867998952
Iyengar yoga (TOS)	Olesya	Monday, Wednesday, Saturday, 6:30—8am. Monday, Thursday, Saturday, 5—6:30pm. Or by Appointment: 9159052743
Sound Chakras healing	Lakshmi	by Appointment: 8489764602
Heartful Meditation	Avanthika	Thursday: 9 to 10 am 6380238326

Thanks & Regards, Ramana, Arka
0413 2623799

Cinema

ECO FILM CLUB

Every Friday at Sadhana Forest

Schedule of Events

- 16:00 Free bus from Solar Kitchen to Sadhana Forest for the Tour
- 16:30 Tour of Sadhana Forest
- 18:00 Free bus from Solar Kitchen to Sadhana Forest for the Eco Film Club
- 18:30 Eco Film Club begins with 'previews' of short Sadhana Forest films
- 20:00 Dinner is served
- 21:15 Free bus from Sadhana Forest back to Solar Kitchen



Before the movie, at exactly 16:30 you are welcome to join us for a full tour of Sadhana Forest and an update of our most recent work! After the film, you are welcome to join us for a free 100% vegan organic dinner! The bus service is operated by Sadhana Forest. For more information about the bus service please contact Sadhana Forest at 8525038274.

****Note:** Families and children are welcome! Dinner for children will be served at 19:00:)

Friday, 8 September Compassion is the Answer

2021/ 46 minutes / VPRO

Well known for his column in widely circulated periodicals, George Monbiot has much to offer in this documentary. With wit and optimism, he provides us with much to think about and a call to contemplate a new way of relating to each other and the planet.

Submitted by Shek





CINEMA PARADISO
Multimedia Center (MMC) Auditorium
Film Program
4 September to 10 September 2023

Cinema Paradiso-Multimedia Center is now in operation at 100% seating capacity. However, if you want to wear a mask it is your choice. To organize the seminar/program please email us. Our projector is crawling towards the end of its life. It has served well, but it is time for us to look for a new one. For this or to support our work you could financially support us. Please find necessary details at the end of this note.

Indian and diaspora—Monday 4 September, 8pm
AAVASAVYUHAM: THE ARBIT DOCUMENTATION
OF AN AMPHIBIAN HUNT (Habitat)

India, 2022, Writer-Dir. Krishand w/ Ajayaghosh, Sreejith Babu, Sreenath Babu, and others, Thriller, Malayalam w/ English subtitles, Rated: R

The film shares a name with a species of frog that plays a crucial part in the story. This is no fairytale about a princess kissing a frog and turning him into a prince though. In an expanding industrial area of Puthuvype, while commerce is callously bulldozing the delicate ecological balance the central figure Joy appears from nowhere without any necessary paperwork or ID without which now, we doubt if the person actually exists. Running alongside is another thread where scientists are in search of a species of frog in the Western Ghats, told in a surreal but mockumentary style where fantasy and realism find a perfect balance. Don't miss!

Potpourri—Tuesday 5 September, 8pm
FAREWELL AMOR

USA, 2020, Dir. Ekwa Msangi, w/ Ntare Guma Mbaho Mwine, Zainab Jah, Jayme Lawson and others, Music-Romance-Drama, 95 mins, English-Portuguese w/ English subtitles, Rated: NR (G)

Reunited after 17 years, an Angolan immigrant is joined in the U.S. by his wife and daughter. Now strangers sharing a one-bedroom apartment, they discover a shared love of dance that may help them overcome the distance between them.

Interesting—Wednesday 6 September, 8pm
SURVIVING PARADISE: A FAMILY TALE

UK, 2022, Dir. Renée Godfrey & Matt Meech w/ Régé-Jean Page, Documentary, 78mins, English w/ English subtitles, Rated: G

As the Kalahari Desert faces a worsening dry season, prides, packs and herds of all kinds must rely on the power of family to survive. A beautiful nature film—in case you missed out during the Eco-Film Fest 2023.

Selection—Thursday 7 September, 8pm
BROTHER SUN, SISTER MOON

UK-Italy, 1972, Dir. Franco Zeffirelli w/ Graham Faulkner, Judi Bowker, Leigh Lawson and others, Biography-History, 121 mins, English w/ English subtitles, Rated: PG

Dramatization of events in the life of St. Francis of Assisi from before his conversion experience through his audience with the pope, including his friendship with St. Clare. love, friendships and brotherhood.

International—Saturday, 9 September, 8pm
EO

Poland-Italy-UK, 2022, Writer-Dir. Jerzy Skolimowski w/ Hala, Tako, Marietta, and others, Drama, 88 mins, Polish-Italian-English-French-Spanish w/English subtitles, Rated: NR (PG)

The world is a mysterious place when seen through the eyes of an animal. The primary protagonist of this film is a gray donkey with melancholic eyes. He meets good and bad people on his life's path, experiences joy and pain, endures the wheel of fortune, randomly turn his luck into disaster and his despair into unexpected bliss. But not even for a moment does he lose his innocence. Much acclaimed at Cannes, it's a film to watch.

Children's Matinee—Sunday, 10 September, 4:30pm
MARY AND MAX

Australia, 2009, Dir. Adam Elliot w/ voices Tony Collette, Philip Seymour Hoffman, Eric Bana and others, Animations-Comedy, 92mins, English-Yiddish, Rated: NR (G)

A tale of friendship between two unlikely pen pals: Mary, a lonely, eight-year-old girl living in the suburbs of Melbourne, and Max, a 44yrs old, severely obese man living in New York.

Classic Film Festival@ Ciné-Club:

Ciné-Club Sunday 10 September, 8pm
THE MISFITS

USA, 1961, Dir. John Huston w/ Marilyn Monroe, Clarke Gable and others, Romance—Western, 124 mins, English w/ English subtitles, Rated: NR(R).

While filing for a divorce, Roslyn Taber ends up meeting aging cowboy-turned-gambler Gay Langland and former World War II aviator Guido Racanelli. The two men instantly become infatuated with Roslyn and, on a whim, the three decide to move into Guido's half-finished desert home together. When grizzled ex-rodeo rider Perce Howland arrives, the unlikely foursome strike up a business capturing wild horses.

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

Cinema

INTENSIVE ACTORS & DIRECTORS
Collaborative Workshop

A'Join Anupam Barve for a 12 days intensive Actors & Directors Collaborative Workshop—Learn the dynamics of the actor-director relationship towards conceiving and catalyzing convincing performances—take back home your own screenworks.

• 18 to 29 September in Auroville.

To know more, please visit:

- <https://filminstitute.auroville.org/2023/08/03/directing-actors-and-performing-for-camera/>
- Or call / message +91 9969879319 (WA, Telegram)
- https://youtu.be/99-6M7KzdLs?si=n_i9exDTjp-Dq718W

Warmly, Richa



AUROVILLE FILM INSTITUTE

Auroville Film Institute is delighted to introduce the 1st of the Indian New Wave Series:



- **Mani Kaul and Search for New Cinematic Form through Theater: 'Ashad Ka Ek Din' (A day in Monsoon)**

Film Scholar Deb Kamal Ganguly will hold this Cinema Study Circle—viewing and analysing Mani Kaul's stunning experimental cinema—'Ashad Ka Ek Din' made in 1971—based on the famous play by the same name, made by modernist Hindi litterateur Mohan Rakesh, written in 1958. Sanskrit literature from the classical era, 'Meghdut' by Kalidasa, will also be referred to, locating its surrogate presence in the cinematic search of Mani Kaul.



- **On 2nd and 3rd September; 1430 to 1830 IST _Online.**

Auroville Film Institute's Cinema Study Circle attempts transdisciplinary discourses—exploring the cinematic arts practices intersecting psychoanalysis, philosophy, cultural and human ecology studies.

- To know more, please visit: <https://filminstitute.auroville.org/2023/08/09/mani-kaul-and-search-for-new-cinematic-form-through-theater-ashad-ka-ek-din/>
- To donate to Auroville Film Institute's Study Circles, please visit: <https://donations.auroville.org/filminstitute>

Warmly, Richa

Emergency Numbers

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

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

- **Workers bus pass** Rs.850 per month (Auroville Units, Service & Activities).
- **Student bus pass** Rs.1200 per month
- **Bus pass** with 10 Single trips Rs.750
- **Round trip without bus pass** Rs.150 per passenger (Auroviliand & New Comers)
- **Oneway trip without bus pass** Rs.100 per passenger (Auroviliand & New Comers)
- **Round trip without bus pass** Rs.200 per passenger (Volunteers & Guests of AV)
- **One way trip without bus pass** Rs.150 per passenger (Volunteers & Guests of AV)