



News Notes

#991 A weekly bulletin for residents of Auroville 7 September 2023



Auroville Beginnings

Three powers of Speech that carry the Light in their front, . . . a triple house of peace, a triple way of the Light.

Four other worlds of beauty he creates as his form when he has grown by the Truths.

He is born a seer with the mind of discernment; an offspring of the Truth, a birth set within in the secrecy,
half arisen into manifestation.

Rig Veda

Pondering



Our total being can rise out of subjection to fact of present Nature only by an identification with a greater Truth and a greater Nature. The will of the individual, even when completely free, could not act in an isolated independence, because the individual being and nature are included in the universal Being and Nature and dependent on the all-overruling Transcendence.

*The Ascent towards Supermind,
The Life Divine by Sri Aurobindo*

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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 second phase of the work of transformation thus drew to a close. After working for fourteen years, from 1926 to 1940, in an individual, concentrated manner, with a handful of carefully chosen disciples, Sri Aurobindo and the Mother had come up against a wall. The moment the supramental light approached the earth to join with the same light involved in Matter, torrents of mud would rise up from the collective subconscious and drown everything. *To help humanity out, Sri Aurobindo remarked, it was not enough for an individual, however great, to achieve an ultimate solution individually, [because] even when the Light is ready to descend it cannot come to stay till the lower plane is also ready to bear the pressure of the Descent.* It is very significant that the culmination of the second phase of the work of transformation should coincide with the outbreak of the Second World War. When the pressure of the Light descends into one human body, the body of the world, too, begins to glow. What do we really know of the good of the world, or of its evil?

Confronted with that collective resistance, Sri Aurobindo and the Mother hesitated momentarily, wondering whether they should not cut themselves off from the rest of the world, forge ahead alone with just a few disciples, effect the transformation, then return to the collective work by communicating to the rest of the earth the transformation accomplished (or partially accomplished) in themselves. (This same idea has impelled many spiritual, occult, or chivalrous groups in the past to select a secret place far away from the rest of the world, sheltered from the contamination of collective vibrations, to do their work.) But they soon realized that this was an illusion and that afterward the gap or the *atmospheric gulf*,³ as Sri Aurobindo would put it, between the new accomplishment and the old world would be too great to be bridged. Furthermore, what is the point of an individual success if it is not communicable to the rest of the world? If a supramental being suddenly appeared on earth, no one would even see him! Our eyes must first be unsealed to another way of life. *If you advance on the path that is open in front of you, said the Mother, without patiently waiting for the rest of creation, that is, if you achieve alone something very close to the Truth as compared to the present state of the world—what will happen? The whole is thrown off balance; not only the harmony but the equilibrium of the whole will be upset, because a certain part of the creation will not be able to follow. And instead of a full realization of the Divine, you will have a small, local, infinitesimal realization, and nothing of the goal will be achieved. Moreover, emphasized the Mother, if you want to do the work in a solitary way, you absolutely cannot do it in a total way, because every physical being, however complete he may be, even if he is of an altogether superior nature, even if he was made for an altogether special Work,*

is only partial and limited. He embodies only one truth, one law in the world—it may be a very complex law, but it is still only one law—and the full transformation cannot be realized through him alone, through one body.... Alone, you can attain your own perfection, become infinite and perfect in your consciousness. Inner realization knows no limits. But outer realization, on the contrary, is necessarily limited, and a minimum number of physical persons are necessary in order to achieve a general action.

In 1940, after fourteen years of individual concentration, Sri Aurobindo and the Mother opened the doors of their ashram. The third phase of the transformation began, a phase that has expanded today to a world scale.

Third Phase—The Ashram

In India an “ashram” is traditionally a spiritual or religious community whose members are gathered around a Master and who have renounced the world to devote themselves to meditation, concentration, and yogic practices in order to attain “liberation.” As we might imagine, though, Sri Aurobindo’s Ashram had little to do with this particular definition, except for the fact that the disciples were indeed gathered around Sri Aurobindo and the Mother. It was not an exotic kind of monastery, and still less a place for refuge and peace; it was more like a forge: *This Ashram has been created... not for the renunciation of the world but as a centre and a field of practice for the evolution of another kind and form of life.* Even before his arrest in Bengal, at a time when he was not even remotely dreaming of founding an ashram, Sri Aurobindo had said: *The spiritual life finds its most potent expression in the man who lives the ordinary life of men in the strength of the Yoga.... It is by such a union of the inner life and the outer that mankind will eventually be lifted up and become mighty and divine.* Hence, Sri Aurobindo wanted his Ashram to be fully involved in everyday life, right in the midst of the world-at-large, since that is where the transformation had to take place, and not upon some Himalayan peak. Except for the main building, where the Mother lived and where Sri Aurobindo’s monument is located, the 1,200-odd disciples of all nationalities and all social classes (men, women and four to five hundred children) were scattered throughout the city of Pondicherry in more than three hundred different houses. There were no protective walls in the Ashram, except for one’s own inner light; the bustle of the bazaar was just next door.

(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#066

With love and gratitude,
Gangalakshmi (HOMA)

Townhall Speaks

FROM THE ENTRY SERVICE—ES # 196

Dated: 7-09-2023

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:



Ganesh Lakshmi Ponniammal Sergei Yuvana

- Ganesh SHANMUGAM (Indian) staying in Ami and working at Graphic section
- Lakshmi RAJNIKANTH (Indian) staying in Horizon and working at Housing Service
- Ponniammal VENKATESAN (Indian) staying in Abri Forest and Working at Matrimandir and Abri Forest
- Sergei NIKOLAEV (Russian) staying in Pitchandikulam and working at Pitchandikulam
- Yuvana JAYAALASAMY (Indian) staying in Aspiration and working at Involve Auroville and Unity Farm

CHILD OF NEWCOMER:

- Serafim NIKOLAEV (Russian) Born on 18/02/2016 (Son of Sergei)
- Iasna NIKOLAEVA (Russian) Born on 21/06/2018 (Daughter of Sergei)
- Siiana NIKOLAEVA (Russian) Born on 06/07/2021 (Daughter of Sergei)

NEWCOMER CONFIRMED:

- Caroline GINDRE (French)
- Pranav KUMAR (Indian)
- Sohini MITRA (Indian)



Anjana

AUROVILIAN ANNOUNCED:

- Anjana SARAF (Indian) staying in Kalpana and working at Arka
- Priya ANBAZHAGAN (Indian) staying in Promesse and working at Udavi school



Priya

RETURNING AUROVILIAN CONFIRMED:

- YUNSUNG CHO (Korean)

SPOUSE OF AN AUROVILIAN ANNOUNCED:

- Malar ARUMUGAM (Indian) staying in Kriya and working at Sharnga Guest House



Malar

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)

Entry Service Timings

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

Community News

Awakening Spirit

THE GENIUS OF INDIA

Monday, 11 September, 4pm, at Savitri Bhavan



Duration: 29 min.



This exceptional and awarded 'Best Film' at the Delhi Documentary Film Festival in 2001, was inspired by texts from "The Renaissance in India" by Sri Aurobindo: *"Spirituality is indeed the master-key of the Indian mind; the sense of the infinite is native to it. India saw from the beginning, ... that life cannot be rightly seen in the sole light, cannot be perfectly lived in the sole power of its externalities. She was alive to the greatness of material laws and forces; she had a keen eye for the importance of the physical sciences; she knew how to organise the arts of ordinary life. But she saw that the physical does not get its full sense until it stands in right relation to the supra-physical; she saw that the complexity of the universe could not be explained in the present terms of man or seen by his superficial sight, that there were other powers behind, other powers within man himself of which he is normally unaware, that he is conscious only of a small part of himself, that the invisible always surrounds the visible, the suprasensible the sensible, even as infinity always surrounds the finite."*

Further it says: *"We cannot go backward to a past form of our being, but we can go forward to a large repossession of ourselves"*. It means that to be able to act in an effective and powerful way in today's world one has to rediscover the real nature and capacity of the Indian spirit.

The film attempts to answer the question *"What was this ancient spirit and characteristic soul of India?"* and succeeded in doing it in a beautiful, unique, and artistic way by Olivier Barot and Auroville Press Team.

- The film can also be seen on YouTube:
<https://www.youtube.com/watch?v=yZ1r-YR4K10>

Submitted by Margrit

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 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*

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

DREAM DIVINE SERIES**"The City of Dawn"**

A Documentary

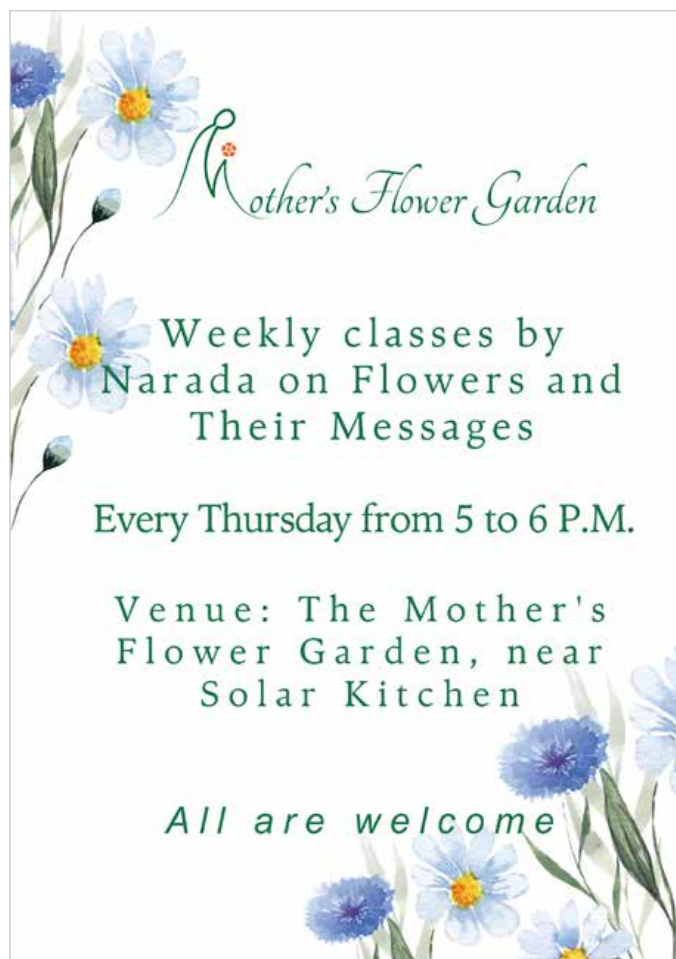
Wednesday, 13 September, 4:30—5:30pm

**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*

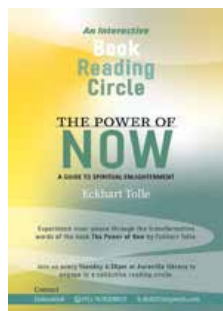
MOTHER FLOWER GARDEN

*With Loving Regards,
MFG Team,*

Jyoti, Naren, Poonam, Rabi & Satyakam

991 - 7 September 2023

BOOK READING CIRCLE



The Power of Now

Every Tuesday 6:30—7:30pm

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

BRAHMANASPATI KSHETRAM

Exhibition on Lord Ganapati



BRAHMANASPATI KSHETRAM
The Mother Sri Aurobindo Centre



Exhibition (Kolu) on Lord Ganapati

The Auroville Bhramaspati Kshetram in Edyanchavadi will celebrate Ganesh's birthday on September 18, 2023 with an exhibition (Kolu) on Ganesha.

While we have texts on Ganesha from the Mother and Sri Aurobindo, as well as a small collection of Ganesha statues, we would like to widen the presentation's scope and are looking for depictions of Ganesha made with different forms and materials such as statues, paintings, stamps, prints, books and writings on Ganesha.

We would be happy to borrow such items for the exhibition, or receive as donation towards our collection.

Donations of funds towards the creation of the exhibition are most welcome; our account number is 252473.

If you have any questions or details, please contact me by WhatsApp. Rajan +91 7639 845 821

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
Edyanchavadi, Auroville

kshetram2014@auroville.org.in



Submitted by Rajan

MUDRA CHI

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

Everybody Welcome!

Submitted by Anandi



For Your Information

MONDAY THE 18TH DECLARED Vinayakar Chaturthi Holiday

As per G.O (Government Order) (Ms. (Miscellaneous)) No. 528 dated 31st of August, 2023 issued by the SHIVA DAS MEENA, Chief Secretary to Government of Tamil Nadu, states that the Government of Tamil Nadu, after careful consideration of the matter has decided to change the Public Holiday from 17.09.2023 (Sunday) to 18.09.2023 (Monday) on the occasion "Vinayakar Chaturthi" under the Negotiable Instruments Act, 1881.

As per the S.E.W.A Holiday list published in the News & Notes #954 dated 22 December, 2022 it was stated that "Vinayakar Chaturthi" falls on Sunday, 17 September, 2023 and the Employers are requested to note the changes in the date and declare Monday, 18 September, 2023 as a Holiday to their Employees for "Vinayakar Chaturthi".

Thank you for your services.

For any further details, clarifications or assistance in this regard, please do not hesitate to write to us.

With Warm Regards, Sandjiv
on behalf of S.E.W.A

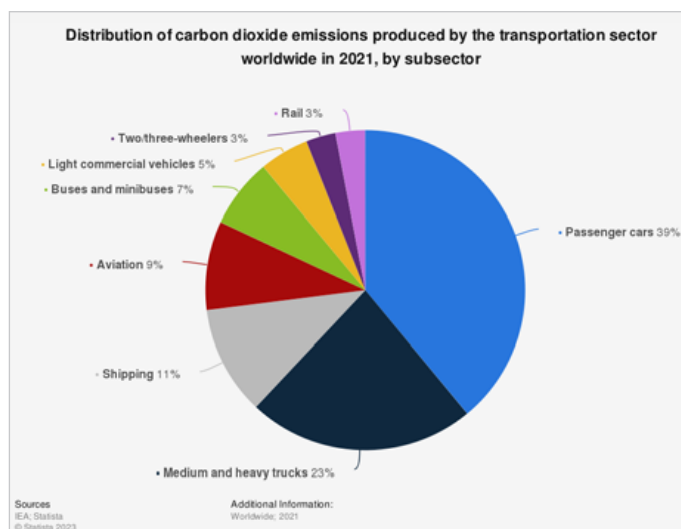
Ecology

WORLD CAR FREE DAY 22 September



Auroville Vehicle Service is inviting all to participate in **World Car Free Day**, on 22 September, 2023.

It is a worldwide initiative to encourage motorists to take a break from driving and explore alternatives. So, if you want to be more environmentally friendly, take part in World Car-Free Day. Sure, giving up your vehicle may not be the most convenient way to go car-free, but it is the best way to stop gas-guzzling for even one day. Is it possible to go for an entire day without needing a car? Yes! It can be done. Let's try.



Submitted by Raju

Education

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 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

MATHEMATICS WORKSHOPS AND WEEKLY SESSIONS by Enlight Activity.



Dear Reader, please take a note of the regular offerings by enlight as mentioned below.

- **Math is a play:** Weekly sessions for elementary levels, 1st and 2nd graders on visual mathematics.

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.

- Every Saturday, 10am -12pm @ The European House
Please request an appointment to take it further.

- **Integral Education and Mathematics:** 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.

- Every Friday, 4pm—6pm
- **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.aurovilleradio.org/interview-with-snehal-d-roy/>
- This event is contribution based

Enlight Math Project is looking for a volunteer

Enlight Math Project is an experimental project in the field of visual and psycho mathematics. We challenge the traditional norms of teaching the subject and try to learn it as a language and also like to share our findings with those who are interested.

We are looking to expand our team and looking for volunteers who would like to explore this opportunity as an open minded learner for at least 3 hours a day for 6 days a week. Please note, a major part of weekly hours are spent working with children under 10 years.

If interested, please drop in an email to enlight@auroville.org.in, enlightactivity@gmail.com

Thank you for your support

Arun, Anand and Balaji For Enlight team

AUROVILLE INSTITUTE OF APPLIED TECHNOLOGY

Software Classes

Auroville Institute of applied Technology has started classes in Software development & Machine learning on 30th August 23, but is still taking admission for the skill based Bachelor Degree courses (B.Voc.) affiliated with Pondicherry university through CENTAC.



The interested students from Auroville or the surrounding villages may also directly apply at AIAT-College for admission till 15.9.2023.

Following **B.Voc. courses of 3 years duration** in emerging technologies **are offered at AIAT:**

- Software Development and Machine Learning,
- Production Technologies
- Green Energy and Electric systems.

All courses are offered in collaboration with industry. Yearly internship of 2 months is part of the curriculum.

Students are trained by educators of the institutes as well as by the professionals at the industrial sites.

Currently we are working on a concept to conduct these courses in a dual mode, i.e. students will be trained at the institute as well as at the industrial sites.

The B.Voc. Courses at AIAT are uniquely designed by AIAT, includes integral yoga as part of the curriculum and has its focus on personality development.

The courses are conducted at AIAT campuses in Aurobrindavan/Palmyra and Irumbai as well as Udavi campus of 3CLand Design and other Industrial sites in Pondicherry.

AIAT has highly qualified faculties and professionals who will accompany you in your learning process.

AIAT institute's fee is reasonable and affordable.

- **For more information** please contact either
 - phone 2964055 or 8903166923 or
 - write to principal.aiat@auroville.org.in

Lavkama, Executive
Auroville Institute of Applied Technology

Animal Care

AUROVILLE DOG SHELTER

Long-Term Core Staff Member Position Available

- 1/2 Maintenance Offered

The Auroville Dog Shelter is in a phase of expansion, and to match our growth, we are offering an opportunity for a dedicated dog lover to join our permanent core staff team. This role entails assuming responsibilities and necessitates your ability to work within our team.



**AUROVILLE
DOG SHELTER**

In exchange for 25 hours of work per week (spread across 5 days), we are able to offer 1/2 maintenance to Aurovilians or Newcomers, who are willing to work hand-in-paw with us to elevate the dog shelter to new heights. Beyond caring for our cherished four-legged residents, you will share responsibilities as an integral part of our core team. This role may also involve participating in dog rescues (holding a valid driver's license is a big bonus) and assisting our veterinarian.

Given the training, dedication, and responsibilities involved, we request a commitment of a minimum of one year following a trial period. This position requires the ability to handle stress, engage in physically demanding tasks, maintain a disciplined work ethic, and, above all, you need to show a profound love for animals.

- **For further details and to arrange an interview**, please feel free to contact Coco @ +33672046070 or Arthur @ 8122225266 via WA.

We look forward to welcoming you to our core staff team in the near future.

Auroville Dog Shelter is looking for an additional executive!

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

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

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

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

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

- Contact Arthur @ 8122225266 WA

It's Treat Day again!

- **Sunday, 10 September, 10am**

As we received a generous donation of delicious snacks and treats for our dogs from a kind-hearted dog lover which are nearing their expiry date, it is time to give a special surprise for all of our dogs!



Join us on Sunday, 10 September at 10am for a special event called "Dog Treat Day." We have planned a big surprise for all of our 300 dogs and we invite you to be a part of it. Let's bring smiles to their faces and tasty snacks to their mouths!

We are also happy to give you a guided tour around our shelter and you can meet our puppies and little babies too.

See you next Sunday at the shelter!

Thanks, Arthur

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

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.

- 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 Ursasi

- at Pavilion of Tibetan Culture

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

Ulrike

The Arts

PITANGA

Whispering Soul, Art Exhibition



Unveiling the Unseen World

A delicate communication from the soul to the artist.

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

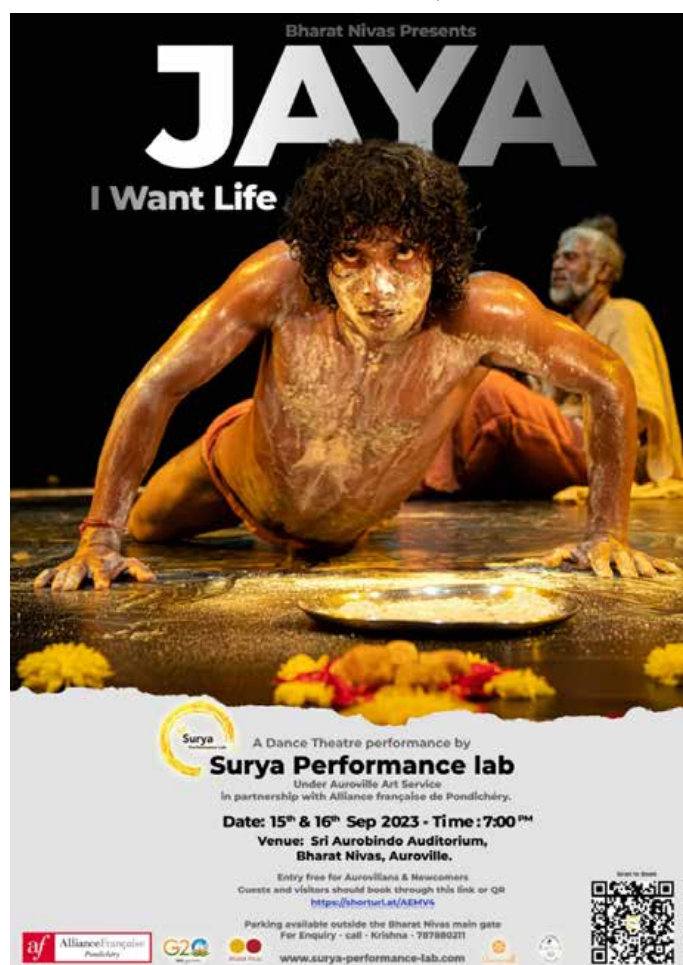
- The exhibition is extended till Saturday, September 16, 2023.
- Monday to Saturday, 8:30am—12:30pm and 2:30—5:30pm

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

Submitted by Andrea

JAYA, I WANT LIFE

15, 16 September, 7pm
@ Sri Aurobindo Auditorium, Bharat Nivas



After Bhu, Vast, Who am I; Is this the End? Surya Performance Lab is happy to present his new creation: "Jaya, I want Life". On 15 and 16 September, the world premiere at 7pm at the Sri Aurobindo Auditorium, Bharat Nivas.

It is a dance-theater performance that combines the oldest Indian martial art in the world, Kalaripayattu, with hip-hop dance, contemporary dance, theater, and live music. This show offers a new creative form inspired by the Origin and is fully contemporary. It is an artistic experience that "defies boundaries and status quo".

Jaya is a young Indian living in a poor neighborhood of a megalopolis. He is a dancer but faces a lot of resistance from his parents for him to be an artist. He wants to break free from the polluted, noisy, chaotic megacity and from this feeling of confinement. Beyond all pressures from family, society, and their expectations, he is looking for his truth, identity, and freedom. Jaya is a transformational journey of a young man, from the streets to his own kingdom

We have created 62 shows, toured in 83 countries, and played in the biggest festivals and most famous venues in the world such as the Opéra de Paris, the Théâtre de la Ville, La Villette, etc.

I can honestly say that 'Jaya I want life', our new creation, is one of our best shows yet! Powerful, moving, and full of tenderness, love and humor. With a universal story, performed by two excellent and brilliant actors, dancers, and musicians".

Philippe Pelen, director and choreographer.

- Free entry for Aurovilians and newcomers.
- For guests and visitors: Booking link on the poster
- For enquiry, call: 9787880211
- Trailer: <https://www.youtube.com/watch?v=ij4fRvTBsNk&t=5s>

- Website: <https://www.surya-performance-lab.com/>
- Email: suryaperformancelab@auroville.org.in

*Thank you for your seva and support
Warmly, Philippe and Thierry*

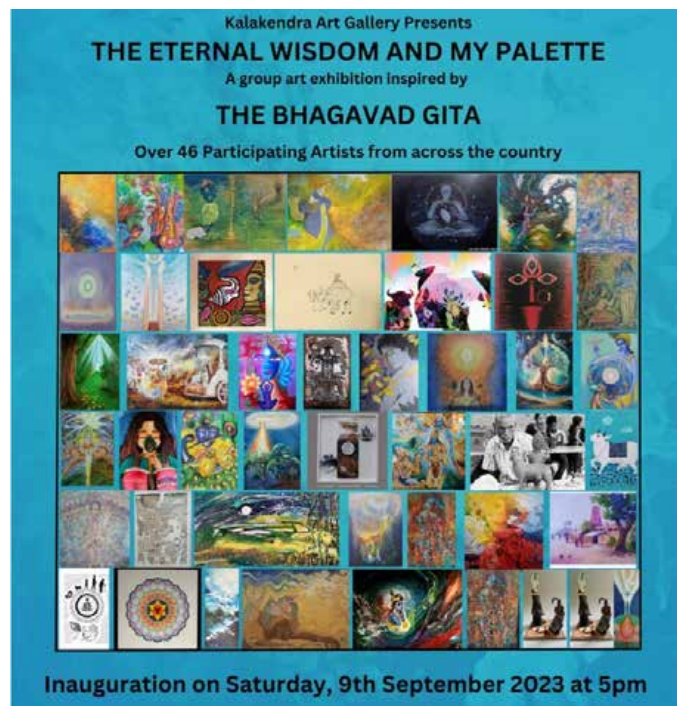
KALAKENDRA ART GALLERY PRESENTS

The Eternal Wisdom And My Palette

Saturday, 9 to 24 September, 9—4:30pm

@Kalakendra, Bharat Nivas

Inauguration on Saturday, 9 September at 5pm



A group art exhibition inspired by The Bhagavad Gita
Over 46 Participating Artists from across the country

- Open daily from 9 am to 4.30 pm Sundays open
- **Enquiry contact:** Kalakendra Office, 0413 2622488 & Krishna, 9787880211

Parking available outside the Bharat Nivas main gate

Vani

Activities

SWIMMING CLASS

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

Mani



KALPANA GYM

Kalpana Gym has a new Caretaker

It is open

- 7—9am & 5—8pm
- Monday To Saturday

*All Are Welcome,
Satyakam*



SITAR CLASS



Sitar Class
For beginners

Heal with Sitar.

Everyday 2:30 - 5:30pm
Duration: 1 hour
Cost: Rs 750 per session

Call/text on **9110654617**
By : Rumi(Auroville volunteer)

I am a volunteer in Auroville who is interested in teaching Sitar. I am passionate about teaching and I want to share the joy of this music and the healing I have received through it.

Thank you, Rumi

The Sound of Bamboo

Various Styles of the Indian Flute



Group Classes With Michael

- Kalabhami 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

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



PHOTOCIRCLE TO MEET

Dear photographers, Photo Circle meets again on
Friday, 8 September, at 5pm

in the Centre d'Art multimedia room, at Citadines

The Photocircle brings together Auroville's photographers.

We share our own work, we show the work of global photographers we admire, discuss the history of photography, and share techniques.

Anyone can bring and screen a small selection of images.

Everybody's welcome



Marco

HOW TO READ 한글 (KOREAN ALPHABET)



How to Read
한글

Sep 14, Thu 6pm to 7pm Nowana Korean Restaurant

Learn 14 consonants and 10 vowels
No prior knowledge of Korean is required
Come and join us for a fun and interactive day

Whatsapp me to book
+91 73396 43557

KOREAN PAVILION

This is a volunteering program organized by the Korean Pavilion and Nowana Korean Restaurant in Auroville.

This class is focused on How to read 한글 (Korean Alphabet) Learn 14 consonants and 10 vowels. Each class is independent, so you can participate in any class regardless of whether you missed a previous one.

Please join us and have fun !

Thanks, Seulki

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.



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

Bharat Kandare Classes

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

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 Export.

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

3 Hours Make and Take Workshops

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 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.

Upcomming Events

World Bamboo Day Celebration and Open House

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
- telephone number: +91 8300949081, 0413 2623806
- Flexible training dates offered to groups
- Contact: Voice call and 8300949081 WA

www.aurovillebamboocentre.org

Murugan For Bamboo Centre

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

ENLIGHT ACTIVITIES

Thread Art Workshop

Thread art workshop

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

Crochet

Macrame

Embroidery

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
Light of Auroville

enlight@auroville.org.in
9159468946 / 8270071581

Pottery Workshop

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

Time to Travel



TIME TO Travel

to beautiful places

You can definitely count on us for tourism. We will provide all kinds of services required for our tourism.

Package details:


- Travel arrangements at 2 locations.
- Accommodation.
- 1/2 tour guide.
- Private car.

Book now

☎ 082700 71518/ 91594 68946/ 76398 10621
enlight@auroville.org.in



Auroville One Day Tour



Auroville One Day Tour

Imbibe the Auroville experience and journey through the cultural diversity of the international township

- Journey of Auroville
- Village crafts
- International zone
- Forest walk
- Sustainable farming
- Drumming circle and bonfire

One Day prior booking needed
 *Including Lunch



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

Explorative Educational Experience

Experience Auroville and travel through the cultural consciousness of the international township



Submitted by Anand

Help Needed

MAATRAM NEEDS SUPPORT

Maatram is moving to its new premises in Arka. To make this space conducive, functional and inviting for our work in psychological health and counseling, 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

SEEKING FUNDS for a New Set of Batteries

Dear fellow Aurovilians,

After 9 years of faithful service, the batteries from our solar system are at their end.

We consider ourselves lucky that they have lasted this long!

A new battery set has been ordered via Sunlit Future with a price tag of rs 2.12 lakhs. We already have 1.35 lakhs, with donations from the Solar Fund, our own funds and the estimated resale value from the old batteries. We humbly request for your support to cover the remaining amount of rs 77000.

We have opened an account at the Financial Service, **252625** Stefan and Ancolie Solar Batteries for the donations. Thank you all very much in advance for helping us out.

Much love and gratitude,
Stefan and Ancolie,
Evergreen



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.

• **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

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

Selvaraj.A

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

Looking For

Needs Hand Paddles

Hello, I would like to try to improve my swimming at La Priscine. Could I try your hand paddles for swimming?

Please send email lvana@auroville.org.in
or message 7094344154 (no WA)

Thank you,
lvana



Auroville Mushroom Research Project

Looking for Dehydrator



Dear community, I am doing a research project on Auroville mushrooms and am looking to borrow an electric food dehydrator/drier for the next six months. Hoping someone in Auroville has one they aren't using and can help me with this exciting research project to learn more about fungi.

Thank you! Milla, milladenhollander@gmail.com
or 0031644668946

Lost and Found

Lost Pouch

A pouch with keychains (but no keys) was found outside the SAIER building,

Thank you, Kristen



Available

Household goods and furniture on sale

• 9 September, 12noon—6pm

Open house to sell all the remaining goods and furniture of Mallika, Kalpana, Mallika's apartment, SG.3C

Here's a link to all the photos, feel free to use them if you think it will help:

• <https://www.dropbox.com/scl/fo/p9fkndjw0nlvbdgka8psz/h?rlkey=er1sqz89j8ga6xd1veoz6zbtq&dl=0>



Many thanks, Bhakti For Abhipsa

B-Twin Road Cycle Available

B-TWIN road cycle, in good condition, for sale. Please send a message +91 7548858621 WA

Niva



Work Opportunities

RECEPTIONIST JOB for the Auroville Housing Service

We are recruiting for a Receptionist job for the Auroville Housing Service. Those who meet the criteria below are eligible to apply.

- The deadline for submitting applications is two (2) weeks from the date of publication of this notice.
- Full maintenance is available.

Receptionist Job Responsibilities

- Serves visitors by greeting, welcoming, and directing them appropriately.
- Attends phone calls and fixes appointments
- Notifies inter departmental personnel of visitor arrival.
- Informs visitors by answering directly or referring inquiries.
- Maintains security by following the books of procedures, monitoring logbook,
- Keeps a safe and clean reception area by complying with procedures, rules, and regulations.
- Supports continuity among work teams by documenting and communicating actions, irregularities, and continuing needs.
- Contributes to team effort by accomplishing related results as needed.

Receptionist Qualifications / Skills

- Telephone Skills
- Verbal Communication
- Listening
- Professionalism
- Customer Focus
- Organization
- Informing Others
- Handles Pressure
- Supply Management—supports ADMIN— purchase department

Education, Experience, and Licensing Requirements

- University/college degree is an asset
- Familiarity with phone systems
- Previous experience with Microsoft Office software preferred

From HS side

- Full time maintenance.
- Experience in handling multi dimensional requests.
- Collaboration between departments and team members.

Contact or send your CV to the following email:

- housing@auroville.org.in

The office timing: 9:30am—12:30pm & 2:30—4:30pm

Piero

Foods, Goods and Services

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

MARK'S CAFE RECURRING EVENTS And September Closure

Recurring Events

- Every Saturday:

The month of September Fermentation classes are on hold due to WOC in Bangalore.

- 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, coming up in October
- Foundations of Roasting, coming up in October
- Molecular Coffee: A Master Class, online in October

- 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

- Is imperative to book your slot at least a day ahead, by email or phone 0413 2199556, only office hours.

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!



Bangalore, The 'Silicon Valley of India' gathers to host the World Coffee Conference, fostering an international congregation of aficionados and connoisseurs from afar. As the city embraces the world with warmth, captivating hearts and palates alike, this regal palace beckons coffee producers and enthusiasts from all corners of the globe to savor the aroma of this captivating event.

Matilde

ERATA



In our last issue I made a deplorable error and wrote the word 'Mark' for Marc's name. In an earlier issue I wrote Mathilde for Matilde! For these indiscretions I apologize.

Roy

ORGANIC QUALITY MILK AVAILABLE

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

- For reservations contact 9585180393

Erumalai (Evergreen)



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



Café Red Dot
The Conscious Café

JOIN DROPZY

Products and services
from in and around
Auroville.

Dropzy is a mobile app platform for Products and Services from in and around Auroville helping to deliver it at your convenience.

Developed by



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

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

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



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

KINISI OPEN HOUSE IN WITH TORK MOTORS

13 September, 10am—4pm

We are pleased to announce that we will be hosting an Open House in KINISI, this time in partnership with Tork Motors, to showcase the much awaited TORK KRATOS R electric motorcycle.



- Do visit between 10am and 4pm to check out and test ride the TORK KRATOS R Motorcycle.



This electric motorbike was exhibited in Pune, India in 2018 and generated considerable public interest. Before it went into production, the TORK team conducted extensive testing, including at the Isle of Man TT, TTXGP, and many other events. More information can be found at [Tork Motors](https://www.torkmotors.com)

The TORK and KINISI team will be available to answer any inquiries you may have.

Team KINISI

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

- **Air France** and **KLM** have launched promotional fares to over 60 destinations across Europe & the Americas.
 - Sales: Until 12 September 2023.
 - Travel: 15 September 2023—31 March 2024.
 - Blackout period: 15 December 2023—05 January 2024
- **Emirates** offers are available from Chennai to Frankfurt.
- **Oman airways** has special fares from Chennai to Milan, Frankfurt.
- **Air Vistara** has competitive fare from Chennai to Paris.
- **Lufthansa** special fare from Chennai to Amsterdam.
- **Royal Nepal** airline has direct flights from Bangalore to Kathmandu on Tuesday, Thursday and Saturday.

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



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

- [La Vita Divina Ep32](#) (Sri Aurobindo)
- [Soul Tracks Se.5, Ep.8 Bum Notes and All Stars, One and All.](#) (Music)
- [I just wanna write—Ep.13 “Positive Surroundings”](#) (Creative Writing)
- [Une série hebdomadaire de lectures par Gangalakshmi—449](#) (Integral Yoga)
- [Exploring Education in Arts, Animation and Film-making—17 “Brief History of Animation”](#) (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

FALL OF THE EVENING STAR

Speak softly; sun going down
Out of sight. Come near me now.

Dear dying fall of wings as birds
complain against the gathering dark...

Exaggerate the green blood in grass;
the music of leaves scraping space;

Multiply the stillness by one sound;
by one syllable of your name...

And all that is little is soon giant,
all that is rare grows in common beauty

To rest with my mouth on your mouth
as somewhere a star falls

And the earth takes it softly, in natural love...
Exactly as we take each other...
and go to sleep...

Kenneth Patchen

HE LOVES ME

A warm duvet on my soul
Sun is shining from my face
My journey is calling
Love you all

Ivana

ALL THE MUD

All the mud
That is smeared
Onto us

Only goes to nurture
The lotus bud
Rooted in mud
Rising above
Revealing the god in us
That steers the course
That still blooms
No matter what

Warmly, Anandi Z.

Voices and Notes

UNEXPECTED REALIZATION FOR THE VIEWING POINT



While doing my usual meditative walk in the gardens of the Matrimandir, I noticed that the viewing point was moved, with the intention of bringing water to its feet. Seeing this beautiful Neem tree isolated on its earth, I imagined this sacred tree, there in the middle of the water symbolizing South India

The visitor could thus discover an unexpected¹ and innovative creation, a Neem tree carrying a message of harmony, planted there alone surrounded by its element of life, nourishing water. And it would also have this beautiful role to nourish us spiritually.

A joyful dream that only asks to be maintained, indeed it is already present in all its subtlety. And that would be a beautiful creative act, representing well the ideals and goals of Auroville.

Let's not forget that AV is a magnificent interactive realization created by Mother and having the particularity to be timeless.

¹ Let's move away from the expected and smile at the unexpected... "the expected may very well not happen, while the unexpected is always there" Mother

இஷ்ட, *Ishta, Petite Ferme*

PHENOMENA IS A HOLOGRAM

As we now know that phenomena is a hologram, All a play of competing consciousnesses, Again and again in any quite old particular case The soon to be obsolete vital-mental formations, Then why be a puppet for its propagation?

Simply apply the antidote, the Psychic's function: Offer it all to the Supreme Divine for transformation.

That's why a Deva Sangha, a City of Dawn, To counter the Ignorance, the undivine.

It's about time:

The reign of the Supramental Consciousness-Force On Earth

A Life Divine.

For understanding and reconfirmation Carefully read the following section And experience in application:

Western Ideas of Mind and Spirit

- <https://incarnateword.in/cwsa/28/the-mind>

Zech, 2023.08.31

EARTHWORMS

Once I visited Solitude farm and Krishna Mackenzie said: "We need to honor soil. Healthy soil results in nutrition diversity". He took handfuls of soil in his palms. I was surprised: three earthworms were in the soil.



Charles Darwin for 39 years investigated earthworms in England. In 1881 he published the book "The formation of vegetable mold through the action of worms". He wrote: "It may be doubted whether there are many other animals which have played such an important part in the history of the world, as have these lowly organized creatures."

Krishna's soil is hyper fertile. If Darwin lived in India, he would write books about ants and termites, not about earthworms.

Bombay Natural History Society published in 1986 a book "Encyclopedia of India Natural History". You can read in this book some lines about earthworms and a lot about ants and termites.

Earthworms appeared on the planet 500 million years ago. There are 2700 species of them in the world, and 500 in India. They are hermaphrodites, one produces 150-200 baby worms in a year.

Charles Darwin in his famous book "The descent of man" wrote: "Love for all living creatures is the most noble attribute of man". It is a strange sentence in our age of machines.

Boris

PREPARING THE BASE

The importance of the descent of the Supramental Consciousness-Force and Light, although partial, on 29 February 1956¹, cannot be simply brushed aside.

"You don't understand the way of my working. You can as well say, 'You have the Supramental force, why don't you use it and finish all this muddle?' But it is not like this that the work can be done. The world is not ready for the Supramental force and if it is used without preparing the base, things will shatter completely. I have to prepare the base and then bring down the force." (Excerpt from Words of the Mother—I, Collected Works of the Mother, Vol 13)²

The Supramental Avatars Sri Aurobindo and the Mother of course prepared the base. That is why 1956, 1969 and 1972 happened and the Supramental evolution is happening, unstopably continuing towards a Life Divine on Earth. And for their torchbearers the individual psychophysical base must also, still, most importantly be prepared. Thus the first two requirements of Integral Yoga, Psychicisation and Spiritualisation, and then Supramentalisation, prior to the Divine Manifestation of the new species the Supramental being in the coming near future.

But it is not necessary to go through what the Avatars went through, having the Grace of progressing through the experiences of others. One can't anyway, that is why there are Avatars for that special role and purpose of ushering in a New Age. A most difficult avataric endeavour as revealed in Sri Aurobindo's and the Mother's comprehensive writings, also from their very close disciples from whom the Mother's Agenda³ and subsequent revelatory compilations such as Mother or the Mutation of Death⁴ have arisen.

For the torchbearers, the best choice is to follow and practice the easiest and most joyful path advised by the Avatars Sri Aurobindo and the Mother themselves, which is the Sunlit Path of Surrender, of Bhakti to the Supreme Divine, so that one becomes a conscious, consenting, willing instrument, through whom the Divine Mother Shakti Herself does the Sadhana according to each one's unique role.

Thus in Auroville we have these as Core Ideals and guidance straight from the Divine Mother Herself:

- <https://auroville.org/page/core-documents>

One then goes beyond the mere mental gymnastics when either conducting or participating in a Satsang.

"In the context of yogic philosophy and practice, the Sanskrit word "Satsang" (सत्सङ्ग) can be broken down into two components: "Sat" and "Sang."

- **Sat (सत्):** This term generally translates to "truth" or "reality." It refers to that which is eternal, unchanging, and real in the highest sense.
- **Sang (सङ्ग):** This term translates to "association" or "company." It refers to being in the presence of, associating with, or gathering with others.

When combined, "Satsang" can be translated as "association with the truth" or "gathering in the company of the truth." In the context of a collective yogic practice, Satsang typically refers to a gathering or assembly of individuals who come together to engage in activities that promote spiritual growth, self-discovery, and the pursuit of truth or enlightenment. Satsang can include various practices such as:

- **Spiritual Discourses:** Often, a knowledgeable teacher or guru leads the gathering by sharing teachings, insights, and wisdom from yogic philosophy, scriptures, and other spiritual texts.
- **Chanting and Singing:** Participants may engage in the singing of devotional songs, mantras, and chants. This can create a meditative and uplifting atmosphere.
- **Meditation:** Guided or silent meditation sessions might be part of a Satsang, allowing participants to go inward and cultivate a deeper connection to their inner selves.
- **Question and Answer Sessions:** Attendees may have the opportunity to ask questions related to their spiritual practice, philosophy, and personal growth.
- **Sharing Experiences:** People might share their personal experiences, insights, and challenges on their spiritual journey, fostering a sense of community and mutual support.
- **Service and Acts of Kindness:** Satsang can extend beyond formal gatherings to include acts of service or seva, where participants engage in selfless actions to benefit others.

The essence of Satsang lies in creating an environment where individuals can come together to explore and deepen their understanding of spiritual truths, elevate their consciousness, and support one another on their paths toward self-realization and enlightenment. It emphasizes the importance of surrounding oneself with positive influences and like-minded seekers who are dedicated to inner growth and self-discovery."

Om Namō Bhagavate

¹ <https://incarnateword.in/agenda/1/february-29-1956>

² <https://incarnateword.in/cwm/13/relations-with-others>

³ <https://incarnateword.in/agenda>

⁴ https://sri-aurobindo.co.in/workings/satprem/mother_or_mutation_of_death_e.pdf

Zech, 2023.08.29

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 2623750

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=wnpXprTl3m0>
- <https://www.youtube.com/channel/UCeTiG0y-sBMlly-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 (36-hour) 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 11am.

• 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 interactive modes. This three-month (24-hour) 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 also make use of the material put together by the Landour Language School, one of the oldest Hindi language schools of India. 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 as soon as 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 11. 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 4:00pm.

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!

To join or enquire

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

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

Current Schedule of Classes

Language	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 11 September 2023	2:30—3:30pm	Monday & Wednesday
	Conversation To start 12 September 2023	2:30—3:30pm	Tuesday & Thursday

The Language Lab is open

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

Vismai, for Language Lab Team

Classes, Workshops & Healing Arts

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

ACTIVITIES BY DR. SEHDEV KUMAR

Bhakti Movement in India

Celebration of Divine Love

- Kabir, Mira, Nanak



By Prof Sehdev Kumar

- Video Link: <https://youtu.be/y4td9i6fhFg>



Seven Steps Towards Global Peace

- By Prof Sehdev Kumar, Radiation Physicist, Historian of Science

- Zoom Session #1: Ushering of Atomic Age & Moral Dilemmas

<https://www.youtube.com/watch?v=dS7g8k0NSeQ>

- Zoom Session #2: World Beyond Wars: Seven Steps Towards Global Peace

<https://www.youtube.com/watch?v=piNMttw9SKk>



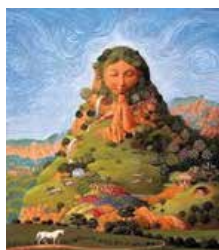
Yoga of Forgiveness

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

- By Prof Sehdev Kumar

- Video Link:

<https://youtu.be/p18qUDakJEM>



Submitted by Sehdev

ANGAM TREE: THERAPIES

Our work in therapy and healing is focused on educating people to the importance of healthy living and conscious lifestyle. To together achieve a better and sustainable future in wellness for each individual and their communities.



Sound Healing Therapy

Using various musical instruments, Sound healing, Bodywork, Meditation, Visualization and Breathing one will become aware of their complete sensory perception. When we hear the subtle cautions of our life and where the body is a pathway of that inner voice, we all have the potential to heal ourselves.



- Contribution based

Massage Therapy

Traditional body work using acupressure and deep tissue varma points healing methodologies. Naturally prepared herbal and coconut oil along with natural essential oil aroma for meditative breathing wellness. Use of sound to awaken and create a sense of peace and calm to bring about a holistic healthiness and oneness with self.



- Contribution based

Dance Movement Therapy

Uses movement to help individuals achieve emotional, cognitive, physical, and social integration. Beneficial for both physical and mental health, dance therapy can be used for stress reduction, symptoms prevention, and mood management. In general, dance therapy promotes self-awareness, self-esteem, and a safe space for the expression of feelings.



- Contribution based
- You can learn more about us and register at www.angamtree.com/therapies

For Angamtree, Auromode, Raja, manager, +91 97513 95939
angamtree@auroville.org.in

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 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 mothersworkforthemotherswork@gmail.com or 9751513906 (WA, Signal, Telegram) for necessary registration or questions.

Shiatsu—because Health matters!

Contribution required for ensuring future seminars.

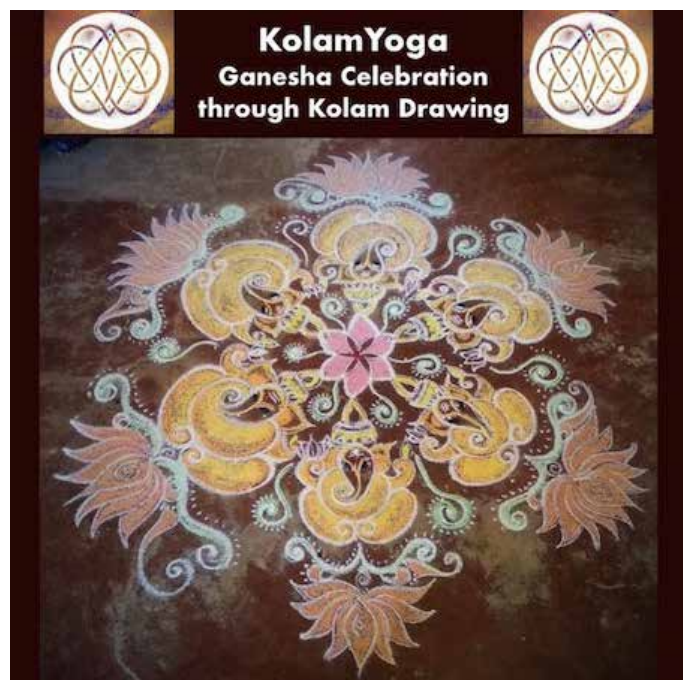
Kindly give from your heart.

Do contact Ulrike Urvasi for more info and registration at mothersworkforthemotherswork@gmail.com, 9751513906 (WA, Signal, Telegram)! **Ulrike**

KOLAMYOGA

Tuesday, 19 September, 2:30—6pm

Location: Sharanga, Right Gate, House of Grace



KolamYoga is celebrating Ganesha with the making of a specific dedicated YantraKolam.

Guidance on how to draw the Ganesha Yantra. With making of a sacred space, construction, mantra, color in all natural pigments and more.

- **Story:** Remover of Obstacle and how this relates to us personally. A moment of focus through drawing sacred symbols of a Universal Language! Adults welcome! No prior experience needed.
- Contribution includes all materials provided, snacks, GST AV City contribution...
- Registration required
 - through email info@kolamyoga.com
 - or 8072449091 WA message. Leave name and interest. *Kindly don't just say Hola or Hi and leave it at that. I will not answer!*
- Towards contribution
- Registered with LEAD, Hospitality Trust

Grace

UPCOMING EVENTS @ A SUNLIT PATH



Limited Seats, Register in advance: 8870988843 WA

- **8 September, 5—6pm, Kolam Gathering**

We invite you to a gathering at A Sunlit Path on Friday, 8 September, from 5—6pm, to explore hands-on the beautiful world of kolams.

Kolam, a traditional South Indian art form, involves creating intricate, geometric patterns on the ground using rice flour or colored powders. It's not just an art but a meditation in motion, a reflection of our connection with the Earth, and a celebration of simplicity and symmetry.

This gathering is open to all. Bring your creativity and connect with fellow art enthusiasts. Let's come together to celebrate this ancient art form and share in the learning process together.

- **10 September, 5—6:30pm, Symbolic Art Exhibition Opening**

Join us as we unveil "Symbolic Art," an art exhibition by Soulscapes, on 10 September from 5—6:30pm at A Sunlit Path.

Come take a leisurely stroll to view the art of Vivechana, of Soulscapes, engage in meaningful conversations, and experience the beauty of these ancient symbols. Mandalas, intricate geometric patterns, and Yantras, symbolic representations of the universe, have been used for centuries to inspire inner peace and balance. Each piece is a journey, an exploration of the self, and a meditation in visual form. All are welcome. We look forward to sharing a serene evening with you.

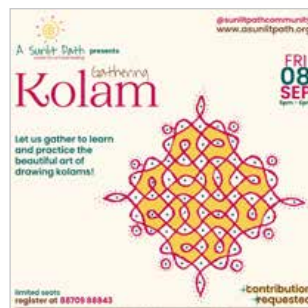
- **13 & 27 September, 4—6:30pm, Mandalas with Intention with Vivechana**

Drawing mandalas can be a meditative, calming experience to access and tap into your inner being enabling one to find the "center" within. Mandala as a tool can help bring inner balance, relieve stress and guide along the path of self-knowledge.

Join Vivechana on a journey to the self by creating mandalas with Sacred Geometry, Color Resonance, Journaling, Visualisation to connect to the "centre" within.

This is part of a series of exploratory workshops. During each session we will explore a different aspect of our being through the mandala process. Each workshop is independent so you can attend any one or all.

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



• 16 & 17 September, Yoga of Nature Retreat with Sudha Suthanthiram & Parvathi Nagarajan

Join us for our first ever "Yoga of Nature" Retreat at A Sunlit Path from 6:30am Saturday, 16 September to 5pm on Sunday, 17 September. Nourishing meals and snacks will be provided as part of our healing journey together. Deepen your connection to both the natural world and your own self through yoga asana, meditation, wholesome meals and practices that will connect you to the five elements.



Guiding us with their passion and expertise are Sudha Suthanthiram, the visionary behind A Sunlit Path, and Parvathi Nagarajan, a treasure-trove of knowledge in the realm of medicinal plants. Their wisdom promises a transformative journey of self-exploration and wellness.

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 & light, Sudha
A Sunlit Path Family & Abhaya Team*



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

• Saturday 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.

• **No previous experience required!**

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



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

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

Workshops (pre-registration required)

Day & Date	Workshops (pre-registration required)	Timings	Presenters
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

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

Drop-In Classes

	Class & teacher	Class level
Mondays, (Closed on 18 September, holiday)		
7:30—9am	Asanas with Rachel	All levels
8:30—10am	Yoga Therapy with Gala	All levels
Tuesdays		
4:45—5:30pm (Not on 26/09)	Odissi Dance with Rekha	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 (Not on 29/09)	Rosa's ATB special for seniors with Rosa	Seniors
3:45—4:30pm (Not on 29/09)	Odissi Dance with Rekha	Beginners
5:15—6:15pm	Feldenkrais class with Shari	All levels
Saturdays		
11am—12:30pm	Iyengar Yoga with Tatiana	Mixed levels

Healing Space

• By appointment, 262403, 9443902403

- Acupuncture by Heidi
- Cranio Sacral Therapy by Anne H.
- Shiatsu by Ulrike
- Thai Yoga Massage by Juan

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

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.

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



ARKA

WELLNESS CENTER & MULTIPURPOSE HALL

Regular activities September 2023

Classes

Classes	Teacher	when
Acro Yoga	Damien	Regular classes: 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, or 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 10am, 6380238326

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, 9489035457
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

Thanks & Regards, Ramana, Arka, 0413 2623799

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



CINEMA PARADISO
Multimedia Center (MMC) Auditorium
Film Program
11 September to 17 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 11 September, 8pm
TARLA

India, 2023, Writer-Dir. Piyush Gupta w/ Huma Qureshi, Hardik Thakkar, Kukul Tarmaster, and others, Biography-Drama, 127 mins, Hindi w/English subtitles, Rated: NR (G)
 One of two chefs who made Indian cooking popular in India, and abroad through their recipes and bestselling cookbooks, and shows is Tarla Dalal. She is the chef to have received the coveted Padma Shri Award. Her story also captures the silent women empowerment movement that took place in the 70-80s and shows us how Tarla played an instrumental role in helping women of the era realize their dreams and follow their passions as evident from letters she received. These letters became a major source of inspiration for the film that showcases her journey from her kitchen to the living rooms of the entire country, inspiring homemakers to become entrepreneurs.

Potpourri—Tuesday 12 September, 8pm
BLAZING SADDLES

USA, 1974, Writer-Dir. Mel Brooks w/ Cleavon Little, Gene Wilder, Alim Pickens, and others, Comedy-Western, 93 mins, English-Yiddish-German w/English subtitles, Rated: R
 A town where everyone seems to be named Johnson is in the way of the railroad. In order to grab their land, Hedley Lemar, a politically connected nasty person, sends in his henchmen to make the town unlivable. After the sheriff is killed, the town demands a new sheriff from the Governor. Hedley convinces him to send the town its first sheriff

Interesting—Wednesday 13 September, 8pm
WHAT IS WOMAN?

USA, 2022, Dir. Justin Folk w/ Matt Walsh, Gert Comfrey, Marci Bowers, and others, Documentary, 95 mins, English w/English subtitles, Rated:NR (R)
 It's a film where the director explores gender identity. He simply and calmly questions various "experts" and activists about gender identity issues, discusses with people on city streets, and also interviews a "gender affirming" therapist, a sex change surgeon, a male college professor in women and gender studies, and a female pediatrician. He also talks to critics of the gender identity movement and some tribesmen in Kenya.

Selection—Thursday 14 September, 8pm
MI OBRA MAESTRA (My masterpiece)

Argentina-Spain, 2018, Dir. Gastón Duprat w/ Andrea Acatto, Lucas Aranda, Raúl Arévalo and others, Comedy-Drama, Spanish w/English subtitles, 100 mins, Rated: NR (G)
 Arturo is an unscrupulous art dealer and Renzo his socially awkward painter and longtime friend. Willing to risk it all, they develop an extreme and ludicrous plan to save themselves.

International—Saturday, 16 September, 8pm
MARLOWE

Ireland-Spain-France-USA, 2022, Writer-Dir. Neil Jordan w/ Liam Nesson, Diane Kruger, Jessica Lange, and others, Crime-Mystery, 109mins, English w/English subtitles, Rated: R

In 1939 Los Angeles, private detective Philip Marlowe is hired by wealthy heiress Clare Cavendish to find her missing lover, Nico Peterson, a prop master at Pacific Film Studios. Marlowe discovers that Peterson is believed to be dead after allegedly falling down drunk and run over by a car outside an exclusive club. However, Marlowe is skeptical of the circumstances surrounding Peterson's supposed death and begins to investigate further, despite lack of interest from his friend, homicide detective Joe Green. Marlowe delves deeper into the case, uncovering a web of deceit and corruption among the city's elite.

Children's Matinee—Sunday, 17 September, 4:30pm
MEET THE ROBINSONS

USA-Japan, 2007, Dir. Stephen J. Anderson w/ voices Daniel Hansen, Wesley Singerman, Angela Bassett and others, Animations-Adventure, 95 mins, English, Rated: G
 Lewis is a brilliant inventor who meets a mysterious stranger named Wilbur Robinson, whisking Lewis away in a time machine and together they team up to track down Bowler Hat Guy in a showdown that ends with an unexpected twist of fate.

Classic Film Festival@ Ciné-Club:

Ciné-Club Sunday 17 September, 8pm
ATLANTIC CITY

USA, 1980, Dir. Louis Malle w/ Burt Lancaster, Susan Sarandon, and others, Crime-Romance, 94 mins, English w/English subtitles, Rated: R
 In a corrupt city, a small-time gangster and the estranged wife of a pot dealer find themselves thrown together in an escapade of love, money, drugs and danger.

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

THE FRENCH PAVILION PRESENTS
Ayurveda and the Wisdom of the Arhuacos,
indigenous people from Colombia
 A Conference by Bérengère
 Saturday, 9 September, 5pm @ Cinema Paradiso



In English Only. Duration: 30 min + Q&A

"La Sierra Nevada in Northern Colombia is the highest snow-capped mountain in the Tropics that rises up to 5700m high in 50 kms from the Caribbean coastal city of Santa Marta. There, live 4 indigenous groups that are of pre hispanic origin, the Kogis, The Arhuacos, the Wiwas and the Kankuamos. First time I heard about the Arhuacos was in 2011 when a Colombian friend took me to the Sierra Nevada in hope of visiting their territory. Unfortunately, they wouldn't allow any tourists or guests to visit their sacred land, the Heart of the world, as they call it.

It's only in 2016 that I finally managed to get an invitation to stay one day, one night with them. From then on started an exchange when we realised that their spiritual healing based on their tradition had the same principles of those of Ayurveda and the flora had many similarities with the one described in the ayurvedic scriptures or in the Siddha pharmacopoeia.

Since then, I have been going regularly to learn their tradition, their spiritual healing practice, their community organisation, their sense of individuality within the community, and learning the wisdom from the Mamós of the community (the spiritual leaders).

I came back recently from there and speaking with a few AV friends they suggested that I do a little presentation on them, their purpose in life and what we are implementing health-wise using food, vegetables and aromatic herbs as natural medicine...

You're most welcome at Cinema Paradiso on Saturday, 9 September where I will be sharing photos of this inspiring community."

Bérengère.

INTENSIVE ACTORS & DIRECTORS **Collaborative Workshop**

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

ECO FILM CLUB

Every Friday at Sadhana Forest

Schedule of Events

- 16:00 Free bus from Solar Kitchen to Sadhana Forest for the Tour
- 16:30 Tour of Sadhana Forest
- 18:00 Free bus from Solar Kitchen to Sadhana Forest for the Eco Film Club
- 18:30 Eco Film Club begins with 'previews' of short Sadhana Forest films



20:00 Dinner is served

21:15 Free bus from Sadhana Forest back to Solar Kitchen

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

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

Friday, 15 September **Biodiversity in the British Isles**

2021/ 87 minutes / DW

In this captivating documentary we are exposed to some of the most beautiful life forms of the British Isles. Breathtaking coastal life forms will show you how precious life is and how delicate all life is, in the current times.

Submitted by Shek



Accessible Auroville Public Bus

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



Auroville TO PONDICHERRY

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



Pondicherry TO AUROVILLE

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

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

N&N Guidelines



Hard deadline for submissions

TUESDAY 3pm

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

How to submit material:

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

Disclaimer:

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

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

Emergency Services

Ambulance (24/7): Auroville—9442224680

- PIMS—0413 2656271

Security (24/7):

- Auroville Safety & Security Team—9443090107
- Auroville Police Station—0413 2677318
- Kottakupam 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):

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