



News Notes

#999 A weekly bulletin for residents of Auroville 02 November 2023



Auroville Forests

He energised conscious-force (in the austerity of thought) and came to the knowledge that Matter is the Brahman. For from Matter all existences are born; born, by Matter they increase and enter into Matter in their passing hence. Then he went to Varuna, his father, and said, 'Lord, teach me of the Brahman.' But he said to him: 'Energise (again) the conscious-energy in thee; for the Energy is Brahman.'

Taittiriya Upanishad

Pondering



Perceiving behind their appearances the identity in essence of these two extreme terms of existence, we are able to say in the very language of those ancient writings, 'Matter also is Brahman'

For the mind knows that there is something behind itself which is not the Idea; it knows, on the other hand, that there is something within itself which is more than the vital Breath. Either Spirit or Matter can give it for a time some sense of ultimate reality; not so any of the principles that intervene.

*The Two Negations: The Materialist Denial,
The Life Divine by Sri Aurobindo*

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EDITORS' NOTE

NewsandNotes Guidelines

Dear Authors, the last issue of NewsandNotes reached 46 pages in length. This certainly exceeds the limits of a weekly newsletter. We have tried not to impose limits to submissions but it now seems it has become necessary.



- Articles should not exceed 800 words, as this is one column in length and one article per submission.
- Posters should be limited to one per submission with details in a text form, which includes dates and contacts.

Thanking you in advance for your cooperation.

Dear readers of paper version!

- Please let us know if you do not get your paper copy on Friday before 4:30pm.
- Mail us @ newsandnotes@auroville.org.in.

The only excuse of late delivery us rain on Friday.

Light and Peace, Roy and Agni



House of Mother's Agenda



(continued from last week)

This passage is the stage at which the supermind gnosis can take over the lead of the evolution from the overmind and build the first foundations of its own characteristic manifestation and unveiled activities; it must be marked therefore by a decisive but long-prepared transition from an evolution in the Ignorance to an always progressive evolution in the Knowledge. It will not be a sudden revelation and effectuation of the absolute Supermind and the supramental being as they are in their own plane, the swift apocalypse of a truth-conscious existence ever self-fulfilled and complete in self-knowledge; it will be the phenomenon of the supramental being descending into a world of evolutionary becoming and forming itself there, unfolding the powers of the gnosis within the terrestrial nature. This is indeed the principle of all terrestrial being; for the process of earth-existence is the play of an infinite Reality concealing itself first in a succession of obscurely limited, opaque and incomplete half-figures which by their imperfection and character of disguise distort the truth of which they are in labour, but afterwards arriving more and more at half-luminous figures of itself which can become, once there is the supramental descent, a true progressive revelation. The descent from original supermind, the assumption of evolutionary supermind is a step which the supramental gnosis can very well undertake and accomplish without changing its own essential character. It can assume the formula of a truth-conscious existence founded in an inherent self-knowledge but at the same time taking up into itself mental nature and nature of life and material body. For the supermind as the truth-consciousness of the Infinite has in its dynamic principle the infinite power of a free self-determination. It can hold all knowledge in itself and yet put forward in formulation only what is needed at each stage of an evolution; it formulates whatever is in accordance with the Divine Will in manifestation and the truth of the thing to be manifested. It is by this power that it is able to hold back its knowledge, hide its own character and law of action and manifest overmind and under overmind a world of ignorance in which the being wills on its surface not to know and even puts itself under the control of a pervading Nescience. But in this new stage the veil thus put on will be lifted; the evolution at every step will move in the power of the truth-consciousness and its progressive determinations will be made by a conscious Knowledge and not in the forms of an Ignorance or Inconscience.

As there has been established on earth a mental Consciousness and Power which shapes a race of mental beings and takes up into itself all of earthly nature that is ready for the change, so now there will be established on earth a gnostic Consciousness and Power which will shape a race of gnostic spiritual beings and take up into itself all

of earth-nature that is ready for this new transformation. It will also receive into itself from above, progressively, from its own domain of perfect light and power and beauty all that is ready to descend from that domain into terrestrial being. For the evolution proceeded in the past by the upsurging, at each critical stage, of a concealed Power from its involution in the Inconscience, but also by a descent from above, from its own plane, of that Power already self-realised in its own higher natural province. In all these previous stages there has been a division between surface self and consciousness and subliminal self and consciousness; the surface was formed mainly under the push of the upsurging force from below, by the Inconscient developing a slowly emergent formulation of a concealed force of the spirit, the subliminal partly in this way but mainly by a simultaneous influx of the largeness of the same force from above: a mental or a vital being descended into the subliminal parts and formed from its secret station there a mental or a vital personality on the surface. But before the supramental change can begin, the veil between the subliminal and the surface parts must have been already broken down; the influx, the descent will be in the entire consciousness as a whole, it will not take place partly behind a veil: the process will be no longer a concealed, obscure and ambiguous procedure but an open outflowing consciously felt and followed by the whole being in its transmutation. In other respects the process will be identical, — a supramental inflow from above, the descent of a gnostic being into the nature, and an emergence of the concealed supramental force from below; the influx and the unveiling between them will remove what is left of the nature of the Ignorance. The rule of the Inconscient will disappear: for the Inconscience will be changed by the outburst of the greater secret Consciousness within it, the hidden Light, into what it always was in reality, a sea of the secret Superconscience. A first formation of a gnostic consciousness and nature will be the consequence.

(to be continued next week)

**The Gnostic Being,
The Life Divine by Sri Aurobindo**
[https://sri-aurobindo.co.in/workings/sa/37_21_22/
the_life_divine_21_22.pdf](https://sri-aurobindo.co.in/workings/sa/37_21_22/the_life_divine_21_22.pdf)
**With love and gratitude,
Gangalakshmi (HOMA)**



Townhall Speaks

FROM THE ENTRY SERVICE—ES # 204

Dated: 2-11-2023

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.entryboard@gmail.com or auroville.entryservice@gmail.com. We thank you in advance.

NEWCOMER ANNOUNCED:



Amutha



Anbazhagan



Niharika

- Amutha Lakshmi VELMURUGAN (Indian) staying in Azhagu Bhoomi and working at Matrimandir & Azhagu Bhoomi Orchard
- Anbazhagan KANNAIYAN aka Anbu (Indian) staying in Sve Dame (Orly's) and working at Upcycling Studio
- Niharika SANYAL (Indian) staying in Swayam (Rohini Guest House) and working at Jeevan

CHILD OF NEWCOMER:

- Shivani (Indian) born on 31/05/2013 (daughter of Amutha Lakshmi)
- Pranith (Indian) born on 17/10/2017 (son of Amutha Lakshmi)
- Iniyavan (Indian) born on 12/05/2021 (son of Amutha Lakshmi)

NEWCOMER CONFIRMED:

- Elisabetta SALPETRE (Italian)
- Tatiana NIKOLAEVA (Russian)

AUROVILIAN ANNOUNCED:

- Meenakshi Lall (Canadian) staying in New Creation and working at UTS and Housing Service
- Song Wan PARK (Korean) staying in Serenity (Bebe's house) and working at Aurofilm & Korean Pavilion



Meenakshi



Song Wan

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)

Note: If you want any more information about someone, please contact the Entry Service directly for more details.

Entry Service Timings

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

Note: If you want any more information about someone, please contact the Entry Service directly for more details.

0413 2622707,

auroville.entryservice@gmail.com

Submitted by William
for The Entry Service

L'AVENIR D'AUROVILLE / ATDC

The following applications has received Site Approval (feedback requested by L'avenir d'Auroville before 26 October 2023 to application-avenir@auroville.org.in):

AUROYALI—Site Application

- **Applicant/s:** Mohan Jayaraman, Rena, Subbulakshmi
- **Location/area:** Outside Master Plan
- **Area for which approval is sought:** 15,478 sq.m
- **Project brief:** Auroyali is a construction unit in Auroville under Kattida Kalai Trust. The unit had a site and workshop in the International Zone, which was temporary and was always intended to be moved to another location.

Plot no. TH 165/8 (behind Grand Serena Hotel) is now being allocated to this unit, and the adjacent plot no. TH 164/3 is being given temporary approval (no construction on this will be permitted, only as a stockyard for material).

SURABHI SUPPLIES—Site Application

- **Applicant/s:** Angelo & Iyyappan
- **Location/area:** Southern Service Node
- **Area for which approval is sought:** 1700 Sq.m
- **Project brief:** Surabhi Supplies is a registered procurement service under the Service Trust which handles procurement of materials and equipment for all kinds of Auroville projects, units and individuals. As a steadily growing service, it requires a small office/ storage/ yard area for the work.

A site in the Southern Service Node, next to Re-center, is being allocated to this service. This is being allocated on a temporary basis, as the service may have to be shifted to the Industrial Zone at a later stage. Therefore only temporary structures will be allowed to be built on this site.

Constructive feedback guidelines:

Till 2022, while giving permissions, we have asked the project team to include approval from the neighbours. This has no resonance with the ideals of Auroville where we committed to a life guided by no desire, no preferences and no sense of ownership. This 'approval from the neighbours' is no longer part of the application process as this has no place in Auroville.

Similarly when we publish projects for approval, we will discard all personal feedback with respect to 'neighbours choosing neighbours' or 'neighbours choosing development guidelines'.

All other feedback is welcome and will be part of the process.

Please see attachments related to the above projects on Auronet.

Sindhuja
for L'avenir d'Auroville / ATDC

Community News

Passing On

KLARA BROGLI LEFT HER BODY



On Monday 30 October, Klara Brogli, Aurovilian resident of Surya Nivas, left her body in her native country, Switzerland. She was 81. Due to a medical intervention which substantially reduced the quality of her existence, Klara chose for termination of her life for which In Switzerland officially recognised assistance can be found. [She had indicated to a friend that this could be shared with her Auroville family.]

Klara had been coming to Auroville since 2001 and joined in 2004 for good. She started volunteering with office work at the then Development Group and worked for years in the SEWA team where her care and support for the financially underprivileged became evident. She was an open and curious woman, always ready to reach out and give a hand. With her background in investment banking and as a lawyer by profession, she displayed clear insight in Auroville's faring and was keen in choosing her projects. The Auroville Puncture Service was one of them, and she became its executive in due time.

Always eager to embrace new technology, Klara also had the courage to build the second steel framed house in Auroville in which she lived the last 20 years, expressing her elegant and highly aesthetic sense in finely detailed elements of house and garden.

Klara was deeply interested in Auroville's experimental organisation and collective processes. She cherished the Charter of Auroville, and had an enormous trust in Auroville's succeeding. Recent developments have shocked her to the core.

Friends will miss this fine-styled person with her free spirit henna-red hair, her strong will and independent stance, her sharp observations, and often dry humour and wit.

May you be in peace, dear Klara.

OM~

Awakening Spirit

AMPHITHEATRE—MATRIMANDIR

Every Thursday at Sunset (weather permitting)

5:30—6pm

Meditation with Savitri,

Sri Aurobindo's long mantric poem read by Mother to the incredible music of Sunil

Let's gather under the beautiful open space, with 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 5:15pm and for the meditation time.

Thank you, Surya and Amphitheatre Team



SAVITRI BHAVAN
November 2023

Savitri
B H A V A N

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

- **November 6,** Sri Aurobindo: A New Dawn. This animation film shows the life and spiritual journey of Sri Aurobindo. The film was released on 15 August 2023. Duration: 28min.
- **November 13:** The One Whom We Adore as The Mother. An audio-visual presentation by the Sri Aurobindo Ashram Archives on The Mother's life from childhood onwards, her meeting with Sri Aurobindo and the creation of the Ashram and Auroville. Duration: 63min.
- **November 20:** Siddhi Day or the Day of Victory. On the 24 November 1926 Sri Aurobindo experienced the descent of Krishna's consciousness into his body. A conversation of Dr Alok Pandey and Narad in November 2014 on significance of the Siddhi Day. Duration: 46min.
- **November 27:** On Significance of the Siddhi Day. This is the second conversation of Dr Alok Pandey and Narad on the significance of Siddhi Day on 24 November 1926. Recorded on November 24, 2016, in Pondicherry. Duration: 46min.

Full Moon Gathering

- **Monday 27 November, 7:15—8.15pm** in front of Sri Aurobindo's statue

Dream Divine Series

Directed especially at newcomers, Savitri Bhavan has launched a project called 'The Dream Divine Series'. The goal of the project is to guide newcomers to 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 led by Larry Seidlitz
- **Mondays 3—4pm:** The Knowledge and Ignorance—The Spiritual Evolution in The Life Divine led by Dr. Jai Singh
- **Tuesdays 3—4pm:** Readings of the words of The Mother on Aims and Ideals of Auroville led by Dr. Jai Singh
- **Tuesdays, Fridays, Saturdays 4—5pm:** L'Agenda de Mère: listening to recordings with Gangalakshmi
- **Tuesdays 5:30—7pm:** OM Choir led by Narad
- **Thursdays 4—5pm:** Videos of The English of Savitri led by Shraddhavan
- **Fridays 3—4pm:** The Return to Earth (Epilogue) in Savitri led by Dr. Jai Singh
- **Saturdays 4:30—5:30pm:** Mudra-chi led by Anandi

- **Saturdays 5—6.30pm:** Satsang, led by Ashesh Joshi
- **Exhibitions, Main Building and Office** are open Monday to Saturday 9—5
- **Library and Digital Library** is open Monday to Friday 9—5
Everyone is welcome
Dhanalakshmi for Savitri Bhavan Team

SRI AUROBINDO—A NEW DAWN

Monday, 6 November 2023, 4pm, at Savitri Bhavan.



Duration: 28min.

This film talks of the early life and spiritual journey of Sri Aurobindo. And the essence of his life has been captured in a kind of visual poetry.

It covers his early life in England, his return to India and imbibing its culture, and then joining the freedom struggle during the partition of Bengal. While in England, young Aurobindo was inspired by freedom movements in France, Ireland, and other countries, and he felt the need to work for the total freedom of India, Purna Swaraj.

The film also depicts his experience of the Silent Mind and his imprisonment in Alipore Jail, where he had the vision and experience of the Divine in all beings. It then talks about his moving to Pondicherry, his withdrawal from political life, and starting the Integral Yoga together with Mirra Alfassa, his spiritual collaborator known as the Mother.

Freedom movements and the Indian freedom struggle are portrayed in the film intentionally, to disclose the events to young people, for the youth of India and the world, and to all those who are searching for answers to the troubling questions of our times.

Altogether, the film aims to foster knowledge about Sri Aurobindo's true role in the Indian freedom movement, the immense capacity of his versatile mind as a thinker and poet, and his rich spiritual experiences and realizations as a Yogi.

Hand-drawn pictures by several artists, voice-overs by Victor Banerjee and Deepti Naval, a creative technical team and insights from a number of devotees of Sri Aurobindo and The Mother have together created this original vision of the life of Sri Aurobindo—a thinker, a yogi, a visionary, a rishi of our times who was infinitely multidimensional in his work and creative expression.

The film was released on 15 August 2023 by the Sri Aurobindo Society.

- It is also available on YouTube:
<https://www.youtube.com/watch?v=5W6AZpK0N0c>

Submitted by Margrit

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

MUDRA CHI

From November on, Mudra Chi changed the day of having the class.

- Every Saturday at 4:30pm at Savitri Bhavan

Facilitator Anandi ayun

Everybody Welcome!

Submitted by Anandi



STUDY CIRCLE



BHARAT NIVAS
PAVILION OF INDIA: AUROVILLE

on The Synthesis of Yoga—Sri Aurobindo

On the Occasion of Sri Aurobindo's 150th Birth Anniversary

Sri Aurobindo Centre, Resource Library

Tuesdays, 4:30—5:30pm

- An exploration, led by Deepti Tewari

Since Two Years Bharat Nivas has been holding a weekly Study Circle on The Synthesis of Yoga—Sri Aurobindo

The Mother's very last message to Auroville: *Auroville is created to realise the ideal of Sri Aurobindo who taught us the Karma Yoga. Auroville is for those who want to do the Yoga of work.*

To live in Auroville means to do the Yoga of work. So all Aurovilians must take up a work and do it as a yoga

27.03.1973

She also said: '**Programme:** Research through experience of the Supreme Truth. A Life Divine. But no religions

02.05.1970

Regards, Vani,
BN Cultural Team
0413 2622253



BRAHMANASPATI KSHETRAM

**Calendar of regular events,
November 2023**



BRAHMANASPATI KSHETRAM
The Mother Sri Aurobindo Centre

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

Calendar of regular events of November 2023

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

Every Thursday 6:00 - 6:30pm
Meditation

Every Friday 5:30 - 6.30pm, reading
"The Mother's Questions & Answers- Vol-7"
in English

27th, Monday at 6:30pm full moon, reciting
Sri Aurobindo's Gayatri Mantra for 30min

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

kshetram2014@auroville.org.in



Submitted by Rajan

BOOK READING CIRCLE

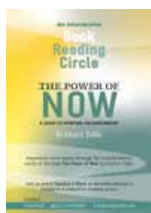
The Power of Now

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: (91) 7678208825,
b.deb253@gmail.com

Debashish



Auroville Matters

THINKING OUTSIDE THE BOXES

Last week, with a group of Aurovilians, we did a simple exercise, which you can try out—The outcome can be surprising.

First, we put ourselves in the shoes of the 'two sides':

To oversimplify, those who support the Foundation Office (position A), and those who support the Residents' Assembly (position B).

We 'embodied' it by moving in different spots of the room, and checking which thoughts and feelings were coming out while in the two different positions.

Then, we moved to a third spot, to experience thoughts and feelings connected to a possible synthesis of A and B.

Finally, we moved to a fourth spot to imagine a reality where neither A, nor B, nor even A/B, would prevail.

This last stage seems to be the crucial one, the solution to the drama.

Will you give it a try?

Thanks, Giovanni

AWARE NEEDS YOUR SUPPORT

A lot of you have appreciated what AWARE does and what it intends to do. However, there is a limit to which I can fulfill your expectations in my personal capacity, with the help of a few part-time wellwishers.

AWARE needs support.

A few want to join AWARE full time, but we do not have funds to provide for their maintenance and create infrastructure for them to work.

So, please DONATE. AWARE is a unit under Auroville Service Trust.

AWARE will always be at the service of the Mother's City, and as She intended, there will be no exchange of money. No service of AWARE is for HIRE. We do not charge for anything.

At the same time, we need resources to do what AWARE does.

- Please donate to FS A/c No. 251362
- Right now, you can support in three ways
 - One-time large sum donation for capital investment, Computers, Furniture, Equipment, etc.
 - Sponsor 1 or more maintenance, on a recurring mode.
 - Unspecified small donations. Any amount is a good amount. This goes towards Admin expenses.

Do not expect any personal favor in lieu. None will be given. Your support to AWARE is for supporting Auroville. It's good for you.

Thanks in advance! Peace, Lakshay, AWARE



THAT IS WHY

Here's a very clear revelation from the Mother on why 'a change of consciousness' from the false-separative mind (mental) to the Truth Consciousness of Unity in Diversity of the Supermind, the Supramental, is the most important aspiration that is simultaneous with the progressive building of the City of Dawn, Auroville.

'Last night I had a vision of what the Supramental world would be like if people were not sufficiently prepared. The confusion that now exists on Earth is nothing in comparison with what might happen. Just imagine an extremely powerful will with the capacity to transform matter according to its liking! If the sense of collective unity did not grow in proportion to the growth of power, the resulting conflict would be even more acute and chaotic than all our material conflicts.'

- <https://incarnateword.in/cwm/15/the-supramental-manifestation-upon-earth>

This 'change of consciousness', the realisation that We are all One, this sense of collective unity, obliterates the separative ego that is the cause of all the ever increasing acute and chaotic conflicts.

The external difficulties here and around the world are actually the intense forces that are compelling more and more receptives to this 'change of consciousness' of Oneness that sees the Divine Play as it wholly, integrally is. This One Unfolding Evolutionary Process is self-correcting as it progresses towards the unstoppable result of the Supramental Quest or Vision-Goal. In time a tipping point will be reached in the collectivity whereby from within (from the receptive individuals, from Auroville, from Bharat Mata, Mother India Herself the Guru of the World) will emerge the Divine Manifestation, a spontaneous evolution of the next apex species the Supramental being, ushering in a Life Divine on Earth.

'India has become the symbolic representation of all the difficulties of modern mankind.'

'India will be the land of its resurrection—the resurrection to a higher and truer life.'

'And the clear vision: the same thing which in the history of the universe made the earth the symbolic representation of the universe so as to concentrate the work on one point, the same phenomenon is now taking place: India is the representation of all human difficulties on earth, and it is in India that the... cure will be found.'

And then, that is why—THAT IS WHY I was made to start Auroville.'

- <https://incarnateword.in/agenda/09/february-3-1968>

Thus the succinct guidance from our Avatar founders Sri Aurobindo and the Mother, our Three Core Ideals, especially the specificity of 'To Be a True Aurovilian':

'The whole earth must prepare itself for the advent of the new species, and Auroville wants to work consciously to hasten this advent.'

And the Sunlit Path of Bhakti as the easiest and most joyful key:

'Little by little it will be revealed to us what this new species must be, and meanwhile, the best course is to consecrate oneself entirely to the Divine.'

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

Om Namo Bhagavate, Zech, 2023.10.25

CRADLE OF THE SUPERMAN

22 March 1969

Two days ago (not yesterday, the day before), this Consciousness told me something; I said, 'Very well,' but it went on saying the same thing again and again and again, until I'd written it down! So here it is (Mother holds out a note). And it explained to me why there was 'we.'

'We will strive to make Auroville the cradle of the superman.'

Ah... it's important news! (Mother smiles) So then, I said, 'Why 'we'?' It answered, 'It's because the attempt will be to get those who will live in Auroville to collaborate.'

30 October 2023

To all Receptives: 'Superman' refers to the transitional being between the human being and our Vision-Goal the new apex species the Supramental being. The Mother's quote above is from a small but very powerful book from Jyoti Madhok and Kireet Joshi that can significantly help in our quest to clearly understand and effectively apply the Integral Yoga of the Avatars Sri Aurobindo and the Mother:

'...BUT IT IS DONE...'

Victory of Sri Aurobindo and The Mother

Now fully digitised for ease of reference:

- <https://www.kireetjoshiarchives.com/teachers-training/but-it-is-done.html>

In the Appendix also is that most important revelation, appropriately titled 'Significance of Auroville'.

Om Namo Bhagavate,
Zech, 2023.10.30

Education

AUROVILLE LIBRARY

Weekly Timings:

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

Story time At the Auroville Library!

Every Saturday, 10—11am: Children's storytime.

- **Contact:** 0413 2622894, avlib@auroville.org.in
- **Web:** library.auroville.org.in/



Kristen for Auroville Library

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.
 - 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.
 - 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
- Our podcast with Auroville radio: <https://www.auroville-radio.org/interview-with-snehal-d-roy/>
- Contribution required

Arun, Anand and Balaji For Enlight team

TLC WELCOMES KIDS



Every Friday @ TLC Base Camp

- 11am—12:30noon: Nursery Open Spaces (2—5years)
- 12:30—13:30pm: Potluck Lunch
- 13:30—15pm: Open Spaces for Kids (6—14 years)

For more information contact 9442180610

Sashka for TLC Open spaces team

INTRODUCTION TO MANAGEMENT ACCOUNTING for Unit Executives

Saturday, 18 November, 9:15am—12:30pm

Flourish (a unit under Service Trust) is organizing a series of training sessions to help those running units in Auroville understand the fundamental aspects of utilizing financial data to make operational decisions.



This series of training sessions will begin with a taster session to explain the importance of understanding this critical information, with exploration of an Auroville based case study.

We welcome unit executives and any others who make critical business decisions for the unit to attend this session.

In the near future, this introduction will be followed by a series of awareness sessions to further deep dive into this subject.

- **The training will be held** on Saturday, 18 November from 9:15am—12:30pm including breaks.
- If you are interested to attend please email flourish@auroville.org.in

Flouris

CSEB DESIGN TRAINING COURSE

Starting 20 November, 9am to 5pm



The Auroville Earth Institute is pleased to announce the commencement of its CSEB Design Training Course on **20 November**. This 6-day program offers comprehensive instruction on the art of design utilizing Compressed Stabilised Earth Blocks. Classes will convene from 9am to 5pm each day.

Registration for this course is now open for architects, engineers or students. Admission will be granted on a First Come, First Serve basis, seats are limited.

- You can register at <https://registration.earth-auroville.com/>
- or register directly at the Auroville Earth Institute.
- Trainees should bring their laptop and be proficient with Auto Cad.

We invite you to embark on an enlightening journey into the realm of Earthen Architecture with us.

Join the Clan of Earth Builders!

Ayyappan Thulukkanan
for Earth Institute

Innovations

CHATGPT/ LLM/ GENERATIVE AI USER GROUP

सत्यमेव जयते

vincit omnia veritas



We have created the 'Generative AI User Group' on WhatsApp. Please use the following link to join <https://chat.whatsapp.com/EMeiWHRjquBATd-KPEkG4PI>

AI Majumdar

Health Care

SANTÉ SERVICES



Sante

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/ Tuesday/ Wednesday/ Thursday/ Friday	Pregnancy Care & Women's Wellness with Paula: Tuesday & Wednesday
Acupuncture with Andres: Monday/ Tuesday/ Wednesday/ Friday/ Saturday	Homeopathy with Michael: Monday/ Wednesday/ Saturday
Integrative Psychotherapy with Juan Andres: TOS	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: Inquiry through email adminsante@auroville.org.in	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.

Dasha for Sante Services, sante@auroville.org.in,
<http://sante.auroville.org.in>

SIDDHA CONSULTATION

Every Wednesday and Friday from 3—5pm

@ AV Health Center

Dr Sharavanan will be available for Siddha consultation from 1 November onwards, every Wednesday and Friday from 3—5pm.

- Consultation by appointment.
- Please call phone no 0413 2255450 between 9-12noon or 6-8pm for appointments.

Thank you and regards, Dr. Uma



MORNING STAR SERVICES

Morning Star is a unit of the Health and Healing Trust, made up of midwives and doulas who support pregnancy, childbirth, breastfeeding and provide women's wellness GYN care in Auroville. We offer our services to all and invite you to participate and benefit. Our goal is to bring respectful health and maternity care to women and families in Auroville.



Consultations

- At Sante

Paula offers midwife and GYN consultations at Santé including well-woman care, Pap tests, and other screenings, menarche through menopause. Book an appointment through Sante 0413 2622803

- Other

Consultations available with midwives, doulas and breastfeeding advisors—email us if you are interested in specific consultation.

Teens

We offer consultations for teenagers by appointment with strict privacy protocol.

- Contact by email: morningstar@auroville.org.in

Classes

Childbirth preparation classes, including fathers, are offered throughout the year.

- Location:** Hall of Light, Creativity Community
- Time:** Wednesday evening, 5—7pm. Movement classes like Yoga, dance, breath work and education on various aspects of pregnancy, birth, newborn and breastfeeding.

Most of the sessions are offered in English and Tamil.

- Like to join the classes? Send WA message to Bala, +91 9892699804

Parents' Groups

Rotem is facilitating a support group for mothers and fathers who have had a baby in the last year.

- 10—11:30am, Wednesday mornings, Hall of Light
- Interested? Send message to Rotem at WA +91 8056888715

Bala



AYURVEDA CLASSES



From 6 November I will be starting again the teaching of Ayurveda and how this Science of life can be directly applied on a daily basis to understand oneself and others health and imbalances/diseases but also to gain knowledge on the medicinal plants that grow in the surroundings useful to sustain health all through the year.

Learn how the relations, food, environment, climate, seasons, season of life can influence the state of well-being in the physical, vital and mental.

- Ayurveda classes will be held in **Sante Every Monday**:
 - **2pm**: beginners
 - **3:15pm**: advanced
 - until March 2024 (no class on school breaks).
- If you would like to get an idea of the previous classes, please check on YouTube by searching 'Ayurveda Auroville'.
- If you are interested please contact Dr.Be directly by Whatsapp message on 9489505691.

With much love and happiness to share this profound knowledge, Dr. Be

AUROKIYA

Integral Eye Centre @ Arka

Working Hours:

Monday—Saturday, 9am—5:30pm

The following services are provided

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



Contact

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

Aurosugan, Aurokiya team

AURODENT DENTAL CLINIC



Dental Clinic
Auromode, Auroville.

For Appointment please contact us

Email: aurodent@auroville.org.in

Phone: 0413-2622063 What's up: 9629199328

Working hours

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

Submitted by Sutha

MONSOON WITH AYURVEDA AND LOCAL PLANTS



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

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

An extra focus will be given to Vata imbalances, as it is the right season to reduce or expel Vata toxins (in body: stiffness, bloating, coldness, pain and inflammation in the joints; in the mind: anxiety, anguish, fear, dismay, confusion, doubts)

This is a period to slow down and care for Agni—digestive fire

In The Food

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

Avoid

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

In Activities

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

- Fumigation with eucalyptus, neem, sage
- Nasya (oil drops in the nose) with Anu Tailam at bed-time or in the morning to clear the sinuses

Avoid

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

Most of the above aggravate Vata.


Herbs And Medicinal Plants For The Rainy Season

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

*Enjoy the rain and stay warm and dry,
Be @ Sante Clinic*

The Arts

CREEVA presents:
Black and White
In Life and Beyond
by
Audrey Wallace-Taylor
(1933 - 2023)




Extended to:
18 November
ART

EXHIBITION CUM FUNDRAISER FOR CREEVA
7 - 24 October 2023
Pitanga Cultural Centre Auroville

Organised in loving memory for Audrey by CREEVA and her close friends.
Proceeds from sales of the exhibition will support CREEVA, Audrey's art and life project in Auroville.

Centre for Research Education Experience in Visual Arts
CREEVA



Exhibition timings: Daily, except Sundays 8.30am - 12pm & 2.30pm - 5pm

Ongoing until 18 November @ Pitanga

by Audrey Wallace-Taylor
(1933—2023)

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

HOMAGE

Audrey and Eva

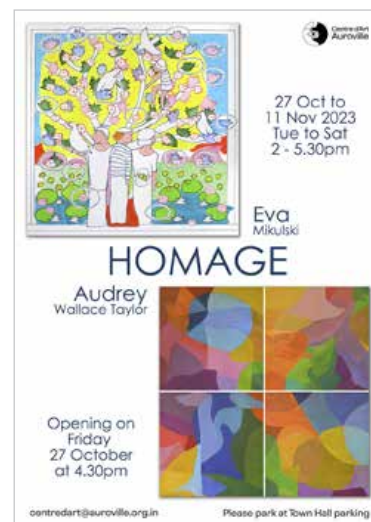
Ongoing until
11 November

Monday—Saturday,
2:30—5:30pm

Centre d'Art, Citadines

Homage is an exhibition dedicated to Audrey and Eva, two artists who dedicated their Aurovillian life to transmit the beauty of art to the community.

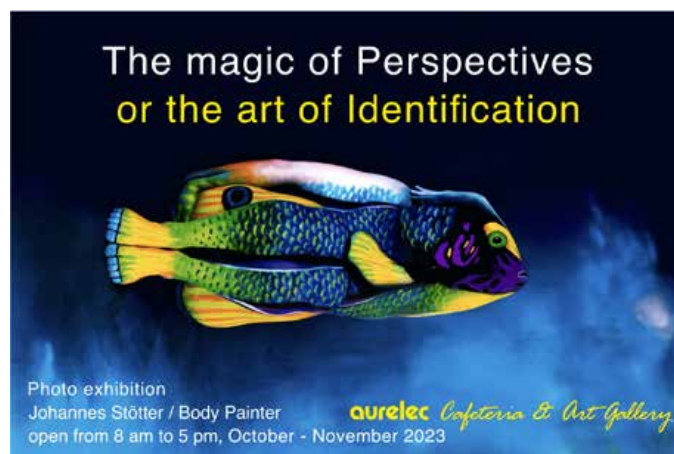
- All donations for Audrey's work will go to CREEVA, the art workshop open to the community that Audrey created in 2017 and supported over the years



Marco

JOHANNES STÖTTER, THE MASTER OF ILLUSIONS

November, 8am—5pm @ Aurelec Cafeteria



Submitted by Franz

Activities



Workshop: LA Style Salsa Dance
Every Thursday, 7:30pm @ CRIPA, Kalabhumi

Beginner:

- Basic steps, Front and back, Side to side, Cross legs, Front turning, Back turning
- Practice with Partners with all basic steps, Partner sequences, Turning and leading
- How to get the beats or rhythms, Dance with Partners
- Feedback sessions

Contact: Instructor Raja, +91 9751395939, Voice and WA

- Contribution Based
- www.angamtree.com/workshops

- Kindly WA to be added to the Salsa WhatsApp +91 9751395939

Thank you, Raja Narayanasamy



I JUST WANNA WRITE

The Creative Writing Playground blog has been put on stand for about one month and it's resuming its activity now! Many changes are on the way. The first one: the name has changed into I Just Wanna Write, as the Auroville Radio Podcast.

Other news is on the way, so if you like to write on any level, from personal to narrative or theater and short movies scripts,

- just check the blog at <https://gatedreams.com/> and click on *I Just Wanna Write*.
- Or go to the [Auroville Radio website](#) and enjoy the many episodes uploaded there.

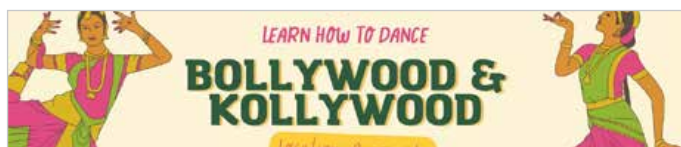
I've just recorded a series on the Hero's Journey that you might find useful. To enter the Blog on the website, you'll have to sign up. It's free for Aurovilians, Newcomers and Volunteers. And if you feel like stuck in your writing exploration, or if you need some encouragement or fresh ideas to unblock your journaling practice (or even if you want to start one) or if you feel that writing is part of a creative self educational path, I will happily share my real presence and time for an enjoyable writing session with you. Contact me here: avgateofdreams@gmail.com

Up the morale and let's keep up with the good writing!

Francesca, Thank you!

JOIN OUR BOLLYWOOD DANCE SESSION

@ Auromode! Every Tuesday, 5—6pm



Auromode Apartments, Near Upassana and CSR

For more information and to reserve your spot, contact:

- balaganesh.siva@gmail.com, +919446762034 WA only
- Don't miss out on the chance to add some Bollywood and Kollywood flair to your dance repertoire. See you on the dance floor! Contribution Requested. **Balaganesh SIVA**

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



ZUMBA WITH PREETI

Zumba classes are happening



@ New Creation Studio, every Monday, 6pm

For regular classes DM: 8281746763

Submitted by Vega

DANCES OF UNIVERSAL PEACE



November 11—13

Dear Auroville family, during the extended Divali weekend from November 11 to 13, Our special guest mentor from France, Ashiani Pluchino will offer a full-day training in facilitating Dances of Universal Peace for those who wish to lead these beautiful, unifying dances at schools, gatherings, opening and closing ceremonies, conferences, and any social gatherings where people intentionally come together. More than 120 Auroville and Bioregion school teachers were introduced to the Dances of Universal Peace already and we hope that the peace and unity consciousness will descend upon our community.

Dances of Universal Peace, often abbreviated as DUP, are a spiritual practice that combines simple, meditative dances with sacred phrases and music from various world traditions. These dances aim to promote unity, peace, and a sense of interconnectedness among participants. It's a way to experience spirituality through movement and music, honoring the diversity of faiths and cultures while emphasizing shared human values.

To know more contact Prem Shakti 9489244423

TANGO DANCE CLASS

Every Monday, Cripa, 6:30pm

By apointment: any time you can do class

Information

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

For bookings contact us:

- +918637633696, bakisatadance@gmail.com.



Submitted by Mani

AUROVILLE TANGO ACTIVITIES

@ Harmony Hall, Bharat Nivas



- **Monday, Class**
 - 7pm intermediates;
 - 8pm beginners
- **Wednesday, Practica**
 - 7:30pm guided practica;
 - 8pm practilonga
- **Friday, Open Source**
 - 6:30—8pm

No partner required, bring socks or dance shoes and plenty of cheer!

+91 9821166082, tango@auroville.org.in

Submitted by Aurevan

NEW CREATION DANCE STUDIO: SCHEDULE

- These are drop in classes, no experience needed.
- Ballet classes for teens only.
- Please contact Savitri for any info:
savitri@auroville.org.in or 8940477667

Timings	Monday	Tuesday	Wednesday	Thursday	Friday	Saturday
7am						
8am						Pilates basic (Savitri)
9am	Aikiyam ATB (Isora)					Fleur ballet teens
10am			Animal Flow (Dev)			Fleur ballet teens
11am		Aikiyam ATB (Isora)				
12noon						
12:30pm						
	Cleaning No classes					
1pm						
2pm						
3pm	Fleur ballet teens	Elodie practice		Gymnastic private (Terra)	Ballet private	
4pm 4:45					Elodie practice	Power Flow Movement (Purvi) From 4:30—6
5pm	Pilates interm (Savitri)	Fitness Dance (Elodie)		Fitness on Swiss ball (Savitri)	Low Impact toning (Elodie)	
6pm	Zumba (Preethi)	Salsa (Mani)				Salsa (Mani)

Submitted by Savitri

BANSURI (FLUTE)

Group Classes With Michael

The Sound of Bamboo

Various Styles of the Indian Flute



- Kalabhumi Music Studio
 - Every Friday
 - Beginner: 11am—12pm,
 - Advanced: 12noon—1pm
 - Drop in is possible at any time, flutes available to borrow or buy.
 - Contribution:
 - Aurovilians, NCs, Volunteers & Local Villagers: Free donation
 - Guests: Contribution required
 - More Info: www.the-sound-of-bamboo.com
 - To Donate: <https://pay.auroville.org/divine-arts>
 - Learn More About Divine Arts:
 - <https://auroville.org/page/divine-arts>
- Dave, +440 7564119728, djsevens87@gmail.com

SWIMMING CLASS

- Kids 6+ & Adults
- Courses from beginners to advanced level

To book contact +91 8637633696, Mani



CREEVA ACTIVITIES

Welcome to 'Open Studio'

Welcome to 'Open Studio' for those who aspire to explore drawing, painting, and other forms of visual arts from within themselves.

- Art supplies are available for your use at the CREEVA studio.
- Please inform us in advance of your visit.
- Contact Abi at +919042058981.

Painting Classes with Sathya

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

Contact: +91 9486145072 WA



Warmly, Sathya

ULTIMATE FRISBEE

Women's Team Practices

Wednesdays and Saturdays 4:15pm—Sundown
@ Gaia field.



All levels are welcome!

Smiti for Ultimate Frisbee Women's Team

KSHETRA KALARI

Aspiration

@ Aspiration Sport Ground

- **Kalari Class for Beginners**
 - Morning classes: 6:30—7:30am
Monday, Wednesday, Friday
 - Evening classes: 5—6pm,
Tuesday, Thursday, Saturday
- **Kalari Classes for Advanced People**
 - Morning classes 6:30—7:30am
Tuesday, Thursday, Saturday



Kalari Massage Available

- By appointment, 9042009200, Maneesh

*Where Body Becomes Eyes,
Maneesh For Kalari Team*

TAI CHI HALL

The Tai Chi Hall in Sharnga community offers daily classes, six days a week.

- **Mondays & Saturdays**
 - 7.30—8.30, Chi
 - 8.30—9.30, Form
- **Tuesdays—Fridays**
 - 7:30—8:30, Form
 - 8:30—9, Chi



We practice three forms (24, 108 and 127) in the Yang style, as taught by the Inner Way School—Stevanovitch Method (artduchi.com). All are welcome to drop in.

- **Our next beginner's intensive** is from January 30 to February 18.

taichi.auroville.org, taichi@auroville.org.in

Submitted by Krishna

MARTIAL ARTS

Auroville Aikido News

- **Classes for Children**
 - Monday, Wednesday, Friday, 4 to 5pm.
 - We also take new students (from age 8)
- **Adult classes**
 - Tuesday—Thursday—Saturday, 6 to 7:30am and Wednesday, 5:15 to 6:30pm
- **Women & teen-age girls' classes**
 - Sunday, 9:15 to 10:30am.



Contact us at budokan@auroville.org.in or SMS Surya on 08300189062.

At Her service, Surya CR, Murugan N., Philippe G. and Cristo for Auroville Budokan at Dehashakti

Best regards, Surya

ART IN NATURE.

Every Wednesday, 3:30—5pm starting 1 November.

Are you interested in deepening your communication with Nature and co-create in its Spirit? Drawing, painting, dancing, video, poetry whatever field you are called for. Bring your own materials or use what nature is offering.

- We will work out doors.
- Register: +917598892065 WA

La Sa Ma Ka activity, Bel



ANITYA

Joy Of Impermanence

Human Unity, Sustainability & Consciousness

@Center Field, after center GH, follow the Anitya signs

Education On Urban Farming

- Open to all Every Thursday, 4:30—6pm

Come and join us to explore how to create, take care and harvest food from a small permaculture kitchen garden

- Theory + Hands-on Class
- No prior experience A required

Urban Farming is the practice of growing fruits and vegetables within city limits. Our goal is to inspire, encourage and empower you in growing your own food.

- Free contribution
- Info & registration: +39 3276744420 WA



Community Lunch

- Every Thursday & Saturday

Come and taste a delicious local non-spicy vegan meal made from our garden and Auroville farms' products, while sharing a good time with Anitya's community members

- Contribution required
- Limited seats available
- Must book min. 1 day in advance: +918489760966



Our project aims at creating settlements in Auroville to experiment a spiritual way of life based on 5 main principles: Impermanence, Community Spirit, Sustainability, Selfsufficiency and DIY

Anitya is a community project registered under LEAD, Auroville. To know more about Anitya: joyofimpermanence.in

Love and light, Serena

AUROVILLE

One Day and Half Day Tours

Explore Auroville like never before. We will explore community life from different angles and multiple viewpoints. We will embark on a journey to see how a community runs, in general and what makes Auroville, a spiritual community or a living Utopia and its aim to constant progress and growth. Come and spend a day with us.

- **One day tours:** Every Saturday, 9:30am to 5:30pm
- **Half Day Tours:** Every Friday, 9am to 1pm
- **Pre—Registration** is required.

- **Contact us** to know more details: youthlink@auroville.org.in and +91 85248 25120 WA

- Here is the link for the itinerary, fee and other important details:

- https://drive.google.com/drive/folders/1tGQNBGI5xZKGulnpwhQTPNaUIAJomDU?usp=drive_link or

- please scan this code to know more.



Regards, Bondeepa

ABHAYA GAINS INSTRUCTION CERTIFICATION



Abhaya is proud to announce the next step in its journey as a martial art school in Auroville.

Recently our leading coach **Giacomo** got a **special certification as an international instructor** authorized to give certifications and belts and he got permission to represent the Shou Dao School in India, after a 112 hours seminar.

From now Abhaya will offer

- **Monday 5:30pm in Dehashakti:** MMA for adults (Giacomo—International Instructor)
- **Tuesday 5:30pm in Dehashakti:** MMA for kids (Chloe—Blue belt in BJJ)
- **Wednesday 5:30pm in Dehashakti:** MMA for adults (Giacomo—International Instructor)
- **Friday 5:30pm in Dehashakti:** K1 for adults (Ruben—Kickboxing coach)

Soon Giacomo will offer classes of **Shou Wu**, a kung fu based on the ancient Shou Dao style, that uses the external tools of Qigong and of the three main schools of Wudang: Tai Chi (Yang), Baguazhang and Xingyi.

- If you want to know more about Shou Wu, please contact abhaya@auroville.org.in or 9487340778 WA

Giacomo



KALPANA GYM

Kalpna Gym has a new Caretaker

It is open

- 7—9am & 5—8pm
- Monday To Saturday

All Are Welcome!

Satyakam



FOOD FOREST TOUR

I welcome you to a tour through my permaculture garden! We will take a look at local foods and you will get an idea on how to start growing your own food.

Come and connect with nature and learn about healthy and sustainable food options

This tour includes a **MINI-RAW-FOOD-WORKSHOP** where we will harvest herbs, fruits and flowers to prepare some delicious

VEGAN ICE CREAMS and more...

EVERY SUNDAY from 9:30 to 11:30
at La Ferme Community (5min from AV Bakery)

Sign up and infos whats app Sarah 9047421044

www.myfoodforest.info
myfoodforestgarden@gmail.com

CONSCIOUS NATURE IMMERSION at MahaKali Park



MahaKali Park is one of the 4 parks of Auroville, which is developed as a place for holistic awareness and self-development through nature.

Introduction to MahaKali Park with Arun:

- **Sunday, 5 November, 6—7am**

Major Arun invites you for a peaceful discovery and understanding of MahaKali Park and an introduction to the history and context of green spaces within Auroville. The background of the cradle land and the current state of the vegetation's evolution through a holistic understanding of ecology is shared during the outdoor walk.

- **Free. No registration required.** Contributions accepted. Be adequately clad to prevent mosquito bites. You may also carry mosquito repellants.

Venue: Meeting point at Révélation's main gate 5/10 min before the time of the session (Search for 'Revelation Forest' on Google Maps)

Contact: +919500183706

Medicine Walk with Niharika:

- **Sunday, 5 November, 7—9:30am**

Is there a question that is alive in your heart? A medicine walk is an ancient earth-based practice for soulful inquiry. Allow Nature to be the pure mirror that can offer you the soul-level medicine to discern your next most aligned step in life.

- **Registration required, limited spots.**

Contact: +91 9833384580 WA

Submitted by Arun

ENLIGHT ACTIVITIES

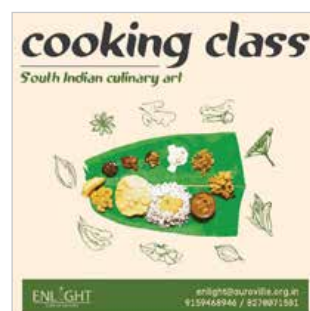
Cooking Class: South Indian culinary art

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, 10am - 12noon**
1 day prior booking need to be done

- +91 91594 68946, +91 82700 71581


enight@auroville.org.in



Bioregion Village Tour

BIOREGION VILLAGE TOUR

Take a break from your city life and dig deep into the heart of rural villages around Auroville where a land of peacefulness, farming and ancient customs still exists.



Traditional Welcome Village Walk Kolam Experience


Handicrafts History and Culture Native Lunch

ENLIGHT
Light of Auroville

One day prior booking

For inquiries Scan here

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



Explorative Educational Experience

EXPLORATIVE EDUCATIONAL EXPERIENCE

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



Arts and Crafts Visitor Center Resident Family Visit

Units and Activities Ecological Farming Bonfire & Drumming


Spiritual Journey Canyon Exploration Nature Trail

ENLIGHT
Light of Auroville

One day prior booking

For inquiries Scan here

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



Pottery Workshop

Get Your Hands Dirty And Create Some Magic

10 - 11:30am & 3 - 4:30pm

Muddy Mondays, Wonderful Wednesdays,
Satisfying Saturdays


Join Us For Our Pottery Workshops To Experience! Working In Clay And Gain One-On-One Instructions On How To Create Your Piece. Enlight Offers A Natural And Relaxed Environment To Immerse Yourself In Pottery.

- Our Workshops Are Focused On Pottery For Beginners, so no prior experience is required.

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

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

ENLIGHT
Light of Auroville

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

Thread Art Workshop

Thread art workshop

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



Crochet Macrame Embroidery

ENLIGHT
Light of Auroville

+91 91594 68946
+91 82700 71581

enlight@auroville.org.in

Time To Travel To Beautiful Places

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.



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:**
08270071518/ 9159468946/ 7639810621,
enlight@auroville.org.in

Balaji

DREAMCATCHING OPEN SESSIONS

Essentially each session is open to anyone (aurovilians, newcomers) and offers an aspirational and safe space to explore 'the DNA of Auroville', in a quiet, non-confrontational and meditative manner.

We invite you to come and experience this positive and creative space where we explore ideas to concretely bring down The Dream.

- Please write to dreamcatchingav@gmail.com for information and to receive the 'pearls/notes' of each session.
- Currently the sessions are being held at Naturellement Garden Cafe terrace at Udyogam.

Love, David and Mona

AUROVILLE BAMBOO CENTRE November Program 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.



- 11am—12:30pm, 2:30—4:30pm
- Every day except Sunday
- Registration: One day in advance.

Every Saturday Auroville Bamboo Tour with Special Bamboo Lunch

- 11:30am—12:30pm
- 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.



One-Day, Make and Take Workshops

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

3 Hours Make and Take Workshops

- Bamboo Toys
- Bamboo Musical Instruments
- Bamboo Jewellery
- Bamboo Planter
- Timings:
 - 10am—12:30pm or 2:30—5pm
 - Every day except Sunday
 - Registration: Walk-in registration available

Upcoming Workshops

- Bamboo Lampshade Workshop, 3 & 4 November

This workshop focuses on small scale lampshade making from bamboo and wood combination. The Bamboo Lampshade workshop will take place over 2 days, covering full day intensive sessions offered daily from 9am to 5pm.

- Bamboo Geodesic Dome Workshop, 15 to 18 November

The Bamboo Geodesic Dome workshop is a 4 days learning experience that offers the opportunity to learn the fundamentals of bamboo construction and Hyperbolic Paraboloid technique. Bamboo Construction workshop will take place over 4 days, covering full day intensive sessions offered daily from 9am to 5pm.

- Bamboo Product Design Workshop 28 to 30 November

This workshop focuses on small scale products and interiors making from bamboo and wood combination for example chairs, table s, shelves, lamps, etc... The Bamboo Product Design workshop will take place over 3 days, covering full day intensive sessions offered daily from 9am to 5pm.

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

- Preferred through Email at bambooworkshop@auroville.org.in or bamboocentre@auroville.org
- or telephone number: +91 8300949081, 0413 2623806 / 2964727
- Flexible training dates offered to groups
- Contact: Voice call and WA: 8300949081

www.aurovillebamboocentre.org

Murugan For Bamboo Centre

Help Needed

THE GAS SERVICE NEEDS SOME FUNDING

Dear Community, until recently we were able to promptly bring your gas bottles to your homes with the electric van which we have been using over the years for the delivery at your request.



This electric van broke down a month ago and a major part needs to be replaced. The charge controller board which controls the electrical current going to the individual cells has failed, and this electronic board alone costs Rs. 1.3 lakh. We do not have the funds to cover this amount so we look for your generous support.

- Until the electric van is repaired, from the month of November onward we will temporarily increase the delivery charge from Rs.50 to Rs.60, to cover the overhead cost as we are currently hiring a petrol vehicle to do the gas bottle deliveries.
- Your contributions can be made to our Electric Van Repair FS Account number: 252930

Velu, for Gas Bottle Service

THAMARAI WISH LIST

Dear Community, our After schools in Annai nagar and Edayanchavadi village are thriving with over 80 village children attending daily. We dream about every child blossoming to full potential. We have a wish list of items that would help us create a better environment for the children. If you have any of these laying around at home and don't need anymore, we are happy to receive and collect them from you.



- Please contact Bridget on 9442270640,
 - thamarai@auroville.org.in
- or visit our web site www.thamarai.org

Wish list

- 7 litre pressure cooker, bells, table and standing fans, AA rechargeable batteries
- dehumidifier, used laptops and tabs, head sets. OTG cables, memory card readers and memory cards. Projector.
- garden tools
- sports and general education materials.
- or general donations welcome to FC account 251633

Bridget for The Thamarai team

CREEVA Seeks Funds

We are in need and would deeply appreciate your financial support.

- Click on: <https://donations.auroville.org/>
- **FS #24001** Unity Fund mentioning Creeva
- avunityfund@auroville.org.in



CREEVA

*Thank you a lot,
Marlenka and Sathya for Creeva*

AN APPEAL TO REALIZE MY DREAM Of Becoming A Conservation Leader!

Dear Auroville family, my name is Induja, living as a part of this huge family from the year 2016, when I first found Auroville. I came to Auroville as an intern architect and decided to stay and integrate myself into our community with a commitment to work towards the aspirations and ideals of Auroville, despite many challenges.

I am delighted to share with all of you that I have been accepted into the masters program in Environmental Conservation at the University of Wisconsin, Madison, United States. It was Auroville that gave me opportunities to discover myself and work towards my passion of bringing positive changes in the society and protecting the indigenous knowledge and environment. Working in and traveling widely throughout India in the past few years has exposed me to various issues at the grassroots level, helping me to better understand what I need to do to accelerate actions towards my passion. This is a fantastic opportunity for me to learn from and network with peers from around the world, skills that I will be able to bring back to Auroville and India to help build the better future to which we all aspire and are committed to.

But in this, I have been faced with financial difficulties to cover my tuition fee.

Total cost of the education for the whole program is **\$59843 (INR 49,70,460/-)** including the living expenses. I need to secure **\$43000 (INR 35,75,379/-)** including the total amount of tuition for the whole program and the living expenses for two semesters by the end of January 2024 to obtain an I-20 from the university to be able to apply for a visa. The scholarship from the university will be in the range of \$6000—\$12000 (INR 4,98,350/- to 9,96,700/-) which will be deducted from the amount that I need to secure. I am working towards various options to raise the remaining funds.

I am making an appeal to the Auroville community, well wishers and friends for your support in the form of financial aid to support my dream. I invite you to please consider contributing and spread the word in your networks of friends, family and colleagues encouraging them to donate. I will soon launch a crowdfunding page and share it with the community through which the well wishers can contribute anonymously and in their preferred currency. In addition, I am looking into other options like applying for external scholarships but most of them require me to have a valid visa before applying.

- **Contributions are also welcome in FS account 252960—Induja Education Support. Every contribution of yours matters to me as it will take me closer to my dream!**

I will keep the community posted on the progress I make and I will be more than happy to chat with you if you want to know more details. Please feel free to call me at +91 9843656428 or write to me at ginduja397@gmail.com.

Thanks for your time!

Induja

Honorary Voluntary

KUILAI CREATIVE CENTER Looking for Volunteers

Dear friends, we are looking for volunteers who could help in

- Teaching English lessons to Beginners and Intermediates (Children and Adults)
- Tailoring lessons during Monday to Friday.
- Also, people who are willing to teach Hindi and French.



Kindly contact:

- kuilaicreativecentre@auroville.org.in
- + 918608473385 WA / 9843195290 WA

Selva

AUROORCHARD: Call For Farm Volunteers

AuroOrchard

**Volunteer and learn
farming hands-on!**

AuroOrchard is the oldest and one of the largest farms in Auroville, contributing significantly to the food needs of the community.

Join us to learn to work with the soil, plants and food while sharing with a diverse group of people. We offer breakfast made with farm produce.

TO JOIN US, PLEASE CONTACT US
EMAIL: auroorchard@auroville.org.in
WHATSAPP: 9566631079 (Nidhin)

Please contact

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

Nidhin, <https://auroorchard.auroville.org>

DOGS CALLING ALL VOLUNTEERS!

Are you new to Auroville and seeking a hands-on experience of the Yoga of Work? Do you have a special love for animals, particularly dogs?

Are you ready to commit 25 hours every week to care for our incredibly affectionate 300 dogs?

An incredible, potentially life-changing experience awaits you! Join us at the Auroville Dog Shelter, where you can become a SAVI registered volunteer, receive training as an animal caretaker, and be part of the most exciting phase in our history—building a model shelter for all of India! This is a once-in-a-lifetime opportunity, and you wouldn't want to miss the chance to make a real impact!

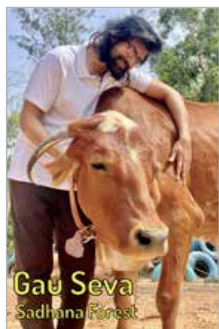
Contact us now:

- Coco: +33672046070 WA
- Arthur: +918122225266 WA



Arthur

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, Shek

Animal Care

MONTHLY TRANSPARENCY REPORT

October 2023

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

Overview

- New admissions: 10
- Rabies suspect cases rescued: 0
- Parvo Virus cases rescued: 0
- Canine Distemper dogs rescued: 0
- Rescue dogs and shelter dogs deceased: 6
- Successful adoptions: 3 (total 61 since April)
- Dogs treated, released and rehomed: 4
- Vaccinations administered: 6 adults, 1 puppy (Rs. 260 per vaccination, puppies Rs. 389)
- ABC shelter dog sterilizations: 9, 5 female, 4 male
- Deworming: 37 doses



Donations

This month we received Rs. 304.127 in monetary contributions which includes Rs. 50,000 funds from BCC, just enough to cover our running costs of Rs. 3 lakh.

Milaap Fundraiser Our fundraiser to construct individual dog houses for our dog population to shield them from the coming monsoon rains has achieved 46% or Rs. 55.340 of the Rs. 1.2 lakh donation goal. Thanks to Jamie, a wonderful dog lover from the US who raised \$ 875, and our friends from AVI USA, we reached our goal and will be able to construct new homes for our dogs very soon.

Donations in kind

We are very grateful that our Thursday donation pick-up drives continue to be a resounding success. As we have many small puppies in the shelter and only inadequate housing facilities, we rely on donations of cloth, cardboard, and paper to keep them warm and alive through the monsoon season. We have prepared a donation barrel for individual donations which will be set up this week in front of PT.

Expenditures

Animal Food: This month we fed our dogs: 1.450 kg of rice, 2.000 kg of chicken, 300 kg of pedigree, and 650 eggs, supplemented with donated food with a total cost of Rs. 1.1 lakh. If you can and want to contribute, why don't you sponsor a ONE-DAY-FOOD-PARCEL for our dogs for Rs. 3.500? It would make our dogs very happy!

Animal Health: Every Saturday our two veterinarians are performing 4 sterilizations and have limited slots available for either AV Community or privately owned dogs of Aurovilians. We hope to be able to expand this service to other dog lovers in the future. Despite our extremely tight budget, we are committed to providing free or donation-based sterilizations for adopted former shelter dogs. For

other dogs, we charge our cost price of Rs. 2.500 per dog, which includes one night of boarding in the shelter. Additionally, if you opt to leave your dog in our shelter for post-op aftercare and daily vet checkups, medication the rate is Rs. 250 per day per dog and is only possible if we have an enclosure available.

Vaccinations: are available at the shelter (please pre-book) for Rs. 500 per dog. Our purchasing price per vaccination is half of this amount so your contribution helps pay it forward for the vaccination of one street dog. We are right now negotiating with a new supplier and hope to be able to reduce the price for vaccinations soon. We provide free vaccination boosters for adopted puppies from our shelter.

Rehoming: In response to solving the extreme overcrowding in our shelter, we have initiated a rehoming, adoption, and fostering initiative. Our goal is to gradually reduce the number of dogs from 300 to a manageable level, allowing us to enhance the care for each dog and eventually be able to resume rescue operations again. Despite our best efforts, but because of the lack of a proper puppy quarantine area in our old shelter, a virus has killed many of our puppies. If you can, please sign up for our foster program which allows you to give a temporary home to our puppies from 1 week to 3 months and can save lives!

Staff Costs: Veterinary Salary, workers, staff members, and animal handlers amount this month including Diwali bonus to Rs. 1.14 lakh.

Medical Costs: This month we spent Rs. 26.649 on urgently needed medicine, syrups, vaccinations, x-rays, blood testing, and puppy milk powder

New Auroville Dog Shelter

Thanks to the incredible pro-bono work of Shailaja of PATH Architects and Helmut we are happy to announce that the plans for the new dog shelter will be finished in the next two weeks and be submitted to AVF. We hope that after a successful budget negotiation, we will be able to start the construction of the new Auroville Dog Shelter very soon.

We thank you for your continued support!

Auroville Dog Shelter Team,
Coco, Caroline, Arthur, Kiran, Mar

DOGS ARE NOT THE PROBLEM!

According to Mother;

'every animal is an emanation of the Divine and should be treated with the same love, compassion, and respect as we would show to any other living being.'

- **The Dog Shelter is an animal care facility for dogs who cannot live any longer on the streets**

We are committed to providing our residents with nutritious food, medical attention, socialization, and training, all with the ultimate goal of securing a loving and permanent home for each one. Due to decisions made by the former management, the shelter's population has reached 300 dogs, surpassing its maximum capacity and leading to extreme overcrowding. Unfortunately, our old and dilapidated shelter lacks essential facilities such as quarantine units, aggressive dog enclosures, old-age homes, and proper medical devices. Despite these challenges, our team has worked tirelessly to provide proper care, medical assistance, and healthy nutrition. As a result, the dogs are now at optimal weight, vaccinated, dewormed, sterilized, and in good health. To address the issue of extreme overcrowding, we have initiated socialization training and implemented a fostering, adoption, and rehoming program to reduce the number of dogs at the shelter so that adequate care, help, and time can be given to each of them.

- **The Dog Shelter is not a veterinary hospital**

The Auroville Dog Shelter is not a veterinary hospital like BARK India or the India Rajiv Gandhi Institute of Veterinary Education And Research Hospital in Pondicherry as we lack basic medical equipment, qualified rescue drivers, sufficient space, and funds to treat or accommodate an un-

limited number of rescue dogs. Our monthly funding from Auroville is Rs. 50,000, with only two maintainances but we have to finance monthly basic running costs of more than Rs. 3 lakh.

• **The Dog Shelter is not a dumping ground for unwanted dogs**

Almost daily we receive calls and messages, both from individuals within and outside Auroville, expressing discomfort with the presence of a dog and attempting to dispose of it by dumping it at the shelter. It's important to note that under the Prevention of Cruelty to Animals Act of 1960, relocating stray dogs, whether owned privately or by the community, is illegal in India. Sections 428 and 429 of the Indian Penal Code, 1860, classify abandoning or ill-treating animals, including dogs, as criminal offenses, and individuals may face penalties if found guilty of such actions.

Auroville should be a place of infinite learning and evolution and this should not only apply to human beings alone. Instead of seeing dogs as problems to get rid of, it is important to evolve one's perspective to understand that: 'animals are not inferior to man. They are different from men. They have a different consciousness and a different way of seeing and feeling things. But they have a very important place in the economy of nature and a very important role to play in the evolution of consciousness.' Explore a variety of blog posts on www.integraldogs.com covering numerous topics aimed at enhancing the understanding and relationship between humans and dogs.

• **A word about puppies**

We often find in the morning a box or bag containing small puppies, some as young as two weeks old, cruelly separated from their mothers and dumped like trash over the shelter fence at night, or older dogs tied to the gate. The attitude seems to be that the shelter will have to take care of them and thus solve 'the problem.'

Our old shelter lacks a proper puppy quarantine unit and nighttime staff, and despite our best efforts in the past to care for these vulnerable beings, including accepting recently as many as 25 tiny puppies, many of them had no chance of survival and died when a virus hit. We hope to be able to start construction of the new Auroville Dog Shelter soon to provide better care facilities but until then, we cannot accept any more puppies, as their chances of survival in the current shelter conditions are minimal.

• **What to do if you find puppies beside the road?**

- **Observe from a safe distance:** As puppies are unvaccinated there is a possibility that they are infected with contagious diseases which might include rabies which is fatal for humans
- **Check for a mother:** Dog mothers do not abandon their puppies but sometimes they need to leave temporarily to gather food. Only if you can be sure that no mother is taking care of them, rescue the puppies, and give them a temporary place in your home or community. Please do not bring them to our dog shelter.
- **Assess their condition:** If puppies are hurt or injured please take them to a vet or a veterinary hospital.
- **Provide temporary shelter:** A simple box helps to create a makeshift shelter. If puppies are in a danger area, move them a few meters into safety
- **Provide food and water:** Not just for the puppies but also for the mother, and change twice a day.
- **Share information on social media or local WhatsApp groups** to connect with potential helpers, to find foster or adoption homes. Our shelter can assist you with this.

Thanks, Arthur

Looking For

Morning Star Seeks Temporary Location



Dear Auroville Community, as you are aware, our dream of a state-of-the-art maternity home for birth in Auroville is currently in the design phase. We are now actively seeking a temporary location where we can offer birthing services.

The minimum requirements are:

- Good access road, including access for emergency vehicles. Availability of running water and electricity Toilet facilities with shower,
- Ground floor and Privacy
- Area of at least 40sq.m each, 2 rooms

If you are aware of potential locations that could meet, or are close to our criteria, please feel free to get in touch with us. The AV Unit, Morning Star, must register this facility under the TN Clinical Establishment Act, so the location must meet specific requirements.

*With Gratitude, Balaganesh
for Morning Star team*



Available

Office Space Available

Office Space inside Auromode Premises with Superb infrastructure including Generator back up, 24 hours Security Services, Aqua Dyn drinking water, Car & Bike Parking, Restaurant and 'Hive A Co Working Place'



Interested people may contact Mr. Pandian

- At Auromode in person,
- +91 9943390391 or pandian@auroville.org.in

Best Regards, Pandian

Need a strong and durable A/C?

Keep cool. Need a strong and durable A/C?—look no further: 2 tons split AC—Intec brand. approximately 5 years old is available from Ulrike and Drupad, Sanjana:



- 0413 2622906, Ulrikrishna@gmail.com,
Drupad 9626561256,
Ulrike 9751513906 (WA, Signal and Telegram only)

Ulrike

Work Opportunities

FULL-TIME ANIMAL CARETAKER

We are seeking an enthusiastic individual who shares a deep love for dogs to join our team as a full-time animal caretaker. The nature of the work may involve lifting heavy materials, so we prefer a male coworker or a strong woman. Basic English skills would be a significant bonus.



- **Working Days:** 6 days a week
- **Compensation:** Rs. 350 per day (Rs. 320 per day for the first month trial period)

Please contact Kiran at 9498410380 to get more information and apply for this position.

Thanks, Arthur

AIAT LOOKING FOR

Green Energy and Electric Systems Faculty.

Auroville Institute of Applied Technology is looking for a faculty in Green Energy and Electric Systems! AIAT is offering a 3 year bachelor degree course in Green Energy and Electric systems. This course is affiliated with Pondicherry University. Candidates who have a Master Degree in Electrical Engineering and practical experience in renewable energy are eligible for this position. Also part time engagement is possible.



- Candidates with a bachelor degree in EEE and working experience in the field of renewable energy may also apply on a part time basis!
- Aurovilians applying for this post will be paid maintenance or equivalent salary.
- For more information pl. contact
 - Lavkamad, phone 9443238303

Submitted by Lavkamad

Lost & Found

Keychain with 2 keys lost Monday, 9 October

Fell out of pocket on the cycle between Savitri Bhavan and Ganesh bakery and then to Vikas radial on the bike path. Clip-on separatable so maybe keys are separated.

- Please DM me @9740322557

Thank you, Rajesh

Foods, Goods and Services

GERMAN BAKERY NEW OPENING HOURS

7:30am to 8:30pm

Please note that we are closed on Tuesdays.

Dear Bread Enthusiasts, we are delighted to announce the opening of our small German Bakery, located in the same building as Sakura Sushi on the ground floor, Kulapalayam.

While we are still in the process of adjusting our range of bread and pastries that sometimes also fail, we invite you to try a selection of German sourdough breads, pretzels, cakes, as well as our home-made smoked ham and sausages. For those seeking a meal, we offer a breakfast plate and a German version of tarte flambée (Flammkuchen) for dinner.

We look forward to serving you at German Bakery during our new extended hours daily from 7:30am to 8:30pm. Please note that we are closed on Tuesdays.

Egle for German Bakery



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

POURTOUS CANTEN LUNCH SCHEME

At Rs.2470 Per Month From November

Dear Community, we celebrate one year of our Community Canteen at PourTous Aspiration by starting to offer our Community our lunch scheme.

We have worked very hard to find a middle ground between a very affordable price and good sustainable food in a pleasant atmosphere meant for our Community and everyone who contributes to it to come together and celebrate togetherness.

As is the custom in Auroville we are experimenting with practical ways so bear with us please...

to facilitate this as efficiently as we can and we have come up with these guidelines: (but we are open for constructive helpful suggestions of course! :-)

- The **scheme costs 2470 Rs per month** if you enroll and pay at the start of the month to **FS account nr 251446** mentioning your name and community as on your tiffin.
- Please enroll before month starts per email ptpservice@auroville.org.in on 0413 2623091 or in person
- If you start in the month then we will arrange a partial price.

Please bring your tiffin before 11am to the kitchen to receive your hot lunch as early as 12:30, we try in order of arrival.

- A **lunch costs 95 Rs.** if you pay separately so if you bring your tiffin **before 10am** we can include you too!

Saturday's bonus dessert for lunch scheme! :-) so provide container for kheer or other

Let's see how this evolves...

With great pleasure
to serve our wonderful Community,
Joel for PourTous team,

AUROMODE TANTO

Open for Breakfast Buffet



Open For Breakfast

Buffet

Mixed Indian and Continental

From: Mondays To Sundays

Timings: 7:30 AM to 10:30 AM

Lunch & Dinner

Available

From: Monday to Saturday

Submitted by Pavi

AUROMODE HIVE OPEN HOUSE

Friday, 3 November 2023!



**FREE
OPEN HOUSE
November 3rd**

Hive
A CO-WORKING SPACE

Auromode HIVE, Auroville.
auromode.in
70921 97375

Dear All, Join us at **Hive's Open House** on Friday, 3 November 2023, from 10am to 5pm! Step into the world of unmatched productivity and limitless possibilities with lightning-fast Internet and Unlimited data—All for Free.

- Visit our website at www.auromode.in/hive-coworking for more details on our plans and facilities.
- For inquiries, feel free to reach out to us at 7092197375 WA / 9042759540 WA.

See you on Friday!!

Auromode HIVE Team

A KIND REQUEST & REMINDER

From Auroville Printers

Auroville Printers offer a wide range of printing services to your diverse needs, such as vouchers, visiting cards, bill books, delivery note books, library cards, book binding, packaging (including die cutting for boxes, packets, tags, and more), and all kinds of labels. Just name it, and we'll make it for you.



By placing your orders with us, you not only get quality printing solutions but also actively contribute to the growth and sustainability of an Auroville unit. Your patronage is a beacon of support for our mission.

- **Auroville Printers Location:** In front of the Auroville Health Centre
- Phone: (0413) 2622534
- Mobile: 9443202786
- Email: aurovilleprinters@auroville.org.in

Warm regards, Auroville Printers, Raju

WE CAN HELP TO FIX ALL YOUR BROKEN ITEMS

New Waves, a unit registered under Kat-tidakalai Trust located in Aurelec Premises, Prayogashala, Auroville is offering the services of PCB Assembly, SMD soldering, desoldering and minor repair of appliances. The unit can also undertake sub-contract of your production work on job work basis. If you have any requirements, please contact



- Dhandapani, Executive at 0413-2622295,
- Mobile 9443090082/8098193820
- or via email to newwaves@auroville.org.in

Priya, Petite Ferme, Auromodele

DROPZY HAS GONE LIVE

Happy to announce that Dropzy has gone live as of 2 October with the following categories **Food, Groceries, Fruits & Veg-gies, Body Care, Home Decor, Services and Therapies.**

Kindly do download the mobile app to register yourself to place orders supporting the outlets in around Auroville and to find out relevant information to your needs.

Download link as shown below:

- **Android:**
 - <https://play.google.com/store/apps/details?id=app.auroville.dropzy>
 - Or scan this QR code
- **iPhone**
 - Coming soon.



Best regards, Sathish Arumugam For Dropzy

Mobile: +91 8098144686, www.dropzy.in

TECH ELVES SERVICES

Dear all, YouthLink continues to offer our Tech Elves service to the community.

Created with the purpose of helping everyone better understand their technology, this initiative aims to provide technical support to anyone who needs it!

So if you have any issues you are currently facing with your phone, computer, smart tv etc, reach out to us and we will come and solve your problem while hopefully teaching you as well.

- Youthlink@auroville.org.in, +91 7397787112

The YouthLink Team, Sananta



DISCOVER THE MAGIC

of Hemp at Hemplanet!

Open Monday to Saturday, 10am—4:20pm

@ Reve Area, 1st Floor, Building 1, Auroville

Dive into a world of nourishing hemp delights at our Hemp Store. From the heartiness of hemp hearts, the richness of hemp seed oil, to the rejuvenating touch of hemp body care, we've got it all. Whether you're a hemp enthusiast or just curious, come chat with us and explore the wonders of hemp!

- **Hemp Food Selection:** Hemp Hearts, Hemp Seed Oil, Hemp Protein Powder, Hemp Granola Bars, Hemp Pasta & more!
- **Hemp Seasonings**
- **Hemp Body Care Treasures:** Hemp Soaps, Hemp Shampoos, Hemp Balms, Hemp Body Butter, Hemp Seed Oil



Daide

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. *Kamala*

AUROCABS



- aurocabs@gmail.com / www.aurocabs.in
- Mob: +91 9443074825 / +91 9843734825
- Office: 0413 2623200 / 2623201

AUROVILLE to CHENNAI AIRPORT: SEDAN CARS : Toyota Etios / Maruti Dzire <ul style="list-style-type: none"> • NO Sharing Rs. 2,700 • 2 Sharing- Rs. 2,000 Per person • 3 Sharing- Rs. 1,500 Per person • Round Trip Rs. 4,200 INNOVA / SUV Vehicles: <ul style="list-style-type: none"> • NO Sharing Rs. 4,500 • Round Trip Rs. 5,500 	CHENNAI AIRPORT to AUROVILLE: SEDAN CARS: Toyota Etios / Maruti Dzire <ul style="list-style-type: none"> • NO Sharing Rs. 2,800 • 2 Sharing Rs. 2,000 • 3 Sharing Rs. 1,500 • Round Trip Rs. 5,000 INNOVA / SUV Vehicles: <ul style="list-style-type: none"> • No Sharing Rs. 4,600 (Includes parking fees) • Round Trip Rs. 6,500
AUROVILLE to CHENNAI CITY: SEDAN CARS: Toyota Etios / Maruti Dzire <ul style="list-style-type: none"> • NO Sharing Rs. 3,300 • 2 Sharing Rs. 2,300 Per person • 3 Sharing Rs. 1,700 Per person • Round Trip Rs. 5,000 INNOVA / SUV Vehicles: <ul style="list-style-type: none"> • NO Sharing Rs. 5,000 • Round Trip : Rs. 6,500 	CHENNAI CITY to AUROVILLE: SEDAN CARS : Toyota Etios / Maruti Dzire <ul style="list-style-type: none"> • No Sharing Rs. 3,300 • 2 Sharing Rs. 2,300 • 3 Sharing Rs. 1,700 • Round Trip Rs. 6,000 INNOVA / SUV Vehicles: <ul style="list-style-type: none"> • No Sharing Rs. 5,000 • Round Trip Rs. 7,000
PONDICHERRY to CHENNAI AIRPORT: SEDAN CARS: Toyota Etios / Maruti Dzire <ul style="list-style-type: none"> • NO Sharing Rs. 3,300 • 2 Sharing Rs. 2,250 • 3 Sharing Rs. 1,700 • Round Trip- Rs. 5,500 INNOVA / SUV Vehicles: <ul style="list-style-type: none"> • No Sharing Rs. 5,100 (includes parking fees) • Round Trip Rs. 7,000 	CHENNAI AIRPORT to PONDICHERRY: SEDAN CARS : Toyota Etios / Maruti Dzire <ul style="list-style-type: none"> • NO Sharing Rs. 3,200 • 2 Sharing Rs. 2,250 Per person • 3 Sharing Rs. 1,700 Per person • Round Trip Rs. 5,000 INNOVA / SUV Vehicles: <ul style="list-style-type: none"> • NO Sharing Rs. 5,000 • Round Trip Rs. 6,000
PONDICHERRY to CHENNAI CITY: SEDAN CARS: Toyota Etios / Maruti Dzire <ul style="list-style-type: none"> • NO Sharing Rs. 3,800 • 2 Sharing Rs. 2,500 Per person • 3 Sharing Rs. 1,900 Per person • Round Trip Rs. 5,500 INNOVA / SUV Vehicles: <ul style="list-style-type: none"> • NO Sharing Rs. 5,500 • Round Trip Rs. 6,500 	CHENNAI CITY to PONDICHERRY: SEDAN CARS: Toyota Etios / Maruti Dzire <ul style="list-style-type: none"> - NO Sharing Rs. 3,800 - 2 Sharing Rs. 2,500 - 3 Sharing Rs. 1,900 - Round Trip—Rs. 6,000 INNOVA / SUV Vehicles: <ul style="list-style-type: none"> • No Sharing Rs. 5,500 • Round Trip

Raju

UNITY TRANSPORT SERVICE



Unity Transport Service would like to thank you for being our precious client for all these years. We are extremely happy to be at your service at any time. We are located in the service area and work 24x7. As we are a registered unit, we can provide you with a GST bill for your accounting procedures. We would like to convey that we have experienced drivers that have been with us for the last 15 plus years.

We have a full range of taxis now:

Toyota Etios: 4+1 seater, Maruti suzuki Ciaz: 4+1 seater, Maruti suzuki Swift: 4+1 seater, Toyota Innova: 7+1 seater, Toyota Crysta: 6+1 seater, Load carrier, Tempo traveler: 14 + 1 seater, Buses

- Any Taxi bookings can be done directly to our UTS office. The contact numbers are:
 - Landlines: 0413 2623586, 0413 2623587
 - Cellphones: 9047015801, 9443362218
 - Email: uts@auroville.org.in

Lakshmi for UTS Transport Service Team

UTS: BOOK YOUR TAXI

Affordable shared rides, less traffic, more savings
Join our Sharedtransport Service!—your eco-friendly and efficient travel solution!
Regards, Rajesh.D

8098776644
9442566256

OR

Scan QR

Website: sharedtransport.auroville.org
Email: sharedtransport@auroville.org.in

ITS
Integrated Transport Services

HAIRDRESSER

For your and/ or your child's next haircut: inspired, striving for the perfect, 11yrs young artist Ahana 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

ORGANIC QUALITY MILK

Available

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

- For reservations contact 9585180393

Erumalai (Evergreen)



PEST CONTROL

We Control All kinds of Pests Treatments on Warranty

- Ants, Bed Bugs, Cockroaches, Fleas, Hornet's, Mice, Rats, Spiders, Termites, Wasps & more

Get rid of them once and for all!

We will help you to eliminate wide variety of Residents and commercial Pests

Contact us: 9943919899, ramkrishna@auroville.org.in

Ramakrishnan



FIBER OPTIC

AND IT TROUBLESHOOTING AVAILABLE



I am Ramakrishnan Aurovilian experienced in the fiber internet field (Ftth) for 8+ years and gained more knowledge in creating-on new fiber internet infrastructure and IT troubleshooting work for our Auroville community Since 2015. And I am happy to provide the below services to our Auroville community

- **Internet speed;** Boosting up for dual bands 2.4 GHz or 5 GHz
- **Wired/wireless;** Fibre ONT modems, Routers, Switches installation/repairing work
- **Fiber optic cable;** Joining, power loss troubleshooting, laying/pulling work inside and outside your house
- **CCTV;** Configuration/Installation/repairing work inside and outside your house
- **Smart-TV/laptops/printers;** Configuration/Installation/repairing
- **Other network communications devices;** Configuration/Installation/repairing

For any internet-related issues/complaints,

- **Please feel free to contact me:** Ramakrishnan, 9943919899, ramkrishna@auroville.org.in

Ramakrishnan

SURABHI SUPPLIES



Dear Auroville Community, **Surabhi Supplies** is dedicated to aiding individual community members, units, and projects in acquiring a wide range of materials and equipment, including but not limited to construction supplies, appliances, machinery, and more.

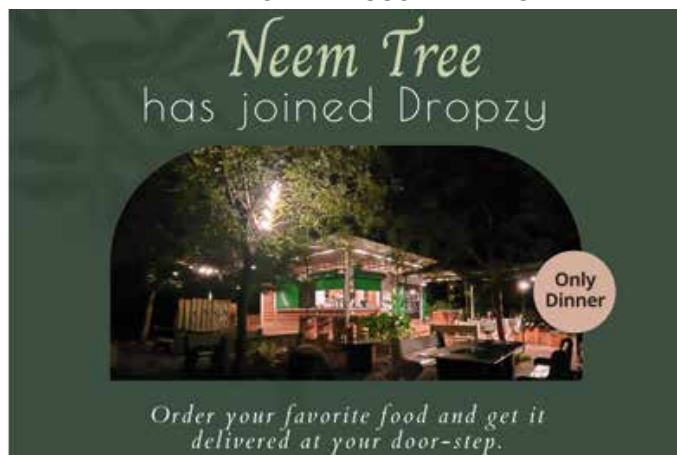
Our service offers several advantages to the community, such as **reduced prices achieved through bulk purchases and volume-based discounts**. We have established strong partnerships with various manufacturers and dealers who share our commitment to advancing Auroville's development.

Our primary goal is to streamline the procurement process for everyone, thus saving valuable time, energy, and costs while providing a high level of service to the community.

- **If you have any inquiries,** please don't hesitate to reach out to us at:
 - surabhisupplies@auroville.org.in
 - +91 98438 46458 WA/Call

Submitted by Iyyappan

NEEM TREE CAFE HAS JOINED DROPZY



Dear Friends, Neem Tree Cafe has joined Dropzy mobile app platform to deliver your favorite food to have at your convenience from home through delivery or self-pickup.

Dropzy is an Auroville based initiative developed by 150dpi and deliveries are done through Integrated Transport (ITS) team personnel with care and on time.

At this moment, Neem Tree Cafe only serves Dinner through Dropzy.

- We take orders in Dropzy from 7:30pm till 9pm.
- Download the mobile app now and show your support.
 - Android: <https://play.google.com/store/apps/details?id=app.auroville.dropzy>
 - iPhone Coming soon.
- More information on Dropzy can be found here: <https://www.dropzy.in>



Regards, Partha,
for Neem Tree Cafe Team

LATEST NEWS

from Inside India Travel Shop

Mr. Ganesh our Travel Consultant will be at our Kalpana office from **10am till 4pm, Landline 2623030** Monday to Friday. Saturdays only on appointment. He can also be contacted anytime via cell phone or by



- **+91 9894598686**, and by e-mail: travelshop@inside-india.com
- **Malaysia** airlines introduces Ex-India promo fares fro all Malaysia airline routes in Economy and Business class. Sales Period 25 October 2023 to 8 November 2023. Travel period 25 October 2023 to 31 August 2024.
- **Qatar** airways special one way fare from India to New York, San-Francisco, Washington and Chicago.
- **Airindia** delighted to introduce direct flights between Bengaluru -
- **Singapore** weekly four days Monday, Thursday, Friday and Sunday.
- **Lufthansa** introducing new routes from Bengaluru to Munich from November 2023 and from Hyderabad to Frankfurt in January 2024. New destinations for the Lufthansa A380 in summer 2024, the Airbus A380 will fly between Munich and Boston, Delhi, Los Angeles, New York (JFK), and Washington.
- **Sri Lanka** has announced visa-free entry for Indian tourists under a pilot project that has begun with immediate effect until March 31, 2024. 'Cabinet approves issuing of free visas to India, China, Russia, Malaysia, Japan, Indonesia & Thailand as a pilot project till 31 March'
- **Thailand** will waive visa requirements for Indian and Taiwanese from next month to May 2024. **Joster**

RAPID CARE SERVICE

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

Rapid Care Service, as an Auroville activity, is dependent only on Aurovilians and Auroville. 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

RUPAVATHI JOY ACTIVITIES

Bio-Region Temple Tour

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

Starting point from Solar Kitchen.

- Can be scheduled anytime throughout the week.
- Please contact in advance for more information and booking. 8098845200.



South-Indian Cuisine Cooking Class

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

- Monday—Saturday between 10am and 5pm @ Creativity.
- Please book sessions in advance.



Thai Massage

- Monday—Saturday between 9am & 5pm
- To book massage sessions or for more information, please contact personally.

Tailoring

We can tailor and customise any kinds of dresses, saris, blouses and kurtas.

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

Rupavathi Joy

Poetry

WHY RUSH

*Why rush
To meet deadlines?*

*Take the flight of time
Weave Lifelines.*

With joyful Gratitude, Anandi Z.

PARADISE MIGHT HAVE APPEARED HERE

*Paradise might have appeared here,
Surprising us, tackle of sublime coordinates
Figuring over the trees; surprising us, even
Though the look of the place seems no
Altogether unexpectant of such an advent,
Seems not altogether willing to settle
For something less: the fine light
Prepared in the saut statuary of the oaks;
Venerable churches of muted brick;
Greek porches presiding at the ends
Of approaches; delicate fanlights over doorways
Delicate and symmetrical as air, if air
Prepared, preened, itself for Paradise*

Wendell Berry

AUROVILLE'S ENDURING FLAME:

Ode to Pashi

*In Auroville, where dreams take flight,
I met a soul, young and bright,
Pashi, the youngest, full of grace,
With knowledge born from Mother's embrace.
For five years, side by side they walked,
In Auroville, where dreams were talked,
The Masterplan, the grand design,
In Pashi's heart, it did enshrine.
My love for him, it steadily grew,
From the day I met, my heart he drew,
No words can express my gratitude so deep,
For sharing his wisdom, my soul to keep.
In Auroville, he's an inspiration,
His dedication, a true sensation,
Every conversation, Auroville's the theme,
In his heart, it's more than just a dream.
We're sure he'll stay in this vibrant town,
Not leaving, for the love is bound,
As the lyrics of a song, they say,
Pashi's here in Auroville to stay.*

[A short video dedication is here](#)

Much love, Sivakumar

Auroville Radio

AUROVILLE RADIO

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

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



Last published podcasts

- [Soul Tracks Se.5, Ep. 13](#) (Music)
- [La Vita Divina Ep. 36](#) (Sri Aurobindo)
- [Soul Tracks Se. 5, Ep. 12](#) (Music)
- [I Just Wanna Write – Ep. 16](#) (Creative Writing)

Auroville Radio Tv is maintained and supported with the help of a small town budget and voluntary donations. If you, as an Aurovillian, wish to **make a donation you can do so at F.S. account number 0867**. Thanks for your help!

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

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

Peace and love, Wobbi

SELF GOVERNANCE

Sri Aurobindo and the Mother, our divine parents have given us the idea along with the necessary tools and techniques to implement 'Self Governance' for benefit of the community for harmonious living.

This is a great privilege as well as equally great responsibility on each one of us to use it judiciously, not just for individual – selfish motive but for the benefit of the community at large.

The principal given in ancient wisdom is 'Our good is always hidden in the good of ALL'.

Let us first understand the literal as well as the hidden meaning of the term 'Self Governance'.

The following information is taken from various sources of Internet.

Self-governance is the ability of a person or group to exercise all necessary functions of regulation without intervention from an external authority. It may refer to personal conduct or to any form of institution, such as family units, social groups, affinity groups, legal bodies, industry bodies, religions, and political entities of various degrees.

Self-governance can take many different forms, depending on the context in which it is being practiced. For example, at the individual level, self-governance may involve making decisions about one's own health, education, career, and relationships. At the organizational level, self-governance may involve cooperative decision-making by members of a group or community.

Here are some examples of self-governance:

1. A student council that makes decisions about school activities and policies.
2. A homeowners association that sets and enforces rules for the community.
3. A cooperative society that is owned and operated by its members.
4. Self-governance is not always easy. It requires individuals and groups to be responsible and accountable for their own decisions. It also requires them to be able to work together to resolve conflicts and make compromises and/or sacrifices. However, the benefits of self-governance can be significant, including increased freedom, autonomy, and satisfaction.

Let us try to understand what all 'Self Governance' consists of.

1. There are two types of 'Self Governance' – (A) self-governance (individual) (B) Self-Governance - is the governance by the Divine hidden within our heart to guide us in all situations.

There is a very thin line with we have to decipher to differentiate between our EGO and Divine. The easy test to understand this to introspect whether it has any selfish motive or benefit. In case of a Divine call, it will be absolutely selfless act.

2. It is imperative and beneficial to differentiate between deeper meanings of the following terminologies for the sake of peaceful and harmonious living:

- a. Self-knowledge & Self-ignorance
- b. Self-moderation & Self-extremism
- c. Self-freedom & Self-liability
- d. Self-expression & Self-inactivity
- e. Self-belief & Self-indecisiveness
- f. Self-esteem & Self-arrogance
- g. Self-sustenance & Self-starvation
- h. Self-growth & Self-decay
- i. Self-projection & Self-introjection
- j. Self-education & Self-illiteracy

- k. Self-harmony & Self-disharmony
- l. Self-fraternity & Self-hostility
- m. Self-patience & Self-impatience
- n. Self-radiation & Self-absorption
- o. Self-introspection & Self-extrospection
- p. Self-management & Self-mismanagement

Conclusion :

It is, therefore, necessary to understand and implement the 'Self-Governance' in right spirit, moderate way and considering the holistic view for more harmonious society.

Dr. Vijaysinh

FROM NAMES TO THE NAMELESS

'What is your name? What does it mean?' This is not just a starter of a social conversation. It is an invitation to explore where your name stems from, what it means to you, and how you live and relish it, or not. Hopefully it opens a door to contact the Person that is Nameless.

You can explain what your name means and share your experience of it; you can express it in creative art forms—a poem, a song, a painting, calligraphy, sculpture, handicrafts...

This is a one-year-long project that can last longer, till we all go from names to the Nameless.

Are you open for it? Well, let's see what emerges...

- Share it when we meet spontaneously, or send something to Anandi Zhang by email: anandizhang@gmail.com

With joyful Gratitude, Anandi Z.

AT PAVILLON DE FRANCE

(International zone)

Speak Or Learn French with Native Speakers

Meet them every

- **Tuesday and Thursday afternoon 2—4pm** for personal evaluation of your needs, expectations, level and program.
- **Tuesday and Thursday 5—7pm**
Audio visual classes with Aurolang 2
- **Saturday and Sunday afternoon:**
Dialogue tables to practice



Interested ?

Contact Jean-Marie

- SMS 8148401950 or 0032494180841WA
- demulierjeanmarie@gmail.com or
- ecohome2@skynet.be

Jean-Marie, Pavillon de France

LEARN FRENCH

By 'the Sounds Of Its Music

Learn French by 'the Sounds of its Music' With the Aurolang 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 *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!

Tomatis

There are spaces available for both language & therapeutic programmes!

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

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

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

Current Schedule of Classes

Lan- guage	Level	Time	Day(s) of Classes
English	Pre-Intermediate & Intermediate	10:30—11:30am	Tuesday & Thursday
	Conversation Started 17 October 2023	4—5pm	Tuesday & Thursday
French	Beginner To start 4 November	2:30—4:30pm	Saturday
	Conversation 1 To start 4 November	10:30am—12noon	
	Conversation 2 To start 6 November	2:30—3:30pm	Monday & Thursday
Tamil	Spoken Beginner Started 12 September	9:30—10:30am	Tuesday & Friday
Sanskrit	Beginner To start November 2023	TBA	TBA
Hindi	Beginner Started 9 September	10am—12noon	Saturdays
German	A1.1 Beginner Started 11 September	9:30—11am	Monday & Wednesday
	German Conversation To start soon	4—5pm	Tuesday & Thursday
Spanish	Beginner To start November 2023	2:30—3:30pm	Tuesday & Thursday
	Intermediate	2:30—4pm	Tuesday
Japanese	Beginner To start November 2023	TBA	TBA
Italian	Beginner TBA	2:30—3:30pm	Monday & Wednesday
	Conversation Started 12 September	2:30—3:30pm	Tuesday & Thursday
Persian	Beginner To start November 2023	TBA	TBA

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

To join or enquire

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

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

The Language Lab is open

- Monday—Saturday, 9am—12noon & 2—5pm
 - Location: International Zone, after Unity Pavilion & Pump House.
 - Email: info@aurovillelanguagelab.org
 - Phone: (0413) 2623661, 2622467, 919843030355
- Vismai, for Language Lab Team

Classes, Workshops & Healing Arts

ART RETREAT:

Find Your Inner Space
24, 25 and 26 November

- Embark into a process of
 - Introspection & Reflection
 - Creative inspiration and expression
 - Skill development with new tools
 - Collective growth with a group project



• Why This Retreat Is For You

Art, one of the medium of higher vital education helps us to learn more about our vitality and how to channel and express it without suppressing it. In other words, if you feel you need a space to explore your own inner creativity and learn new skills along with getting to know your own inner being, this retreat is for you. We welcome you with open canvases!

- Limited spots available. Contact us for more details
 - For registrations and to get to know more: Please send us a mail to youthlink@auroville.org.in or send us a text on whatsapp +91 85248 25120
 - Last Registration Date: 20th November, 2023

Bondeepa

FORGIVENESS & RECONCILIATION

Pavilion of Tibetan Culture
Friday, 17 November, 5—6:45pm



Exploring Roots of Hurt, Anger & Alienation with Dr. Sehdev Kumar. Hurt is inevitable. Suffering is a Choice.

An Introductory Session for Weekly Workshops with Dr. Sehdev Kumar, author of 7000 Million Degrees of Freedom: One Earth, Seven Billion Worlds. Submitted by Sehdev

ACTIVITIES WITH ARABINDA

Pranayam

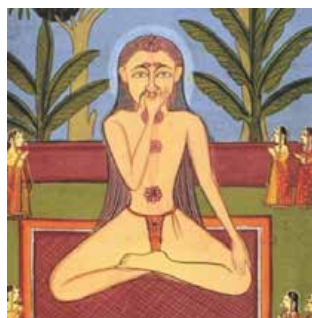
Many Problems, One Solution

- Every Monday, at 5pm at SAWCHU Bharat nivas

Pranayam Class At SAWCHU, Every Monday, at 5pm with Arabinda.

Please Register:

- arabinda@auroville.org.in
- 9090819998 WA



Meditation with Music

- Every Monday at SAWCHU Bharat nivas, at 6pm



Easy way to meditate, Meditation with Music:

Please register:

- arabinda@auroville.org.in
- 9090819998 WA.

Best wishes, Arabinda

YOGA CLASSES IN BHARAT NIVAS

We are starting a daily drop-in Yoga Classes in Bharat Niwas.

- Ashtanga Yoga from 8—9:30am.
- Hatha Yoga 4:30—6pm.

Class is open for all levels.

No pre registration required.

With gratitude, Jessica



TRADITIONAL Mantra and Stotra Classes

Everyone is welcome who wants to learn traditional chanting of mantras and prayers with precise pronunciation. If you'd like to explore further and continue your studies of mantras and chants, you're welcome to join our regular classes.

Submitted by Sonia

NAGA YOGA ANANDA



Regular Activities

Beautiful Sounds

- Five Elements (Duration 1h30)

Tibetan bowls, gongs, shruti box, chamanic drum, overtones Nidra Yoga with Tibetan bowls,. Individual couple and group (max 7 peoples)

- **Benefits:** Harmonizes body and mind, Extreme relaxation, Reduce anxiety. Panic attack. Emotional disorders. Realign chakras. Energize the brain and cells...

- Angel Sounds (duration 1 hour)

Massage with Tibetan bowl chakras and tuning forks (Reinforcement of the chakras and reharmonizes the right and left brain).

- Meditation With Gongs (duration 1 hour).

Individual couple and group (max 12 peoples)

Shamanic Journey

A workshop to connect yourself to the Source. Experience a powerful journey in your inner self thanks to energetic exercises & transformative sounds. The morning : qi qong & chamanic chants.

- Afternoon: pranayamas & 5 Elements (duration 1 hour)
- Possibility to book only for the morning or afternoon

Nada Yoga Ananda

Every Wednesday, Thursday, Friday, until 10 November, & Sunday at 4pm for 2 hours

- **Ecstatic Wednesday:** Vowels chants, Overtones (throat singing), Kototamas
- **Shamanic Thursday:** Reverse Bijas mantra, Overtones, Electric energy
- **Shamanic Friday:** Shamanism, Native Americans Chants & overtones (throat singing)
- **Sacred Sunday:** Mantras, Desert's sounds, Harmonics (mix with gregorian chant, throat & noise singing)
- **Tibetan bowls (35 minutes).** To be in Theta mode. Singing for the soul (1h25 mantras, bijas mantra inverted, overtones and kototamas).
- **Qi-Qong** for facial rejuvenation and for the back (spine, shoulders, neck).
- **Reiki 2:** Use Kototamas to reinforce the energy power

Full And New Moon

We will work with the energetic forces of the moon. Moon gong, sun gong, moon tibetan bowls and our group energy. We will create an energetic field to power your intention.

- Start promptly 7pm, finish 8:30pm
 - November, Full moon 27, New moon 13.
 - December, Full moon 27, New moon 13
- **Facilitated by** Satyayuga from Auroville Art Service, French and English speaking.
- **For more info:** +917639761930 WA or ilmalor@yahoo.fr
- Location on request.

Warmly, Satyayuga

AUROMODE YOGA SPACE

200 Hr Hatha & Vinyasa flow Yoga TTC Intensive

- November 1 to November 22, 2023
6:30—9:30am & 3—7pm, every day except Sunday

Join us for this 21 days of self-discovery and yogic exploration. Our program includes:

- Daily** Asanas, Pranayamas, and Meditation
- Weekly Satsangs**, where you'll delve into yogic philosophy and lifestyle
- Experience all four paths (margas) of Yoga** in the unique setting of Auroville:
 - Bhakti Marga**: Visit local temples and engage in uplifting chanting sessions
 - Karma Yoga**: Participate in Karma yoga
 - Jnana Yoga**: Dive into the study of the Bhagavad Gita, Patanjali Yoga Sutras
 - Raja Yoga**: Cultivate your physical practice through Asanas and other bodywork
- Balaganesh.siva@gmail.com,
- +919892699804 WA



Auromode Yoga space

Regular events

- Tuesday, 5—6pm**, Bollywood dancing with Pranati
Join us to have a fun evening of laughter, dance and to have a good workout
- Friday, 5:30pm—6:45pm**, Vinyasa Flow with Bala
Drop in Yoga classes for beginner to Intermediate level students.
- Contribution requested**. No need to register. Bring your own yoga mat and a towel.

Contact

- Balaganesh.siva@gmail.com, +919892699804WA
Balaganesh SIVA

HOLISTIC: HEALING AND AWARENESS



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

Ashtanga Yoga With Christine P Subscription has to be done one day before the class	Every days @7:45 AM. Except Sundays, Full moon and new moon
Integrative & systemic psychotherapy w. Christine P	@ Holistic health care studio—Kuilapalayam
Acupressure Therapeutic Massage	@ Holistic health care
Kinesiology With Ricardo	@ New creation
Hypnotherapy	@ Holistic health care

- Workshop**: Check on our website info and details
www.auroville-holistic.com

Christine



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.

- Contribution based



Massage Therapy

Traditional body work using acupressure and deep tissue varma points healing methodologies.

- Contribution based



Dance Movement Therapy

Uses movement to help individuals achieve emotional, cognitive, physical, and social integration. Beneficial for both physical and mental health.

- Contribution based.
- You can learn more about us and register at www.angamtree.com/therapies
- +91 9751395939, www.angamtree.com



Traditional Massage Therapy Classes

Our 30 hours course covers Traditional Bodywork based on principles of ancient Indian medicine science of Siddha Varma Kalai originating in Tamilnadu, Southern India.



- The certificate course has three levels:**
 - Basic: 10 Hours,
 - Intermediate: 20 Hours,
 - Advanced: 30 Hours
- Course modules:**
 - Varma Massage Therapy
 - Varma Touch Therapy
 - Varma Myology (Muscles)
 - Varma Defense Methods

You can learn more about us at www.angamtree.com

Kindly share your profile with us at the below mentioned email address. We will call you for an interview to assess the correct fit between you and the positive intention towards the energy of therapy.

- Contribution based, angamtree@auroville.org.in, +919751395939

Raja

FAMILY AND SYSTEMIC CONSTELLATION

Workshop

In Creativity Hall Of Light

9am to 6pm on Saturdays

18 November

Contact Moghan, 9751110486,

moghan@auroville.org.in

Submitted by Moghan



PITANGA



Program for November 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 (shoulder stand) or preparatory stages. Regular attendance is expected.

◦ Tuesdays, 9am—10:30am, Spine class, All levels, Chloé

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

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

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

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

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

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

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

• Art Therapy class with Gala

◦ Thursdays, 3—5pm, for adults

◦ Fridays, 3—5pm, for families

Youth activities

These are ongoing educational programs and not intended for drop-in students. If a child is interested, parents need to talk to the teacher before bringing the child.

Date	Activity
Mondays, Wednesdays, 4—5:15pm	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

Drop-In Classes

	Class & teacher	Class level
Mondays		
7:30—9am	Asanas with Rachel	All levels
8:30—10am	Yoga Therapy with Gala	All levels
4—5pm	Deep presence—Inner Exploration, with Mike	All levels
Tuesdays		
4:45—5:30pm	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
4:30—6pm	Vocal Sound Healing with Lola	All levels
Fridays		
6:45—8am	Pranayama with François & Namrita	For former 'The Art of Living' course participants
7:30—9am	Asanas with Rachel	All levels
8:30—10am	Yoga Therapy with Gala	All levels
9—10am	Lola's ATB special for seniors with Lola	Seniors
3:45—4:30pm	Odissi Dance with Rekha	Beginners
4:30—5:30pm	Weekly Readings of the Life Divine with Balvinder	All are welcome to join.
5:15—6:15pm	Feldenkrais class with Shari	All levels
Saturdays		
11am—12:30pm	Iyengar Yoga with Tatiana	Mixed levels
11am—12:15pm	ATB explorations with Isora, Rosario and Teresa	All are welcome to join

Talks



• 3 November, Friday, 3—4pm: Resilience

Tools to stay mentally, emotionally, and physically resilient through difficult times.

• All are welcome. No registration is necessary.

Lize is a Functional Medicine Practitioner and volunteers at Santé—Auroville Institute for Integral Health and Pitanga.

The talks are organised in collaboration with Santé.

Healing Space

• By appointment, 262403, 9443902403

- Acupuncture by Heidi
- Bio-Resonance (with Bi-Com machine) by Afsaneh
- Chiropractic by Afsaneh

Vocal Sound Healing

- Every Thursday, 4:30—6pm with Lola

Practice and embody the power of the voice, your most potent healing instrument. The voice is the only tool more powerful than the gong, especially your own voice, because you are self-generating the healing vibrations to shift energetic blocks.



The practice is about opening yourself up to a new way of exploring your voice. Immerse yourself in this session, discover your own voice, take a step to experiment through sound, music and movement. No experience is needed.

Deep Presence—A Guided Inner Exploration

- Every Monday, 4pm—5pm with Mikhail S.

Following the facilitator's guidance, we will travel with our attention deep within (and without) ourselves, where we will listen deeply. By becoming still, we'll aim to tune into the living presence that is always present, to align with Truth, in other words with that which isn't transient and perishable but Eternal and Infinite.



The intention is to leave behind all effort, tension and desire, to bypass our mind and emotions in order to experience this always available Presence.

The exploration lasts 45 minutes and ends with a small sharing of approximately 10-15 minutes.

- **Preparation for class:** If possible, please take a 15 minutes nap (or silent quiet rest lying down) at home, before class or in the afternoon (to try and prevent dosing off and falling asleep).

New class: ATB explorations

- Starting on Saturday, 11 November
Every Saturday, 11am—12:15pm.

A joyful space for discovering oneself and developing attention and relaxation. All are welcome—Drop-in session.

With love and gratitude Isora, Rosario and Teresa

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!
Submitted by Verena

A SATSANG ON THE INTEGRAL YOGA



A sacred gathering for the study and practice of the Integral Yoga of Sri Aurobindo and the Mother, founders of Auroville, the City of Dawn.

We start right here, in the Eternal Now, from where we each are at this ever-progressive moment, and share our unique experiences on the path of rediscovering and embodying who we really are.

- **Facilitated** by Zech Joya
- **Schedule:** Tuesdays and Thursdays, 5:30—7pm
- **Venue:** Conference Room, G/F SAIER Building, Town Hall Complex, Auroville

Please [click this link for details](#) or scan the above QR Code



Cheers! Zech

MEDICAL QIGONG TRAINING

Medical Qi Gong training at the client's home at a time that suits them. eli, ye,ho (eli) Qigong instructor A graduate of the Wingate college of excellence in israel. Encounter with Chinese medicine in motion A harmonious combination of conscious breathing movement is accompanied by aids and actions. I am happy to share the knowledge I have gained in studies and life experience for the benefit of harmonious world and love



- Those who are interested leave a name and your convenient time address to ellimagen@gmail.com or 9952749221 WA **Eli**

ARKA

WELLNESS CENTER & MULTIPURPOSE HALL

Regular activities3



Classes

Classes	Teacher	When
Acro Yoga	Damien by Appointment: 9047722740	Monday: 3—4:30pm, Tuesday: 5—6:30pm For regular classes
Pilates	Teresa	Tuesday & Thursday 7:30—8:30am. Friday: 5:30—6:30pm by Appointment: 7867998952
Iyengar yoga	Olesya	Monday, Wednesday, Saturday, 6:30—8am. Monday, Thursday, Saturday, 5—6:30pm. Or by Appointment: 9159052743
PSound Chakras healing	Lakshmi:	by Appointment: 8489764602
Heartful Meditation	Avanthika: 6380238326	Thursday: 9—10am

Treatments

Treatment	Therapist	When
Body Logic, Soft Massage and Deep Tissue Massage.	Pepe	by AMppointment 9943410987 Monday to Saturday
Cranio sacral, Lomi Lomi Kahuna massage, Barefoot body massage	Silvana	by Appointment Monday to Saturday 9047654157
Facial, Manicure, pedicure, Threading, Waxing, Haircuts, 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

Submitted by Ramana, Arka, 0413 2623799

VERITÉ PROGRAMS, NOVEMBER 2023

- Phone: +91 413 2622045, 2622606
- WA: +91 9363624083, 8489391876
- Email: programming@verite.in
- Website: www.verite.in



Workshops (pre-registration required)

Day & Date	Workshops (pre-registration required)	Timings	Pre-senters
Friday, November 3	Sivananda Yoga: Masterclass	9:30am—12pm	Mani
Saturday, November 4	Energy Cleanse through Yoga Kriyas	9:30am—12pm	Mamta
Saturday, November 11	Master Class: Calm Your Nervous System & Your Mind through Yogic Techniques	9:30am—12pm	Andres
Friday, November 17	Understanding Pranayama and its Practice in Asanas and Meditation	9:30am—12pm	Radhika
Saturday, November 18	Master Class: Pratyahara: Withdraw Your Attention Within through Mantra, Breathing & Asana	9:30am—12pm	Andres
Saturday, November 18	Awareness Through the Body	9:30am—12pm	Amir
Friday, November 24	Sivananda Yoga: Masterclass	9:30am—12pm	Mani
Saturday, November 25	Safe Yoga Asana Practice: Do's & Don'ts	9:30am—12pm	Rebeca

Yoga & Re-creation Programs

Days	Drop-in Classes	Timings	Presenters
Mondays	Sivananda Yoga (no class on 13 November)	9:30—10:30am	Mani
	Pranayama & Meditation	11am—12pm	Radhika
	Deep Sound Bath	5—6pm	Satyayuga
	Hatha Vinyasa Yoga	5—6pm	Andres
Tuesdays	Restorative Yoga	9:30—10:30am	Rachel
	Face & Eye Yoga	3:30—4:30pm	Mamta
	Vinyasa Flow (no class on 7 November)	5—6pm	Rebeca
Wednesdays	Sivananda Yoga	9:30—10:30am	Mani
	Yoga for Inner Alignment—Pranayama & Asanas	11am—12pm	Radhika
	Kirtan Songs for your Soul	5—6pm	Mamta & Savitri
	Hatha Vinyasa Yoga	5—6pm	Andres

Thursdays	Peace with Pranayama	11am—12pm	Mamta
	Open Heart Space Meditation	5—6pm	Samrat
	Vinyasa Flow (no class on 9 November)	5—6pm	Rebeca
Fridays	Hatha Vinyasa Yoga	5—6pm	Andres
	Free Flow Dance & Movement	5— 6:30pm	Vega
Saturdays	Sivananda Yoga (no class on 11 November)	5—6pm	Mani
	Mindful Flow—Awaken in Movement & Stillness	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
Integrated Craniosacral & Foot Reflexology	Radhika
Craniosacral Therapy	Radhika
Foot Reflexology	Radhika
Integrated Ayurvedic Acupressure, Deep Tissue & Heart Healing Massage	Raja

Savitri, Programs Coordinator, Verité Programming

VERITÉ

Pre-registration required

0413 2622045, 2622606, 9363624083

or programming@verite.in, www.verite.in

Sivananda Yoga: Masterclass with Mani

- Friday, 3 November, 9:30am—12pm

A classic Sivananda session, including basic pranayama (breathing) and Surya namaskar (sun salutation), designed to massage and rejuvenate the entire spine, with rhythmic alternation between effort and relaxation to balance the nervous system and prepare it for the final guided relaxation.

Energy Cleanse through Yoga Kriyas with Mamta

- Saturday, 4 November, 9:30am—12pm

Purify your energy channels with 3 Hatha Yoga Kriyas: Jal-neti (saline nasal rinse), Trataka (Fixed gaze) & Kapalabhati (Skull shining breath). They cleanse your body from the inside out, develop immunity & steadfastness, paving the way for evolution of consciousness. Anyone registering for this workshop must either bring their own Jalneti pots or buy it from us at the registration desk for Rs 50/-

Master Class: Calm Your Nervous System & Your Mind through Yogic Techniques with Andres

- Saturday, November 11, 9:30am—12pm, theory booklet included

Modern life often seems designed to bring strain to our nervous systems, contraction to our bodies, and imbalance to our minds. But there are ancient tools from Yoga that are designed to free us from the restraints that keep us from experiencing well-being, inner peace, and contentment. Learn the practical techniques of breathing, mantra, asana, and relaxation that calm the mind, relax the nervous system, and awaken the balance that already dwells within the memory of our bodies. *Savitri, Programs Coordinator*

QUIET HEALING CENTER



Birenda Massage Course with Jean-Louis & Sivacoumar

- Thursday 9—Sunday 12 November &
Saturday 18—Sunday 19 November, 9am—5pm
36 hours

This training consists of six days, divided into four days (9—12 November) and two days (18—19 November) to allow time for home practice and easier absorption of the material and massage protocol.

Birenda Massage is a unique Indian massage therapy, which was developed by Birenda, an accomplished therapist from Bengal with 50 years of experience.

To facilitate the learning process, the course material consists of three sections: the first part is dedicated to back massage; during the two other sections, you'll learn how to massage the legs, arms and front of the body. You'll also learn how to prepare yourself before massaging a person, create a trusting relationship with your client, and offer relevant information afterwards.

- **Manual and certificate upon completion of the course!**
- No previous experience required.

After receiving a long, in-depth personal training from Birenda himself, **Jean-Louis** has been offering massage treatments over the past 25 years. As an accomplished therapist, he has also been teaching this innovative body treatment to both beginners and experienced therapists in India and abroad. **Sivacoumar** has been working as a Birenda massage therapist at the Quiet Healing Center since 2018. During this period, he was personally trained by Jean-Louis to become a Birenda massage instructor and will co-teach this course together with him.

Hawaiian Massage Course: Lomi Lomi Basic with Sang

- Thursday 23—Sunday 26 November
8am—6pm, 34 hours

Lomi Lomi is an ancient Hawaiian massage style which uses long fluid rhythmic strokes to treat the whole body. The practitioner uses the hands as an instrument of the heart.

Energetic, emotional and muscular blockages are released allowing oxygen, blood circulation and life to flow more freely. This massage brings balance and a heart-opening peace to body, mind and spirit.

During this course, you'll learn an ancient Hawaiian massage technique; connect to your heart through meditation; give and receive a series of healing massages.

- No previous experience required.
- **Certificate upon completion of the course.**

Sang was trained at the Mettes Institute in Australia and has been a facilitator at the Institute from 2003-2006. She introduced Hawaiian massage courses in Auroville in 2006 and has been teaching Lomi Heartwork and KaHuna bodywork ever since.

www.quiethealingcenter.info/ quiet@auroville.org.in

Mobile & WA: +91 9488084966

Guido
for Quiet Healing Center Team

KOLAM YOGA WORKSHOP



KolamYoga Introduction WS session
with Grace Gitadelila

- We will start with a new batch mid November for the Foundation course of 12 lessons spread over 3 Months: November/ December and January.

You can now book a one off session to get to know more personally and more in depth what **KolamYoga Foundation course of 12 lessons** offers.

- for inquiry and sign up for a session
+91 8072449091 WA

In gratitude Grace

Cinema

CINEMA PARADISO

Will Run Films For The Children
Sunday, Children's Matinee @ 4pm



Dear Community, Cinema Paradiso will run a series of wonderful films for the children: including Harry Potter, Pirates of the Caribbean, and Indiana Jones.

Since these films are longer than the usual films screened during the matinee, we will start our Children's Matinee **Every Sunday @ 4pm** (instead of 4:30pm) starting November 2023.

Come and enjoy the wonderful films along with the children.

*Nina and Marco For CP,
The Cinema Paradiso Team.*

YATRA: SHORT FILM PREMIERE A Change

5 November, Sunday, 6pm @ Yatra

INVITATION SHORT FILM PREMIERE

ARI
Hari Ram films

YATRA
TALKIES

Present

A மாற்றம்
(A Change)

Edited and Directed by
Yatra Srinivassan

Story and Co-directed by
Ramki Seetharaman

Produced by
**Saiharini Ramakrishnana
Ramki Seetharaman**

Date: 5th NOVEMBER 2023 (SUNDAY)

Time: 6.30 P.M.

Venue: **YATRA KALAIARANGAM**

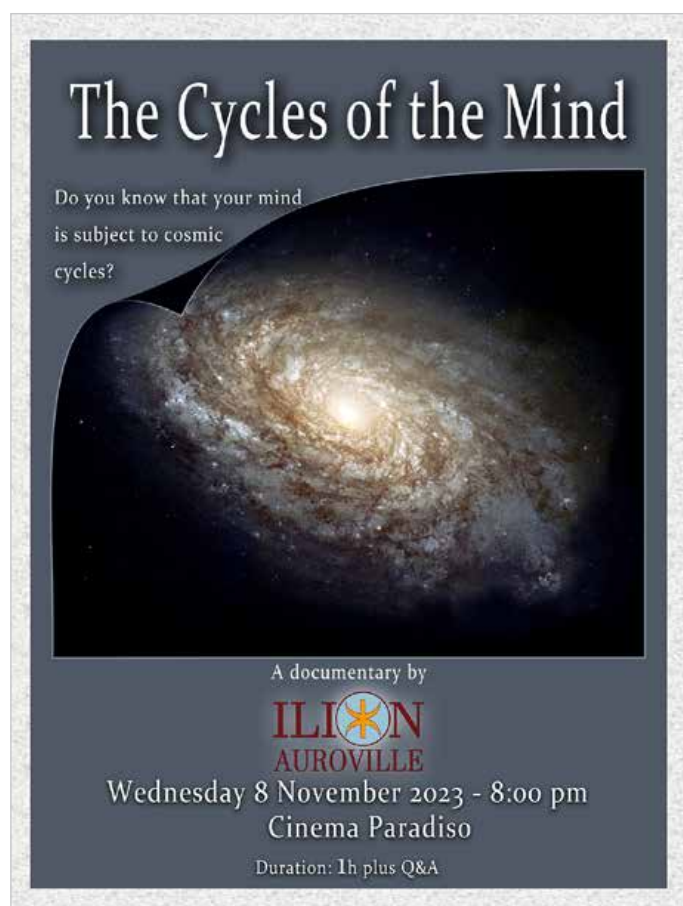
Near Newcreation, Kullapalayam, Auroville

ENTRY FREE - ALL ARE WELCOME

Contact: 0413 - 2623071. / 9751033162

Yatra Srinivassan

THE CYCLES OF THE MIND
in the History of Civilisations
 8 November, 8pm, Cinema Paradiso



Documentary by Ilon-Auroville

This film explores the influence of cosmic forces on the human brain and on the whole direction of our civilization. It proves that humanity is going through cycles of change and development exhibiting different patterns depending on which force – separating or unifying – is predominant at a particular historical period. A fascinating journey through history and an answer to the question of what our immediate future is going to be like!

Submitted by Piero & Claude

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.

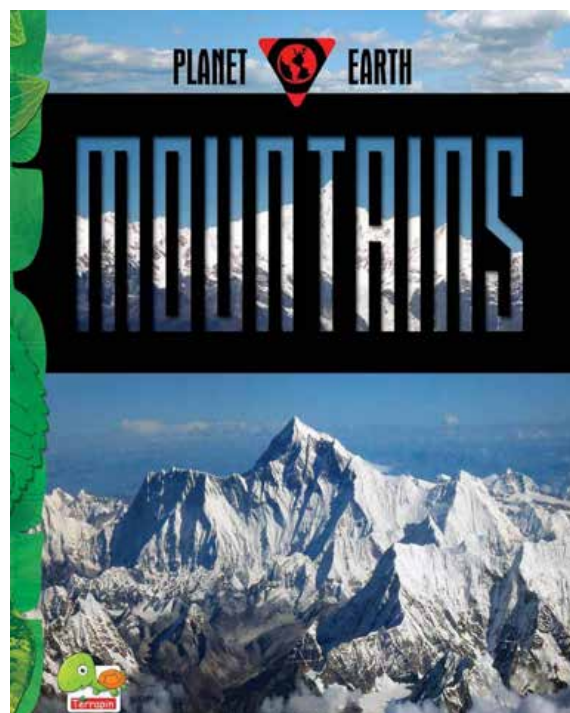
****Note:** Families and children are welcome! Dinner for children will be served at 19:00:)



Friday, 10 November
Planet Earth: Mountains

2017 / 49 minutes / Alastair Fothergill & Mark Linfield

Mountains are the most prominent products of the immense forces which shape the living planet: tectonic drift, volcanic activity and erosion by wind, water, frost and precipitation. We see how wildlife adapts to the harsh, often extreme conditions in various types of mountain ranges.



Shek



At Multi Media Centre Auditorium, Town Hall

Reminder

- Friday, 3 November, 8pm, 'How To Steal A Million' by William Wyler, US, 1966

'Memories of My Father'

- Friday, 10 November, 8pm

Directed by: Fernando Trueba, Colombia, 2020

With: Javier Cámara, Juan Pablo Urrego, Patricia Tamayo

Overview: It is the adaptation of the eponymous novel by Héctor Abad Faciolince, which is about the novelist's father, a doctor and university professor, defender of human rights in Colombia. The film received the 2020 Cannes Film Festival Label, and it was selected as the Colombian entry for the Best International Feature Film at the 93rd Academy Awards!

Synopsis: In 1983, Héctor Joaquim, son of Dr. Héctor Abad, returned to Medellín from Turin where he had studied. He sees his happy life as a little boy again with this father whom he venerates, his mother and his four sisters. His father a prominent doctor and human rights activist. A family man worried not only for his own children but those of the underprivileged classes as well, his home was imbued with vitality and creativity, the result of an education based on tolerance and love. His mother, niece of the archbishop, is deeply Catholic, Héctor Abad is for his part very liberal and open. His strong convictions are enough to put him in trouble.

The film will be presented by Pr. Sivakumar M.

Original Spanish version with English Subtitles. Duration 2h16'

Surya, Aurofilm team



CINEMA PARADISO
Multimedia Center (MMC) Auditorium
Film Program
6 November 2023 to 12 November 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 6 November, 8pm
BAD BOY

India, 2023, Dir. Rajkumar Santoshi w/ Namashi Chakraborty, Amrin Qureshi, Darshan Jariwala, and others, Romance-Comedy, 122mins, Hindi w/ English subtitles, Rated: NR (PG)

Shubhankar is a strict personality who is hard to please. His daughter is Ritu, falls in love with Raghu, a total bad boy. Raghu, a son of a scrap dealer, who's a collage dropout, impersonates his way into the collage where Ritu studies to get to know her better. They fall in love, but then one day the charade gets busted, and his identity is revealed. Shambunath promptly decides to marry Ritu off to someone else. When Raghu pleads with him, Shambunath is willing to relent on one condition only—Raghu would earn the next month's entire household expenses to prove that he is capable; or else... *It's the debut film of the lead actor and has received good reviews.*

Potpourri—Tuesday 7 November, 8pm
LA FRACTURE (The divide)

France, 2021, Dir. Catherine Corsini, w/ Valeria Bruni Tedeschi, Marina Foïs, Pio Marmaï and others, Comedy-Drama, 98 mins, French w/ English subtitles, Rated: NR (G)

It's the story of a group of people that nothing brings together who end up in the hospital emergency room during a Yellow Vests demonstration that goes wrong. A demonstrator injured by the police a middle-class couple in the process of separating, and of course the medical staff around them.

Interesting—Wednesday 8 November, 8pm
THE CYCLE OF THE MIND

India, 2023, Dir. Alexander Pereverzev w/ Miko Sloper (narration) and others, Documentary-Philosophy, 64mins, English, Rated: NR (G)

The film brought to you by Illion-Auroville explores the influence of cosmic forces on the human brain and on the whole direction of our civilization. It proves that humanity is going through cycles of change and development exhibiting different patterns depending on which force—separating or unifying—is predominant at a particular historical period. A fascinating journey through history and an answer to the question of what our immediate future is going to be like! *The film is shared with us by the Illion Team. The director will be present for brief Q&A at the end of the screening.*

Selection—Thursday 9 November, 8pm
ILLUSIONS PERDUES (Lost illusions)

France, 2021, Dir. Xavier Giannoli w/ Benjamin Voisin, Cecile de France, Vincent Lacoste and others, Drama-Romance, 149 mins, French w/ English subtitles, Rated: PG-13

Based on a novel by Honoré de Balzac, the film depicts France, in the 1820s. A young poet, Lucien de Rubempré, leaves his family's printing house for Paris to get published. After a few menial jobs he finds work as a journalist, an art critic. Here he learns about the corruption and influence of the press and how to play their game.

International—Saturday, 11 November, 8pm
WILDFLOWER

USA-Canada, 2022, Dir. Matt Smukler, W/ Kiernan Shipka, Alexandra Daddario, Jean Smart and others, Comedy-Drama, English w/ English subtitles, 105 mins, Rated: R

Based on a true story, a girl navigates life, from birth to graduation with two intellectually disabled parents and an extended family that can't quite agree on the best way to help.

Children's Matinee—Sunday, 12 November, 4pm
HARRY POTTER AND THE SORCERER'S STONE



UK, 2001, Dir. Chris Columbus w/ Daniel Radcliffe, Rupert Grint Richard Harris and others, Adventure-Family-Fantasy, 152mins, English-Latin, Rated: PG

An orphaned boy enrolls in a school of wizardry, where he learns the truth about himself, his family and the terrible evil that haunts the magical world. **NOTICE: The new starting time for the matinee films.**

Robert Altman Film Festival@ Ciné-Club:

Ciné-Club Sunday 12 November, 8pm
3 WOMEN

USA, 1977, Dir. Robert Altman, w/ Shelly Duvall, Sissy Spacek, Janice Rule, and others, Drama—Thriller, 124 mins, English w/ English subtitles, Rated: PG.

A film that was imagined in a dream, tells the story of three women whose identities blur, shift, and merge until finally, in an enigmatic last scene, they have formed a family, or perhaps have become one person.

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

News & Notes Guidelines



Hard deadline for submissions TUESDAY 3pm

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

How to submit material:

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

Disclaimer:

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

Roy & Agnijata, News & Notes,

Media Centre, Town Hall,

NewsAndNotes@auroville.org.in, 0413 2622133

Emergency Services

Ambulance (24/7): Auroville—9442224680

- PIMS—0413 2656271

Security (24/7):

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

Health: Health Center—0413 2622123

- Santé—0413 2622803
- Farewell—8903836246

Mental health 24/7 support:

- Vandrevalla Foundation +91 9999666555

India Emergency Response Service (24/7):

- 108

The Last Moment

PASSING ON: LUKAS POSADA

On 13 October, Colombian Lucas Posada arrived with his 10-year old son Salvador in Chennai to start his newcomer year in Auroville, while his wife and daughter would follow a month later. During the night journey to Auroville, their non-AV taxi collided with a trailer that cut into them. They were taken to JIPMER where Lucas was diagnosed with multiple injuries, punctured lung, fractured leg and hip, and head concussion. The child was in shock but recovered when his mother Gloria, Lucas's wife, arrived 24 hours later.

During two weeks in ICU, while inwardly working on himself and receiving good energies and prayers from many friends, he seemed to make promising progress, was moved to a private room, flourishing in the care extended to him. And then, in the morning of 31 October, Lucas suffered cardiac arrest and passed away. He was 60 years old.

In his volunteer time here, Lucas had worked at Last School and Bharat Nivas while living at Serendipity, and had been in touch with many residents. He and Gloria were now coming back to officially start their newcomer process with son Salvador and their 14-year old daughter Gaia.

Lucas has been searching all his life, traveling the world as a teacher and artist. A few days before his passing, he mentioned in a moving first voice message to those who had been supporting him in their prayers: "I want to send to all those people that have been sending love and all those beautiful caring intensions..., I am so grateful, my family is so grateful..., this is precisely the reason that I always knew that I wanted to be in Auroville... I am very very grateful to everyone..."

We pay solemnly tribute to this open minded, tolerant and generous man who made in such short time span a deep and lasting impression on so many, and who wrote: "There is a deeper meaning to life and we need to re-align ourselves to the divine energy."

Our warmest condolences go out to Gloria, Salvador and Gaia – and welcome them in our midst.

OM~

